

The main cover illustration features a dark silhouette of a person walking up a set of stairs towards a bright orange sunset. The scene is framed by a dark green background. The title 'সহায়িকা' is written in white Bengali script, and 'Sahayika' is written in white English script below it. The text is surrounded by several colorful daisies in white, pink, and red. In the top right corner, there is a portrait of a woman in a white sari. In the middle right, there is a photo of a group of women in white and red saris holding papers. In the bottom right, there is a photo of a woman with her hand to her face, looking down.

সহায়িকা

Sahayika

UNDER GUIDANCE OF
RAMKRISHNA SARADA MISSION
Matri Bhavan; 7A Sree Mohan Lane; Kolkata 26
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Preface

The utter helplessness of women in West Bengal and India has made us sad. Women in India and more particularly in Bengal are forced to take wrong road because of poverty; unjust treatment from family and surroundings.

Everyday trauma of women is rising, and Matribhavan's attempt to empower such women through Sahayika is laudable.

This book is a humble attempt to make the Sahayika programme little bit more popular and effective. If Sahayika programme can improve the lot of women to some extent, we will feel that our work is fruitful.

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SAHAYIKA

English Section

Under Guidance

RAMKRISHNA SARADA MISSION MATRI BHAVAN

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Concept Note on Training of Health Care Sahayika

Background : _____

Nursing a integral part of health care services, is the backbone of the health care delivery system of any country. Modern nursing, however, encompasses not only the restorative, but the preventive, promotive and rehabilitative aspects of health dovetailed with leadership, innovation, research, education and administration components to meet the changing demands of health and nursing today. There is an acute shortage of qualified nurses at present in India. The scenerio is even worse in West Bengal. 60% of the 11000 strong nursing staff working in various private hospitals in Kolkata are heard to be from other (mostly southern) states. As a report published in 'The Telegraph' on 30.08.2014 suggests This is causing inconvenience to the multitude of local patients who are unable to communicate with their caregivers as the latter can't converse neither in Bengali nor in Hindi. Due to this shortage, very often untrained and even illiterate people are engaged as care-givers both in Hospital or in family setup, which in many cases lead to undesirable consequences.

Now, if we consider the plight of women folks both in rural and urban scenario we will come across low income, malnourishment If and low level of education. Exploiting this situation, torture of women in Eastern India including Darjeeling and Nepal border, has reached on incredible proportion. Through Health care SAHAYIKA programme, an honest attempt is made to develop a deterrent against this menace.

If suitable, training is provided to this class of women to

develop them as care-givers or Health Care Sahayikas, it would serve the dual purpose of providing gainful employment to them on one hand and it would also bridge the gap between the demand and supply of trained personnel in this field.

In view of these facts, training for Health Care Sahayika for one academic year is proposed as detailed below. (The course has been launched in RKSM Matri Bhavan from 2010)

Objectives :

- On completion of the course the candidate will be able to :
- Explain the concept of health and illness.
- Demonstrate principles of healthful living in all dimensions in own life.
- Teach principles of healthful living to clients.
- Recognize signs and symptoms of deviations from normal health
- Help in rendering basic first aid measures in emergencies.
- Help in rendering basic care to sick individuals requiring assistance in activities of daily living
- Assist family members in giving medications and performing bedside procedures taught to them by registered nurses and doctors.
- Assist health team members as and when required in giving care to clients.
- Help and assist in management of health care activities.
- Maintain effective communication, public relations with good interpersonal relationship.

Course Content :

Duration : One Academic Year

Subject :

1. Health and Illness

Health – Concept, definition; dimensions of Health–Illness Continuum.

- Health, promotion and maintenance
- Stress, Control of self emotions and anger
- Factors affecting Health and illness
- Role of agent, host and environment

Illness – **Illness–acute / chronic**

- Disease–non-communicable / communicable
- Disease Prevention
- Role of personal hygiene in Health promotion and maintenance.

2. Infection and it's influence on Health and illness

Infection – Definition

Transmission

Prevention–Care giver's role.

Basic principles of Microbiology in infection control and prevention...

Importance of clean and safe surroundings, safe water and sanitation.

3. Nutrition in Health and Disease

- Importance of Nutrition in :
- (i) Health promotion and maintenance.
 - (ii) Illness
 - (iii) Convalescence

Nutrients

Nutritional requirements agewise / pregnancy and lactation / others.

4. Care in common illness including Bedside Procedures.

Recognition of deviations from normal Health – General / Systemic.

Signs and symptoms – Organ System wise
–Related Anatomy and Physiology

Skills required in caring of Clients during illness.

Procedures performed at the bedside.

Care at Home.



5. Care of Women and Children in life Changing Situations.

Reproductive Health

Care in Adolescence–girls / boys

6. **Emergency and First Aid Measures.**
7. **Communication and Inter Personal Relationship in Health Care Management and Public Relations.**

Communication – Importance

–Process

–Feed Back

Inter personal Relationship–How to make it effective.

