

Human body

Sense Organ (The organ of smell)

The receptors for olfaction are in nasal epithelium along with olfactory glands. which produce mucus that dissolve odorants.

Organ of Taste (Tongue)

The gustatory receptor cells are located in taste bud. Nerve impulses are triggered in cranial nerve VII, IX, X, Taste signal are then passed to the medulla oblongata, cerebral cortex.

The organ of vision :-

Structure of eye include eyebrows, eyelid, eyelashes, lacrimal apparatus.

3 layers of eye

Fibrous Tunic (sclera and cornea)

Vascular Tunic (choroid, ciliary body, iris)

Organ of Hearing (Ear)

External Ear :- which collect sound wave and channel them inward

Middle Ear :- which convey sound vibration to the oval window.

Internal Ear :- consist of the bony labyrinth and membrane labyrinth. The internal ear contain the spiral organ (organ of corti), the organ of hearing.

Working of the Ear :- Sound wave enter the external auditory canal → strike the eardrum → Pass through the ossicle → strike the oval window → Setup wave in perilymph → strike the vestibular membrane and scala tympani → ↑ sed pressure in the endolymph → vibrate the basilar membr

UNIT-2

Hygiene of the Body

Definition of Personal Hygiene :- personal hygiene includes the healthy practices and life style that help in the maintenance and promotion of individual health physically, emotionally, socially, spiritual.

Purpose of personal hygiene

- To prevent illness
- To promote good health
- To improve standard of health
- To promote mental well being.
- Prevent from infection.
- To promote social and spiritual health.
- To maintain quality life of individual.

Principle of Personal hygiene :-

Hygiene practices are learnt from childhood. Changes occur throughout the life span.

Individual difference occur between individual.

Health practices of people vary with cultural values and personal values

- Good personal hygiene habits prevent entry of microbes into the body.

Cause of Mouth and Teeth

1. Tooth Brushing

- Clean the teeth twice a day with tooth brush and tooth paste.
- Generally Vorticle or circular brushing technique recommended.
- Teeth should be clean and rinsed soon after eating the food.
- Use of fluoride.
- Regular dental checkups.

c) Diet :- Excessive intake of refined carbohydrates promote dental caries and should be avoided.

- One should eat a variety of foods.

d) Habits :- Do not hold a sweet in the mouth.
eg:- toffee.
Do not eat snacks frequently in between the meal.

- Parental habit influence the children. 3.
- Do not keep the feeding bottle in the mouth of a baby for a longer time.

◦ Care of Dentures :-

- Dentures (false teeth) should be removed after meals and thoroughly brushed.
- All dentures must be removed at night.
- Do not place them in boiling water; it will cause them to warp and discolor.

◦ Care of skin

◦ Normal skin :- as is found in babies and small children; neither too dry nor too greasy.

◦ Dry skin :- It is not moist to touch and one should not use excessive soap. Apply vegetable oil and massage the skin periodically.

◦ Oily skin :- It is due to overactivity of the oil glands in the skin and has a tendency to produce small boils and pimples.

Cause of Hair :- The outer layer is cuticle, determine the quality, shininess, health of hair.

- Diet and life style of a person has two major factors that affect the health of hair.
- Some common problem include hairloss, premature graying of the hair, itchy scalp.

Cause of Hair :-

- use of shampoo, amla, lipikai.
- Enhance oiling and massage the scalp.
- Regular bowel movement every day.
- The diet contain more leafy vegetable, salad, milk, fruits & sprouts. Take more protein butter milk, yeast, soyabean, vitamin A.
- Do regular physical exercise

Cause of Hands and Nails :-

- Clean the hand before eating & after using and defecation.
- Wash hand with soap and water.
- Nail cut short.

- Nail biting, putting nail in mouth are bad habits. 4.

Care of feet

- Wash the feet with soap and water in morning and night.
- feet may be soaked in dilute solution of formalin (1 TSP in one litre of water) for 15 mins.
- The shoes should be clean and dry. They should not be tight and constrict.
- Do not walk bare footed. Avoid cuts & bruises.
- Crack should be treated with lanolin.

Take good diet :-

- Vitamin 'A' deficiency cause night blindness, keratomalacia.
- Take a balance diet and protective food such as fruits, vegetable, milk, butter.

• Menstrual Hygiene :-

- It is a normal physiological process.
- There is no harm in bathing, washing hairs
do in anything.
- Menstrual discharge is usually controlled by
means of an absorbent, sanitary pad, diaper
which must be frequently changed.

Back Care

Back care is a procedure of cleaning and massaging
an individual back as therapeutic and comfort
measures.

Purpose

- To prevent bed sore in back.
- To stimulate circulation
- To detect early sign of bed sore.
- To relieve pressure from pressure point
- To keep skin dry and clean.
- Relieve fatigue - enhance sleep.

Steps of Back care :-

5.

-) effleurage
-) Petrissage
-) Hand over hand
-) friction.
-) Brush stroke
-) kneading
-) Tapping.

Bed sore (Decubitus ulcer)

Position changing to prevent

- change position frequently. Bedsores
- He/she feel comfortable.
- Comfortable position
- Later, air mattress should be used

◦ Turning from side to side is good for blood circulation

◦ Place pillow below his back

◦ Patient is then asked to turn one side in prone position.

Urinary Incontinence

Urinary incontinence is the involuntary loss of urine that is sufficient to be a problem.

The client no longer control the act of micturition. Leakage of urine may be continuous or intermittent.

Type of Urinary Incontinence

functional :- involuntary, unpredictable passage of urine in a client with intact urinary and nervous system.

urge :- Involuntary passage of urine after a long sense urgency to void.