

## **HOW TO WRITE A PROFICIENCY BADGE NOTEBOOK?**

1. THE PB SHOULD BE COVERED(WHITE/BROWN)
  2. THE EMBLEM OF THE PB SHOULD BE DRAWN/PASTED ON THE COVER
  3. THERE SHOULD BE A BIO-DATA PAGE
  4. FIRST COH GIVING YOU THE PERMISSION TO START WORKING ON THE PB
  5. SYLLAUBS OF THE PB (AS PER APRO PART 2)
  6. FOLLOW-UP (NOTES)
  7. SECOND COH CERTIFYING THAT YOU HAVE COMPLETED THE WORK
  8. PB CERTIFICATE SIGNED BY THE INDEPENDENT EXAMINER IN THE PRESCRIBED FORMAT
- ( LET THE PICTURES GET PASTED ON THE LEFT SIDE PAGES OF THE PB NOTEBOOK)

# Hospital Man



**Name of Scout/Guide:**

# BIODATA

**Name:**

**Troop:**

**District:**

**Patrol:**

## BADGE REQUIREMENTS

**Date of Commencement:**

**Date of Completion:**

# Court of Honour

Permission to Earn Badge

Date: .....

Scout / Guide ..... has

been given permission to work on

completing the requirements (as per

APRO Part II) towards earning the

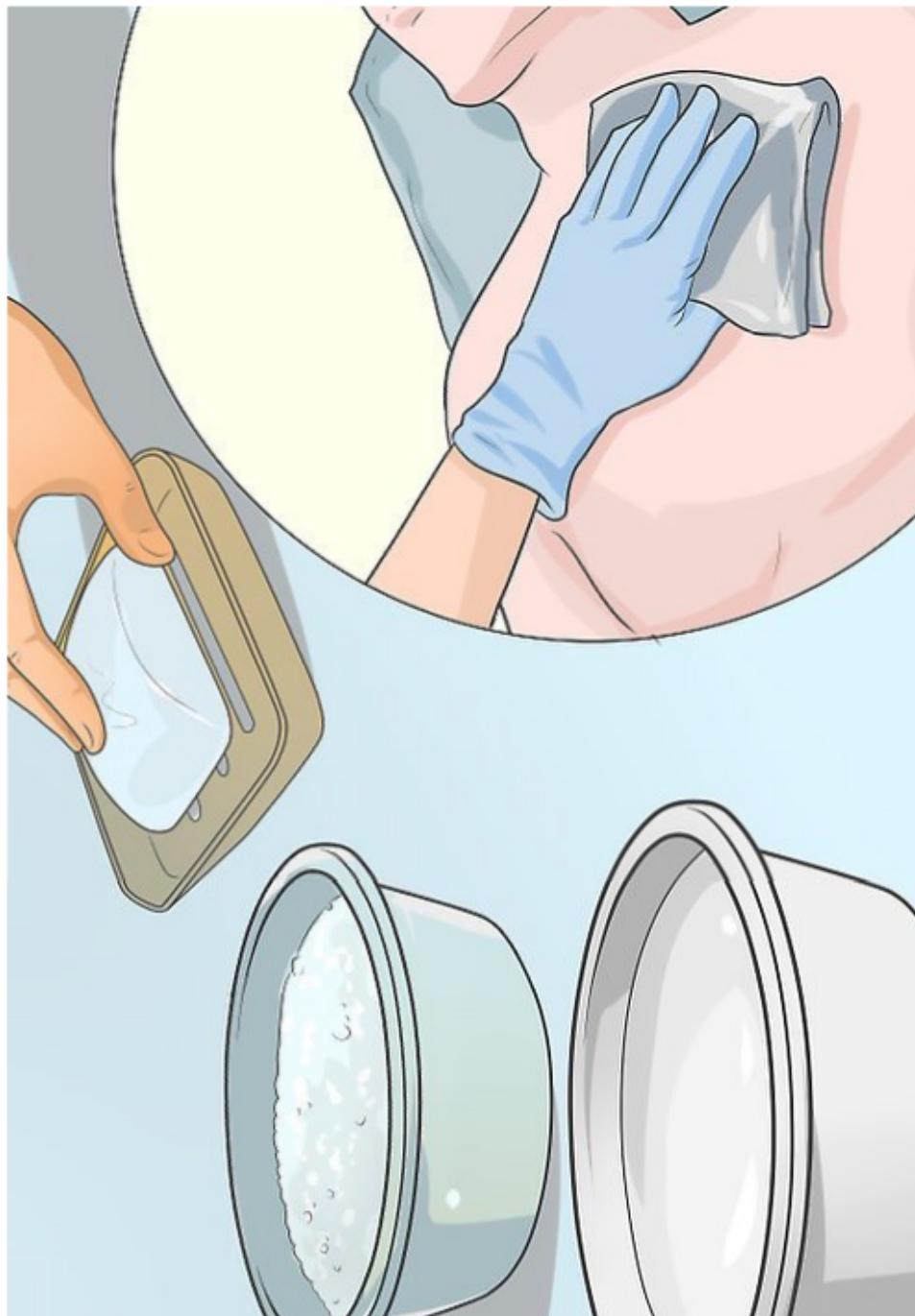
.....badge.

