

This part of the course will prepare the Mental Retardation Counsellor to perform basic skills of health maintenance.

COURSE OBJECTIVES:

At the end of this section the student will be able to:

1. communicate effectively through formal methods
2. sustain an environment conducive to maintenance of safety of residents and staff
3. provide residential health care
4. have developed competency in working with the multi-handicapped individuals

COURSE OUTLINE:

- UNIT I           A. Observing and charting  
                  B. Introduction to terminology
- UNIT II           A. Environmental hazards  
                  B. Prevention of possible infection  
                  C. Poison control
- UNIT III          A. Introduction  
                  B. Bedmaking  
                  C. Carbolizing the bed  
                  D. T.P.R,  
                  E. Bedbath including hygienic skills  
                  F. Physical Examination  
                  G. Isolation  
                  H, Giving of medications (except injectable  
                  I. Nutrition  
                  J. O<sup>^</sup> and suction

- UNIT IV
- A. Introduction
  - B. Positioning
  - C. Lifting
  - D. Use of wheelchair
  - E. Exercises
  - F. Restive Splints
  - G. Use of walker
  - H. Prosthetic devices