

# HOME NURSING e-Honour



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Pathfinder`s Name

## Requirements:

**Please answer the following questions**

1. Do you have the First Aid Honour?

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2. What foods are included in the following diets?

A. Liquid diet

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B. Soft diet

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C. Light diet

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D. Full diet

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3. What are the symptoms of fever?

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How do you take a person's temperature?

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How do you bring a high temperature down?

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4. What is a normal pulse rate? Practice taking the pulse rate, respiration rate, and temperature of a friend or classmate.

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What is normal respiration rate?

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What is normal body temperature?

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**Practice taking the pulse rate, respiration rate, and temperature of a friend or classmate.**

5. What is a communicable disease?

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How is a communicable disease transmitted?

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What precautions should be followed to guard against communicable diseases?

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List safety measures to be observed when caring for a person with a communicable disease in the home.

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6. What symptoms tell you that a person is physically ill?

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7. How do you help to take care of a new born and an aged person in your home?

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8. When and how do you wash your hands when caring for a sick person?

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9. How do you make a bedridden patient comfortable in bed?

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10. How do you feed a helpless patient in bed?

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11. How to give liquid medicine and tablets, pills, or capsules to children and adults.

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How do you properly apply/instill eye drops?

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12. Explain the method of giving fomentations and foot baths.

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Explain the value of their use and tell the conditions under which such treatments should be given.

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13. Explain the application of a heating compress and the use of heat and cold for the treatment of inflammation and bruises.

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14. Explain how the following natural remedies help in preventing disease and add a Bible verse that supports your answer.

Note how the first letter of each item spells NEW START.

a. Nutrition

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b. Exercise

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c. Water

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d. Sunshine

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e. Temperance

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f. Air

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g. Rest

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h. Trust in God

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