Scout Master

# Syllabus

## (As per APRO Part II)

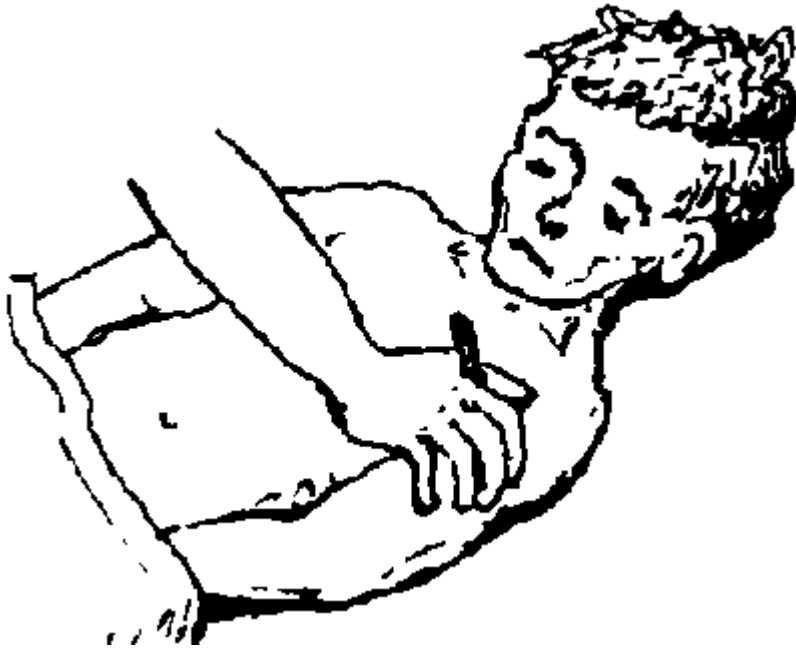
- 1. Have a general knowledge of and demonstrate**
- 2. How to choose, prepare and ventilate a sick room**
- 3. How to sponge, give medicine and take a patient's temperature**
- 4. how to prepare food for invalids, to give formulation, make beds and prevent bed sores and help the aged and infirm.**
- 5. how to apply roller bandage to hand, knee and foot and know the materials used for dressing.**



# Giving a sponge bath

1. Sponge baths, or bed baths, are used to bathe people who are bedridden or unable to bathe on their own due to health reasons. Giving a bed bath involves washing and rinsing the entire body one section at a time while the patient remains in bed. It is important to gather all the supplies needed before you begin so you do not have to leave the patient unattended. A good bed bath will leave the person feeling clean and comfortable.
2. Wear disposable gloves at all times.
3. Keep talking to the patient giving them a heads up of what your next would be
4. Be quick and purposeful with the patient's private areas.
5. Give a hairbath using a bowl of water.
6. Use the same cleansing and rinsing method for the whole body. First apply soap or soapy water to the patient's skin. Scrub it gently with a washcloth to remove dirt and bacteria, then place the washcloth in the soapy basin. Dip a second washcloth into the rinsing basin and use it to rinse away the soap. Pat the area dry with a towel.
7. Remember to rotate between the two washcloths: use one for soaping and one for rinsing. If the cloths become soiled, switch to clean ones.
8. Replace the water in the basins as necessary.

