SYLLABUS AND CURRICULUM OF CERTIFICATE IN DRESSER COURSE

CERTIFICATE IN DRESSER (CDR)

Certificate in Dresser (CDR) is a **Allied Health Care course** that teaches students basic medical assistance skills such as **wound dressing, first aid, patient care and assisting doctors in hospitals or clinics**. This course is useful for working in **hospitals, nursing homes, trauma centers, and rural healthcare services**.

Course Overview

- **Full Form**: Certificate In Dresser (CDR)
- **Duration**: 1 Year + 3 Months (Internship)
- **Eligibility**:
  - 10^{TH} pass
  - Minimum 45–50% marks

Career Opportunities after C D R

- **Dresser**
- **First Aid Assistant**
- **Hospital Attendant**
- **Emergency Care Assistant**

SEMESTER – I

PAPER CODE	SUBJECT NAME	THEORY HOURS	PRACTICAL HOURS	THEORY MARKS	PRACTICAL MARKS
CDR101	BASIC HUMAN ANATOMY AND PHYSIOLOGY	45 Min	1 Hrs.	50	50
CDR102	INTRODUCTION TO HEALTHCARE AND FIRST AID	45 Min	1 Hrs.	50	50
CDR103	FUNDAMENTALS OF DRESSING AND BANDAGING TECHNIQUES	45 Min	1 Hrs.	50	50
CDR104	INFECTION CONTROL, STERILIZATION & BIOMEDICAL WASTE MANAGEMENT	45 Min	1 Hrs.	50	50

BASIC HUMAN ANATOMY AND PHYSIOLOGY

THEORY

UNIT 1 – INTRODUCTION TO ANATOMY & PHYSIOLOGY

- Definition of Anatomy & Physiology
- Anatomical positions, planes & terms
- Levels of body organization (cells → tissues → organs → systems)
- Homeostasis & its importance
- Human body cavities
- Structural organization of human body

UNIT 2 – CELL & TISSUES

Cell

- Structure of cell
- Functions of cell components (nucleus, mitochondria, ribosomes, ER, Golgi body)
- Cell division (Mitosis & Meiosis)

Tissues

- Definition & types of tissues

- Epithelial tissue: types & functions
- Connective tissue: types & functions
- Muscular tissue
- Nervous tissue

UNIT 3 – SKELETAL SYSTEM

- Functions of skeletal system
- Classification of bones
- Structure of long bone
- Axial & Appendicular skeleton
- Names of major bones
- Types of joints
- Movements of joints

UNIT 4 – MUSCULAR SYSTEM

- Types of muscles (skeletal, smooth, cardiac)
- Structure of skeletal muscle
- Functions of muscles
- Major muscles of the body
- Mechanism of muscle contraction (basic)

UNIT 5 – CARDIOVASCULAR SYSTEM

Heart

- Location & structure
- Chambers & valves
- Blood flow through the heart
- Cardiac cycle (basic)

Blood Vessels

- Arteries, veins & capillaries
- Major blood vessels (Aorta, vena cava, pulmonary artery/vein)

Blood

- Composition of blood
- RBC, WBC, Platelets – structure & functions
- Hemoglobin
- Blood groups (ABO & Rh)

UNIT 6 – RESPIRATORY SYSTEM

- Organs of respiratory system
- Mechanism of breathing
- Exchange of gases
- Lung volumes (basic)
- Importance of oxygenation

UNIT 7 – DIGESTIVE SYSTEM

- Major organs of digestive system
- Functions of mouth, stomach, intestine, liver, pancreas
- Digestion & absorption of food
- Common digestive disorders (basic)

UNIT 8 – URINARY SYSTEM

- Structure & functions of kidney
- Nephron – structure & function
- Formation of urine
- Ureters, urinary bladder & urethra
- Importance of fluid balance

UNIT 9 – NERVOUS SYSTEM

- Central Nervous System (CNS) – brain & spinal cord
- Peripheral Nervous System
- Neuron – structure & function
- Reflex arc
- Autonomic nervous system (sympathetic & parasympathetic)

UNIT 10 – ENDOCRINE SYSTEM

- Definition & importance
- Pituitary, thyroid, parathyroid, pancreas, adrenal glands
- Hormones & their basic functions

UNIT 11 – REPRODUCTIVE SYSTEM

Male

- Testes, penis, sperm, accessory glands

Female

- Ovaries, uterus, fallopian tubes, menstrual cycle

UNIT 12 – INTEGUMENTARY SYSTEM (SKIN)

- Structure of skin (epidermis, dermis)
- Functions of skin
- Wound healing process

UNIT 13 – SPECIAL SENSES

- Eye – structure & function
- Ear – parts & hearing mechanism
- Taste, smell, touch

UNIT 14 – IMMUNE SYSTEM

- Immunity – definition
- Types of immunity
- Body's defense mechanisms
- Importance for wound care

UNIT 15 – FIRST AID RELATED ANATOMY

- Vital signs (Pulse, BP, Respiration, Temperature)
- Shock – basic understanding
- Bleeding types & control
- Types of wounds
- Bandaging principles
- Sterilization & asepsis

PRACTICAL

➢ INTRODUCTION & LAB ORIENTATION

- Introduction to Anatomy & Physiology practical lab
- Identification of lab equipment
  - Microscope
  - Slides
  - Models (heart, lung, skull, skeleton etc.)
- Safety rules in laboratory
- Hand hygiene & PPE use (gloves, mask, apron)

➢ IDENTIFICATION OF CELLS & TISSUES (MICROSCOPY)

Microscopy

- Parts of compound microscope
- Cleaning & handling

- Preparing a simple slide

Slide Identification

- Epithelial tissue (simple squamous, cuboidal, columnar)
- Connective tissue (areolar, adipose)
- Skeletal muscle
- Smooth muscle
- Nervous tissue

➢ SKELETAL SYSTEM PRACTICAL

- Identification of bones using skeleton model
  - Skull
  - Vertebral column
  - Ribs & sternum
  - Upper limb bones
  - Lower limb bones
- Identification of major joints
- Demonstration of joint movements

➢ MUSCULAR SYSTEM PRACTICAL

- Identification of major muscles on model/chart
- Demonstration of muscle movements
- Pulse points (where muscles & vessels can be palpated)

➢ CARDIOVASCULAR SYSTEM PRACTICAL

Heart

- Identification of heart chambers & valves

Blood Vessels

- Palpation of major arteries
  - Radial
  - Brachial
  - Carotid
  - Femoral

Vital Signs (Important for Dresser)

- Measuring **Pulse**
- Measuring **Blood Pressure** (BP)
- Measuring **Respiratory rate**

