Managerial functions

At the most fundamental level, management is a discipline that consists of a set of five general functions: planning, organizing, staffing, leading and controlling. These five functions are part of a body of practices and theories on how to be a successful manager.

A manager is called upon to perform the following managerial functions:

Planning.

Organizing.

Staffing.

Directing.

Motivating.

Controlling.

Co-coordinating and.

Communication

Historical Back grown of leadership in BD in Nursing profession-

British Style nursing was introduced in Dhaka Medical College during 1947. In the same year the first professional Senior Nursing School was established at Dhaka Medical College Hospital with few sister tutors, sisters and staff nurses from India. ... The WHO technical assistance in Nursing started in 1952.

Nursing emerged as a profession in the mid-19th century. Historians credit Florence Nightingale, a well-educated woman from Britain, as the founder of modern nursing. Nightingale challenged social norms – and her wealthy parents – by becoming a nurse.৬ ডিসে, ২০১৯

In Bangladesh, nurses and the nursing profession both are largely neglected. We must find out the root of every problem and solve the problem at the very root. The nurses in Bangladesh are facing a lot of problems including their status, dignity, work benefits, working environment, service guaranty and social stigma.

Bangladesh must ensure health care to protect its human resources and fulfill a basic human need. Hence, nursing is a crucial factor in health care system.১৯ জুন, ২০১৯

NUTRITION AND NUTRITENTS

The six essential nutrients are vitamins, minerals, protein, fats, water, and carbohydrates. People need to consume these nutrients from dietary sources for proper body function. Essential nutrients are crucial in supporting a person's reproduction, good health, and growth.২২ আগ, ২০১৯

IMPORTANCE OF NUTRITION IN HEALTH

Essential nutrients are compounds that the body can’t make or can’t make in sufficient quantity. According to the World Health Organization Trusted Source, these nutrients must come from food, and they’re vital for disease prevention, growth, and good health.

While there are many essential nutrients, they can be broken into two categories: macronutrients and micronutrients.

Macronutrients are eaten in large amounts and include the primary building blocks of your diet — protein, carbohydrates, and fat — which provide your body with energy.

Vitamins and minerals are micronutrients, and small doses go a long way. There are six main groups of essential micronutrients and macronutrients.

NUTRITIONAL DEFECITS

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

The six essential nutrients are vitamins, minerals, protein, fats, water, and carbohydrates. People need to consume these nutrients from dietary sources for proper body function. Essential nutrients are crucial in supporting a person's reproduction, good health, and growth.

NUTRITIONAL RELATED HEALTH PROBLEMS,

Nutritional disease, any of the nutrient-related diseases and conditions that cause illness in humans. They may include deficiencies or excesses in the diet, obesity and eating disorders, and chronic diseases such as cardiovascular disease, hypertension, cancer, and diabetes mellitus.

Recommended Dietary Allowances

Recommended Dietary Allowances (RDAs) are the levels of intake of essential nutrients that, on the basis of scientific knowledge, are judged by the Food and Nutrition Board to be adequate to meet the known nutrient needs of practically all healthy persons.

On average, women should have around 2,000 calories a day (8,400 kilojoules) and men should have around 2,500 calories a day (10,500 kilojoules).

A healthy diet throughout life promotes healthy pregnancy outcomes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and well-being.

There are six basic nutrients: carbohydrates, proteins, fats, vitamins, minerals, and water. All of these are classified as essential. Your body requires essential nutrients to function properly.

Essential nutrients cannot be synthesized by the human body, so they must be consumed in food. Nonessential nutrients can be synthesized by the human body, so they need not be obtained directly from food. Macronutrients are nutrients that are needed in relatively large amounts.

Digestion of carbohydrates

The goal of carbohydrate digestion is to break down all disaccharides and complex carbohydrates into monosaccharide's for absorption, although not all are completely absorbed in the small intestine (e.g., fiber). Digestion begins in the mouth with salivary amylase released during the process of chewing.

