

Annexure C

Core Home / Community-Based Care Activities

Care/intervention	Preventive, supportive and follow-up Basic curative nursing care and simple first aid, Immunisation: e.g. flu vaccine Case management, Disease Management Personal care, hygiene Rehabilitative care and independence training Palliative care Emergency intervention Quality assurance
Provision of essential medicine	Provision of essential medicine(s), recording and monitoring of use of drugs. Compliance with prescribed drugs and non drug treatment Due consideration of toxicity and possible side - effects
Provision of basic assistive devices and medical devices	Provision of/arranging for basic medical and assistive devices and replacements in line with the relevant guidelines in the PHC programme. Medical devices include e.g. catheters, urine bags and colostomy bags, etc. Assistive devices include e.g. walking sticks, wheelchairs, walkers, leaving aids.
Health promotion/ education	Recreational activities Prevention of substance abuse (drugs medication and alcohol) Suitable exercise and rest Safety in and around the house Healthy diet/nutrition Psychological activities - mental stimulation Personal care e.g. eye, hair, dental care and foot care, toileting Promote healthy lifestyle