- Measuring **Temperature**

➢ RESPIRATORY SYSTEM PRACTICAL

- Identification of respiratory organs on chart/model
- Demonstration of breathing movements
- Use of stethoscope for breath sounds
- Practice of oxygen administration (mask/cannula) – **optional**

➢ DIGESTIVE SYSTEM PRACTICAL

- Identification of stomach, liver, pancreas, intestines
- Digestive model demonstration
- Understanding locations for abdominal emergencies

➢ URINARY SYSTEM PRACTICAL

- Identification of kidneys, ureters, bladder, urethra
- Demonstration of nephron model
- Measuring urine output (for patient care)

➢ NERVOUS SYSTEM PRACTICAL

- Identification of brain parts (cerebrum, cerebellum, brainstem)
- Identification of spinal cord & nerves
- Demonstration of **reflex testing** (knee jerk)

➢ SENSE ORGANS PRACTICAL

- Eye model identification
- Ear model identification
- Simple hearing test (Finger rub test)
- Light reflex demonstration (basic)

➢ INTEGUMENTARY SYSTEM & WOUND CARE (DRESSER FOCUS)

Skin

- Identification of layers of the skin on model/chart

Wound Care

- Types of wounds: cut, laceration, abrasion, puncture, burn
- Cleaning & dressing practice
- Application of antiseptics
- Bandaging techniques:

  - Roller bandage
  - Triangular bandage
  - Pressure bandage
  - Finger bandage
  - Foot/arm bandage
- Sterilization & disinfection procedures

➢ BASIC FIRST AID PRACTICAL

- First aid for bleeding
- Fracture immobilization (splinting)
- Burn management
- Fainting management
- Shock positioning
- CPR demonstration

INTRODUCTION TO HEALTHCARE AND FIRST AID

THEORY

UNIT 1 – INTRODUCTION TO HEALTHCARE SYSTEM

- Definition of health & disease
- Dimensions of health (Physical, Mental, Social, Emotional)
- Determinants of health
- Levels of healthcare
  - Primary
  - Secondary
  - Tertiary
- Healthcare delivery system in India
- Public vs. private healthcare services
- Role of hospitals
- Referral system
- Basic hospital organization (OPD, IPD, Emergency, ICU, OT)

UNIT 2 – ROLE OF A DRESSER / DRESSING ASSISTANT

- Duties and responsibilities of a dresser
- Scope of work
- Professional behavior & ethics
- Patient communication & empathy
- Maintaining patient dignity, privacy & confidentiality
- Record keeping & documentation
- Teamwork with doctors & nurses

- Understanding doctor's orders for wound care

UNIT 3 – BASIC CONCEPT OF FIRST AID

- Definition, objectives & importance of first aid
- Qualities of a good first aider
- First aid kit – contents & uses
- Emergency response steps:
  - Check
  - Call
  - Care
- Golden Hour concept
- Scene safety & personal safety

UNIT 4 – VITAL SIGNS & INITIAL ASSESSMENT

- Pulse
- Blood pressure
- Respiratory rate
- Temperature
- Level of consciousness (AVPU / GCS basic)
- Primary survey (ABCD)
- Secondary survey

UNIT 5 – FIRST AID IN BLEEDING & WOUNDS

- Types of bleeding
  - Arterial
  - Venous
  - Capillary
- First aid methods
  - Direct pressure
  - Elevation
  - Pressure points
  - Tourniquet (basic understanding)
- Types of wounds
  - Abrasion
  - Laceration
  - Incised
  - Puncture
  - Avulsion
  - Crush
  - Burns
- First aid for wounds

- Cleaning, antiseptics & dressing materials
- Bandaging principles

UNIT 6 – FIRST AID FOR BURNS & SCALDS

- Types of burns (1st, 2nd, 3rd degree)
- Causes of burns
- First aid for minor & major burns
- Chemical burns
- Electrical burns
- When to refer to hospital

UNIT 7 – FIRST AID FOR FRACTURES & MUSCULOSKELETAL INJURIES

- Types of fractures
- Signs & symptoms
- First aid for fractures
- Splinting techniques
- First aid for sprains, strains & dislocations

UNIT 8 – FIRST AID FOR RESPIRATORY EMERGENCIES

- Choking (adult & child)
- First aid for choking – Heimlich manoeuvre
- Asthma attack
- Breathing difficulty
- Drowning – rescue & first aid
- Hyperventilation

UNIT 9 – FIRST AID FOR CARDIAC EMERGENCIES

- Heart attack – signs & symptoms
- First aid for heart attack
- CPR – basic introduction (if mannequin available)
- Shock – types, signs & first aid

UNIT 10 – FIRST AID FOR MEDICAL EMERGENCIES

- Fainting
- Seizures (fits)
- Stroke – quick identification (FAST)
- Diabetic emergencies
- Allergic reactions & anaphylaxis

- Poisoning – ingestion, inhalation, bites & stings

UNIT 11 – BANDAGING & DRESSING TECHNIQUES

- Types of bandages
  - Roller bandage
  - Triangular bandage
  - Crepe bandage
- Bandaging for:
  - Hand
  - Foot
  - Elbow
  - Knee
  - Head
  - Chest & abdomen (basic)
- Wound dressing steps
- Sterilization & aseptic techniques

UNIT 12 – FIRST AID IN SPECIAL SITUATIONS

- Heat stroke & heat exhaustion
- Hypothermia
- Snake bite
- Dog bite
- Insect bite
- Eye injuries
- Nosebleed
- Foreign body in ear, nose, throat
- Chemical exposure

UNIT 13 – TRANSPORTATION OF PATIENTS

- Lifting & moving techniques
- Use of stretcher, wheelchair
- Logrolling
- Safe shifting of trauma patients

UNIT 14 – PERSONAL SAFETY & INFECTION CONTROL

- Hand hygiene
- Use of PPE
- Waste disposal
- Needle-stick injury prevention

- Cleaning & disinfection

PRACTICAL

➢ LAB ORIENTATION & SAFETY

- Introduction to first aid practical lab
- Identification of first aid equipment
  - First Aid Box
  - PPE (gloves, mask, apron)
  - Bandages, dressings, antiseptics
- Hand hygiene (6-step technique)
- Use of PPE
- Infection control practices
- Waste disposal (bio-medical waste basics)

➢ VITAL SIGNS ASSESSMENT

- Measuring **Pulse**
- Measuring **Blood Pressure** using BP apparatus
- Measuring **Respiratory rate**
- Measuring **Temperature** (digital & mercury thermometer)
- Recording vital signs in chart

➢ FIRST AID KIT & ITS USE

- Demonstration of contents of First Aid Kit
- Correct use of:
  - Cotton
  - Gauze
  - Antiseptic solution
  - Bandages
  - Adhesive tape
  - Scissors
  - Splints
- Preparing a first aid kit for emergencies

