



PARAMEDICAL COUNCIL OF INDIA

MULTI - PURPOSE HEALTH

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WORKER (M.P.H.W)

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SYLLABUS

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Ch. No.157/1, Near Laxmi Nagar, Metro Station Gate No 1, Vikas Marg, Delhi-92

MULTI - PURPOSE HEALTH WORKER

COURSE DURATION:-

- It is 2 years + 6 months full time Diploma Course.

ELIGIBILITY:-

- Candidate must have passed 12th with Physics, Chemistry, Biology or Physics, Chemistry, Math's with 35% marks in Intermediate exams. (From UP board or any other recognized board).
- Candidate must have completed age of 17 years of age as on 31st December of admission year. There is no maximum age limit for the admission.

FIRST YEAR

- 1) BASIC ANATOMY & PHYSIOLOGY
- 2) COMMUNITY HEALTH NURSING
- 3) HEALTH GROWTH AND DEVELOPMENT
- 4) PRIMARY HEALTH NURSING AND CARE

SECOND YEAR

- 1) ANATOMY & PHYSIOLOGY
- 2) CHILD MOTHER HEALTH CARE
- 3) MIDWIFERY
- 4) NATIONAL HEALTH PROGRAMME & HEALTH CENTRE MANAGEMENT

FIRST PAPER: SYLLABUS COVERS

1. Anatomy & Physiology

1. General Orientation about parts of human body. Various terms used in Anatomy. Total numbers of bones, their names & location. Basic idea about organization of body, from cell to organ systems.
2. Structure of Animal cell, Cell organelles & their functions.

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3. Human tissue, types, structure & functions.
4. Osteology: Names, location, identification and basic details of all bones. Details of all bones of skull & various views.
5. Joints: types, basic structure & examples.
6. Skin & appendages.
7. GIT: Location, Gross structure, various parts & their functions.
8. Respiratory tract: Location, Gross structure, various parts & their functions.
9. Urinary tract: Gross structure, various parts & their functions. (Microscopic structure is not required.)
10. Female reproductive system: Only gross structure & functions of different parts. (Microscopic structure is not required.)

2. Community Health Nursing

1. Community health practice, health problem & policies, health organization /agencies, roll of health team, structure & dynamics of community, communication, counseling, community based rehabilitation.
2. Community-based activities: Visiting homes for antenatal and postnatal care, and distributing oral pills and condoms.
3. Center-based activities: Conducting antenatal, well-baby, and adolescent clinics.
4. Disease prevention: Health advocacy, basic medical treatment.
5. Health education: Providing information to the community about signs and symptoms of malaria, its treatment, prevention, and vector control.
6. Moreover, they are frequently the first point of contact for patients seeking medical care.
7. In addition, they play an important role in providing basic health services to marginalized groups.
8. MPHWs are professionals in areas like basic health care, hygiene, maternity and child health, HIV/AIDS prevention and treatment.
9. Furthermore, they play an important role in illness prevention and health promotion activities, and they frequently collaborate with community leaders to ensure that health services are available to all.
10. M.P.H.Ws are often in charge of a variety of tasks, including doing house visits and delivering bas.

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3. HEALTH GROWTH AND DEVELOPMENT

1. Nutrition: A healthy diet with a variety of foods from all food groups is essential for children to grow and develop properly. Children need different amounts of nutrients at different ages, such as more calories as infants and more nutrients as they get close to adolescence.
2. Safety and security: Children need to feel safe and secure to grow and develop optimally.
3. Learning opportunities: Children need opportunities for learning from birth.
4. Mental health: Caregivers may need support to address their own mental health, which is an important aspect of supporting children's healthy growth and development.
5. Clean air and water: Clean air and water, sanitation, and safe places for play and recreation are important for young children.
6. Immunization: Immunization contributes to a child's healthy growth.
7. Timely care during illness: Timely care during illness contributes to a child's healthy growth.

4. PRIMARY HEALTH NURSING AND CARE

1. Community health nursing: A combination of nursing practice, public health nursing, and primary health care. Community health nurses provide preventive, curative, and rehabilitative care.
2. Antenatal care: Services provided to the mother and unborn child during pregnancy. These services can help prevent, detect, and treat risk factors early in the pregnancy.
3. Education: PHC includes education on health problems, how to prevent them, and how to control them.
4. Nutrition: PHC includes promoting proper nutrition and food supply.
5. Immunization: PHC includes immunization against major infectious diseases.
6. Data collection: PHC includes collecting, analyzing, interpreting, and disseminating data. Data is needed to plan, manage, direct, and evaluate health care programs.
7. Supervision: PHC includes adequate supervision of primary care staff. Mental health professionals should be available to provide advice and guidance to primary care staff.

