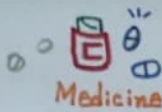


ELDER PERSON DAILY CARE ROUTINE



Old-Age Home

Elderly Care



Medicine

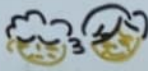


National CAREGIVERS DAY

National Caregivers Day -
3rd Friday of February



Engaging



Elderly wheelchair



Respect of Senior citizen

• 10.00 Am



• 11.00 Am



walk

walk



exercise



Light stretching exercise

• 1.00 Pm



Lunch

• 2.30 or 3.00 Pm



Something eating.

Morning
• 7.30/8.00 Am



wake up

8.30 Am



A glass of water



Enjoy Tea/coffee



Take medicine

9.00 am
Read the paper.



Healthy Breakfast
Nutritious breakfast



• 4.30-5.00 Pm - make dinner.

• 4.00 pm



Meal of family members.



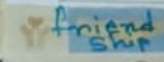
• 6.00 pm

Dinner Eating
Take medicine.

• 10.00-11.00 pm



Care Respect



Friendship



Feeding



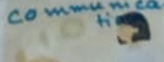
Friendly behaviour



Helping



Friendly Behaviour



check in on



Communication



Hair Care

walker helping

Treatment

Food collect

Seating of wheelchair

triples hon

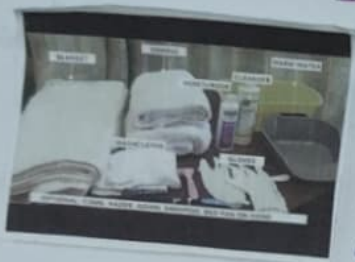
Helping

Feeding

Signs check

Signs check

BED BATH



Articles of bed bath — \rightarrow Trolley with clean tray containing.

- \rightarrow Bowl - 1
- \rightarrow Big bucket - 2 (One for warm water and the other is for collection of dirty water).
- \rightarrow Jug.
- \rightarrow sponge clothes : 4 to 5

- \rightarrow clean clothes.
- \rightarrow Makintosh : 1
- \rightarrow Ganga place / cotton balls.
- \rightarrow Towels : 2

Washing face :— \bullet Place the makintosh and bath towel under the patient's head and over the chest.

- \bullet Use cotton to wipe the eyes.
- \bullet Wash the patient's eyes using separate corners of the cotton ball each eye.
- \bullet Wash, clean and dry the patient's neck, face and ears with mitten cloth (sponge cloth).
- \bullet Change the water if needed.



Washing arms and hands :— \bullet Uncover the fore arm from you and place a bath towel and makintosh lengthwise under the arms.

- \bullet Wash, apply soap, rinse and dry arm using long strokes from distal to proximal areas.
- \bullet Put dry using the 2nd bath towel. Do not rub.
- \bullet Wash the patient's axilla well. Exercise precaution, if there is an I/V infusion on the arm.
- \bullet Repeat the entire procedure for another arm.
- \bullet change the water if cold, dirty or soapy.

Washing chest and abdomen :— \bullet Fold the sheet up the pubic area. Place a towel and makintosh behind the chest and abdomen.

- \bullet Wash, rinse dry the chest and abdomen giving special attention to skin folds under breasts.
- \bullet Use long firm strokes to wash the area.
- \bullet change the water if cold, dirty or soapy.



Washing the back of the patient :— Turn the patient to side lying on prone position expose to the back.

- Place the makintosh and towel length wise along the back of the patient.
- Wash, rinse dry using long, firm strokes from the neck to the buttocks.
- Give the back massage.
- change the water.
- Turn the patient back to the supine position.





Wash your hands



Steps for Washing hands :

- i) Wet hands with water, Pump Soap into Palms. Rub together to make it lather.
- ii) Scrub the back of the fingers interlacing the Palm.
- iii) Rub each thumb clasped in opposite hand using a rotational movement.
- iv) Rub tips of fingers in a circular motion.
- v) Rub each wrist with opposite hand and then rinse with water and then dry using towel.