➢ WOUND CARE & DRESSING

Basic Wound Care

- Cleaning of wound
- Antiseptic application
- Dry / wet dressing
- Use of sterile gloves

Bandaging Practice

- Roller bandage
- Triangular bandage
- Crepe bandage
- Pressure bandage

Bandaging for Body Parts

- Hand & arm
- Foot & leg
- Elbow & knee
- Head bandage
- Finger bandage
- Chest & abdomen (basic)

➢ BLEEDING CONTROL

- Demonstration of bleeding types (simulation)
- First aid steps:
  - Direct pressure
  - Elevation
  - Pressure points
  - Tourniquet (basic demonstration)
- Use of haemostatic dressing (if available)

➢ FRACTURE & SPLINTING TECHNIQUES

- Identification of suspected fracture
- Immobilization principles
- Application of splints:
  - Arm splint
  - Leg splint
  - Finger splint
- Improvised splints (sticks, cardboard etc.)

➢ FIRST AID FOR BURNS

- Cooling the burn
- Use of sterile dressing for burns
- Handling chemical/electrical burn patients (theoretical + demonstration)

➢ CHOKING & AIRWAY MANAGEMENT

- First aid for choking (adult & child)
- Heimlich maneuver (demonstration / practice on dummy)

- Clearing airway obstruction
- Recovery position practical

➢ CPR DEMONSTRATION (Basic Life Support)

- Checking responsiveness
- Chest compressions (hand position, depth, rate)
- Rescue breaths (if mannequin available)
- Hands-only CPR demonstration
- Use of AED (explanation only)

➢ FIRST AID FOR MEDICAL EMERGENCIES

Practical Demonstrations

- Fainting – positioning
- Seizures – safety management
- Poisoning – basic first aid
- Allergic reaction – recognition
- Heat stroke & hypothermia care
- Snake & dog bite first aid

➢ PATIENT HANDLING & TRANSPORTATION

- Lifting and shifting techniques
- Use of stretcher & wheelchair
- Logrolling technique for trauma victims
- Safe transport of unconscious patient

➢ SCENE SAFETY & EMERGENCY RESPONSE

- Surveying the emergency scene
- Calling for help (emergency communication)
- Primary survey (ABCD)
- Secondary survey (head-to-toe assessment)

FUNDAMENTALS OF DRESSING AND BANDAGING TECHNIQUES

THEORY

UNIT 1 – INTRODUCTION TO DRESSING & BANDAGING

- Definition of dressing and bandaging
- Objectives of dressing

- Importance of bandaging in first aid & patient care
- Types of wounds (abrasion, incision, laceration, puncture, avulsion, crush, burns)
- Principles of good dressing

UNIT 2 – ASEPSIS & INFECTION CONTROL

- Principles of aseptic technique
- Sterile vs. clean technique
- Hand hygiene (WHO 6-step technique)
- Use of PPE – gloves, mask, apron
- Methods of sterilization & disinfection
- Handling sterile packs and dressing trays
- Biomedical waste management (basic rules)

UNIT 3 – MATERIALS & EQUIPMENT USED IN DRESSING

- Dressing tray setup
- Types of dressings:
  - Dry dressing
  - Wet dressing
  - Occlusive dressing
  - Pressure dressing
  - Burn dressing
  - Antimicrobial dressing
- Bandages:
  - Roller bandage
  - Triangular bandage
  - Crepe bandage
  - Adhesive bandage
- Use of:
  - Cotton, gauze, pads
  - Scissors, forceps, kidney tray
  - Antiseptics (povidone-iodine, spirit, saline)

UNIT 4 – WOUND ASSESSMENT

- Steps of wound inspection
- Identifying signs of infection
- Measuring wound size
- Assessing wound edges
- Exudate evaluation
- Recording findings

UNIT 5 – DRESSING PROCEDURES

Basic Dressing Technique

- Preparation of dressing area
- Cleaning method: center-to-outside
- Applying antiseptic
- Placing dressing material
- Securing dressing (tape, bandage)

Types of Dressing Procedures

- Simple wound dressing
- Post-operative dressing
- Burn dressing
- Dressing for abrasions and cuts
- Dressing for blisters
- Wet-to-dry dressing
- Pressure dressing for heavy bleeding

UNIT 6 – BANDAGING TECHNIQUES

General Principles

- Purpose of bandaging
- Rules of bandaging
- Tension, direction & overlap principles
- Checking circulation before/after bandaging

Roller Bandage Techniques

- Circular turn
- Spiral turn
- Spiral reverse
- Figure-of-eight
- Spica bandage

Triangular Bandage Techniques

- Arm sling
- Broad bandage
- Narrow bandage
- Head bandage
- Hand & foot bandage

Special Bandages

- Eye bandage
- Ear bandage
- Scalp bandage
- Chest and abdominal bandage

- Finger bandage

UNIT 7 – SPECIAL WOUND MANAGEMENT

- Burns & scalds
- Chemical & electrical burns
- Crush injuries
- Puncture wounds
- Bite wounds (snake bite, dog bite)
- Lacerations & avulsions
- Contaminated wounds
- Management of infected wounds

UNIT 8 – DRESSING COMPLICATIONS & MANAGEMENT

- Allergic reaction to dressing material
- Bleeding through dressing
- Swelling/edema due to tight bandage
- Pain management
- Signs when dressing must be changed immediately

UNIT 9 – SPECIAL TOOLS & ADVANCED MATERIALS

- Adhesive strips
- Steri-strips
- Hydrogel dressings
- Foam dressings
- Transparent film dressings
- Absorbent pads
- Importance of modern wound care

UNIT 10 – PATIENT SAFETY & COMMUNICATION

- Explaining the procedure to the patient
- Maintaining privacy
- Proper positioning of patient
- Obtaining consent
- Infection risk communication
- Documentation of dressing change

UNIT 11 – EMERGENCY BANDAGING (FIRST AID ROLE)

- Pressure bandage for heavy bleeding
- Immobilizing injured limb with bandage
- Neck/shoulder immobilization using triangular bandage
- Improvised bandaging (cloth, scarf, dupatta etc.)