Digestion of Carbohydrates

During digestion, starches and sugars are broken down both mechanically (e.g. through chewing) and chemically (e.g. by enzymes) into the single units glucose, fructose, and/or galaxies, which are absorbed into the blood stream and transported for use as energy throughout the body.

The mouth. You begin to digest carbohydrates the minute the food hits your mouth. ...

The stomach. From there, you swallow the food now that it's chewed into smaller pieces. ...

The small intestine, pancreas, and liver. ...

Colon.

The digestive processes

Saliva contains special enzymes that help digest the starches in your food. An enzyme called **amylase** breaks down starches (complex carbohydrates) into sugars, which your body can more easily absorb. Saliva also contains an enzyme called lingual lipase, which breaks down fats.

The 4 main digestive enzymes are **carbohydrases, proteases, lipases, and nucleases**.

The digestive processes are ingestion, propulsion, mechanical digestion, chemical digestion, absorption, and defecation.

INTRODUCTION TO NUTRITION

Nutrition is defined as the processes by which an animal or plant takes in and utilises food substances. Essential nutrients include protein, carbohydrate, fat, vitamins, minerals and electrolytes. Normally, 85% of daily energy use is from fat and carbohydrates and 15% from protein.

Introduction to Nutrients

1. Describe basic concepts in nutrition, including different types of nutrients and calories.
2. Describe factors that affect your food choices and nutritional needs.
3. Describe the importance of research and scientific methods to understanding nutrition.

What are the 7 types of nutrition?

- Why are they essential to our body? Although each of the 7 major groups of nutrients performs different and unique functions in our body, they are all essential because they work together and contribute to our good health. ...
- Carbohydrates. ...
- Proteins. ...
- Fats. ...
- Vitamins. ...
- Minerals. ...
- Dietary fibre. ...
- Water.

Nutritients

A chemical compound (such as protein, fat, carbohydrate, vitamin, or mineral) contained in foods. These compounds are used by the body to function and grow.

Calcification

Nutrients are **substances required by the body to perform its basic functions**. Nutrients must be obtained from our diet since the human body can not make them. Nutrients have one or more of three basic functions: they provide energy, contribute to body structure, and/or regulate chemical processes in the body.

or

Nutrients are normally divided into five categories: **Water, protein, carbohydrates, minerals, and vitamins**. Water. Water is the main constituent of the body. Two-thirds of the body is water, thus, an animal can live much longer without feed than water.

FOOD

Food is consumable solid or liquid substance which provides nourishment to body, supplies energy, enables tissue growth and regulates body functions.

Food should be safe and nutritious that meets all the dietary or nutritional needs of our body. One should take wide variety of food since each type food material has specific set of nutrients in it.

The food value of a particular food is a measure of how good it is for you, based on its level of vitamins, minerals, or calories.

Requirements of daily food

Generally, the recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men.

source of food

Plants and animals are the main source of food for all the organisms on earth. Food obtained from animals is the main source of protein and include fish, milk, meat, poultry, and cheese. Whereas plants provide us with fruits and vegetables, which are an important source of fibers, proteins and carbohydrates.

What are the 12 categories of food?

Healthy Eating As You Age: Know Your Food Groups

- Vegetables.
- Fruits.
- Grains.
- Protein Foods.
- Dairy.
- Oils & Solid Fats.
- Added Sugars.
- Beverages.

Food calculation

The answer, as established by the National Academy of Medicine, is that the Recommended Dietary Allowance (RDA) of protein for adults is 0.8 g per kilogram of body weight. To determine your RDA for protein, multiply your weight in pounds by 0.36.

Health care delivery system in BD

Bangladesh has established more than 13,000 community clinics (CCs) to provide primary healthcare with a plan of each covering a population of around 6,000" In addition, the Ministry of Local Government, Rural Development and Cooperatives manage the provision of urban primary care

The influenceing factors that-

There were factors that influence the performance of nurse leader, namely, excessive workload, personal relationship with nursing staff, and professional recognition of nursing and selection criteria of leaders.