Clean
hands



one



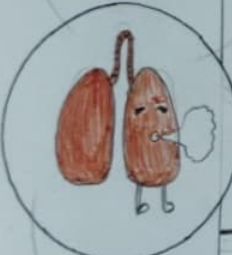



happy
hands



NAME - MUSKAN KHATUN
Student's ID - Bvoc/24/0001

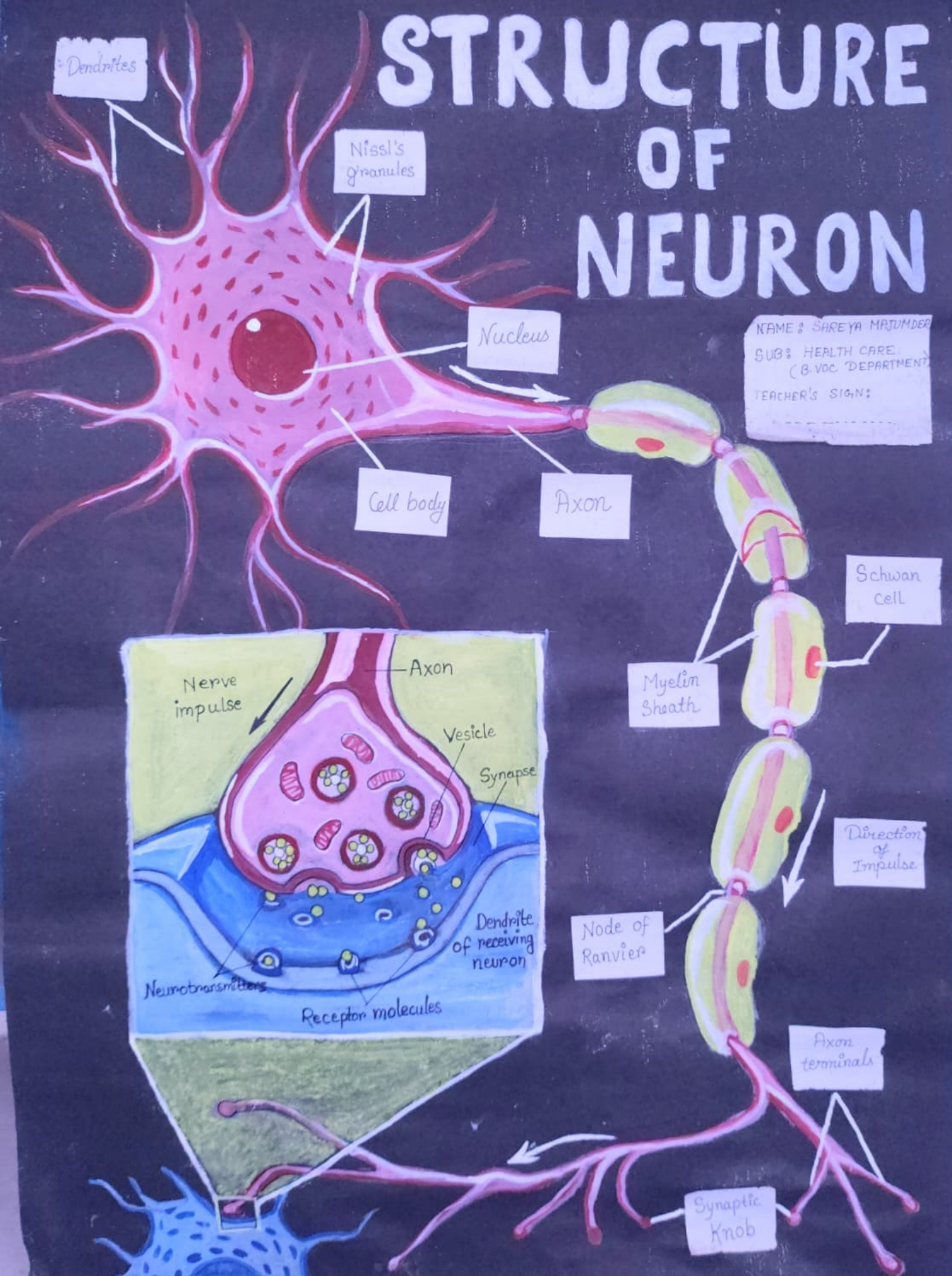


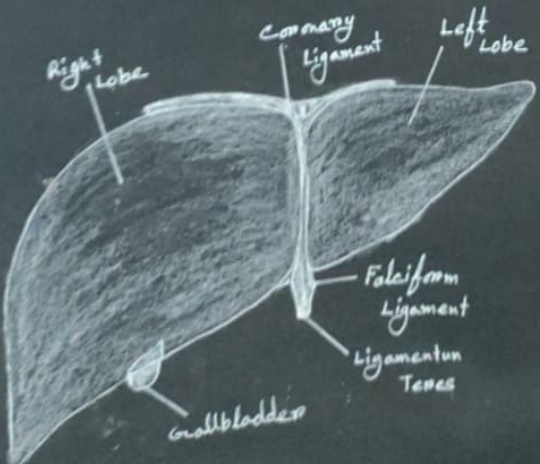
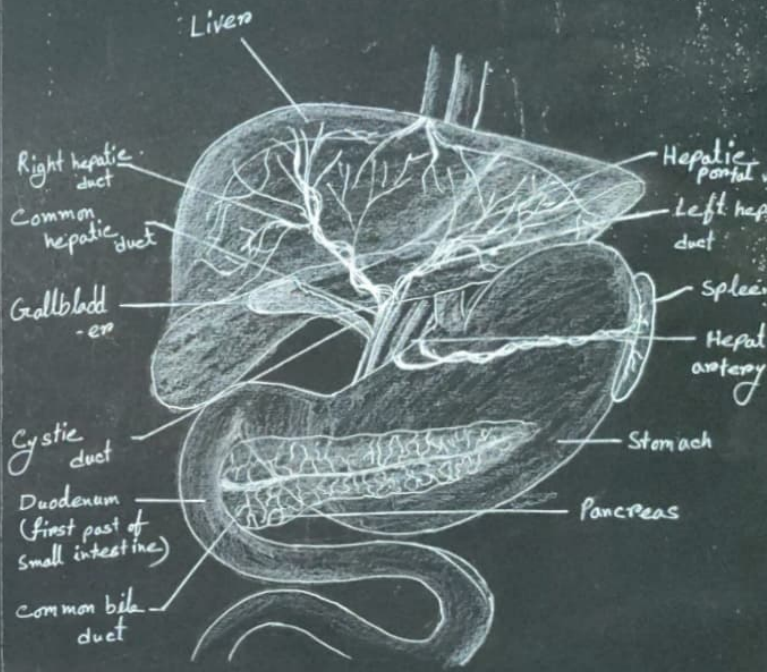
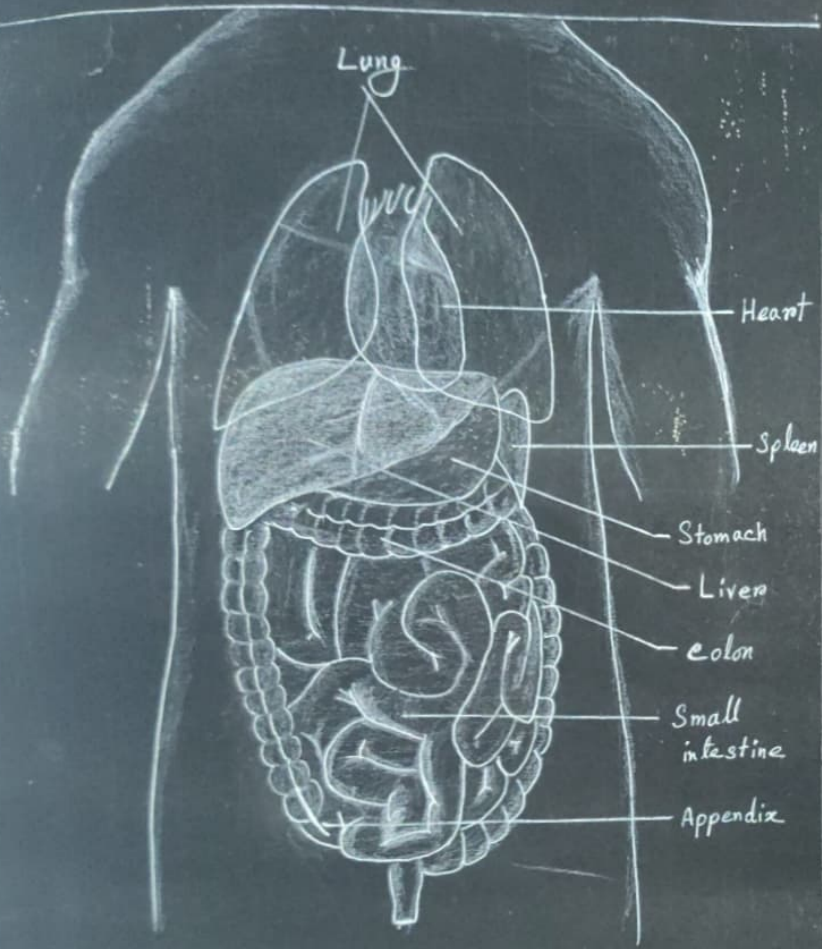
Vital Signs

