

SHORT TERM VOCATIONAL CERTIFICATE COURSE

COURSE NAME: ADVANCED BEDSIDE ASSISTANT

(12 months Duration)

Prepared by

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STATE INSTITUTE OF VOCATIONAL EDUCATION

**O/o Director of Intermediate Education, Hyderabad
HYDERABAD, TELANGANA**

COURSE NAME

NAME OF THE COURSE: Advanced Bedside Assistant

SECTOR : PARAMEDICAL

COURSE CODE : ABA

ENTRY QUALIFICATION: SSC and 18 years above.

PRE-REQUISITES: Basic Knowledge of science and English aggregate of 45% marks from recognized boards under SSC/CBSE/ICSE.

TERMINAL COMPETENCE: After completing this course, students will be able to work as a medical professional and integrate knowledge of health promotion, health restoration and supportive measures in management of nursing care of individuals, families and communities in diverse populations.

DURATION:

1 Year- (40 Hours: English + Course content: 400 Hours)

Introduction of the course:

Bedside nurses are medical professionals that offer direct patient care in hospitals, ambulatory centres, clinics, nursing and residential home care, and other medical settings.

Objectives:

- To learn systematically evaluate the processes and outcomes of health care using established criteria
- To work as a Nursing Attendant in an environment that encourages professional growth and development.
- To secure a position as a Nursing Attendant with an organization that values dedication and commitment to patient care.
- To obtain employment as a Healthcare worker with an organization that offers opportunities for personal growth and career advancement.

Skills:

- Helping others achieve wellness
- Serving the community
- Incorporating new technology
- Gaining professional recognition
- Working with a diverse array of people
- To able to analyse patient situations and make the best decisions based on the facts, and quickly

ON THE JOB TRAINING AND PRACTICALS:

Clinical training is extremely important for a bedside assistant as it prepares students to deal with real patients and expand on the knowledge obtained in various departments.

- Work at various clinical departments
- Case presentation on medical case
- Health education on disease conditions
- Exposure in health programme
- Assigned to a primary health centre.

COURSE SYLLABUS**MODULE -1: Care of Patients****UNITS**

1. Human body
2. Health continuum and health care services
3. Health assessment and physical examination
4. Meeting needs of perioperative patient
5. Biomedical waste management and infection control
6. Documentation
7. Vital sign
8. Administration of medications
9. Nursing management of patients with disease conditions.

Practical Sessions: Fundamentals of Nursing

1. Basic care of patients (Bed bath, Mouth care...)
2. Care of patient with fever and minor ailments

3. IV Cannulation and sample collection
4. Measuring I/O Chart
5. Measuring vital signs
6. CPR

MODULE-2: Advance Practices

1. Equipment, linen and inventory control
2. Geriatric care
3. Communicable Diseases
4. Emergency drugs
5. Care of terminally ill patients
6. Guidance and counselling

Practical Sessions: Practicing Nursing Interventions

1. Patient history collection and physical examination
2. Care of bedridden patient
3. Foleys catheterization
4. Suctioning: oropharyngeal, nasopharyngeal
5. Care of patient with central line
6. Glasgow coma scale
7. Oxygen administration

SCHEME OF INSTRUCTION/MODULE:

1. Communicative English: 40 hours (per module)

2. Course: 200 hours (06 months) & 400 hours (12 months)

Duration of Course	Theory		On the Job Training		Total	
	Hours	weightage	Hours	Weightage	Hours	weightage
1 Module	140	30%	60	70%	200	100%

2 Modules (12 months)	60	30%	140	70%	400	100%
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SYLLABUS

MODULE -1: Care of Patients

1. Human body

(No. of Hrs- 20)

Cell structure- organelles

Integumentary system- Structure of skin

Skeletal system- bones and joints

Muscular system- structure of muscle and types of muscle

Nervous system- Structure of neuron, parts of brain, spinal cord cranial spinal and peripheral nerves

Respiratory system- gross features of respiratory organ, inhalation and exhalation

Sense organ- tongue, eyes, nose, skin, ears

Circulatory and lymphatic system- structure blood, systemic circulation, pulmonary circulation, coronary circulation

Digestive system- gross features of alimentary tract, accessory organ of digestion

Excretory system- kidneys ureter and urinary bladder

Endocrine system- gross features of pituitary gland, pancreas, thyroid, parathyroid and adrenal gland.

Lymphatic nervous system- thymus gland, lymph nodes, spleen lymphatic nodules

Reproductive system- gross features of male and female reproductive organs.

2. Health Continuum and Health care services (No. of Hrs- 10)

Concept of health- Illness continuum, factors influencing health

Body defences: Immunity and immunization

Health care services: health promotion and prevention, primary care, diagnosis, treatment, rehabilitation, continuing care.