OR

Using stories of famous leaders and infamous failures, the author illustrates the importance of the four factors: Influence, Integrity, Inspiration, and Improvement. These factors are contrasted with the pitfalls of ineffective leadership: Power, Position, Popularity, and Personality.

OR
Nursing leadership is: The ability to inspire, influence and motivate nursing staff and other health care workers to work together to achieve their highest potential and collective organizational goals.
OR
Effective nurse leadership "is critical for strengthening integration of safe, effective and high-quality care," Bell said. "This, in turn, creates a positive work environment and promotes positive patient outcomes and experiences," for patients and staff alike.

components

A health care delivery system incorporates four functional components—**financing, insurance, delivery, and payment**, or the quad-function model.

Introduction to Nursing management

Nursing management consists of the performance of the leadership functions of governance and decision-making within organizations employing nurses. It includes processes common to all management like planning, organizing, staffing, directing and controlling.

Elements of nursing administration

Organizing
.planning
Staffing
Directing.
Coordination and Controlling.
Reporting.
Budgeting.

Demography

Demography is the science of populations. Demographers seek to understand population dynamics by investigating three main demographic processes: birth, migration, and aging (including death).

Demographics are statistics that describe populations and their characteristics. Demographic analysis is the study of a population-based on factors such as age, race, and sex. are statistics that describe populations and their characteristics. Demographic analysis is the study of a population-based on factors such as age, race, and sex.

A demographic trend can be defined as **a long-range demographic change observed historically in populations around the world**.

Demographic Factors

Traditionally, demographics provides consumer information based on factors that can include, but are not limited to:

- Age and generation groups
- Sex, gender, or sexual orientation
- Nationality
- Race
- Educational level
- Occupation
- Household income
- Marital status
- Number of children
- Homeownership (own or rent)
- Place of residence
- Health and disability status
- Political affiliation or preference
- Religious affiliation or preference

Morbidity.

Age, sex, and occupation were important determinants of morbidity. Assessment of the morbidity profile and its determinants will help in the application of interventions, both medical and social, to improve the health status and thus the quality of life of the elderly in Northern India.

Mortality, in demographic usage, the frequency of death in a population.

Life expectancy at a certain age is the mean additional number of years that a person of that age can expect to live, if subjected throughout the rest of his or her life to the current mortality **conditions** (age-specific probabilities of dying, i.e. the death rates observed for the current period)

Leadership role

A leadership role is one where you are in charge of a team or entire organization. You have the ability to influence others and guide your team in a shared strategy. You're also responsible for building and maintaining employee morale, helping employees reach their full potential and inspiring employee loyalty.

What Is A Leadership Role?

A leadership role is one where you are responsible to manage a situation, a team or an entire organization ethically and effectively. Leaders have the skills to influence and guide their team in a shared strategy. They are also responsible for building and maintaining employee morale, helping employees reach their full potential and inspiring employee loyalty.

10 leadership roles to help you manage your team

1. Coach

   As a leader in the workplace, you must also be a coach. In a coaching role, you'll provide your employees with the support they need to succeed in their role. A coach-leader gives their employees the opportunities to showcase their work and have others in the workplace acknowledge their skills. A coach meets with individual team members to give feedback and constructive criticism. They guide employees through obstacles and celebrate their victories.

2. Networker

A leader must also be a networker, connecting with employees and other leaders within and outside the company. Leaders may need to grow their network of vendors and suppliers to help the business grow.

As a successful networker, you may attend seminars, conferences and corporate-sponsored events, and may collaborate with other leaders to share knowledge.

3. Communicator

It's critical that as a leader, you're also a strong communicator. You have to be able to effectively communicate, both verbally and in writing, with employees, other leaders, customers, clients and vendors. A successful leader will need to communicate everything from meeting details to a new sales strategy and in a way that inspires their team members. A leader should also be able to give presentations to potentially large groups of people.

4. Delegator

A delegator is someone who assigns tasks or asks others to take on more responsibilities, often based on business needs. To be an effective leader, you must be able to determine your team members' unique strengths and delegate responsibilities accordingly for productivity. Leaders also delegate new responsibilities to employees to give them opportunities to learn new skills and prove themselves.