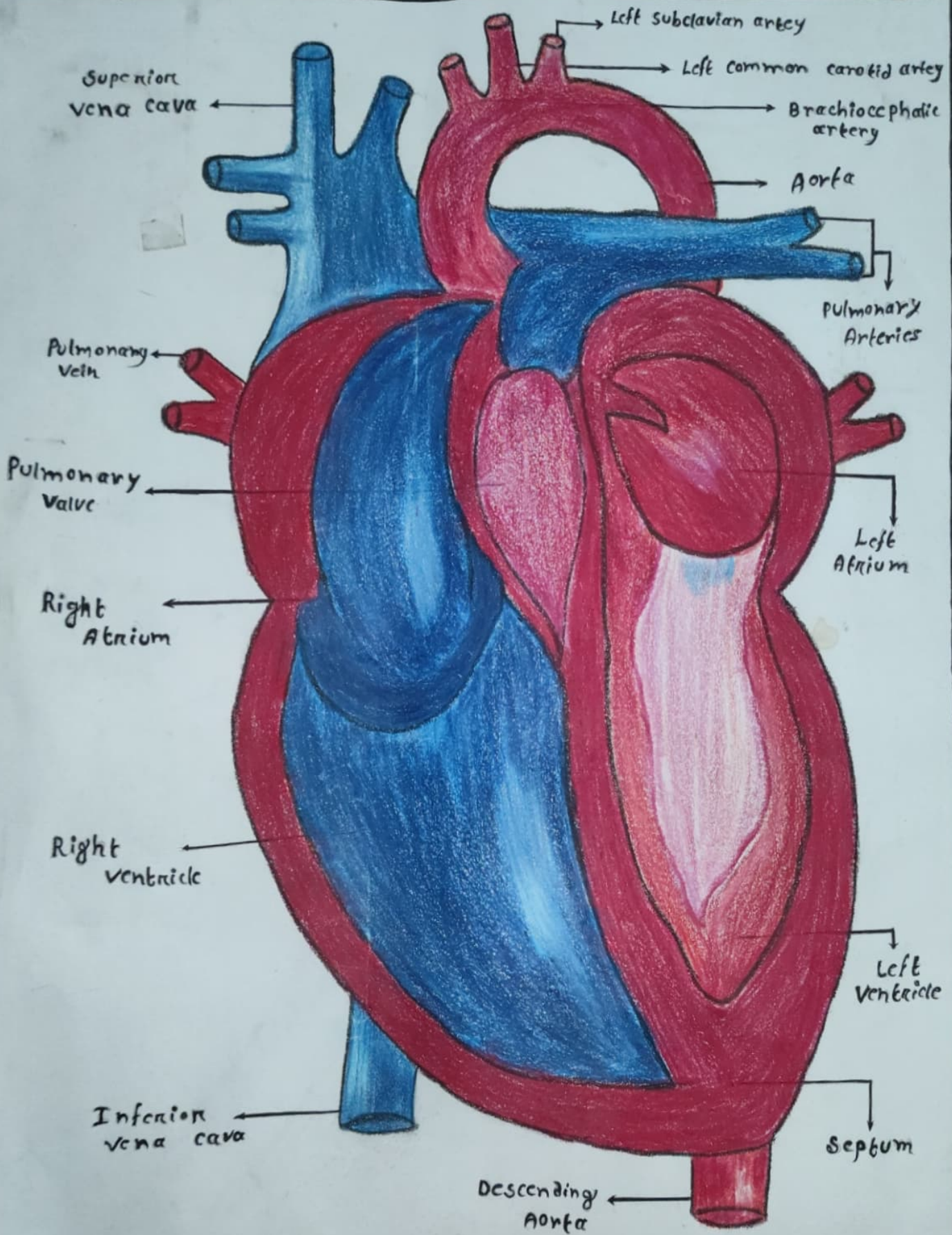
VITAL SIGNS	NORMAL VALUES	INTERPRETATION
 <p>BLOOD PRESSURE (BP)</p>	120/80 mm Hg.	
 <p>HEART RATE (HR)</p>	60 to 100 beats Per minute.	
 <p>RESPIRATION (RR)</p>	12 to 20 breaths per Minute.	
 <p>TEMPERATURE (T)</p>	98.6°F 37°C.	
 <p>OXYGEN (O₂)</p>	95% And 100%.	
 <p>PAIN</p>	1-3 is typically	

