

JOB ROLE: GENERAL DUTY ASSISTANT

Sector- Health Care

(Qualification Pack Code: HSS/Q5101)



PSS Central Institute of Vocational Education
Shymala Hills, Bhopal – 462013 , Madhya Pradesh, India

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UNIT 1: HOSPITAL MANAGEMENT SYSTEM

Session 4:

Personal Hygiene Practices for General Duty Assistant

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Session Objectives

The student will be able to :-

Explain Hand Hygiene

Comprehend Personal Hygiene

Enumerate Steps of Hand Washing

Personal Hygiene

- Daily care activities like oral hygiene, bathing, dressing keeps our body clean.
- Medical sciences follow certain standards of hygiene during different situations.
- Hand washing is the act of cleaning one's hands with or without the use of water or another liquid substance and soap etc.



Hand Hygiene Importance



Infected Hand

Causes

Spreading of germs to other people



Affects

Eyes, mouths or open cuts



Proper Hand Washing



Prevent micro-organism and other infectious diseases.

Hand Hygiene Importance

- Patients are more vulnerable to infection from germs
- Patients, visitors, health care staff can cut the risk of spreading infections by regularly cleaning their hands with soap or use alcohol gel: -
 - After attending to the toilet needs of the patient
 - After Medical procedures
 - Wearing and removing gloves

Hand Hygiene



Steps of Hand Washing

Step 1- Rub Hands palm to palm

Step 2- Rub Right palm over left dorsum with interlaced fingers and vice-versa

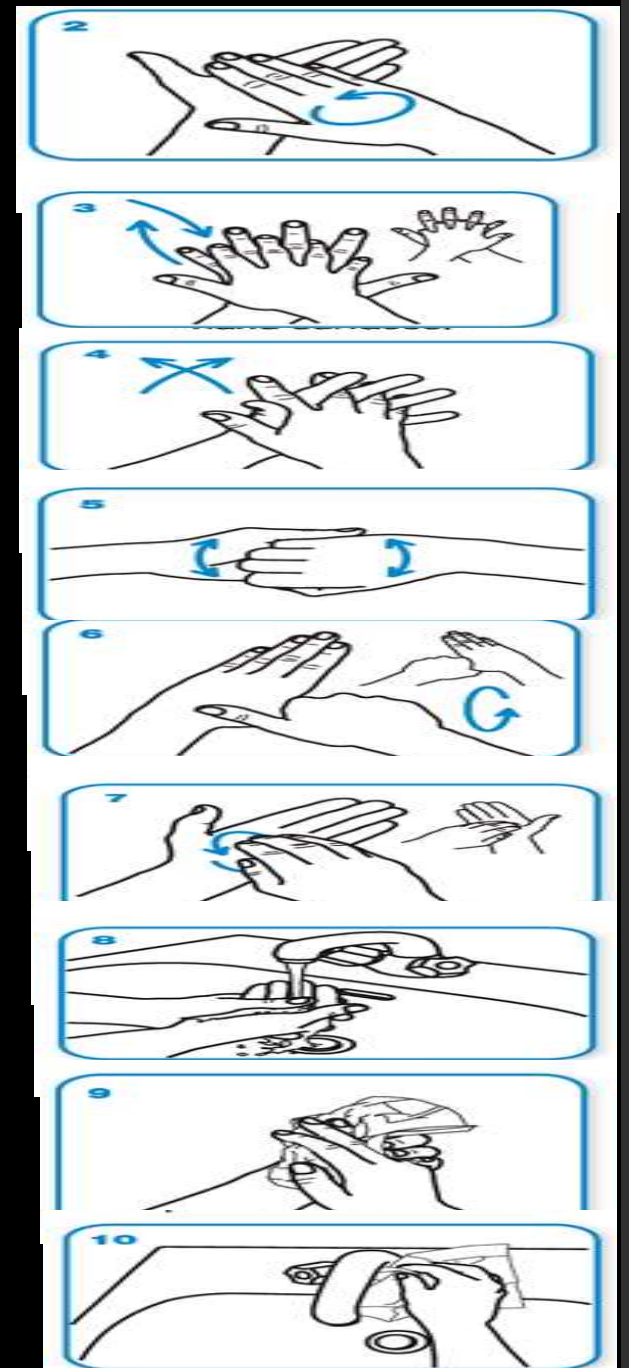
Step 3- Rub palm to palm with finger interlaced

Step 4- Rub back of fingers to opposing palms with fingers interlaced

Step 5- Rotational rubbing of left thumb clasped in right palm and vice-versa

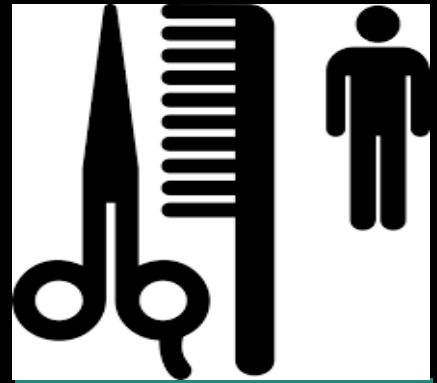
Step 6- Rub rationally in backward and forward direction with clasped fingers of right hand in left palm and vice-versa

Step 7- Rinse hands with water and dry it thoroughly with towel.



Personal Grooming

- Also called **titivating** and **preening**.
- Encourages to maintain a pleasing and attractive appearance and develop a positive self -image.
- Makes person neat and personally appealing.
- Indicates the readiness of a person for work.



Personal Grooming Practices

Basic Grooming

Basic Dressing

Basic Appearance

Summary

- Purpose of hand washing is to prevent spreading of microorganism which has seven steps.
- Personal Grooming Practices involves basic grooming, dressing and appearance.



Assignment

1. Demonstrate the steps of hand washing.
2. Perform activities for demonstrating good grooming habits.

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NCERT

Thank You

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