

CATEGORY E

SUBJECT:

HYGIENE

OBJECTIVE(S)

To have the knowledge of Community Health Facilities, Family and Personal Hygiene and an understanding of their close relationship.

PREREQUISITES

Family Health Care proficiency.

INSTRUCTORS/EVALUATORS

- Physicians
- Nurses
- Dentists
- Public Health workers

REFERENCES AND MATERIALS

- *Caring for the Sick*, by St. John Ambulance (UK) St. Andrew's Ambulance Association, and the British Red Cross Society, Dorling Kindersley. Available through St. John Ambulance UK.
- *The Complete Handbook of Family Health Care*, by St. John Ambulance.
- Hospitals.
- Doctors' Offices.
- Medical and Dental Clinics.
- Local libraries.

CONTENT

Candidates must be able to explain or answer the following questions:

1. *Individual Health and Hygiene*
 - Explain when and how a person should wash his/her hands properly.
 - Explain the proper way in which a person should care for skin, hair and nails.
 - Describe how to care for the mouth and teeth in order to prevent tooth decay.
 - How does cigarette smoking affect health?
 - How does sleep and rest help maintain and promote a healthy body?
 - Why is proper diet essential to good health?
 - Body alignment and activity are important to a healthy body. Explain why, giving consideration to exercise, work and good body posture.
 - Elimination is essential to good health. How is elimination affected by diet, exercise and emotions?
 - How can our emotions affect our state of health?
 - How does environment play a part in the good health of every individual?
 - How does Society help the individual to maintain good health?
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2. *Family Health*

- How do parents provide for the health needs of family members?
- If you have a cold, how can you best prevent its spread to other family members?
- How does a family prevent their home from being invaded by rodents and insects?
- Name *three* frequent causes of accidents in the home.
- Name *five* ways to prevent accidents in the home.

3. *Community Health*

(Only *one* of the topics below must be completed by the Cadet/Crusader. Essay Form)

- Explain the principles of communicable diseases by discussing their causes and modes of transmission. Describe measures employed in your community to control communicable diseases (include methods of sewage and garbage disposal, and methods used to purify drinking water). Describe regulations regarding the reporting of communicable diseases, quarantine and isolation.
- Discuss the roles of both Governmental and Voluntary Health Agencies in your community. Describe how each agency contributes to health care in your community using the World Health Organization's definition of health. "A state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."

DURATION

As required.

CERTIFICATION

The following marking system is suggested for the questions listed above:

Part 1: each question is worth 5 marks, for a total of 55 marks.

Part 2: each question is worth 5 marks, for a total of 25 marks.

Part 3: an essay is worth 20 marks on ONE of the suggested topics.

A high standard should be expected (at least 60%).

CATEGORY E - HEALTH AND SAFETY

CERTIFICATION OF SUCCESSFUL COMPLETION OF PROFICIENCY SUBJECT

HYGIENE

Instructors/Evaluators should carefully consider the age, ability and accessibility to resource materials of each candidate.

The candidate has completed the above content and meets the requirements to the satisfaction of the Instructor/Evaluator.

Name of Instructor/Evaluator: _____

Agency: _____

Address: _____ Tel #: _____

Instructor qualifications: _____

I certify that

_____ of _____
(candidate's name) (Division #)

meets the criteria of this proficiency subject, as laid out on the previous page(s).

Instructor/Evaluator (signature) Date

Divisional Superintendent (signature) Date