STRUCTURE OF NEURON

NAME: SHREYA MAJUMDER
SUB: HEALTH CARE
(B.VOC DEPARTMENT)
TEACHER'S SIGN: _____

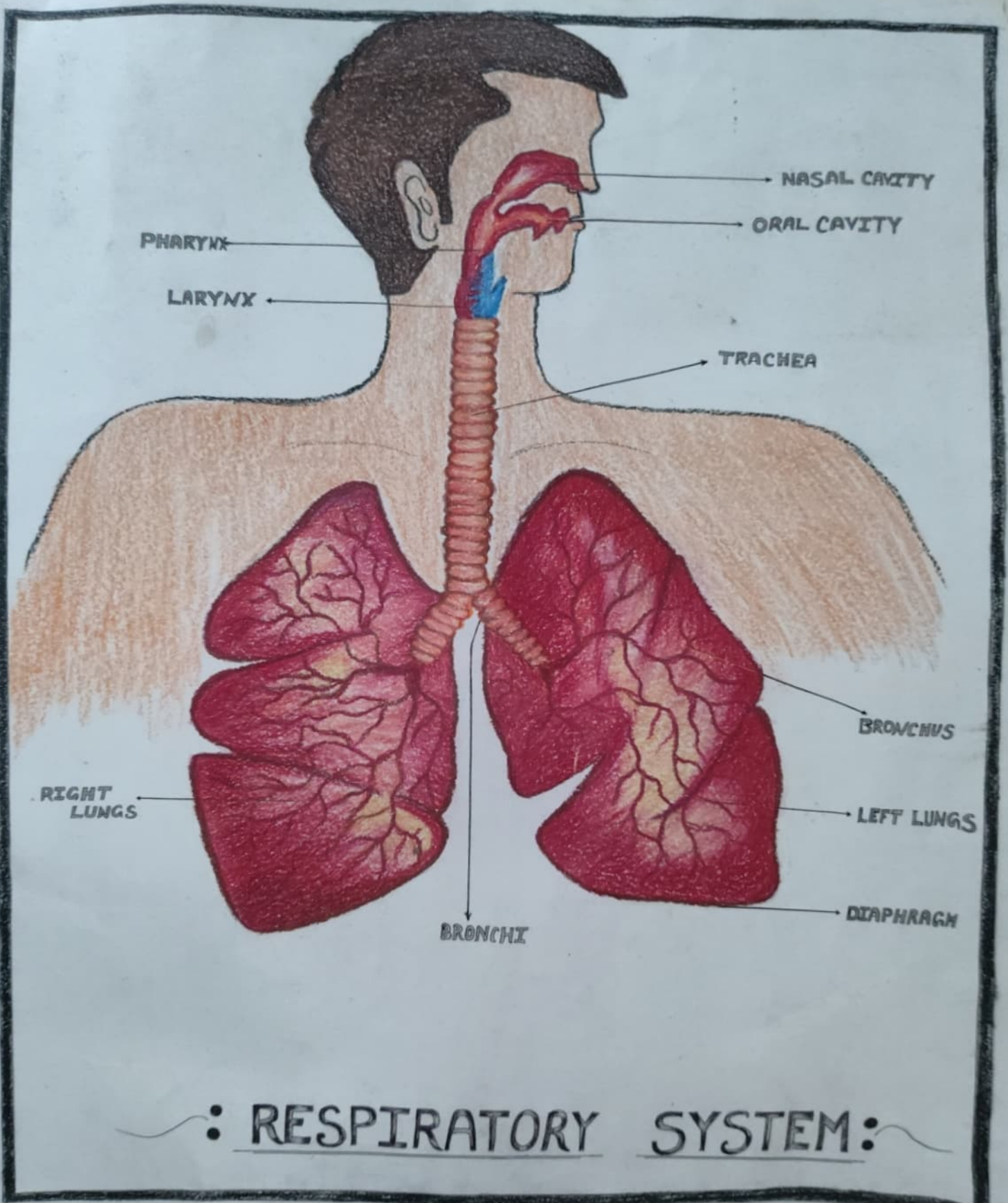






