

Curriculum for Community Health Worker Training							
Organized by TCU, EHSSG							
Published in August, 2025							
Vol	Module	Name of the Module	Content	Learning Objectives	Methodology	Materials needed	Required Quantity for 45 Participants' Session
1	1	Anatomy & Physiology	- Anatomy & physiology of Skin, Bone & Joint - Nervous System - CVS - Respiratory - Digestive - Endocrine - Immunology - Urinary, Male & Female Reproductive System	- Describe the basic structure and function of major body systems: skin, skeletal, muscular, nervous, cardiovascular, respiratory, digestive, endocrine, immune, urinary, and reproductive systems. - Identify key organs and their roles in maintaining homeostasis. - Explain the interrelation between systems in maintaining human health.	Illustrated lectures, group discussions, model demonstration	Human body charts anatomical models whiteboard marker projector	
1	2	Microbiology	Definition, Communicable diseases, Classification of microorganisms, Bacteriology, Virology, Mycology, Parasitology	- Define microbiology and its relevance in healthcare. - Classify common microorganisms (bacteria, viruses, fungi, parasites). - Describe transmission and prevention of communicable diseases. - Identify the role of microorganisms in health and disease.	Interactive lecture, visual presentation, matching exercises (microbes vs. diseases)	Microbe illustrations microscope pictures (if available) flashcards	1 set (in class) 1 set (in class)
1	3	Basic Science of Nutrition	Basic science of nutrition, Balanced diet, Malnutrition	- Define basic concepts of nutrition and balanced diet. - Identify causes and effects of malnutrition in the community. - Promote healthy eating habits and nutritional practices.	Lecture, food grouping activities, group discussion	Food chart pictures of balanced/unbalanced meals food samples or cutouts	4(in class, male hostel, female hostel, dining room) 4(in class, male hostel, female hostel, dining room)
1	4	Pharmacology	Introduction to pharmacology, Drugs, Use of medicines, Forms of drugs, Steps in drug prescription and administration, abbreviations of drug prescription, NSAIDs, Paracetamol, Introduction to antibiotics, General guidelines for drug storage, Injections, Adverse drug reactions, Commonly used drugs	- Define pharmacology and drugs, explain basic principles of drug use. - Identify common forms of drugs and routes of administration. - Explain steps in drug prescription and commonly used abbreviations. - Demonstrate safe handling, storage, and administration of drugs. - Recognize common side effects and adverse reactions of essential medicines. <u>Contraindications</u>	Demonstrations, lecture, role play (medicine handling), small group work, brainstorming, interactive lecture, simulation, hands-on practice,	Medicine samples (expired or demo) dosage forms chart prescription cards posters	
2	*	Medical Ethics	Biomedical Ethical Principles, Other related Ethical rules	- Describe key biomedical ethical principles in healthcare practice. - Identify ethical responsibilities of CHWs including	Case studies, role play, group reflection	Code of ethics handout case scenarios flipcharts	
2	5	Basic Medical Care	- Universal Precaution - Shock - First Aid Management - CPR - Patient Transport - Bleeding - Types of bandaging - Heat Stroke - Burn - First Aid for Drowning - Management of Chocking - Fracture Management - Incision and Drainage - Common Illness - Pain - Animal Bite & Sting	- Apply universal precautions and basic infection prevention. - Demonstrate emergency first aid including CPR, shock management, bleeding control. - Provide appropriate care for burns, fractures, drowning, and animal bites. - Recognize common illnesses and initiate basic management.	Lecture, demonstration, return demonstration, simulation, hands-on practice	First aid kits CPR manikin (if available) bandages splints Flip charts Gloves-Surgical,E gloves,Rubber gloves Stretcher	Sample- 5 sets Adult-3 , Child- 3, Infants-3 Various types & sizes- each 10 pcs (roller, triangular, crepe) + (Slings - triangular cloth) Medical splint roll (10 pcs) 2 rolls + permanent pens-2 pcs (various colors) E-glove(1 box), Surgical-various sizes(2 sets), Rubber glove(1 set) 2

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2	5	Nursing Care	- Vital Sign - How to approach patient - Sponging - Dressing - Position Care - Care of Coma - Ryle tube care - Mouth care - Catheterization - Enema	- Measure and interpret vital signs accurately. - Provide basic patient care including positioning, mouth care, sponging, and dressing. - Assist with Ryle's tube care, catheterization, and enema administration. - Demonstrate respectful and compassionate patient interaction.	Lecture, demonstration, practice stations, visual aids	Thermometer BP set models for catheter and enema dressing materials (Dresing kit) for position Note book ,Watch spirit ,cotton	5 sticks 5 sets 5 models (5 pairs) 10 kits pillows