UNIT 12 – SPECIAL CONDITIONS REQUIRING DRESSING

- Wounds in diabetic patients
- Pressure sores (bed sores)
- Ulcers (varicose, venous)
- Post-surgical wounds
- Amputation stump care

PRACTICAL

➢ LAB ORIENTATION & SAFETY

- Introduction to dressing & bandaging lab
- Identification of dressing instruments
    - Scissors
    - Forceps
    - Dressing tray
    - Kidney tray
    - Bowl, gauze, pads
- Hand hygiene practice
- Use of PPE (gloves, mask, apron)
- Maintaining sterile field
- Biomedical waste disposal (basics)

➢ SETTING UP A STERILE DRESSING TRAY

- Preparation of sterile field
- Opening sterile packs
- Arranging instruments:
    - Artery forceps
    - Dissecting forceps
    - Gauze pieces
    - Antiseptic solutions
- Maintaining asepsis during procedure
- Cleaning of instruments after use

➢ BASIC WOUND CLEANING & DRESSING

- Steps of simple dressing
- Wound cleaning technique:
    - Center-to-periphery method
    - Use of saline/antiseptic
- Application of dry dressing
- Application of wet dressing
- Applying antiseptic solution properly
- Securing the dressing with tape/bandage

- Removing old dressing safely

➢ ADVANCED DRESSING TECHNIQUES

- Post-operative wound dressing
- Burn dressing demonstration
- Pressure dressing
- Dressing for abrasions, cuts, lacerations
- Use of sterile gloves
- Handling infected wounds (safe technique)

➢ WOUND ASSESSMENT PRACTICAL

- Inspecting wound edges
- Measuring wound size
- Observing exudate type
- Identifying signs of infection
- Recording wound findings in patient notes

➢ ROLLER BANDAGE TECHNIQUES

- Circular turn
- Spiral turn
- Spiral reverse turn
- Figure-of-eight bandage
- Spica bandage (shoulder, hip)
- Securing roller bandage with clips/tape
- Checking circulation after bandaging

➢ TRIANGULAR BANDAGE TECHNIQUES

- Preparing triangular bandage
- Arm sling
- Broad bandage
- Narrow bandage
- Head bandage
- Hand and foot bandage
- Immobilization using triangular bandage

➢ SPECIAL BANDAGING METHODS

- Eye bandage
- Ear bandage
- Scalp bandage
- Chest bandage
- Abdominal bandage

- Finger bandage
- Pressure bandage for heavy bleeding
- Elastic crepe bandage application

➢ SPLINTING & IMMOBILIZATION

- Applying splints to arm and leg
- Using improvised splints (sticks, cardboard, cloth)
- Securing splint with bandages
- Immobilizing joints above & below injury
- Checking circulation and sensation after splinting

➢ EMERGENCY DRESSING & FIRST AID

- Dressing for burns (cooling + sterile dressing)
- Controlling bleeding with bandages
- Tourniquet demonstration (basic)
- Dressing for puncture & crush wounds
- Handling contaminated wounds (safe disposal)

INFECTION CONTROL, STERILIZATION & BIOMEDICAL WASTE MANAGEMENT

THEORY

UNIT 1 – INTRODUCTION TO INFECTION CONTROL

- Definition of infection & contamination
- Chain of infection
  - Infectious agent
  - Reservoir
  - Portal of exit
  - Mode of transmission
  - Portal of entry
  - Susceptible host
- Types of infection:
  - Hospital-acquired infection (HAI)
  - Community-acquired infection
- Importance of infection control in dressing work

UNIT 2 – MICROORGANISMS & THEIR MODES OF TRANSMISSION

- Types of microorganisms (bacteria, virus, fungi, parasites)
- Growth requirements of microorganisms
- Modes of transmission:

  - Direct contact
  - Indirect contact
  - Droplet
  - Airborne
  - Vector-borne
  - Fomite transmission
- Prevention of transmission

UNIT 3 – STANDARD PRECAUTIONS

- Universal precautions
- Hand hygiene (WHO 6-step technique)
- Use of PPE (Personal Protective Equipment)
  - Gloves
  - Mask
  - Gown/apron
  - Shoe cover
  - Cap
- Respiratory hygiene/cough etiquette
- Safe injection practices

UNIT 4 – ASEPSIS & ANTISEPTIC TECHNIQUES

- Medical vs. surgical asepsis
- Clean vs. sterile technique
- Maintaining sterile field
- Aseptic handling of dressing tray
- Use of antiseptics:
  - Povidone iodine
  - Spirit
  - Chlorhexidine
  - Normal saline

UNIT 5 – STERILIZATION METHODS

Physical Methods

- Heat sterilization
  - Autoclave
  - Dry heat/Hot air oven
  - Boiling
- Radiation sterilization
- Filtration

Chemical Methods

- Liquid disinfectants
  - Formalin
  - Hypochlorite
  - Phenol
  - Alcohol
- Gas sterilization (Ethylene Oxide)

Sterilization Indicators

- Physical indicators
- Chemical indicators
- Biological indicators

UNIT 6 – DISINFECTION METHODS

- Levels of disinfection (high, intermediate, low)
- Disinfection of:
  - Surfaces
  - Instruments
  - Dressing area
  - Beds & linens
- Preparation of disinfectant solutions
  - Bleaching powder solution
  - Sodium hypochlorite solution

UNIT 7 – CLEANING, PACKING & STORAGE

- Steps of cleaning instruments
- Decontamination process
- Packaging for sterilization
- Labelling sterilized packs
- Storage of sterile supplies
- Shelf-life & expiry of sterile packs

UNIT 8 – HOSPITAL INFECTIONS

- Hospital-Acquired Infections (HAIs)
  - Wound infection
  - UTI
  - Respiratory infection
  - Bloodstream infection
- Chain of cross-infection
- Role of dresser in HAI prevention

UNIT 9 – BIOMEDICAL WASTE MANAGEMENT (BMWM)

- Definition & importance of BMWM
- Bio-medical Waste Management Rules (current guidelines – simplified for dresser level)

Categories of Waste

- Human anatomical waste
- Soiled waste (dressing, gauze, bandages)
- Sharps (needles, blades)
- Glassware
- Plastic waste
- Chemical waste

UNIT 10 – BMW SEGREGATION & COLOR CODING

- **Color-coded bins/bags:**
  - **Yellow** – human tissue, dressing waste, bandages
  - **Red** – contaminated plastic items (tubes, syringes without needles)
  - **White/Translucent** – sharps (needles, blades)
  - **Blue** – glassware, bottles
- Labelling and tagging of waste bags
- Proper handling & sealing of waste bags

UNIT 11 – SHARPS MANAGEMENT

- Safe handling of needles & blades
- Needle-stick injury prevention
- Demonstration of needle destroyer
- Immediate steps after needle-stick injury (first aid + reporting)

UNIT 12 – TRANSPORTATION & FINAL DISPOSAL OF BMW

- Internal transport within hospital
- Temporary storage of waste
- Handover to authorized waste collection agencies
- Final disposal methods (incineration, deep burial, autoclaving, shredding – basic explanation)

UNIT 13 – CLEANING & DISINFECTION OF DRESSING AREA

- Cleaning protocol before & after dressing
- Surface disinfection
- Floor & table disinfection
- Linen disinfection