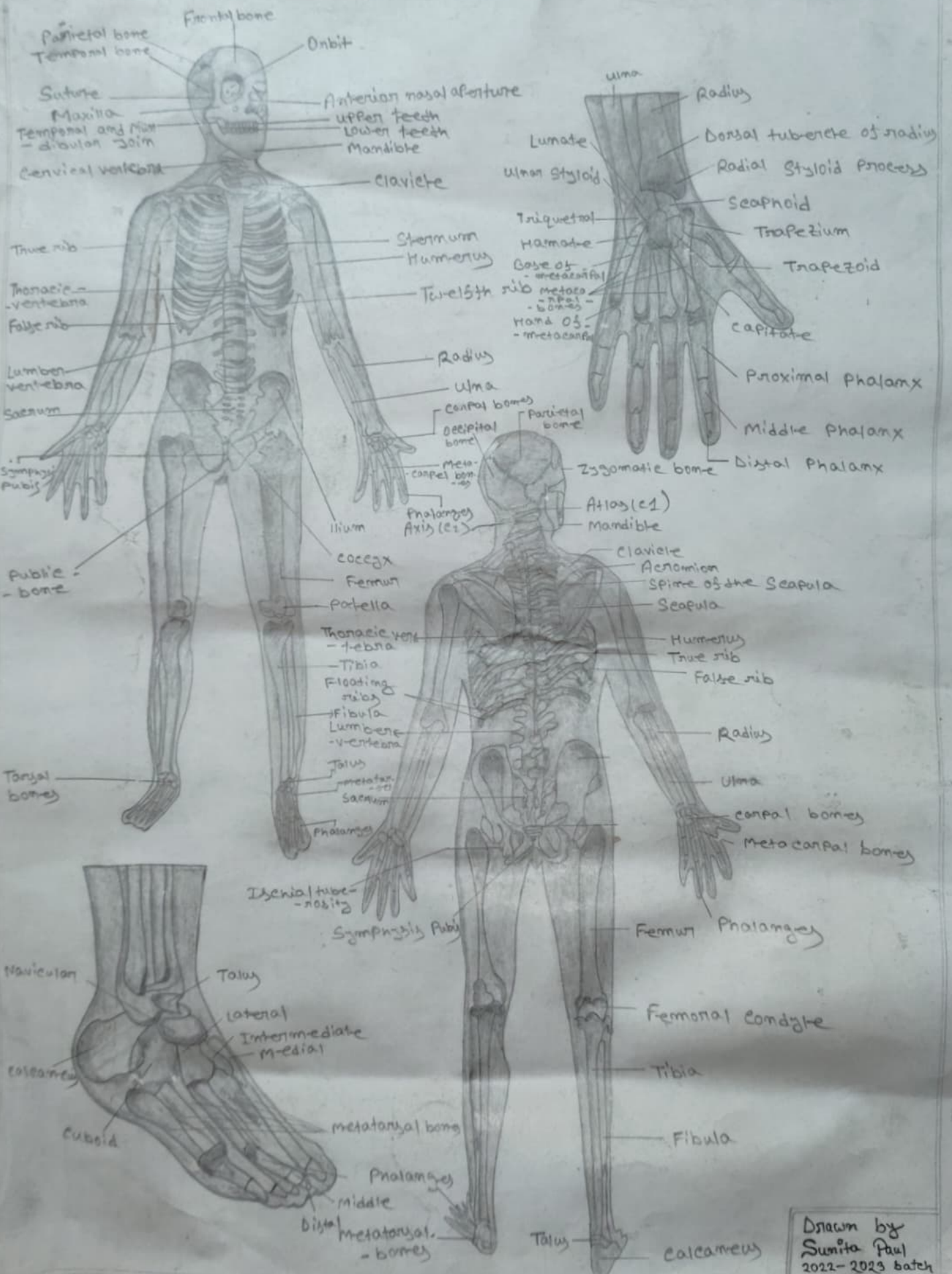
HEART

ART BY ~ SANGITA MAJHI



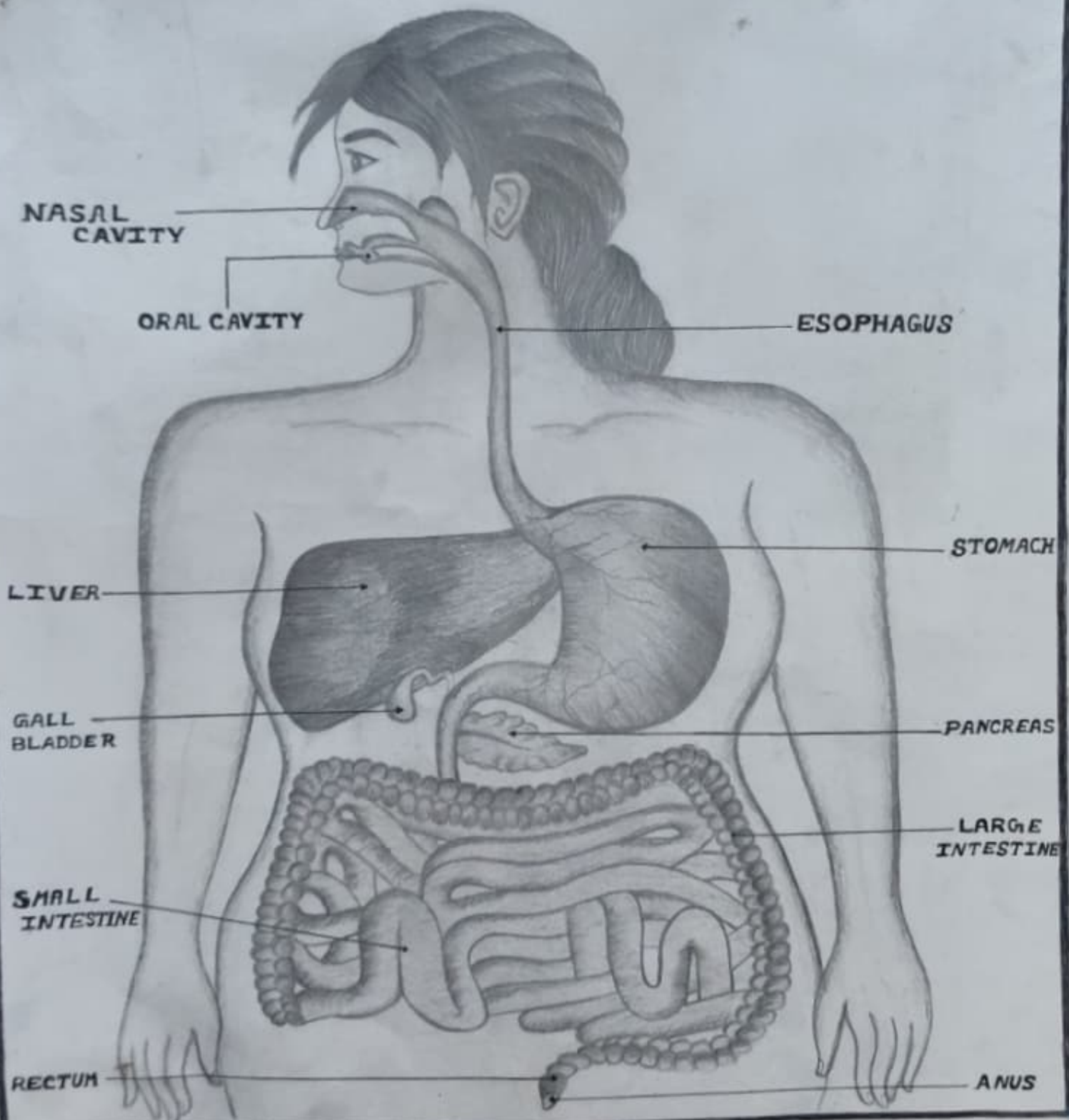
ART BY - MONIKA MONDAL

HUMAN SKELETAL SYSTEM



Drawn by
Sumita Paul
