PATIENT CARE ASSISTANT LESSON PLAN ON PERSONAL HYGIENE AND GROOMING ROUTINES

AND ITS MANAGEMENT CLASS 9TH LEVEL - 1

	S.no.	Time	Specific Objective	Content	Teaching	A.V.	Evalua
					Learning Activity	Aids	
	1. 1.	30 sec		INTRODUCTION	L	P	
				Personal Hygiene	E		
				Personal hygiene is the first step to good	C	О	
				grooming and good health. Elementary	T		
				cleanliness is common knowledge. Neglect	U	W	
				causes problems that you may not even be aware	R		
				of. Many people with bad breath are blissfully unaware of it. Some problems may not be your	Е	Е	
				fault at all, but improving standards of hygiene		R	
		1min	Students will be	will control these conditions. Dandruff is a case			How yo
			able to define	in point. More often than you know, good looks		P	
			stress.	are the result of careful and continuous			
				grooming	C	О	
					U		
				Grooming Routines	M	I	
				Every external part of the body demands a basic		N	What is
				amount of attention on a regular basis. Here are			
				some grooming routines and some complaints	ъ	T	****
				associated with neglect. · Hair · Skin · Teeth ·	D		What a
		2 .	0, 1, , 11,1	Hands · Nails · Feet · Menstrual Hygiene ·	I		
		3min	Students will be	Dressing and Undressing · Bathing · Shaving	S		
			able to enlist types		C		
			of stress	Importance of Personal Hygiene	U S		
				M	S		What is
				Maintaining personal hygiene is necessary for	ງ 1		vv nat 18
L				many reasons; these can be personal, social, for	1		

		11/1	0	
		health reasons, psychological or simply as a way	0	
		of life. Essentially keeping a good standard of	N	
		hygiene helps to prevent the development and		
	Students will be	spread of infections, illnesses and bad odours.		
	able to explain		L	
	sources of stress.	Personal Reasons	E	
10 min			C	
		Many people, women in particular, are very	T	
		conscious of their hygiene needs and practices.	U	
		This can be a result of being taught of the	R	P
		importance from an early age, from being	Е	
		picked-on at school for head lice or similar, or as	_	О
		a way of making themselves more attractive to		
		the opposite sex.		W
		Self-esteem, confidence and motivation can all		"
		be altered by our body image, often reflected on		E
		our ability to care for ourselves and keep good	C	
		1 0	U	R
		hygiene practices. A bright white smile with	M	K
		clean and healthy teeth can endear people to us,	I VI	D
		whereas brown, unhealthy teeth can cause		P
		embarrassment and can alter our sense of well-		
		being. Healthy hair, skin and nails are signs of a		O
		good well-balanced diet and can give us		
		confidence in everyday life.	D	I
			I	
		Social Reasons	S	N
			C	
		Most people hate to be talked about, especially in	U	T
		a negative manner. By ensuring that our body is	S	
		clean and well presented, we are more assured of	S	
		projecting a positive body image that refl- ects	I	
		our personalities. Children should be taught the	O	

	importance of hygiene and how to achieve goo	d N	
	hygiene very early to keep themselves and other		
	healthy and to reduce the risk of being bullied		
	school.	L	
		Ē	
	Health Reasons	E C	
	11000000	T	
	If a person is due to go into hospital, sometime		
	that person becomes very aware of his/her	R	P
	hygiene. The thought of being vulnerable and	E	
	exposed to strangers can cause the person to		0
	become very strict on their hygiene needs. If ye	ou	
	have cut yourself, the wound should be cleaned		W
	and dressed suitably; this can help reduced the		
	risk of infection and pain. Conditions such as		E
10	head lice, athlete's foot, etc. should be treated	C	
min	immediately to prevent further infections and	U	R
Stude	nts will be spread to others. Hand washing cannot be	M	
able t	o explain emphasized enough as this simple action can		P
	s of stress or prevent a plethora of illnesses and disorders		
respo	nse to stress. developing. Many people 'forget' to wash their	•	О
	hands after using the toilet or before handling		
	foods; this deed can cause a great deal of illnes	s D	I
	and even death.	I	
		S	N
	Psychological Issues	C	
		U	T
	By being well presented, clean and tidy, people	S	
	can feel more confident, especially in social	S	
	situations. Many job interviews and such like a	re I	
	highly dependent of hygiene as many decisions	. O	
	are made by first impressions within the first fo	ew N	

	20 mins	Students will be able to discuss the stress management	minutes of meeting; these decisions are often made in the sub conscious. Our chances of succeeding either in work or social settings, or even with the opposite sex can be altered by our maintenance of hygiene. SUMMARY Maintaining hygiene practices helps to reduce the risks of ill health, but equally important affects how we and others perceive ourselves and can influence our levels of confidence and selfesteem which can affect many aspects of our lives. CONCLUSION Today we have learned regarding personal hygeine and how personal hygeine affects our daily life and why it is important for our health.	L E C T U R E C U M M D I S C U S S I O	P O W E R P O I N T
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REFERENCES

Vocational Skills HOME HEALTH AIDE Textbook for Class 9th NCERT Page No- 80 to 83

LESSON PLAN

ON

"Personal Hygiene and Grooming routines"

IDENTIFICATION DATA

Name of Teacher-

Subject-PATIENT CARE ASSISTANT

Unit-HOME HEALTH AIDE – Unit 4-Personal Hygeine and first Aid – Session 1: Demonstrate Good Hygiene Practice

Topic – Personal hygiene and grooming routines

Group- Class 9th Level -1

Date -

Time -

Duration – 60 minutes

Teaching- Learning Method – Lecture cum Discussion

A.V. Aids – PowerPoint slides/Books/Notes

Language – English

Venue – Classroom

GENERAL OBJECTIVE

At the end of the class, students will be equipped with the knowledge regarding personal hygiene and its management and will be able to imply it in clinical setting.

SPECIFIC OBJECTIVES: - At the end of the teaching, student will be able to-

- Personal Hygeine
- Grooming routines
- Importance of personal hygeine