3. Health Assessment

(No. of Hr-20)

Purposes, process of health assessment: subjective and objective

Health history- history collection

Physical examination- methods of physical examination

Inspection, palpation, auscultation, percussion

4. Meeting needs perioperative of patient

(No. of Hrs-10)

Definition and concept of perioperative nursing

Preoperative phase

Preparation of patient for surgery

Intraoperative phase

Operation theatre setup and environment

Role of a nurse

Post operative phase

Recovery unit

Post operative unit

Post operative care

Care of the wound types equipment procedure and special consideration, dressing suture care, care of drainage

5. BMWM and infection control

(No. of Hrs-10)

Biomedical waste management- Importance, types of infection waste, hazards associated with hospital waste, decontamination of hospital waste, segregation and transportation and disposal.

Infection control- Nature of infection, Nosocomial infection, (HAI), isolation precautions, hand washing techniques, PPE, standard safety precautions.

6. Documentation and reporting

(No. of Hrs-10)

Documentation- purposes of recording and reporting

Communication with in the health care team

Records- types of records, ward records, nursing records

Reporting- change of shift report, transfer report

7. Vital signs

(No. of Hrs-20)

Guidelines for taking vital sign

Body temperature: physiology, regulation, factors influencing body temperature

Temperature alteration- hypothermia, hyperthermia, pyrexia

Pulse- physiology, regulation, characteristics of pulse, factors influencing pulse

Alterations in pulse- tachycardia, bradycardia

Respiration: physiology, regulation, mechanism of breathing, characteristics of respiration, factors affecting respiration

Alterations in respiration

Blood pressure: physiology, regulation, characteristics of BP, factors influencing BP.

CPR- BLS, ALS.

8. Administration of Medications (No. of Hours-20)

General principles and considerations, purposes of medication, rights of drugs prescription medication error

Oral Drug administration: Oral, Sublingual, Buccal route

Parenteral Route: Intradermal, Subcutaneous, Intramuscular, Intravenous

Topical Route: Purposes, Site, Procedure

Inhalation: Nasal, Oral, Endotracheal.

9.Nursing management of patient with disease condition (No. of Hours-20)

Fluid and electrolyte imbalance, dyspnoea, oedema, upper respiratory tract infection, pneumonia, asthma, hernia, appendicitis, haemorrhoids peptic ulcer, heart attack hypertension, CKD, diabetes mellitus, thyroid disorder Arthritis, Osteoporosis.

ON THE JOB TRAINING

Placement: Clinical Department

Time: practical 60 hrs

Lab-05 clinicals-55

Practical Sessions - (No. of Hours-60)

1. Basic care of patients (bed bath, mouth care...)
2. Care of patients with fever and minor ailments.

3. IV Cannulation and sample collection
4. Measuring I/O Chart
5. Measuring vital sign
7. CPR

MODULE-2: Advance Practices

1. Equipment and linen Inventory Control (No. of Hours-10)

Introduction- indent, maintenance, inventory

Types: disposable, reusable- linen, rubber goods, glassware metal and plastic

2. Geriatric care (No. of Hours-10)

Geriatrics, geriatric nursing, gerontology, Objectives, Principles, Factors affecting aging, aging process and changes, Physiological changes Assessment findings

3. Communicable disease (No. of Hours-10)

Overview of infectious disease, tuberculosis, hepatitis, chicken pox small pox, leprosy, diphtheria, pertussis, poliomyelitis, measles mumps, HIV AIDs

4. Emergency drugs (No. of Hours-10)

Introduction, Types of drugs
Nursing responsibilities

5. Care of terminally ill patient (No. of Hours-10)

- Concept of loss, grief, grieving process
- Signs of clinical death
- Care of dying patient
- Medico legal issues
- Care of dead body: equipment, procedure, and care of unit
- Autopsy Embalming.

6. Guidance and counselling (No. of Hours-10)

- Definition, purpose, scope and need
- Basic principles, organization of counselling services
- Types of counselling approaches, role and preparation of counsellor
- Issues of counselling in nursing, counselling process
- Counselling process- steps and techniques, tools of counsellor
- Managing disciplinary problems

ON THE JOB TRAINING

Placement: Clinical Department

Time: practical 140 hrs

Lab-20 clinicals-120

Practical Sessions: Practicing nursing interventions

1. Patient history collection and physical examination
2. Care of bedridden patient
3. Foleys catheterization
4. Suctioning: oropharyngeal, nasopharyngeal
5. Care of patient with central line
6. Glasgow coma scale
7. Oxygen administration

Teaching and learning activities-Demonstration of charts, slides, models.