2022-2023 batch

HUMAN DIGESTIVE SYSTEM



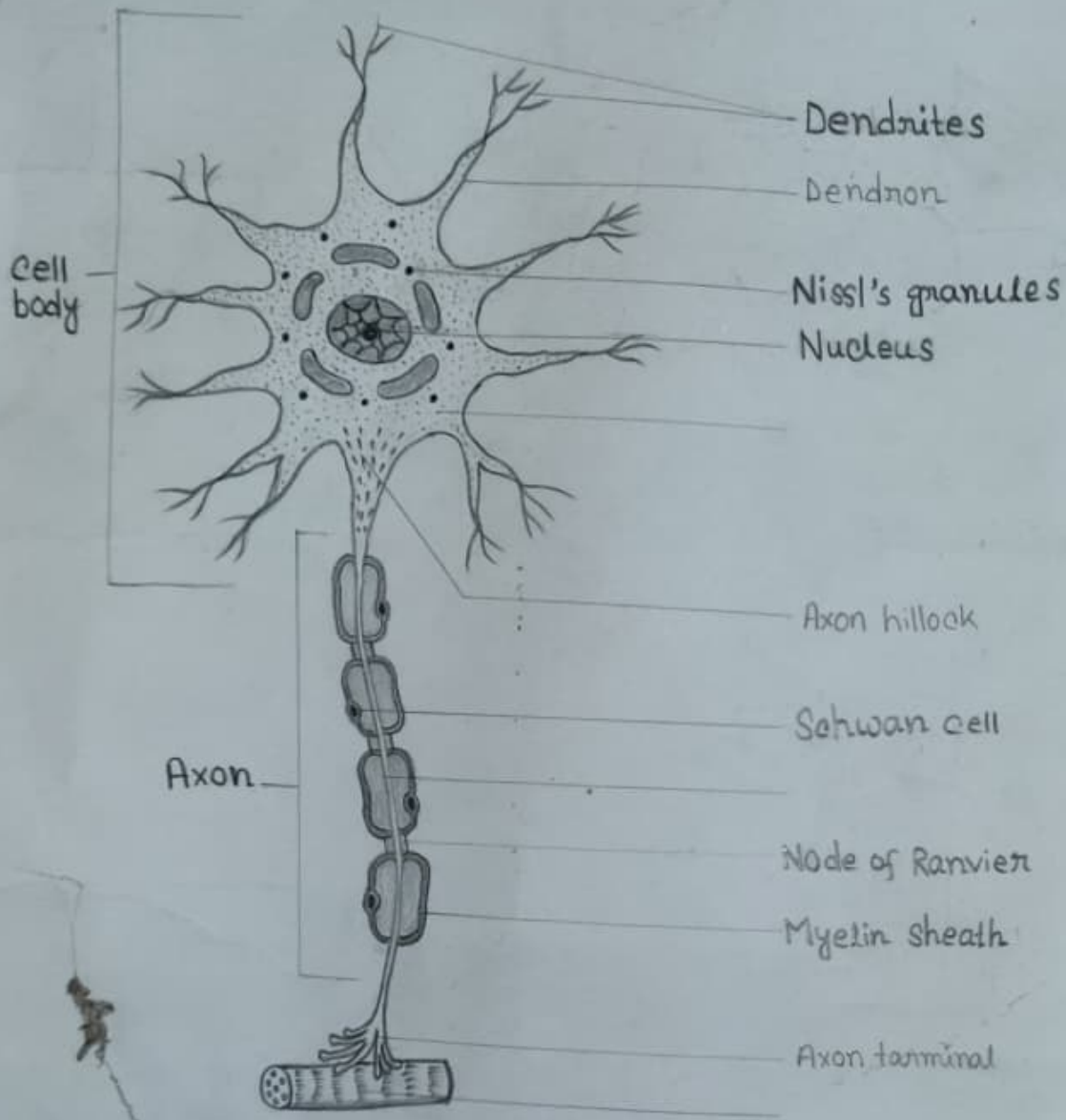
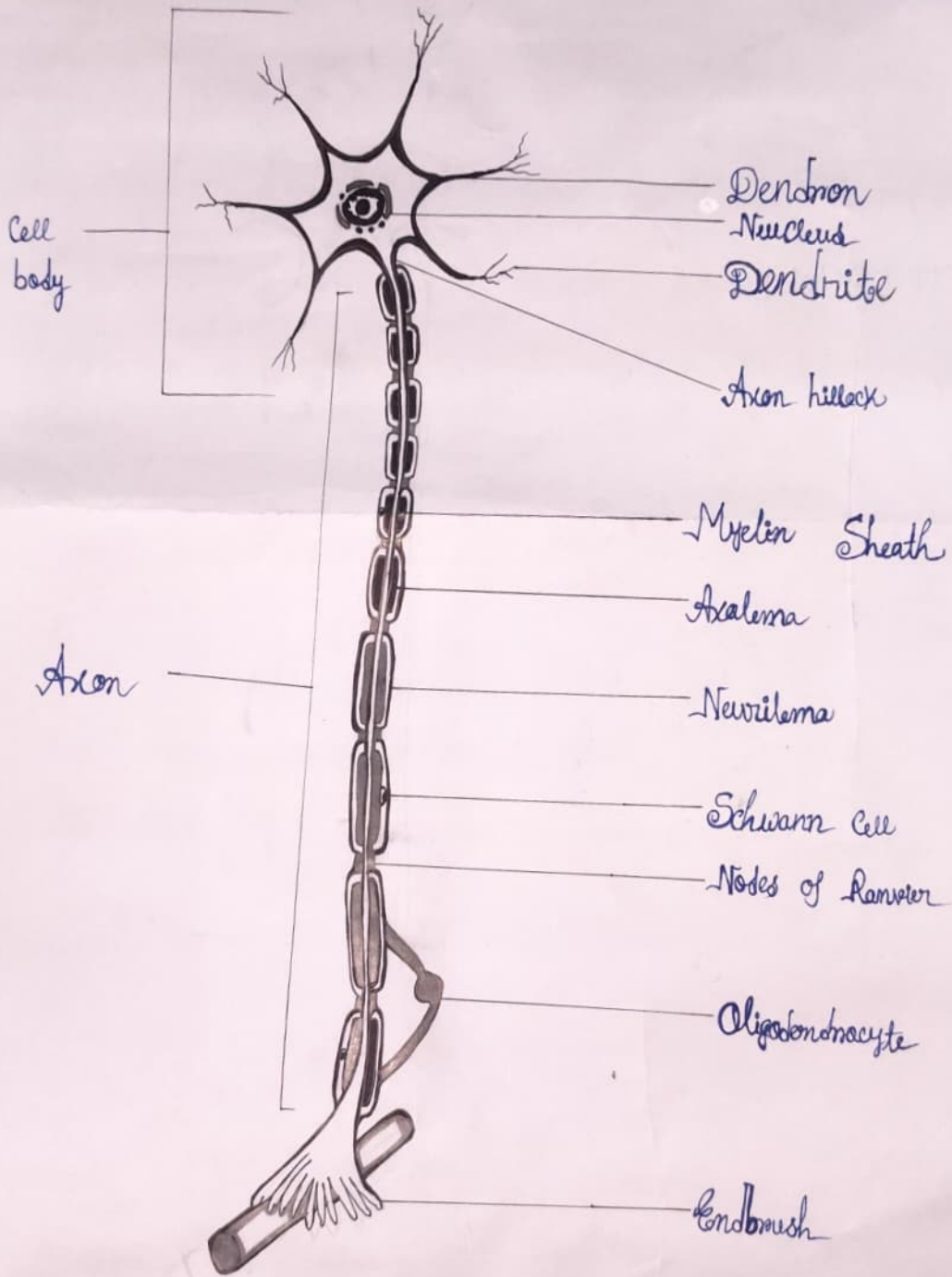
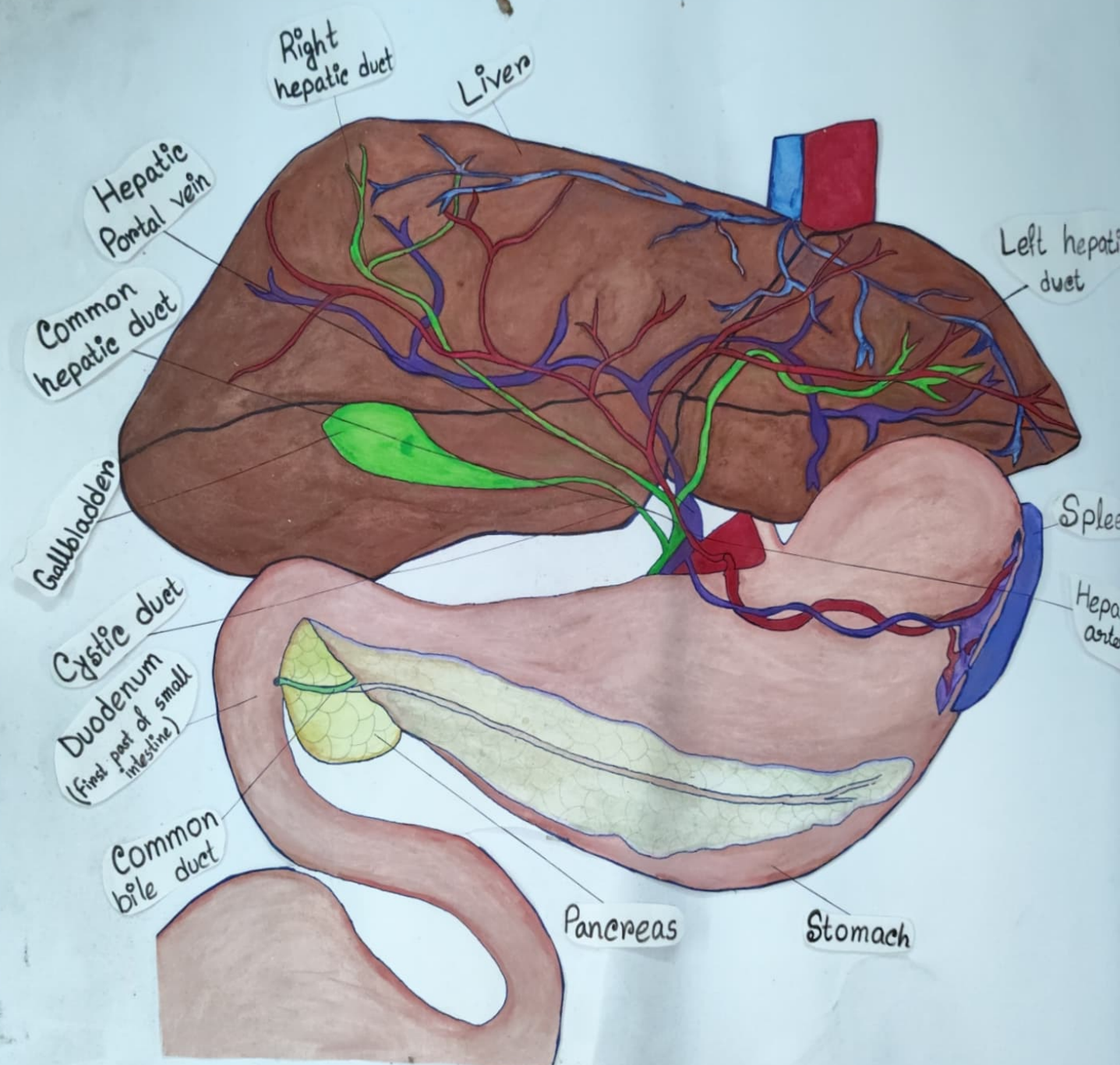