- Safe disposal of used dressing material

UNIT 14 – PPE REMOVAL & HANDLING

- Donning (wearing) sequence
- Doffing (removal) sequence
- Avoiding contamination during PPE removal
- Disposal of used PPE

PRACTICAL

➢ HAND HYGIENE & PERSONAL PROTECTION

- Proper handwashing (7 steps – WHO technique)
- Use of hand sanitizer
- Wearing & removing PPE (gloves, mask, gown, apron)
- Use of sterile gloves vs. non-sterile gloves
- Fitting and removing N95 mask
- Demonstration of cough etiquette

➢ STERILE FIELD & ASEPTIC TECHNIQUE

- Setting up a sterile field
- Opening sterile packs correctly
- Handling sterile items without contamination
- Maintaining no-touch technique
- Cleaning and disinfecting dressing tray before/after use
- Preparing sterile dressing trolley for procedures

➢ CLEANING, DISINFECTION & HIGH-LEVEL DISINFECTION

- Cleaning instruments with brush & detergent
- Use of disinfectants (bleach, Lysol, alcohol)
- Preparation of chlorine solutions (0.5%, 1%, 2%)
- Wiping surfaces using correct disinfectant technique
- Decontamination of spills (blood/body fluids)
- Demonstration: Soaking used instruments in disinfectant

➢ STERILIZATION OF INSTRUMENTS

- Packing instruments for sterilization
- Wrapping dressing sets in cloth/paper
- Loading items in autoclave
- Running autoclave cycle (demo only; operating staff may assist)

- Checking autoclave indicators (chemical & biological)
- Using dry heat sterilizer (hot air oven)
- Sterile storage and expiry checking

➢ WASTE SEGREGATION PRACTICAL (BMW RULES)

- Identifying different coloured bins (red, blue, yellow, white)
- Segregating waste into proper bins:
  - Soiled waste
  - Sharps
  - Glassware
  - Plastic disposables
  - Human/animal waste (conceptual)
- Demonstrating correct disposal of:
  - Gloves
  - Cotton, gauze
  - IV sets
  - Syringes & needles (without recapping)
- Operating needle burner/needle cutter
- Using puncture-proof sharp container
- Handling spill kits

➢ INFECTION CONTROL PRACTICES IN DRESSING ROOM

- Cleaning and preparing dressing room before procedure
- Disinfection of dressing table, trolleys, trays
- Maintaining aseptic environment
- Preparing antiseptic solution for wound cleaning
- Proper disposal of dressing waste
- Safe removal of contaminated dressing material

➢ ISOLATION & PREVENTION OF CROSS-INFECTION

- Demonstrating patient isolation (basic)
- Donning & doffing of isolation PPE
- Handling contaminated linens safely
- Hand hygiene checkpoints before & after patient contact
- Safe distance and barrier precautions

➢ SHARPS HANDLING & SAFETY

- Handling needles and sharps safely
- Demonstration of:
  - Do NOT recap
  - Use of one-hand scoop technique (if required)
- Disposing sharps immediately in puncture-proof container

- Management of needle-stick injury (NSI steps)

➢ SPILL MANAGEMENT

- Demonstration of blood spill management
- Demonstration of chemical spill management
- Using PPE for spills
- Preparing disinfectant solution
- Correct steps of wiping, cleaning, and disposing contaminated items

UNIT 10 – ANTIMICROBIAL AGENTS & DISINFECTANT PREPARATION

- Preparation of disinfectant solutions:
  - Sodium hypochlorite
  - Dettol
  - Savlon
  - Bleaching powder
- Labeling: concentration, date, and expiry
- Storage of disinfectants safely

SEMESTER – II

PAPER CODE	SUBJECT NAME	THEORY HOURS	PRACTICAL HOURS	THEORY MARKS	PRACTICAL MARKS
CDR201	BASIC PHARMACOLOGY	45 Min	1 Hrs.	50	50
CDR202	MANAGEMENT OF BURNS, FRACTURES, AND INJURIES	45 Min	1 Hrs.	50	50
CDR203	HANDLING OF EMERGENCY AND TRAUMA CASES	45 Min	1 Hrs.	50	50
CDR204	PREPARATION & USE OF DRESSING MATERIALS	45 Min	1 Hrs.	50	50

BASIC PHARMACOLOGY

THEORY

1. Introduction to Pharmacology

- Definition of Pharmacology
- Importance of Pharmacology in medical practice
- Definition of drug and medicine
- Difference between drug and medicine
- Branches of Pharmacology
    - Pharmacodynamics
    - Pharmacokinetics
- Role of a dresser in safe drug administration

2. Sources of Drugs

- Drugs obtained from plants
- Drugs obtained from animals
- Mineral sources of drugs
- Synthetic drugs
- Semi-synthetic drugs
- Biotechnology drugs

3. Dosage Forms of Drugs

- Tablets
- Capsules
- Syrups
- Suspensions
- Injections
- Ointments
- Creams
- Lotions
- Powders
- Drops (Eye, Ear, Nasal)
- Suppositories

4. Routes of Drug Administration

Enteral Routes

- Oral route
- Sublingual route
- Rectal route

Parenteral Routes

- Intramuscular (IM)
- Intravenous (IV)
- Subcutaneous (SC)
- Intradermal (ID)

Other Routes

- Topical route
- Inhalation route
- Nasal route
- Ophthalmic route

5. Drug Dosage and Calculation

- Definition of dose
- Adult dose
- Pediatric dose
- Factors affecting drug dosage
- Dose calculation basics
- Body weight and age factors
- Safe drug administration

6. Storage and Handling of Drugs

- Principles of drug storage
- Temperature control
- Protection from light and moisture
- Importance of expiry date
- Drug labeling
- Safe handling of medicines

7. Pharmacodynamics (Action of Drugs)

- How drugs act in the body
- Therapeutic effects
- Side effects
- Adverse drug reactions
- Drug toxicity

8. Pharmacokinetics (Movement of Drugs in the Body)

- Absorption of drugs
- Distribution of drugs
- Metabolism of drugs
- Excretion of drugs

9. Classification of Commonly Used Drugs

Analgesics (Pain Relievers)

- Paracetamol
- Ibuprofen
- Diclofenac

Antipyretics (Fever Reducing Drugs)

- Paracetamol
- Aspirin

Antibiotics

- Amoxicillin
- Azithromycin
- Cefixime

Antiseptics and Disinfectants

- Povidone iodine
- Chlorhexidine
- Hydrogen peroxide

Anti-allergic Drugs

- Cetirizine
- Chlorpheniramine

Antacids

- Aluminium hydroxide
- Magnesium hydroxide

Anti-diarrheal Drugs

- ORS

- Loperamide

Anti-emetic Drugs

- Ondansetron
- Domperidone

Emergency Drugs

- Adrenaline
- Atropine
- Diazepam
- Hydrocortisone
- Dextrose

Uses, indications, and precautions of emergency drugs.

