

Class 9 - Skill Education

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Healthcare

CBSE NOTES

Healthcare - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. What is healthcare?

Healthcare encompasses services for maintaining health via prevention and treatment.

2. Purpose of health camps.

Health camps ensure vaccinations, check health parameters, and promote awareness.

3. Role of ANMs and ASHA workers.

These workers link communities to healthcare, providing essential awareness and services.

4. Define 'vital signs'.

Vital signs include temperature, blood pressure, and heart rate, indicating health status.

5. Importance of personal hygiene.

Good hygiene prevents diseases; hand washing is crucial before and after health tasks.

6. Charaka-Saṁhitā's relevance.

Ancient text emphasizing balance in health practices, influencing modern wellness in India.



7. Use of technology in healthcare.

AI and telemedicine enhance access and efficiency in diagnosing and delivering care.

8. Components of a process chart.

Process charts outline tasks, completion dates, and responsible individuals for service delivery.

9. Materials for health checks.

Essential items include PPE, waste bins, and measuring tools, ensuring safety during checks.

10. What to include in a Bill of Materials.

BoM lists required materials with estimated costs to avoid waste during service planning.

11. Basic rules for health-related tasks.

Safety rules include hand hygiene, use of PPE, and proper waste disposal to ensure safety.

12. Identify healthcare needs via surveys.

Surveys assess community health needs helping to focus the healthcare services effectively.



13. Home remedies for common ailments.

Natural remedies provide minor relief when professional medical help is unavailable.

14. Key safety tools in healthcare.

Thermometers and blood pressure monitors must be sanitized between uses to ensure hygiene.

15. Understanding occupational hazards.

Preventive measures against risks from work environments ensure better long-term health.

16. Monitor vital signs safely.

Always measure health parameters under supervision and never diagnose or treat conditions.

17. Be aware of traditional vs. modern practices.

Recognize the balance between traditional remedies and modern healthcare interventions.

18. Community health promotion.

Promoting health education in schools raises awareness about nutrition and hygiene.



19. Consent forms in healthcare service.

Consent forms ensure participants understand services and give permission for their involvement.

20. Importance of feedback in services.

Collecting feedback helps improve healthcare services and addresses community needs effectively.



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