2	6	Laboratory Tests	-Blood grouping - Blood glucose monitoring - Urine test - Urine Pregnancy Test (UCG) - Malaria - Hb% estimation	- Perform basic lab procedures: blood grouping, blood glucose monitoring, urinalysis, pregnancy testing, malaria testing. - Interpret basic lab test results relevant to primary care. - Follow proper specimen collection and infection control protocols.	Lecture, demonstration, practice sessions, mini-lab activities	RDTs (malaria/UCG/Urine protine) blood grouping cards slides reagents glucometers needle strips haemoglobin estimation cards examination gloves safety boxes	1 box for each test 45 2 box 2 pairs (anti-A, anti-B, anti-D) 2 pcs 50 pcs 45 pcs 1 box 1 box
3	7	Epidemiology	- Definition and Aims of Epidemiology, - Three components of Epidemiology, Basic Measurements in Epidemiology, Epidemiological triad of disease distribution, Epidemiological triad of disease causation, - Infectious Diseases, Chain of infectious diseases, Principles of control of communicable diseases, Some definitions to be known, Surveillance, - Non-communicable diseases, Risk factors in NCDs, Level of prevention	- Define epidemiology and its purpose in public health. - Explain key concepts: disease distribution, causation, and prevention. - Describe infectious and non-communicable disease epidemiology. - Identify CHW's role in disease surveillance and control.	Interactive lectures, case study analysis, group exercise, calculation, role play	Flipcharts flowcharts graphs	
3	8	Disease Prevention & Control	- Introduction of disease prevention & control - Food & water borne diseases - Vector borne diseases - Air borne diseases - Animal borne diseases - Sexual transmitted diseases - UTI - Vaccine preventable diseases	- Identify common food, water, vector, air, animal, and sexually transmitted diseases. - Describe transmission modes and prevention methods. - Promote immunization and infection prevention strategies. - Apply knowledge in outbreak control and response.	Lecture, group discussion, role plays (e.g., outbreak scenario)	Posters on hygiene and disease flipcharts mosquito net demo visual aids	
3	9	Non communicable diseases	- Coronary artery diseases - Hypertension - Stroke - Diabetes Mellitus - Asthma - Chronic Obstructive Pulmonary Disease - Cancer	- Recognize signs and symptoms of major NCDs: heart disease, stroke, diabetes, asthma, cancer, obesity. - Identify lifestyle-related risk factors and prevention methods. - Educate community on management and referral for NCDs.	Lectures, symptom discussion, risk factor activity	NCD posters visual risk charts food/smoking/lifestyle images	3 sets(in class, male hostel, female hostel) 3 sets(in class, male hostel, female hostel) 4 sets(in class, male hostel, female hostel, dining room)

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			- Gout - Obesity				
3	10	Rehabilitation	- Chronic illness - Handicap or disability - CP - Stroke	- Define rehabilitation and its importance in chronic illness and disability. - Identify common conditions requiring rehabilitation (e.g., CP, stroke). - Support basic physical and social rehabilitation efforts at community level.	Case discussions, demonstration of simple rehab exercises	Rehab aids (crutches, supports) flashcards case stories	
4	11	Ear Diseases	Otitis, Otitis externa, Acute otitis media, Acute mastoiditis, Chronic otitis media,	- Identify symptoms and provide basic care for common ear, eye, and skin conditions. - Distinguish between infectious and non-infectious skin conditions.	Lecture, picture-based learning, case studies, role plays	Condition photos referral guides simple diagnostic kits (torch, ear models)	
4	11	Eye Diseases	Conjunctivitis, Trachoma, Eye injuries, Cataract, Pterygium, Glaucoma, Xerophthalmia,				
4	11	Skin Diseases	Skin Infection: Bacterial skin infections; Boil or folliculitis/furunculosis, Impetigo, Extensive impetigo, Abscess, Fungal Skin Infection: Candida, Ringworm/Tinea, Viral skin infection; Herpes simplex, Varicella Zoster/Chicken pox, Herpes Zoster, Parasitic skin infection; Scabies, Non-infective skin rash; Urticaria, Eczema, Heat Rash				
4	11	Mental Health/ Psychiatry	Psychiatric disorders; Anxiety, Depression, Post Traumatic Stress Disorder, Alcohol Misuse & Dependence	- Recognize signs of common mental health disorders. - Provide basic psychosocial support and refer as needed.			