## Takin a patient's temperature, pulse and respiration



**Taking Temperature using a clinical thermometer:** Hold the thermometer at the upper end. Shake it to ensure all the mercury is at the bottom. If you do not shake the thermometer it will result in an inaccurate reading.

Place the thermometer in the axilla (armpit). Place the forearm across the chest and ensure the upper arm is resting against the patient's side.

Leave the thermometer in place for 5 minutes. This will ensure that the reading will be accurate.

Remove the thermometer, read, and immediately record the temperature on the record chart or in the patient's notes.

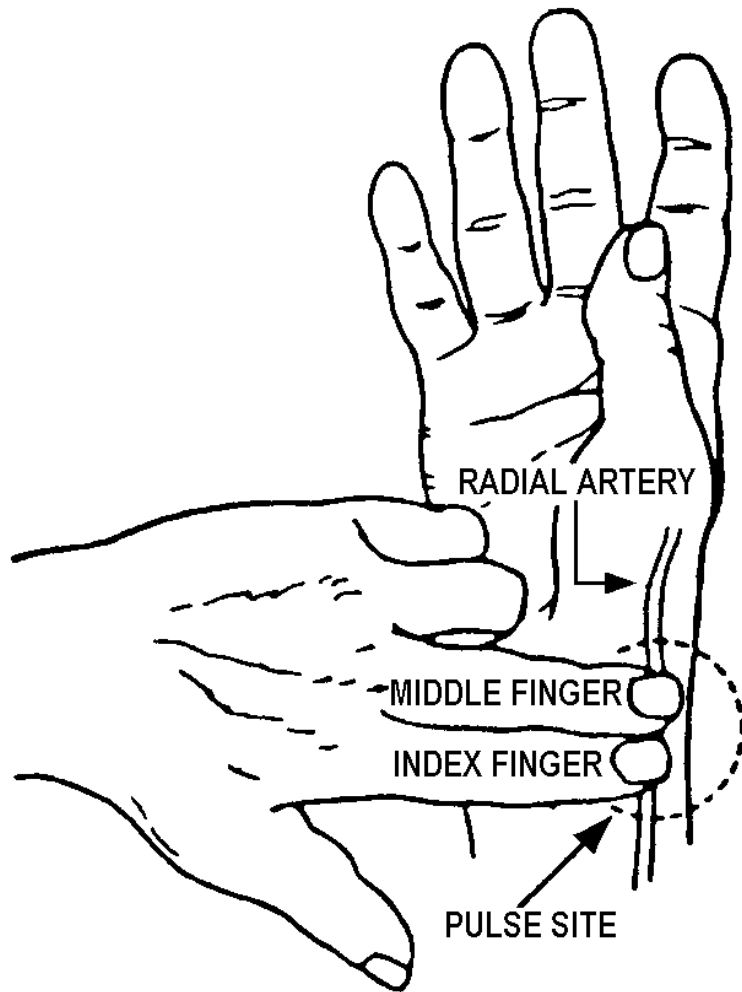
**NOTE:** The thermometer will cool down when exposed to the air, so read the temperature immediately to avoid a low and false recording.

Tell the patient the temperature and whether any further investigations are needed.

Disinfect the thermometer and wash and dry your hands again.

Report a raised temperature to the clinical person in charge.

# Taking Pulse



To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery — which is located on the thumb side of your wrist. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by 4 to calculate your beats a minute.

