

College of Micronesia

Course Outline

Course Title: Health Problems in Adults

Department and No.: CHS 224a

Course Description:

This course is a survey of conditions commonly encountered in adult patients in the dispensary. It is designed to equip students with the skills they need to provide basic care. This course is designed for health assistants (HAs) who are based in dispensaries in areas where there is no doctor.

Course Prepared By: Dr Mark Durand

Campus: Yap

	Hours Per Week		No. of Week	=	Total Hours	=	Semester Credits
Lecture	<u>5</u>	x	<u>16</u>	=	<u>80</u>	=	<u>5</u>
Laboratory		x		=		=	
Workshop		x		=		=	

Total Semester Credits = 5

Purpose of Course:	Degree Requirement	_____
	Degree Elective	_____
	Certificate	<u>X</u>
	Other	_____

Prerequisite: 220a

Signature Chairperson, Curriculum Committee

Date

Signature, President, COM-FSM

Date

General Course Objectives: To develop skills needed for health assistants to provide basic preventive and curative care to adults in areas where there is no doctor.

Specific Learning Objectives:

- Explain the 10 principles for health workers in the Code of Conduct of the International Red Cross as they apply both to disaster relief and community health (see Community Health. Wood, CH. AMREF, 2nd ed. Nairobi Kenya, 1997.)
- Define confidentiality and explain why it is important for all health workers to preserve confidentiality.
- Demonstrate 3 techniques for establishing rapport with a patient.

- Take and record vital signs correctly.
- Identify normal vs. abnormal values for vital signs and recognize the significance of particular abnormal values.

- Correctly recognize, counsel and treat adult patients with diseases for which there are FSM national and state protocols (TB, Hansen's disease, hypertension, diabetes).

- Using course reference textbooks, correctly recognize, select correct treatment and follow-up and key counseling messages for other important diseases affecting the following organ systems:
 - Skin, muscles and bones
 - Gastro-intestinal tract
 - Mouth, ears, eyes, nose and throat
 - Urinary system
 - Lungs
 - Heart

- Identify which of these conditions are suggested by the presence of common symptoms.
- Describe how each disease causes dysfunction of affected organ systems and how dysfunction causes symptoms.
- Describe the typical time course of each condition, including the pre-clinical/incubation period.
- Select the proper treatment, including cautions and contraindications of medications on the state essential medication list that are used to treat these conditions.
- Select correct dose and dose intervals of meds based on diagnosis, patient age and weight.

- Recognize the indications, common side effects and dangers of each medicine on the dispensary essential drug list.
- Identify safe traditional remedies for the following symptoms: cough, runny nose, headache, body ache, abdominal pain, skin bruises, constipation, menstrual cramps, anxiety, insomnia, rash and weakness.
- Recognize situations when it is dangerous to delay or interrupt modern medical treatments for health problems.
- Recognize signs and symptoms in adults that warrant referral to a higher level of care for the following: eye, ear, mouth and pharynx, chest, abdomen, genitor-urinary tract, nervous system and extremities.
- Demonstrate proper paper records and communications for hospital referral.
- Demonstrate proper procedure for DOT dose administration.
- Select proper public health actions for acute flaccid paralysis, rash + fever illness, multiple cases of profuse watery diarrhea, dengue-like illnesses, TB and Hansen's disease.
- Construct a registry for adults with special health care needs within a dispensary catchment area (including those with diabetes, hypertension, homebound disabled, epilepsy patients, Hansen's disease patients, tuberculosis patients, patients with major mental illness)
- Record services delivered to patients on registry.
- Use registry and disease management protocols to identify individuals who are due/overdue for specific services.

Course Contents:

- Identification, risk factors, diagnosis, treatment, follow-up and counseling related to disease in adults.
- Use of formulary medications.
- Use of reference texts.
- Use of individual patient records and case registries.
- The referral process.

Textbooks:

Clinical Management for Health Centers and Dispensaries- A Manual for Community Oriented Health Workers. Petet, P. Rural Health Series 10 African Medical Research and Education Foundation, Nairobi, Kenya. 1995. [ISBN 9966-874-15-1]

Minor Surgical Procedures in Remote Areas- Rigal, J. Hatier-Paris, 1989. and *Medicins Sans Frontieres*, 1989. [ISBN 2-218-02163-3]

Required Course Materials: Computer with LED projector, Chalkboard

Methods of Instruction: Lecture/ discussion sessions, role play

Evaluation:

Examinations and graded demonstrations of skills. Assessment of student counseling skills by testing comprehension of lay people who have been counseled about a topic by student.

Attendance Policy: As per COM-FSM policy as stated in the current catalog. Students will be advised of this on the first day of classes.

Academic Honesty Policy: As per COM-FSM policy as state in the current catalog.