Prospectus

HOME HEALTH CARE ATTENDANTS’ COURSE

Indian Red Cross Society
1, Red Cross Road, New Delhi- 110001
**Introduction to Indian Red Cross Society**

The Indian Red Cross Society (IRCS) is a statutory organization constituted under Act XV of Parliament in the year 1920. The Hon’ble President of India is the President of the society and the Hon’ble Minister of Health and family welfare the Chairman. It is governed by a National Managing body. The Indian Red Cross Society follows the seven principles of the Red Cross Movement i.e. Humanitarianism, Independence, Neutrality, Impartiality Voluntarism, Unity and Universality.

It has more than 700 state and district branches. It functions in the areas of Disaster preparedness, mitigation, relief and rehabilitation; Healthcare, Water and sanitation, and Blood services. It provides training to the volunteers from within the community so that they can perform the above functions for the well being and betterment of the community at large. Provision of First Aid training is also one of the core functions of the IRCS. The 732 branches of the IRCS are known for undertaking proactive initiatives since its inception. IRCS runs Nursing colleges, hospitals, blood banks, vocational training centre etc. apart from its country wide community based, action oriented initiatives.

The National Headquarters conducts a Post Graduate diploma course in Disaster preparedness and Rehabilitation under the GGSIP University and a Certificate course in Health Promotion through Ayurveda and Yoga in collaboration with the Department of AYUSH, MOHFW.
**Course objective**

The past decade has witnessed an increase in the life expectancy of the average Indian. It is now more than 65 years. The population of the country is more than 1.21 billion of which 8% are people above the age of 60 years. A number of such elderly people suffer from various chronic diseases. The profile of the Indian family living in the urban areas has shifted from the joint family system to the nuclear family wherein most of the family members are employed. The aged parents of these family members stay alone at home and despite all good intentions it is difficult for the family members to look after them properly.

It is seen that the elderly person usually like to stay in their familiar surroundings and not in old age homes. There is therefore, a growing need for trained and professional care givers who would be able to assist them in the performance of their day to day functions. In addition, other vulnerable groups; e.g. chronically sick, bedridden patients may also need such support from time to time. The Home Health care attendant can offer expert assistance and support to the needy. However, there is a large gap in the demand and supply of such personnel.

Indian Red Cross Society at its National Headquarters proposes to start a 3 months Home Health Care Attendant course at its Disaster Management Centre with the objective of training 40 candidates per batch who can provide such services for the elderly and the other needy persons.

The aim of the course is to provide practical and theoretical training and skills to the selected candidates so that they may provide basic healthcare, address issues of hygiene and sanitation of the elderly and people living with disability. In addition they would also provide psycho social support to them. They would also be able to accompany the elderly to perform their daily outdoor tasks if needed.

In addition, these trained attendants will also have a source of livelihood. Although IRCS will not make any placement of the attendants they may if asked be able to provide their reference from their database.
**Course and admission details**

Indian Red Cross Society, National Headquarters proposes to start a 3 months Home Health Care Attendant course at its Disaster Management Centre with the objective of training 50 candidates per batch who can provide basic healthcare, psycho social support as well as address issues of hygiene and sanitation of the elderly and people living with disability.

The course is open to male and female Indian citizens who are preferably between the ages of 18 and 30 years. They should have passed the 10th standard examination. They will be subjected to police verification. The candidates should be residents of Delhi and adjoining municipalities.

The course will be of 3 months duration, Monday to Friday between 10 AM and 3 PM. The practical classes will be held in the campus and the candidates will also be taken to attached Red Cross and Private Hospitals as observers. There will be 3 such courses in a year.

Application form can be downloaded from the website [www.indianredcross.org](http://www.indianredcross.org) or can be collected from the DMC, Indian Red Cross Society, National Headquarters; 1, Red Cross Road; New Delhi 110001.

The fee for the course will be Rs. 3000 (Non Refundable) to be paid by Demand draft drawn in favour of “The Secretary General, Indian Red Cross Society” to be deposited at the time of admission.

**Selection criteria:**

1. The candidates should be Indian nationals, preferably between ages of 18 and 30 years. 
2. Should have passed 10th Class exam. 
3. They should have working knowledge of Hindi and English as the medium of instruction will be bilingual. 
4. They should be of sound health. Should not be suffering with any communicable diseases. Candidates should be certified medically fit by a Medical Practitioner. 
5. Should be of compassionate, tolerant and of a patient disposition. 
6. Resident of Delhi and adjoining municipalities.