# Roller Bandage

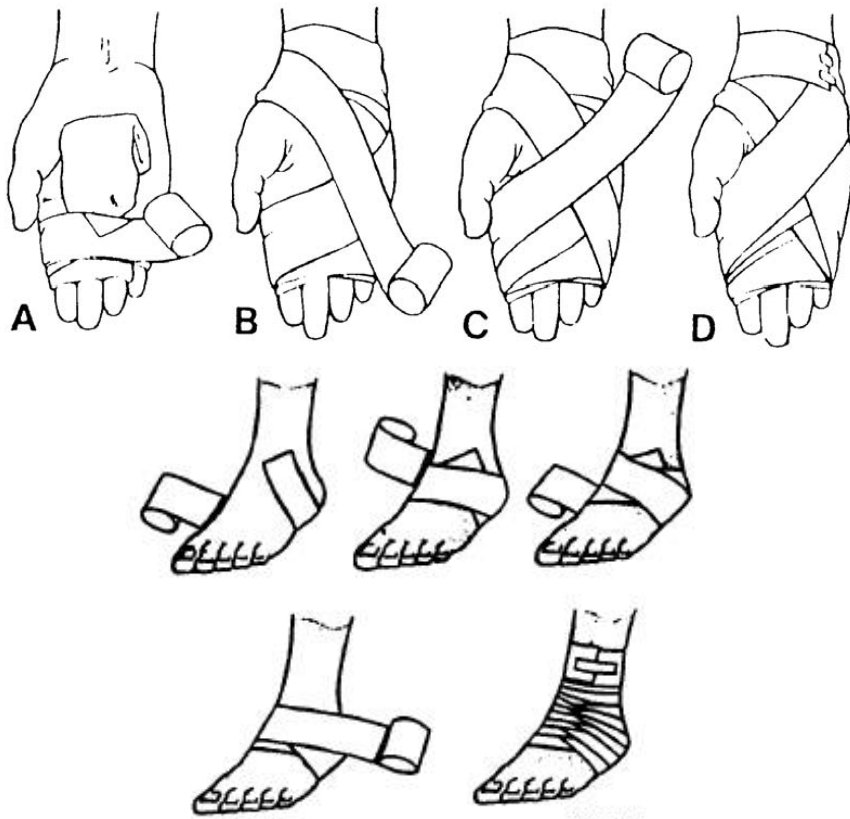
1. Roller bandages vary greatly depending on how they are to be used.

A roller bandage is used to:

- hold a dressing in place on a wound
- maintain pressure over a bulky pad to control bleeding
- support an injured limb or joint
- apply pressure to a limb

As a general guide, the following widths are recommended:

- Lower arm, elbow, hand and foot – 75 mm.
- Upper arm, knee and lower leg – 100 mm.
- Large leg or trunk – 150 mm



## .Applying a roller bandage to the hand or foot:

- Apply a dressing or padding over the affected area.
- Start with a diagonal, locking turn around the wrist or foot.
- Carry the bandage across the back of the hand or foot to the base of the little finger or little toe and then make a complete turn around the fingers or toes.
- Make another turn across the back of the hand or foot from the fingers/toes to the wrist/ankle.
- Repeat these turns working upwards with each turn until the dressing or padding is covered.
- Finish with a circular turn around the wrist ankle and secure the bandage with a safety pin or adhesive tape.



# Roller Bandage

## **Applying a roller bandage to the elbow or knee:**

- Apply a dressing or padding over the affected area.
- Start with a full turn over the point of the elbow or knee to secure the bandage.
- Make a second turn just below the first, exposing one-third of the initial turn over the point of the elbow or knee.
- Make a third turn just above the first, again exposing one-third of the initial turn over the point of the elbow or knee.
- Continue with one or two more turns alternately working from below to above the affected joint, until the dressing or padding is fully covered.
- Avoid any extra turns that will cause pressure on the inside surface of the joint.
- Finish with a full turn above the elbow or knee and secure the bandage with a safety pin or adhesive tape.