Public Relations–Concept and methods

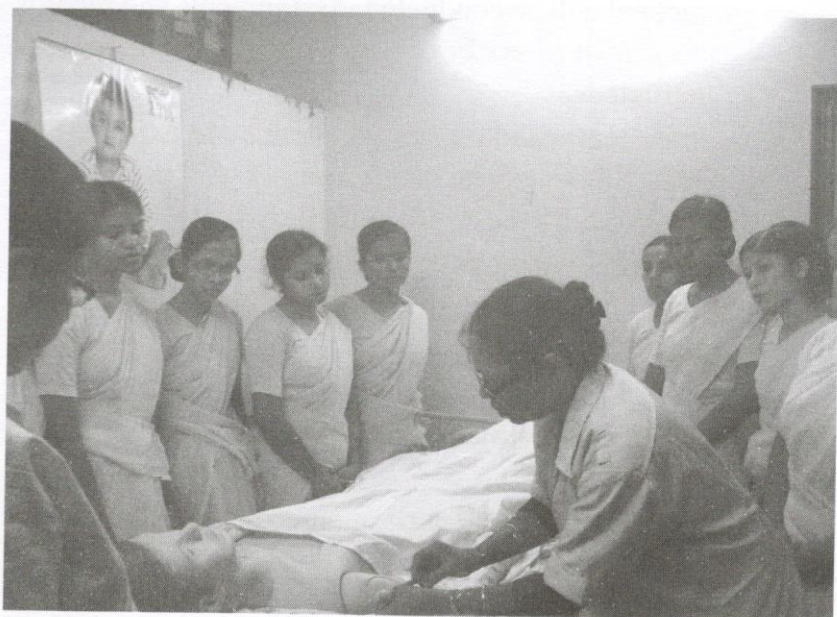
Infrastructural Facilities :

The Ramakrishna Sarada Mission Matri Bhavan School of Nursing and Hospital facilities will be utilized.

Duration : One year academic year 52 week

Sl. NO.	Programme Break up of weeks	Week
1.	Orientation, Health check up & other formalities	1 week
2.	Theory Class & Practical demonstration	3 weeks
3.	Theory and Practical Demonstration; Clinical experience	3 weeks
4.	Preliminary examination	1 week
5.	Clinical experience, Theoretical classes & Practical demonstrations	17 weeks
6.	Re-vision, preparation Half yearly examination	2 weeks
7.	Continuation Clinical experience, Theoretical Classes & Practical demonstrations	17 weeks

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|--|---------|
| 8. Revision, preparation for Half yearly examination | 1 week |
| 9. Full Shift duty in Clinical areas for experience | 4 weeks |
| 10. Vacation | 2 weeks |



Clinical experience : Each student is required to have 41 week's experience in :

- | | | |
|---------------------------|---|---------|
| 1. Antenatal care | — | 6 weeks |
| 2. Post-Natal care | — | 6 weeks |
| 3. Post-operative care | — | 6 weeks |
| 4. Labour Room Experience | — | 6 weeks |
| 5. Sick / NICU | — | 4 weeks |
| 6. O.T. | — | 4 weeks |
| 7. Laboratory | — | 2 weeks |
| 8. Out door Experience | — | 3 weeks |
| 9. Baby clinic | — | 2 weeks |

Academic Progress & Clinical Evaluation

1. All Students are expected to maintain a high academic and clinical performance throughout the programme.
2. For this regular written Examination class tests and practical will be conducted. Assignments and records are required to be completed & submitted as instructed.
3. Consistent standards of excellence are expected all times. Students who do not comply with instructions and who fail repeatedly, suitable action will be taken for them by the management.
4. Internal assessment in each subject is carried out and internal assessment carries 25% weightage of the total examinations marks.
5. Final Examination will be held on completion of the academic year.
6. Final Examination marks include the marks obtained in internal assessment.

Other Details :

Open to women only.

Citizenship status : Should be Indian Citizens.

Age—between 18 and 32 years—should have completed 18 years on January 01, in the year of admission.

Educational Qualification—Passed Madhyamik Exam

Medium of Instruction : Vernacular.

Selection Procedure :

Intake per Session : 25-30 Girls. [Number is going to increase soon]

Eligibility criteria : Interview / Screening by Ramakrishna

Sarada Mission Matribhavan Hospital.

Trained Sahayika are usually employed in the range of 7000–10,000 per month salary to start with



Disclaimer :

To Clearly State that the said course dose not qualify the candidates for registration with the West Bengal Nursing Council. They will Supplement patient care services as Care Givers (Sahayika-Sevika) only.

Future Programme + Development

In order that SAHAYIKa programme makes a dent on the problem of girls going astray as a rasult of low socio eco

conomic condition the intake capacity of students is being increased to 100 nos. Space in the Hospital is limited. Solution is to acquire a building nearest to the Hospital for which Capital Expenditure has to be incurred.

CAPITAL EXPENDITURE

Capital Expenditure	Amount (Rs.)
Cost of acquiring a premises no. 26/1A Sahanagar Road adjacent to Matri Bhavan	Rs. 1.8 crores
Temporary Structure	Rs. 70.00 Lakhs
Furniture and Equipment	Rs. 15.00 Lakhs
Teaching Equipment & Aids	Rs. 10.00 Lakhs
Mock Ward Equipment	Rs. 10.00 Lakhs
Total	Rs. 2.85 crores

N.B. – Additional amount will be required for demolition of Premises 26/1A, Sahanagar and constructing the premises to suit the needs of Sahayika Course Students :
Rs. 3 Crores (Approximately @ current prices)

Contact :

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