**Selection of candidates**

A committee nominated by the Secretary General will select the suitable candidate from amongst the eligible applicants. The decision of the committee will be final.
**Guidelines for filling the form**

1. The candidate must fill the application form in his/her own handwriting, clearly, legibly and in block letters with black/blue ball point pen.
2. Incomplete application form will be summarily rejected and no request will be entertained in this regard.
3. All the fields marked with (*) are essential.
4. The candidate should affix his/her recent passport size photograph. The photographs should be pasted (Not Stapled) in the space marked for it. Additional 5 photographs to be submitted at the time of counseling.
5. There should be no over-writing.
6. Do not fold the form.
7. No request for change/correction/modification in the particulars or Application Form will be entertained.
8. Any change in the above programme or dates will be posted at our website (www.indianredcross.org)
Application form

(To be filled in bold capital letters, without overwriting with Black/ Blue ball pen)

1. Name in Full (in Block letters) ..............................................................................................
   (As in 10th exam certificate)
2. Father’s Name : ....................................................................................................................... 
3. Mother’s Name: .........................................................................................................................
4. Nationality: .................................................................................................................................
5. Date & Place of Birth ....................................................................................................................
6. Sex : [ ] Male [ ] Female 
7. Visible Mark of Identification: 1 .................................................................
   2 .................................................................
8. Educational Qualification: .......................................................................................................  
9. Total Work Experience : ........................................................................................................
   (Specify work)
10. Details of Present 
    Occupation / Job :
11. Address for Correspondence: ............................................................................................... 
12. Telephone Number : Landline .........................................................................................
    Mobile .................................................................................................................................
    Email .................................................................................................................................

Date: .................................
Place: ................................. Signature of the Candidate

Affix a Passport size photograph of candidate, here
DECLARATION

1. I, __________________________________ S/O, D/O ____________________________________ hereby declare that all the information given above is true and if found false, suitable action may be taken against me.

2. I also understand that this course trains me in basic Healthcare, First aid and Basic Life Support only and it does not entitle me to practice as a Doctor /Nurse/Medical service provider. In case I am found to be performing any such work, suitable legal action can be taken against me.

3. I am fully aware of the contents of the course and I undertake to perform all duties and responsibilities attached with it with sincerity and dedication.

Signature of witness
__________________________________________
Name of Witness

Signature of candidate
__________________________________________
Name of candidate

Address of Witness:
__________________________________________
__________________________________________

Date: ____________________
Place: ____________________

The Candidates should send a Demand Draft of Rs.250/- (Rupees Two hundred and fifty only) payable to The Secretary General, Indian Red Cross Society, National Headquarters, New Delhi-110001 as processing fee (non refundable), along with application form.

N.B. Attach attested copies of certificates of all examinations and mark sheets, age proof and proof of residence. Originals should be shown at the time of admission with 5 recent passport size photographs.

The application form can be downloaded from the internet (www.indianredcross.org)
Medical Certificate (From any Government medical officer)

This is to certify that I, Dr. .................................................. have carefully examined Mr. /Ms. ..........................................................s/o, d/o, w/o ..............................................................He/ She is not suffering with any infective/ contagious disease. I have found him/her physically fit to be trained as a Home Health Care Attendant by the Indian Red Cross Society and provide care to the elderly and people living with disability.

Dr .................................................................

Designation................................................

Registration Number.....................................

Date : ......................................................... Stamp

Place :
**Broad curriculum:**

Duration of training : 3 months

Batch Size : 50

Training Centers : Theory – IRCS, NHQ (Disaster Management Centre)

Practical – IRCS, NHQ/ Red Cross Hospital and attached Private hospitals in Delhi

Topics covered :

1. Roles and responsibilities of a Home care attendant
2. Caring for the elderly and disabled
3. Moving and positioning in bed
4. Active range of motion exercise
5. Management of Non Communicable Diseases
6. How to recognize and prevent pressure ulcers
7. Proper body mechanics for the caregiver and care recipient
8. Infection control
9. Personal care (grooming, hygiene, etc)
10. Oxygen therapy
11. Assisting with medications
12. Safe transport
13. Nutrition
14. Reducing personal stress
15. Fall prevention
16. Fire safety
17. Psycho Social Support and Psychological First Aid
18. Cultural competency
COURSE FACULTY:

1. Course Advisor- Dr. NK Chaturvedi, MD. FICP
2. Course Director- Prof.(Dr) TS Jayalakshmi, M.D. Anesthesia, Health Advisor, IRCS
3. Additional Course Director- Dr. Veer Bhushan, MS (Surgery), Joint Secretary, IRCS
4. Course Coordinator- Mr. Manish Chaudhry, Director (Administration)
5. Course Faculty:
   a. IRCS, IFRC faculty/ guest faculty
   b. Nursing tutors
   c. First aid trainer
   d. Yoga/ physiotherapy instructor
   e. Dietician
   f. Counselor

ACADEMIC, QUALITY ASSESSMENT AND COURSE CURRICULUM COMMITTEE:

1. Dr SP Agarwal, M.S.Surgery, M.Ch. (Neuro.)Secretary General, IRCS
2. Dr K Raizada, MBBS, DPH, MD. Senior Advisor, IFRC
3. Dr Veer Bhushan, M.S.Surgery, Joint Secretary, IRCS
4. Prof.(Dr) TS Jayalakshmi, M.D. Anesthesia, Health Advisor, IRCS
5. Dr. (Prof.) N K Chaturvedi, MD, FICP.
6. Dr AK Dash, MBBS. Health Coordinator
7. Dr SK Sharma, MBBS, Medical Officer, Blood Bank
8. Medical Superintendent, Dr RML Hospital, New Delhi
9. Principal, College of Nursing, Safdarjung Hospital, New Delhi