Figure: Structure of a neuron

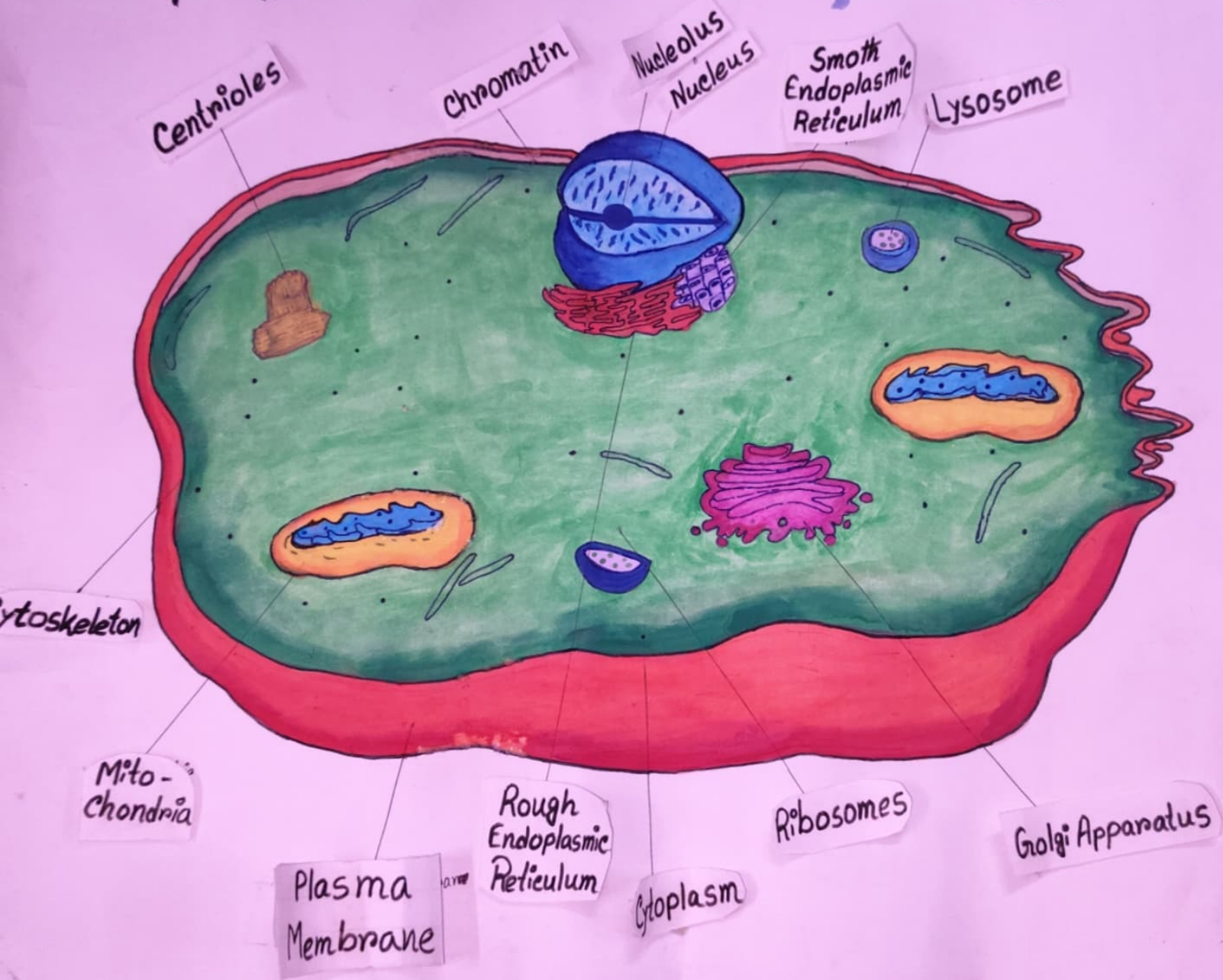
Name: Sumita Basak

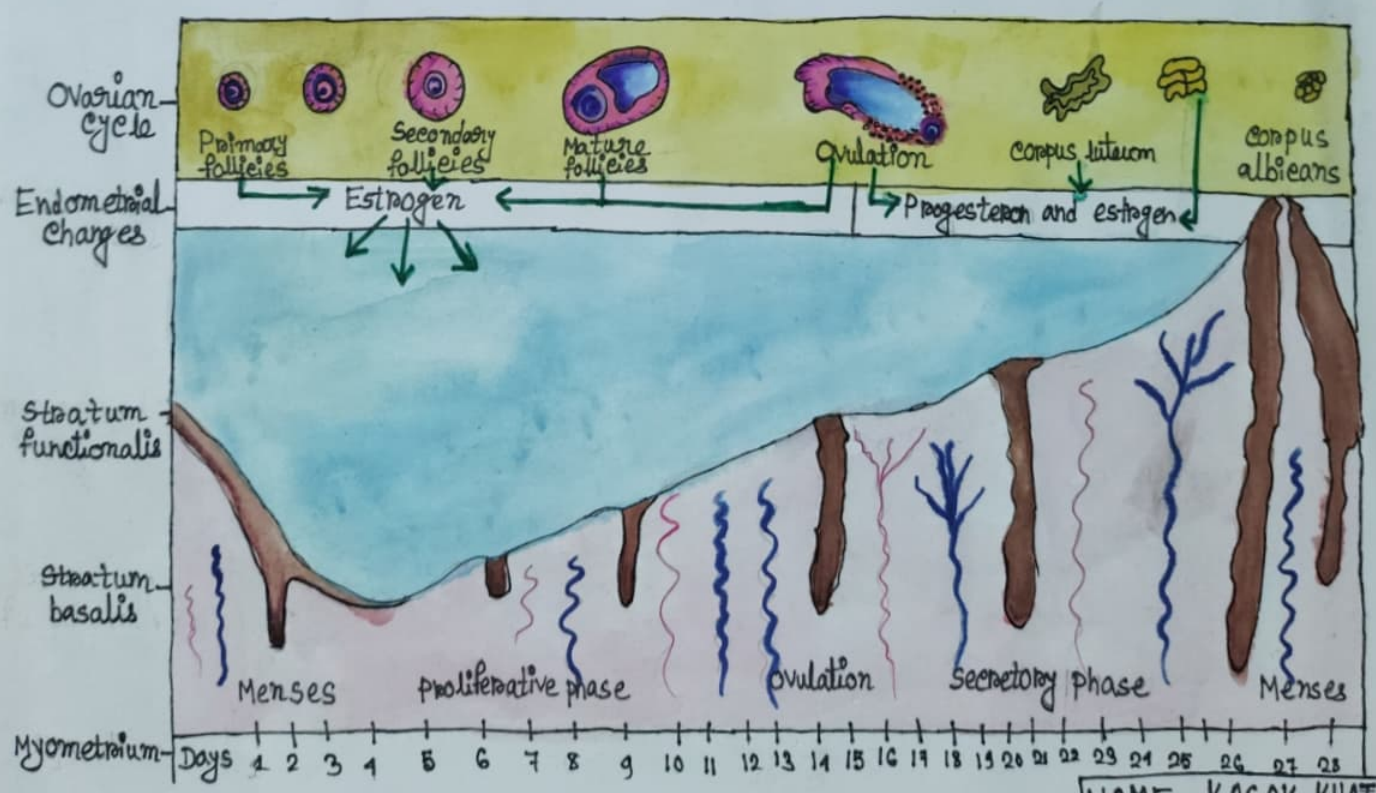
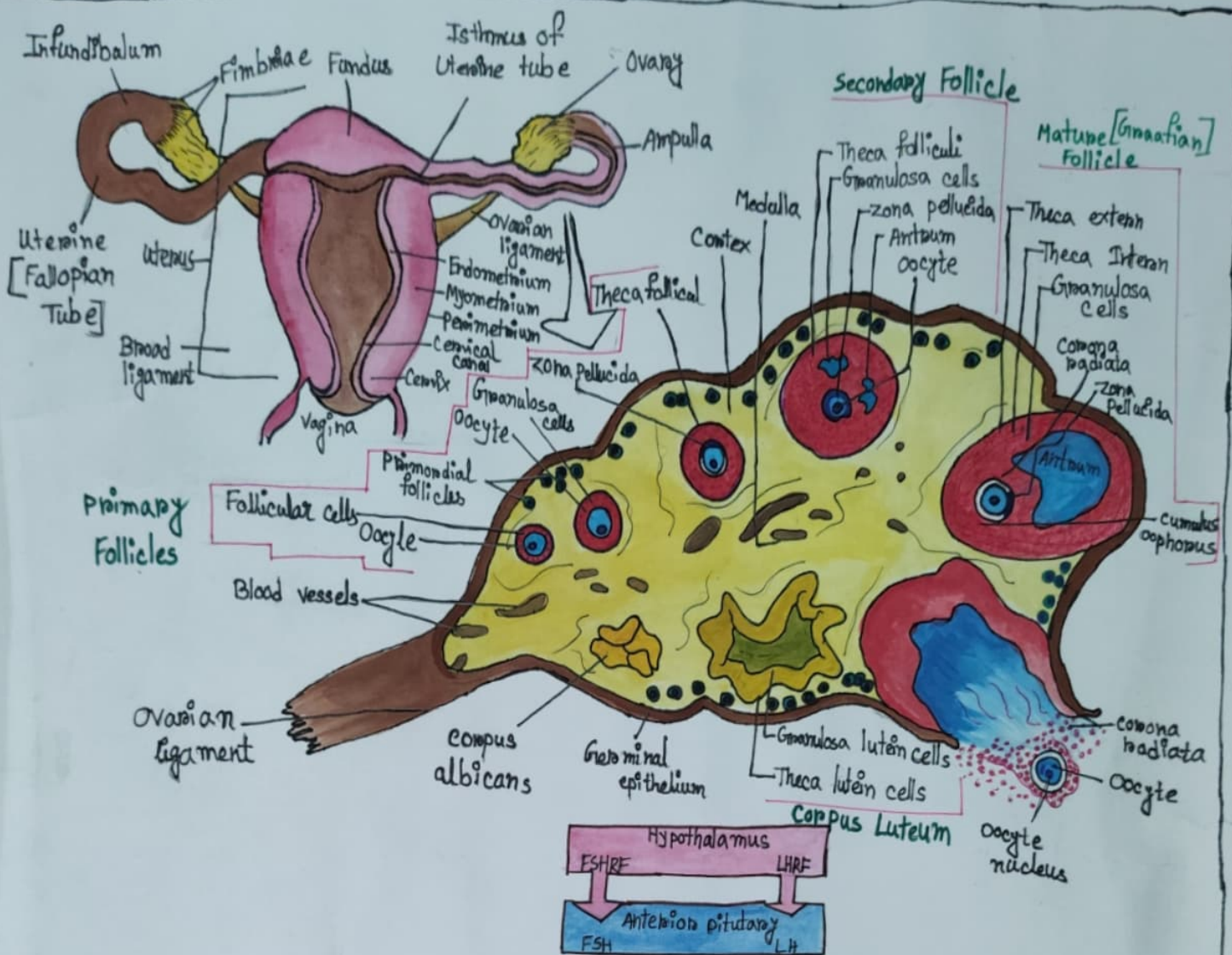
NEURON