11. Drugs Used in First Aid

- Drugs used for pain relief
- Drugs used for fever
- Drugs used for burns
- Drugs used for allergic reactions
- ORS solution
- Tetanus toxoid

12. Antibiotics and Drug Resistance

- Definition of antibiotics
- Proper use of antibiotics
- Misuse of antibiotics
- Antibiotic resistance

13. Adverse Drug Reactions (ADR)

- Types of adverse drug reactions
- Drug allergy
- Drug toxicity
- Anaphylaxis
- Basic management of drug reactions

14. Drug Safety

- Principles of safe drug administration
- Five rights of medication administration
    - Right patient
    - Right drug
    - Right dose
    - Right route
    - Right time

15. Legal and Ethical Aspects

- Prescription drugs
- Over-the-counter drugs (OTC)
- Drug misuse and abuse
- Legal responsibility of a dresser

PRACTICAL

➢ Identification of Different Dosage Forms

- Tablets
- Capsules
- Syrups
- Suspensions
- Injections
- Ointments
- Creams
- Lotions
- Powders
- Eye drops
- Ear drops
- Nasal drops

➢ Reading Drug Labels

- Name of the drug
- Strength of the drug
- Dose and instructions
- Manufacturing date
- Expiry date
- Storage instructions
- Batch number

➢ Identification of Commonly Used Drugs

- Analgesics (Paracetamol, Ibuprofen)
- Antipyretics
- Antibiotics (Amoxicillin, Azithromycin)
- Antiseptics (Povidone iodine, Chlorhexidine)
- Anti-allergic drugs (Cetirizine)
- Antacids
- Anti-diarrheal drugs (ORS)

➢ Identification of Injection Equipment

- Disposable syringes
- Needles
- IV sets
- Ampoules
- Vials
- Spirit swabs
- Tourniquet
- Cotton and gauze

➢ Preparation of Injection

Basic steps involved in injection preparation:

- Hand washing
- Checking drug label
- Checking expiry date
- Breaking ampoule safely
- Drawing medicine into syringe
- Removing air bubbles

➢ Preparation of ORS (Oral Rehydration Solution)

- Correct method of preparing ORS
- Use of clean drinking water
- Correct mixing technique
- Proper storage and usage

➢ Use of Antiseptics in Wound Care

Practical use of antiseptic solutions:

- Povidone iodine
- Hydrogen peroxide
- Chlorhexidine

Steps of cleaning and dressing wounds.

8. Drug Storage Practice

- Proper storage of medicines
- Protection from heat, light, and moisture
- Storage in medicine cabinets
- Refrigerator storage for some drugs
- Checking expiry dates regularly

9. Dose Calculation Practice

Basic exercises in:

- Calculating adult dose
- Calculating child dose
- Understanding mg, ml, and dosage strength
- Measuring liquid medicines

10. Preparation of Emergency Drug Tray

- Adrenaline
- Atropine
- Diazepam
- Hydrocortisone
- Dextrose
- Syringes and needles
- Spirit swabs and cotton

11. Identification of First Aid Drugs

- Paracetamol
- Antiseptic solutions
- ORS packets
- Anti-allergy tablets
- Burn ointments

12. Safe Drug Handling

- Hand hygiene before handling medicines
- Avoiding contamination
- Correct disposal of syringes and needles
- Biomedical waste disposal

MANAGEMENT OF BURNS, FRACTURES, AND INJURIES

THEORY

1. Introduction to Trauma and Injuries

- Definition of trauma
- Types of injuries
- Causes of injuries (road accidents, falls, burns, assaults)
- Importance of first aid in injury management
- Role and responsibilities of a dresser in trauma care

2. Basic Principles of First Aid in Injuries

- Objectives of first aid
- Primary survey (Airway, Breathing, Circulation)
- Ensuring patient safety
- Controlling bleeding
- Preventing infection
- Importance of early medical care

3. Wounds and Their Management

Definition of Wound

- Open wound
- Closed wound

Types of Wounds

- Incised wound
- Lacerated wound
- Abrasion
- Puncture wound
- Contusion

Wound Management

- Cleaning of wound
- Control of bleeding
- Application of antiseptics
- Dressing of wounds
- Prevention of infection

4. Burns

Definition of Burns

- Damage to skin or tissues caused by heat, chemicals, electricity, or radiation

Causes of Burns

- Thermal burns
- Chemical burns
- Electrical burns
- Radiation burns

Degrees of Burns

- First degree burn
- Second degree burn
- Third degree burn

Signs and Symptoms of Burns

- Pain
- Redness
- Blisters
- Tissue damage

First Aid Management of Burns

- Cooling the burn area with clean water
- Removing tight clothing or jewelry
- Covering with sterile dressing
- Avoiding application of harmful substances

Complications of Burns

- Infection
- Dehydration

- Shock

5. Fractures

Definition of Fracture

- Break or crack in a bone

Causes of Fractures

- Road accidents
- Falls
- Direct trauma
- Sports injuries

Types of Fractures

- Simple fracture
- Compound fracture
- Greenstick fracture
- Comminuted fracture

Signs and Symptoms of Fractures

- Pain
- Swelling
- Deformity
- Inability to move the limb

First Aid Management of Fractures

- Immobilization of injured part
- Application of splints
- Control of bleeding
- Transporting the patient safely

6. Dislocations and Sprains

Dislocation

- Definition
- Causes
- Signs and symptoms

Sprain

- Definition
- Causes
- Signs and symptoms

Management

- Rest
- Ice application
- Compression
- Elevation (RICE method)

7. Management of Bleeding

Types of Bleeding

- Arterial bleeding
- Venous bleeding
- Capillary bleeding

First Aid Management

- Direct pressure
- Elevation of injured part
- Application of pressure bandage
- Use of tourniquet (in severe cases)

8. Head Injuries

- Causes of head injuries
- Signs and symptoms
- Danger signs
- First aid management
- Importance of immediate referral

9. Spinal Injuries

- Causes of spinal injuries
- Signs and symptoms
- Risks of spinal damage
- Safe handling and transportation of patient

10. Soft Tissue Injuries

- Bruises
- Contusions
- Muscle injuries

Management of soft tissue injuries.

