

SER No	CONTENT															
	<p style="text-align: center;"><b><u>LESSON PLAN</u></b> <b><u>SECTION -3</u></b> <b><u>THE SICK ROOM:PREPARATION, CLEANING,</u></b> <b><u>LIGHTING AND VENTILATION</u></b></p> <p>Code            -            HN-3</p> <p>Period          -            One</p> <p>Type            -            Lecture</p> <p>Term            -            II</p> <p>-----</p> <p><b><u>Training Aids</u></b></p> <p>1.            OHP, Computer slides pointer, screen, black board and chalk.</p> <p><b><u>Time Plan</u></b></p> <table><tr><td>2.</td><td>(a)</td><td>Introduction.</td><td>-</td><td>05 mins</td></tr><tr><td></td><td>(b)</td><td>Qualities of a Nurse</td><td>-</td><td>35 mins</td></tr><tr><td></td><td>(e)</td><td>Conclusion</td><td>-</td><td>05 mins</td></tr></table> <p><b><u>GENERAL</u></b></p> <p>1. The sick room should be that room of the house which is away from all noise and through which there is no passage. However, it should have a bathroom and lavatory close by. It should face South or South-West.</p> <p><b><u>PREPARATION</u></b></p> <p>2. A sick room should not have too many things. However, it should be comfortably furnished. There should be a comfortable bed, a bed side table, two chairs and one easy chair. A cupboard for keeping equipment should also be there. A wash basin with jug of water, soap, nail brush and towel must be arranged on a stool or small table. If possible a curtain stand may be arranged. A waste paper basket should be kept at a convenient place.</p> <p><b><u>CLEANING</u></b></p> <p>3. Dirt and dust are depressing to a sick person and retard his recovery. Moreover, these are the</p>	2.	(a)	Introduction.	-	05 mins		(b)	Qualities of a Nurse	-	35 mins		(e)	Conclusion	-	05 mins
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	(b)	Qualities of a Nurse	-	35 mins												
	(e)	Conclusion	-	05 mins												

biggest source of illness as they harbour germs of various diseases. Hence due importance should be given to the daily cleaning of the room. The following points should be kept in view:-

(a) All cleaning work should be done without disturbing the patient after the toilet is over and the bed remade.

(b) Light furniture should be removed before the room is swept and dusted.

After dusting, each piece should be wiped with a weak solution of disinfectant and then polished with dry cloth.

(c) Dusting should be done with a damp cloth. The floor should be cleaned after scattering damp tea leaves so that dust does not rise.

(d) At night, flowers should be removed from the vases and fresh flowers arranged in the morning.

### **LIGHTING**

4. The light should not fall direct on the face of the patient. It should come from behind or the sides. There should be a shaded lamp on the side of the patient. There should be another shaded light for the nurse, so placed, that she can do her job without disturbing the patient. A well protected light can quite serve the purpose.

### **VENTILATION**

5. Fresh air is essential for human existence. One of the important processes of living is inhalation and exhalation. The dirty air exhaled by the breathing process is replaced by clean, fresh air inhaled by nostrils. The foul breath breathed out gets mixed up with fresh air and is to be separated so that fresh air is available for the breathing process to continue.

#### **6. CROSS VENTILATION.**

Ventilation means the availability of pure, fresh air in abundant quantity. It also means bringing inside a house or a place of work plenty of sunlight. This is done through doors, windows and open spaces. For a good flow of air, there should be doors and windows in opposite directions exactly facing each other and at the same level. To be considered a well ventilated house the various doors and windows should face the direction of the sun light so that sunlight flows in, in ample quantity to drive away all moisture and darkness. Lack of fresh air, darkness and moisture cause many dangerous diseases such as tuberculosis and rickets.

**7. WIDE STREETS WITH OPEN SPACING.**

Besides cross ventilation in the house there should be open space around the house also. Congested localities cannot have proper flow of fresh air.

**8. EFFECTS OF STAGNANT AIR.**

Effects of impure air on health are terrible. If there is no flow of fresh air, temperature would rise and humidity increases. This would produce headaches, drowsiness, nausea, loss of appetite, depression and a tendency to catch cold quickly. There would be diminished resistance to infectious diseases and people would become dull and incapable of concentration. Poor ventilation results in rickets in children. Tuberculosis is caused when there is over crowding and insufficient ventilation. It is one of the common communicable diseases in India. The bacteria of Tuberculosis is passed from the patient to a healthy person through sputum or through droplet infection. Dark and crowded houses help in the spreading of diseases.

**9. CLEANING OF AIR THROUGH TREES.**

In the process of breathing, dirty gases are exhaled. The environs of cities get polluted because of a large number of factories emitting smoke and harmful gases. Smoke is discharged by trains, trucks and buses also. To lessen this pollution, trees should be planted in large numbers. Trees help in the process of purifying air.

**10. EFFECTS OF HEAT.**

Good ventilation means that not only should there be plenty of air but also the temperature of the air should be comfortable. It should not be full of foul smell or smoke. Moist air gives rise to diseases. If the air is hot it causes exhaustion, nausea and headache. Heat stroke also may take place. Hence during summer, air should be kept flowing through cross ventilation and cooling measures adopted.