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SECOND PAPER: SYLLABUS COVERS

1. ANATOMY & PHYSIOLOGY

1. Topics Lymphatic system, endocrine, system, metabolism, urinary system, Reproductive system male/female.
2. General Orientation about parts of human body. Various terms used in Anatomy. Total numbers of bones, their names & location. Basic idea about organization of body, from cell to organ systems.
3. Structure of Animal cell, Cell organelles & their functions
4. The types of muscles, their functions and structures, and the position and action of the body's main muscles.
5. The composition of blood, blood clotting and blood groups, the structure and function of the heart, and the circulatory system.
6. The structure and functions of the respiratory organs.
7. Endocrine system: Hormones secreted by Pituitary, Thyroid, Parathyroid, Pancreas, Adrenal cortex, Adrenal medulla, Gonads & functions of different hormones. (Details of structure of these glands not required).
8. Details of Gross structure of brain & spinal cord. Functions of different parts of brain & spinal cord.
9. Blood: Composition & Functions. Details about Plasma, RBCs, WBCs, Platelets, Clotting system.
10. Gross structure & functions of sensory Organs - Eye, Ear, Nose, Tongue.(Details not required).
11. Basic gross structure of heart, vessels opening into heart & leaving the heart. Arterial & Venous tree of body.
12. Lymphatic system: Structure & Functions.
13. Inumune system: Components & various mechanisms of defence.

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2. CHILD MOTHER HEALTH CARE

1. Child health, growth and development of a child, tags of child life a basic need, teaching mother about child health needs and priorities, assessment of growth and development, new born observation and assessment, care of the normal new born at home, management of minor disorders, care of premature baby at home, feeding of infants and children prevention and treatment of common childhood diseases and ailments, agencies for child care and welfare.

2. Health of mother: - principles of care during the maternity cycle, ante-natal care, action in case of abnormalities of pregnancy, intra-natal care, post. Natal care, health education: diet, exercise, hygiene and family planning, organization of maternal health care services, training of dais. Immunization: Immunity immunization, care and storage of vaccines, immunization schedule, methods of immunization, immunization reaction, treatment, and prevention, responsibilities of health workers in immunization campaigns.

3. Family Planning & family welfare including population duration: -introduction importance of family planning to the family and community, aspects of family health and welfare services, contraception and family planning methods, methods requiring medical attention and supervision, national family welfare programme, organizing family welfare work, records and reports, supervision of dais and community level workers.

3. MIDWIFERY

1. Human reproductive system, or genesis & spermatogenesis normal & abnormal, pregnancy normal & abnormal, preeclampsia & ecliptic, Labor abortion, fertility & infertility male/female, care of new born, Fetus & placenta drugs use for obstetrics, female pelvis & fetus skull.
2. Assisting in childbirth.
3. Providing prenatal and postnatal care.
4. General nursing.
5. Describing male and female reproductive organs.
6. Explaining the process of conception and fetal.
7. Describing the female pelvis and the muscles involved in delivery.
8. Providing care to pregnant mothers during the ante, intra, and post natal period.
9. Providing need-based counseling to the mother and her family.
10. Identifying high-risk pregnancies.

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4. NATIONAL HEALTH PROGRAMME & HEALTH CENTRE MANAGEMENT

1. National health program for roll of MPHWH female/male sub center, coordination, stocks maintenance, improving writing & speaking in local language & English.
2. This specialized vocational training program provides the knowledge, skills, and Structure of the public health system: The governance, structure, and framework of health policy.
3. Health and disease: The concept of health, disease, and its distribution and determinants.
4. Health services: The principles of health services and community health.
5. Health policies: Important health policies such as the National Health Policy, Population Policy, Medical Education Policy, and more.
6. Health financing: How to raise revenue to finance healthcare, including taxation, social health insurance, and community financing schemes
7. Hospital management: Topics such as hospital engineering, materials and equipment, infection control, and biomedical waste management
8. Disaster preparedness: How to prepare for and manage disasters in hospitals.

BOOK

1. **LAB TECH ANATOMY AND PHYSIOLOGY** – BY DR. N. MURGESH
2. **LAB TECH COMMUNITY HEALTH** – BY DR. N. MURGESH
3. **LAB TECH GENERAL BIOCHEMISTRY** – BY DR. DINESH KUMAR SHUKLA,
DR. N. MURGESH
4. **LAB TECH CLINICAL BIOCHEMISTRY** - BY DR. DINESH KUMAR SHUKLA,
DR. N. MURGESH
5. **LAB TECH CLINICAL PATHOLOGY** - BY DR. N. MURGESH
6. **LAB TECH HISTOPATHOLOGY & CYTOPATHOLOGY** –
BY DR. DINESH KUMAR SHUKLA, DR. N. MURGESH
7. **LAB TECH HAEMATOLOGY** - BY DR. DINESH KUMAR SHUKLA, DR. N. MURGESH
8. **LAB TECH BLOOD BANKING** - BY DR. N. MURGESH
9. **LAB TECH MICROBIOLOGY I** - BY DR. DINESH KUMAR SHUKLA, DR. N. MURGESH
10. **LAB TECH MICROBIOLOGY II** - BY DR. DINESH KUMAR SHUKLA, DR. N. MURGESH