Assignments:

- Practice in Unit/ hospital/ Lab
- Write nursing process records of patient
- Role plays in simulated situations on communication techniques
- Measured vital sign of assigned patient
- Do clinical posting in infection control department and write report

LIST OF EQUIPMENT

Practical Nursing The equipment below is common to the Practical Nursing program. Student access to this equipment better

ensures successful completion of the program and employment opportunities.

1. Thermometers 05
2. Sphygmomanometers 05
3. Stethoscope 05
4. Dressing set. 02
5. Towels- small, big 04
6. Big basin steel 02
7. Jugs steel 02
8. mackintosh 01
9. Plastic bucket 01
10. First aid kit 01
11. Backrest 01
12. Ice cap 02
13. Hot water bottle 02
14. Cotton roll 01
15. Syringes 2 ml, 5 ml 10
16. Bed pan 01
17. Urinal sack 01
18. NG tube 01
19. IV set, urinary catheter sets 01
20. Solutions, betadine, spirit, savlon, hydrogen peroxide
21. Plastic trays 05
22. Kidney trays 05
23. Steel basins 05
24. Steel jugs 02
25. Dressing set 02
26. Cotton roll 02
27. IV Stand 01
28. IV Cannula, different sizes 02
29. Syringes, 2ml, 5ml 05
30. Bedsheets 02
31. Urinary catheter 02
32. Tourniquet

Qualifications of Teaching Faculty:

1. Graduation from any recognized university with an aggregate of 55% marks in medical science
2. 3+ Years of Experience in Clinicals

Reference books/ Internet links:

1. Taylor Etal- Fundamental of nursing vol-1 and 2 (Publisher-LWW)
2. Ashalatha P. R- Textbook of Anatomy and Physiology for nurses)

Division of Marks:

Theory: 100 Max. Marks

1. Communicative English: 20 marks
2. Short Questions: 6 x5m = 30 marks
3. Long Questions: 4x10 = 40 marks
4. Multiple Choice Questions: 10x1=10 marks

Practical: 100 Max. Marks

1. External: 40 marks
2. Record/ Mini Project: 10 marks
3. Internship (OJT): 50 marks

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REGD. NO:

TIME

TIME : 3 HRS

MAX MARKS: 100

ADVANCED BEDSIDE ASSISTANT (Module-1)

MODEL QUESTION PAPER (THEORY)

SECTION- A

COMMUNICATIVE ENGLISH

20 MARKS

SECTION- B

Note: a) Answer ALL questions.

b) Each question carries **5 Marks**.

6X5M=30 MARKS

1. Describe the gross features of alimentary tract.
2. What are the factors influencing health?
3. What are the methods of physical examination?
4. Explain about post operative care.
5. Write in detail about vital sign.
6. Write about nursing records.

SECTION- C

Note: a) Answer any **FOUR** questions.

b) Each question carries **10 Marks**.

4X10M=40 MARKS

1. Write about the nursing management of hernia.
2. Explain about the parental route.
3. Describe about standard safety precautions.
4. Explain about immunization.
5. Write about immunity.
6. Describe the structure of neuron.

SECTION-D

10X1=10 Marks

1. Which layer of the GI tract wall is responsible for secreting mucus and digestive enzymes?

- a) Submucosa
- b) Muscularis Externa
- c) Serosa (Adventitia)
- d) Mucosa

2. Which layer of the GI tract wall contains blood vessels, nerves, and lymphatics?

- a) Mucosa
- b) Submucosa
- c) Muscularis Externa
- d) Serosa (Adventitia)

3. Which of the following characteristics best describes "Optimal Wellness" on the health continuum?

- a) Presence of chronic conditions such as diabetes or hypertension.
- b) High level of physical, mental, emotional, and social well-being.
- c) Severe health conditions that significantly impair daily functioning.
- d) End of life.

4. Which factor is NOT mentioned as influencing movement along the health continuum?

- a) Lifestyle Choices
- b) Genetics
- c) Social Support
- d) Financial Status

5: What is a primary focus of health promotion according to the health continuum model?

- a) Intensive medical care and frequent hospitalizations.
- b) Managing severe health conditions and providing surgery.
- c) Preventive measures and healthy lifestyle choices.
- d) Providing palliative care at the end of life.

6. Which of the following is NOT a physical need of patients?

- a) Diagnosis and Treatment
- b) Pain Management
- c) Counseling Services
- d) Balanced Diet

7. What is a key component of meeting the emotional and psychological needs of patients?

- a) Providing translation and interpretation services
- b) Offering psychological counseling to help patients cope with illness, stress, and anxiety
- c) Ensuring patient privacy and confidentiality
- d) Connecting patients with community resources like home health care

8. Which approach to meeting patient needs involves developing care plans tailored to the unique needs of each patient?

- a) Holistic Care
- b) Shared Decision-Making
- c) Patient-Centered Care
- d) Continuous Improvement

9. Which route of drug administration involves placing the drug under the tongue for direct absorption into the bloodstream?