11. Shock in Injuries

Definition of Shock

- Causes of shock in trauma

Signs and Symptoms

- Pale skin
- Rapid pulse
- Cold sweating
- Weakness

First Aid Management

- Laying patient flat
- Elevating legs
- Keeping patient warm
- Immediate medical help

12. Transportation of Injured Patients

- Safe methods of moving injured patients
- Use of stretcher
- Manual carrying techniques
- Precautions during transportation

13. Infection Control in Wound Care

- Importance of aseptic techniques
- Hand hygiene
- Use of gloves
- Proper disposal of contaminated materials

14. Dressing and Bandaging

- Types of dressings
- Types of bandages
- Techniques of bandaging
- Care of wounds during dressing

15. Role of a Dresser in Injury Management

- Assisting doctors and nurses
- Preparing dressing materials
- Maintaining sterile field
- Observing patient condition
- Providing basic first aid

PRACTICAL

➢ Identification of First Aid Materials

- Sterile gauze
- Cotton
- Bandages (roller bandage, crepe bandage)
- Adhesive tape
- Antiseptic solutions
- Gloves
- Scissors
- Forceps
- Dressing trays

➢ Preparation of Dressing Tray

- Sterile gauze pieces
- Cotton balls
- Antiseptic solutions (povidone iodine, chlorhexidine)
- Forceps
- Scissors
- Kidney tray
- Gloves

➢ Cleaning and Dressing of Wounds

- Hand washing
- Wearing gloves
- Cleaning the wound with antiseptic solution

- Removing dirt and debris
- Applying sterile dressing
- Securing the dressing with bandage

➢ Application of Different Types of Bandages

- Circular bandage
- Spiral bandage
- Figure-of-eight bandage
- Triangular bandage

Bandaging of different body parts:

- Hand
- Arm
- Leg
- Head

➢ First Aid Management of Burns

- Immediate cooling of burn with clean water
- Covering burn with sterile dressing
- Avoiding contamination of burn wounds
- Assisting in burn care procedures

➢ Splint Application for Fractures

- Identification of splints
- Application of splints to arm fractures
- Application of splints to leg fractures
- Immobilization of injured joints

➢ Control of Bleeding

- Direct pressure method
- Pressure bandage application
- Elevation of injured limb
- Use of sterile dressing for bleeding wounds

➢ Management of Sprains and Soft Tissue Injuries

Practice of **RICE method**:

- Rest
- Ice application
- Compression bandage
- Elevation of injured limb

➢ Safe Handling and Transportation of Injured Patients

- Proper lifting techniques
- Use of stretcher
- Two-person carry
- Four-person carry
- Precautions during transportation

➢ Preparation of First Aid Kit

- Antiseptic solutions
- Bandages and dressings
- Cotton and gauze
- Adhesive tape
- Scissors and gloves
- Burn ointments
- ORS packets

➢ Infection Control During Dressing

- Hand hygiene
- Use of gloves
- Maintaining sterile field
- Proper disposal of contaminated material

➢ Use of Antiseptic Solutions

- Povidone iodine
- Hydrogen peroxide
- Chlorhexidine

HANDLING OF EMERGENCY AND TRAUMA CASES

THEORY

1. Introduction to Emergency and Trauma Care

- Definition of emergency
- Definition of trauma
- Types of emergencies
- Importance of emergency care
- Role and responsibilities of a dresser in emergency situations

2. Principles of Emergency Care

- Basic principles of first aid
- Primary survey (Airway, Breathing, Circulation – ABC)
- Secondary assessment of patient
- Ensuring patient safety
- Rapid response in emergency conditions

3. Basic Life Support (BLS)

- Definition and importance of Basic Life Support
- Steps of BLS
- Cardiopulmonary Resuscitation (CPR)
- CPR for adults
- CPR for children
- Recovery position

4. Airway Management

- Importance of maintaining airway
- Causes of airway obstruction
- Methods to open airway
- Removal of foreign body obstruction
- Basic airway management techniques

5. Management of Unconscious Patient

- Causes of unconsciousness
- Signs and symptoms
- Assessment of consciousness
- First aid management
- Recovery position

6. Management of Shock

- Definition of shock
- Causes of shock in trauma
- Types of shock (basic understanding)
- Signs and symptoms of shock
- First aid management of shock

7. Management of Bleeding

- Types of bleeding
  - Arterial
  - Venous
  - Capillary
- Methods to control bleeding
- Use of pressure bandage
- Elevation of injured limb
- Emergency management of severe bleeding

8. Management of Fractures in Emergency

- Identification of fractures
- Signs and symptoms
- First aid management
- Immobilization of injured limb
- Application of splints

9. Management of Burns in Emergency

- Causes of burns
- Degrees of burns
- First aid management of burn injuries
- Prevention of infection in burns

10. Head and Spinal Injuries

Head Injuries

- Causes
- Signs and symptoms
- Danger signs

Spinal Injuries

- Causes
- Risks and complications
- Precautions during handling of patient

11. Poisoning and Overdose

- Common causes of poisoning
- Signs and symptoms of poisoning
- First aid management
- Importance of immediate medical referral

12. Management of Drowning and Suffocation

- Causes of drowning
- Signs and symptoms
- First aid management
- Rescue breathing

13. Snake Bite and Animal Bite

- Types of poisonous snakes
- Signs and symptoms of snake bite
- First aid management
- Prevention of complications

14. Heat Stroke and Heat Exhaustion

- Causes
- Signs and symptoms
- First aid management

15. Transportation of Emergency Patients

- Safe methods of patient transport
- Use of stretcher
- Manual carrying techniques
- Precautions during transportation

16. Infection Control in Emergency Care

- Hand hygiene
- Use of personal protective equipment (PPE)
- Safe disposal of biomedical waste
- Prevention of infection transmission

17. Role of a Dresser in Emergency Department

- Assisting doctors and nurses
- Preparing emergency equipment
- Maintaining emergency trays
- Observing patient condition
- Providing first aid and basic care

PRACTICAL

➢ Identification of Emergency Equipment

- Stretcher
- Oxygen cylinder
- Oxygen mask
- Suction machine
- Ambu bag (Bag-Valve Mask)
- BP apparatus
- Thermometer
- Pulse oximeter
- Emergency drug tray

2. Preparation of Emergency Tray

- Emergency drugs
- Syringes and needles
- IV sets
- Cotton and gauze
- Spirit swabs
- Gloves
- Tourniquet
- Adhesive tape

➢ Basic Life Support (BLS) Demonstration

- Checking responsiveness
- Checking breathing and pulse

- Performing chest compressions
- Giving rescue breaths
- Steps of Cardiopulmonary Resuscitation (CPR)

➢ Airway Opening Techniques

Practice of basic airway management:

- Head tilt–chin lift technique
- Jaw thrust method
- Clearing airway obstruction
- Removal of foreign body

➢ Recovery Position

Students should learn how to place an unconscious but breathing patient in the **recovery position** to maintain airway.