4	12	Symptomology	Definition What is the difference between signs & symptoms An approach to common symptoms: Fever, Headache, Abdominal pain, Dyspepsia, Cough, Nasal symptoms, Chest pain, Collapse and seizure, Dyspnoea, Diarrhea, Dizziness, Skin problems, Vomiting	- Differentiate between signs and symptoms. - Take basic history and assess common presenting symptoms (e.g., fever, cough, headache, diarrhea). - Determine when to provide first-line care and when to refer.	Lecture, symptom matching games, group case discussions	Symptom flashcards body charts patient story handouts	
5	13	Maternal & Reproductive Health	- Antenatal Care - Normal Labour and Intra-natal Care - Post-natal Care - Family Planning	- Provide basic antenatal, intrapartum, and postnatal care support. - Identify danger signs in pregnancy and labor. - Educate on family planning methods and refer when needed.	Lecture, demonstration, role plays, case-based learning	Delivery kits (demo) ANC card models for family planning flipcharts	
5	13	Newborn & Child Health	- Definition of Child Health - Why Child Health issue is important? - Why under 5 age group is important? - Why neonates group is important in under 5 age group? - Benefit of breast feeding - Important in breast feeding - Community based new born care - Under 5 child nutrition - Growth and Development - Malnutrition	- Support newborn care including CBNC principles. - Recognize common childhood illnesses and danger signs. - Promote immunization, growth monitoring, and early stimulation.	Lecture, demonstration, case scenarios, peer group discussions	Baby models growth monitoring tools immunization chart	

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			- Immunization - Integrated Management of Childhood Illness				
5	14	Environmental Health	- Definition, Key areas of focus, - R & R of CHW on environmental health, - Environmental sanitation & personal hygiene, Clean & safe water, Food Hygiene, Hand Hygiene, Oral & Dental Health, Proper disposal of human excreta, Proper waste disposal, Management of festival events	- Define environmental health and CHW responsibilities. - Promote safe water, sanitation, and personal hygiene practices. - Educate on waste management, food safety, and oral health. - Support health activities during community gatherings or festivals.	Lecture, group discussions, problem-solving activities, mapping	Water filter models hygiene posters sanitation tools	
5	14	Disaster Preparedness & Response	Common disasters, management, disaster management cycle, disaster due to war	- Describe types and effects of natural and human-made disasters. - Explain disaster preparedness and response principles. - Support community efforts in emergency situations.	Lecture, simulation games, role plays, group brainstorming	Emergency kits (demo) hazard cards community disaster maps	
5	15	Health Promotion, HE, Awareness	Definition, background, methods and approaches of health education, best experiences,	- Define health promotion and education. - Use participatory methods to conduct health education. - Plan and implement awareness activities in the community.	Participatory learning, IEC development, presentation practice	Sample IEC (poster, leaflet)	
						markers flipcharts community message samples	
5	16	Health Information System	သတင်းအချက်အလက်နည်းပညာ၊ ကျန်းမာရေးသတင်းအချက်အလက်ဆိုင်ရာ ကဏ္ဍများ၊ကျန်းမာရေးသတင်းအချက်အလက်စက်ဝန်း၊ ထပ်ဆောင်းသတင်းအချက်အလက်များ	- Understand the role of health information in service delivery. - Record and report basic health data accurately. - Respect confidentiality in handling personal health information.	Hands-on form filling, small group discussion	Health record templates reporting forms sample data	
	Extra (Ref.)	Community Based New Born Care					