- a) Oral Administration
- b) Sublingual Administration
- c) Intravenous Administration
- d) Rectal Administration

10. What is one advantage of parenteral administration?

- a) Non-invasive and convenient
- b) Localized effect and slow absorption
- c) Rapid onset and precise control over dosage
- d) Controlled release over time through patches

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MODEL QUESTION PAPER (PRACTICAL)**

Note: a) Answer ALL questions.

b) Each question carries **10 Marks**.

4X10=40MARKS

1. Write about I/O chart.
2. Write and demonstrate Care of patients with fever.
3. What are the rights of drugs?
4. Write about BLS.

Record/Mini Project & Viva

10 Marks

Internship/OJT

50 Marks

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REGD. NO:

TIME: 3 HRS

MAX MARKS: 100

ADVANCED BEDSIDE ASSISTANT (Module-II)

MODEL QUESTION PAPER (THEORY)

SECTION- A

COMMUNICATIVE ENGLISH

20 MARKS

SECTION- B

Note: a) Answer ALL questions.

b) Each question carries **5 Marks**.

6X5M=30 MARKS

1. What are the types of disposals?
2. Explain about physiological changes assessment findings.
3. Write in detail about poliomyelitis.
4. Explain about types of drugs.
5. Write about medico legal issues.
6. Explain about counselling process.

SECTION- C

Note: a) Answer any **FOUR** questions.

b) Each question carries **10 Marks**.

4X10M=40 MARKS

1. Write about Autopsy Embalming.
2. What are the signs of clinical death?
3. Describe about measles and mumps.
4. What are the principles of geriatric care?

5. Write about inventory.
6. What are rubber goods?

SECTION-D

10X1=10 Marks

1. What is one of the key principles of inventory control that involves maintaining precise and up-to-date records of all equipment and linen?

- a) Cost-Effectiveness
- b) Accuracy
- c) Availability
- d) Quality

2. Which inventory control process involves using barcodes or RFID tags to track equipment and linen?

- a) Ordering and Replenishment
- b) Storage and Distribution
- c) Tracking and Monitoring
- d) Usage and Accountability

3. Which key practice in linen inventory control involves inspecting linen for wear and tear and replacing damaged items?

- a) Linen Usage Monitoring
- b) Laundry Management
- c) Quality Control
- d) Training

4. Which of the following is NOT a route through which communicable diseases can spread?

- a) Direct contact
- b) Indirect contact
- c) Waterborne
- d) Genetic inheritance

5. What is the purpose of quarantine and isolation measures in controlling communicable diseases?

- a) To treat infected individuals
- b) To prevent infected individuals from spreading the disease
- c) To improve public hygiene
- d) To conduct research on the disease

6. Which challenge is associated with globalization in the context of communicable diseases?

- a) Limited access to healthcare facilities
- b) Resistance to vaccination programs
- c) Increased spread of diseases across borders
- d) Emergence of drug-resistant strains

7. Which of the following is a key principle of caring for critically ill patients?

- a) Minimizing psychosocial support
- b) Reducing monitoring of vital signs
- c) Providing nutritional support
- d) Avoiding sedation management

8. What is the primary purpose of infection control protocols in critical care settings?

- a) Enhancing patient comfort
- b) Preventing healthcare-associated infections
- c) Reducing the need for ventilatory support
- d) Limiting family involvement

9. Why is a multidisciplinary approach important in caring for critically ill patients?

- a) It simplifies decision-making processes
- b) It reduces the complexity of patient care
- c) It ensures comprehensive and coordinated care
- d) It limits the role of nurses in patient management

10. What is the primary action of epinephrine (adrenaline), a commonly used emergency drug?

- a) Dilates blood vessels
- b) Reduces heart rate
- c) Increases heart rate and blood pressure
- d) Acts as a sedative

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ADVANCED BEDSIDE ASSISTANT (Module II)

MODEL QUESTION PAPER (PRACTICAL)

Note: a) Answer ALL questions.

b) Each question carries **10 Marks.**

4X10=40MARKS

1. Write and demonstrate about Glasgow coma scale.
2. Explain and demonstrate history collection.
3. What are the steps of foleys catheterization?
4. Explain and demonstrate Care of bedridden patient.

Record/Mini Project & Viva

10 Marks

Internship/OJT

50 Marks