➢ Handling of Unconscious Patient

- Checking airway, breathing, and circulation
- Placing patient in recovery position
- Monitoring vital signs
- Ensuring patient safety

➢ Control of Bleeding

- Direct pressure method
- Application of pressure bandage
- Elevation of injured limb
- Use of sterile dressing

➢ Splint Application in Fractures

- Identification of splints
- Immobilization of injured limbs
- Splint application for arm fractures
- Splint application for leg fractures

➢ First Aid Management of Burns

- Cooling burn area with clean water

- Covering burn with sterile dressing
- Preventing contamination of burn wounds

➢ Management of Shock

- Identifying signs of shock
- Laying patient flat
- Elevating legs
- Keeping patient warm
- Monitoring patient condition

➢ Safe Transportation of Emergency Patients

- Proper lifting techniques
- Two-person carry
- Four-person carry
- Use of stretcher
- Precautions during transportation

➢ Preparation of First Aid Kit

- Antiseptic solutions
- Cotton and gauze
- Bandages
- Gloves
- Scissors
- Adhesive tape
- ORS packets

➢ Infection Control in Emergency Care

- Hand hygiene
- Use of personal protective equipment (PPE)
- Safe disposal of biomedical waste
- Preventing infection transmission

PREPARATION & USE OF DRESSING MATERIALS

THEORY

1. Introduction to Dressing

- Definition of dressing
- Importance of dressing in wound care
- Objectives of dressing
- Role of a dresser in dressing procedures

2. Basic Principles of Wound Care

- Concept of wound healing
- Importance of cleanliness in wound management
- Prevention of infection in wounds
- Principles of aseptic technique

3. Types of Wounds

- Incised wound
- Lacerated wound
- Abrasion
- Puncture wound
- Contusion

Basic management of different types of wounds.

4. Dressing Materials

Identification and uses of common dressing materials:

- Cotton
- Gauze
- Sterile gauze pads
- Bandages
- Adhesive tapes
- Dressing pads
- Roller bandage
- Crepe bandage

5. Antiseptics and Disinfectants Used in Dressing

- Definition of antiseptics and disinfectants
- Common antiseptic solutions:
    - Povidone iodine
    - Chlorhexidine

  - Hydrogen peroxide
  - Spirit

Uses and precautions.

6. Types of Dressings

- Dry dressing
- Wet dressing
- Sterile dressing
- Pressure dressing
- Protective dressing

7. Preparation of Dressing Materials

- Preparation of sterile gauze
- Preparation of cotton swabs
- Preparation of dressing packs
- Maintenance of sterile field

8. Dressing Procedure

- Preparation before dressing
- Hand hygiene
- Wearing gloves
- Cleaning of wound
- Application of antiseptic
- Application of sterile dressing
- Securing the dressing with bandage

9. Bandaging Techniques

- Purpose of bandaging
- Types of bandages
- Methods of bandaging
  - Circular bandage
  - Spiral bandage
  - Figure-of-eight bandage
  - Triangular bandage

10. Sterilization and Disinfection

- Definition of sterilization

- Methods of sterilization
- Boiling method
- Autoclaving
- Use of disinfectants

11. Infection Control

- Importance of infection prevention
- Hand hygiene
- Use of gloves and protective equipment
- Safe disposal of contaminated materials

12. Care of Different Types of Wounds

- Care of surgical wounds
- Care of infected wounds
- Care of burn wounds
- Care of traumatic wounds

13. Dressing Complications

- Infection
- Bleeding
- Pain
- Delayed wound healing

14. Waste Disposal

- Biomedical waste management
- Disposal of used dressing materials
- Safe disposal of sharps

15. Role of a Dresser in Dressing Procedures

- Assisting doctors and nurses
- Preparing dressing materials
- Maintaining sterile environment
- Monitoring wound condition
- Maintaining dressing records

PRACTICAL

➢ Identification of Dressing Materials

- Cotton
- Gauze pieces
- Sterile gauze pads
- Bandages (roller bandage, crepe bandage)
- Adhesive tape
- Dressing pads
- Scissors
- Forceps
- Kidney tray
- Gloves

➢ Preparation of Dressing Tray

Students should practice preparing a **sterile dressing tray**, including:

- Sterile gauze pieces
- Cotton balls
- Antiseptic solutions (povidone iodine, chlorhexidine)
- Forceps
- Scissors
- Kidney tray
- Gloves
- Bandages

➢ Preparation of Sterile Gauze

- Cutting gauze into required sizes
- Folding gauze properly
- Packing gauze for sterilization

➢ Preparation of Cotton Swabs

- Making cotton balls
- Preparing cotton swabs using forceps or sticks
- Keeping cotton in sterile containers

➢ Cleaning of Wounds

practice:

- Hand washing

- Wearing gloves
- Cleaning wound with antiseptic solution
- Removing dirt or debris
- Maintaining aseptic technique

➢ Dressing of Wounds

- Preparation of dressing tray
- Cleaning the wound
- Application of antiseptic
- Placing sterile gauze on wound
- Securing dressing with bandage or adhesive tape

➢ Application of Different Types of Bandages

- Circular bandage
- Spiral bandage
- Figure-of-eight bandage
- Triangular bandage

Bandaging of different body parts such as:

- Hand
- Arm
- Leg
- Head

➢ Use of Antiseptic Solutions

- Povidone iodine
- Hydrogen peroxide
- Chlorhexidine
- Spirit

➢ Sterilization of Dressing Instruments

- Cleaning instruments
- Boiling method of sterilization
- Use of autoclave (demonstration)
- Storage of sterilized instruments

➢ Maintenance of Aseptic Technique

- Hand hygiene
- Wearing gloves
- Maintaining sterile field
- Avoiding contamination during dressing

➢ Disposal of Used Dressing Materials

- Safe disposal of contaminated gauze and cotton
- Biomedical waste segregation
- Safe disposal of sharps

LIST OF HOLIDAYS

TOTAL DAY IN 1 YEAR	365/366
SUNDAY	52 DAYS
SUMMER VACATION	10 DAYS
WINTER VACATION	10 DAYS
GAZETTED HOLIDAYS	23 DAYS
OTHER HOLIDAYS	20 DAYS
TOTAL HOLIDAYS	115 DAYS
TOTAL WORKING DAYS	365-115=250

TOTAL HOURS

THEORY CLASS PER DAY	3 HOURS
PRACTICAL CLASS PER DAY	4 HOURS
TOTAL HOURS PER DAY	7 HOURS
TOTAL HOURS IN 1 YEAR	250*7=1750
TOTAL HOURS IN 6 MONTHS	875 HOURS

Chairman

Paramedical Education & Training Council