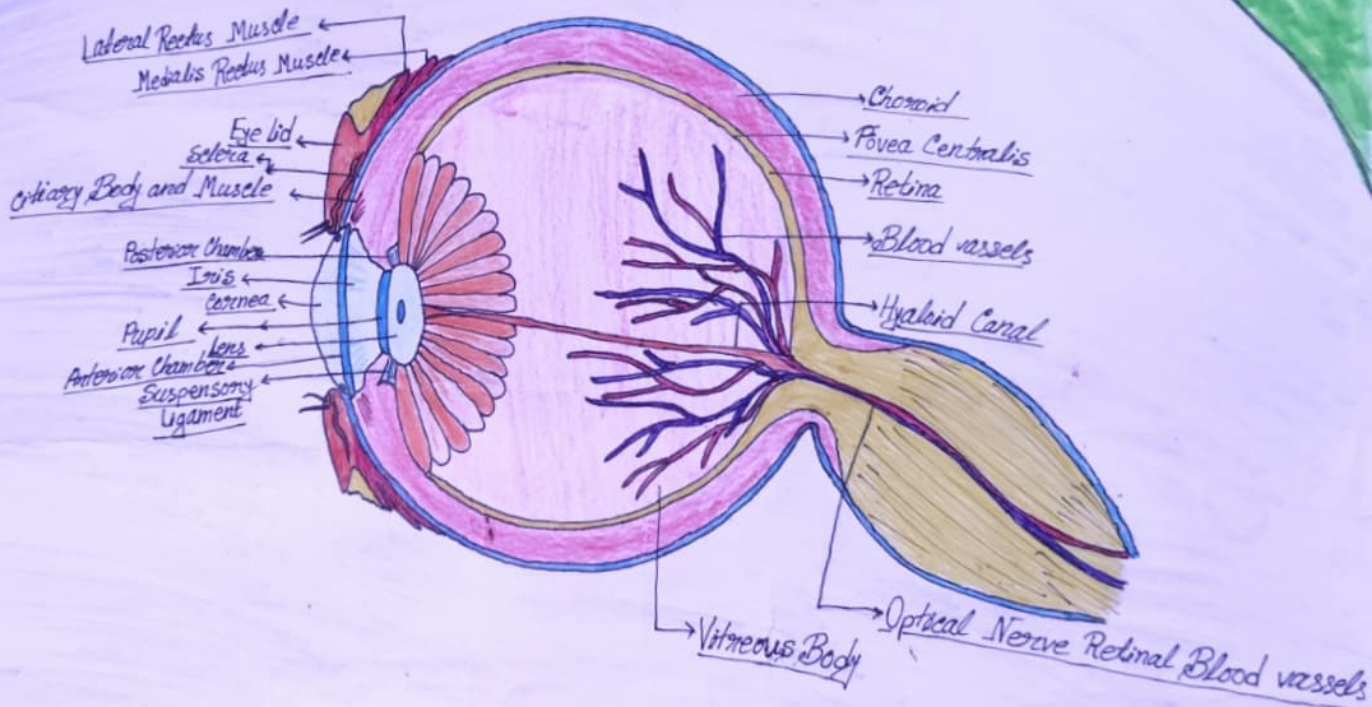
ANIMAL CELL





NAME - KASAK KHATUN
 YEAR - 2025-2024 SEM-I

EYE

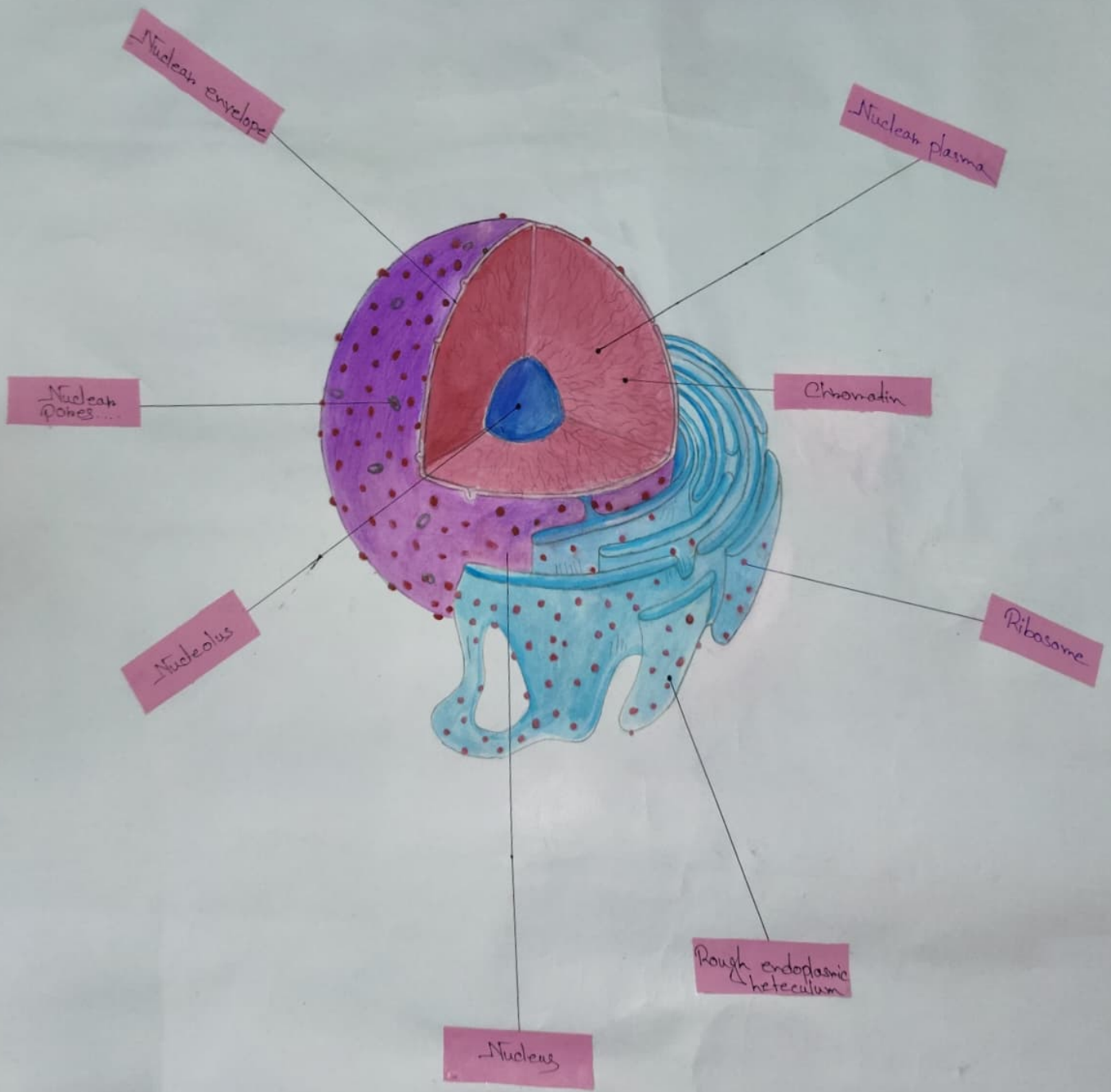


★ NAME - SADIA PARVEEN.

★ First Semester

2025-2026

STRUCTURE OF NUCLEUS



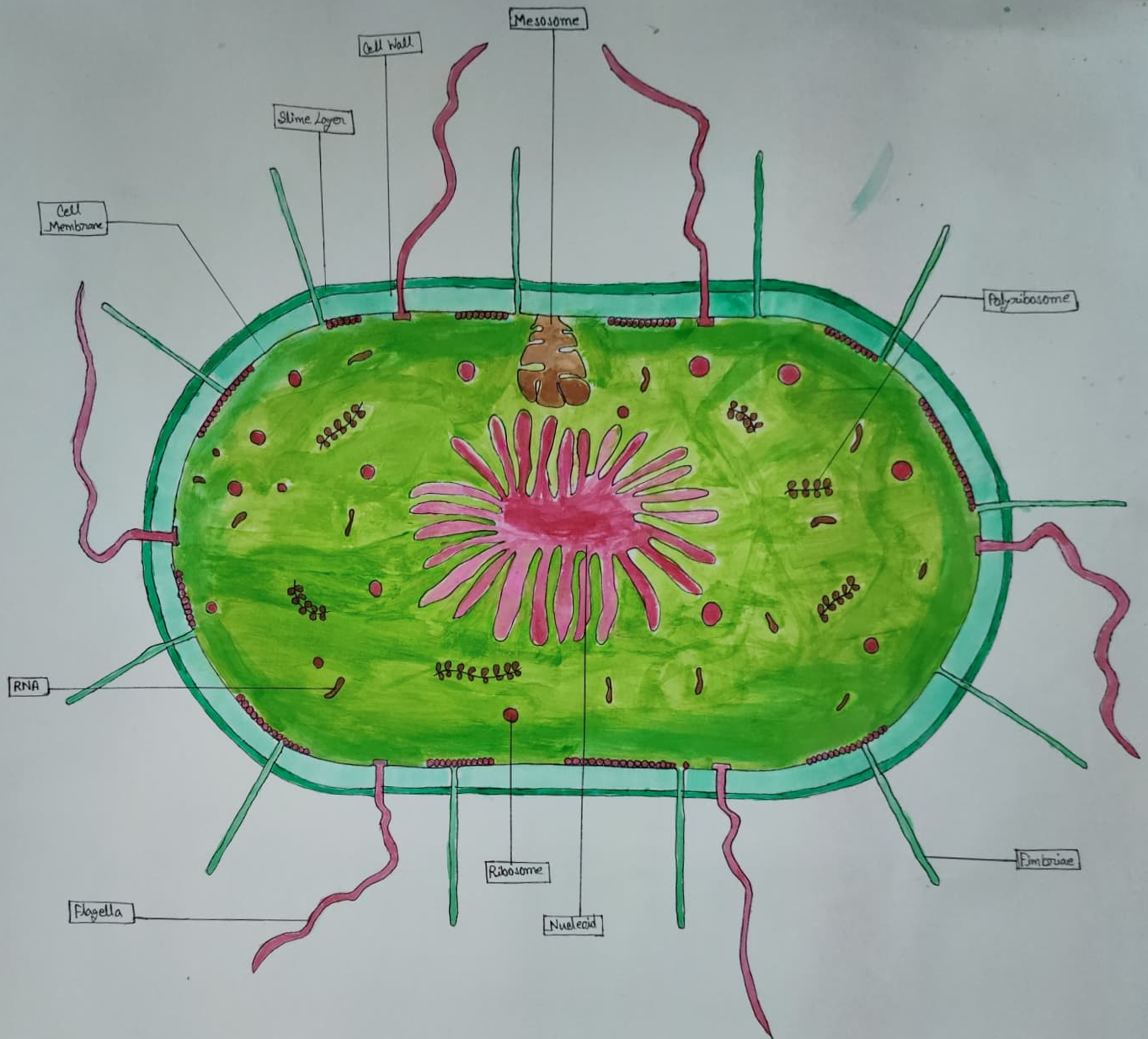


Fig.-PROKARYOTIC CELL (BACTERIUM)

Name - Md. Afjal. Ali
Session - 2025-26