5. Strategist

Your role as a leader also means you should be able to strategize ways to tackle a project or help the company succeed. As a strategist, you determine the overarching goals of the team and develop the best processes to reach those goals. A strategist also shares their vision with their team. When a leader is a strong strategist, their team will look to them for guidance and the business as a whole will benefit.

6. Role Model

A role model is someone who acts in a certain way or displays certain values that others want to emulate. As the leader of the organization or a specific department, you should try to model how you expect employees to behave in the workplace, from adhering to corporate policy to interacting with customers and clients.

7. Motivator

For many leaders, being a source of motivation to the team comes naturally; as they want to see their team succeeds. As a leader, you should know how to encourage your team, inspire them to action and help them realize their potential. When a leader can serve as a mentor to their team, it encourages employees to work harder, produce better work and strive for greater responsibility in the workplace.

8. Adaptor

As a leader, you must be flexible. Even if you have a busy schedule, there is always the potential for the unexpected to take place, and you must be able to adapt as needed. For instance, a leader may need to be adaptable if an employee calls in sick for work, if a client changes their mind on a project or if the company goes through budget cuts. When a leader is adaptable, it also sets the tone for the rest of the group to be flexible and change course as needed.

9. Trainer

Training associates is an important part of being a leader. A trainer-leader may need to on-board new employees, train the team on a new department procedure or give staff member's tips for completing tasks more productively. When a leader is also a good trainer, employees will feel confident they can get their questions answered.

10. Innovator

An effective leader is constantly thinking of new ways to bring value to their company and encourages team members to so as well. Strong leaders understand that change often brings growth, and innovation allows employees to step out of their comfort zones and improve their skills.

Conflit and its sources

What are the 7 sources of conflict?

There can be many different sources of conflict, but the most common sources are listed here:

- desire.
- disagreement.
- miscommunication.
- power struggle.
- greed.
- relationship issues.
- change.

  - What is the meaning and source of conflict?
  - Conflict is a process; it arises from existing relationships between individuals or groups, reflecting on their past interactions and the contexts, Actions from one or both sides result in the goals of others being obstructed.
  - What is conflict resolution and management?
  - Conflict resolution is a formal or informal process in which the two disputing parties try to resolve a disagreement peacefully. The dispute could be between individuals or between groups. A co-worker could experience run-ins with a superior, or a client could develop a grievance against a service provider.

What are the 7 steps in conflict resolution?

Start by following these seven key steps.

- Bring both parties together. ...
- Lay out the ground rules. ...
- Find the root cause of the conflict. ...
- Actively listen as each side has their say. ...
- Establish a desired outcome. ...
- Get participants to suggest potential solutions. ...
- Agree on a resolution and what must be done to make it happen.

What are the 14 effective conflict resolution techniques?

While compromise is viewed as being bad, compromising has been very active. Compromising honesty has happened. Compromising sound business principles has happened. Compromising our future with loads of debt has happened

How do you use compromising?

These 14 conflict resolution techniques will get you to the next level.

- Use Active Listening. ...
- Take a Genuine Interest. ...
- Ask Open-Ended Questions. ...

- Seek Points of Commonality. ...
- Mirror What Others Say. ...
- Offer a True Apology. ...
- Always Assume the Best. ...
- Clarify Your Next Steps.

What are 5 ways to prevent conflicts?

Here are some tips for how to stop conflict before it starts.

- Know your conflict style. When you have a disagreement with someone, what do you do? ...
- Form connections with others. Strengthening your relationships with others can help with preventing conflict. ...
- Communicate effectively. ...
- Reach out for help.

- What are the skills of conflict resolution?
- 
- To successfully resolve a conflict, you need to learn and practice two core skills: Quick stress relief: the ability to quickly relieve stress in the moment. Emotional awareness: the ability to remain comfortable enough with your emotions to react in constructive ways, even in the midst of a perceived attack.
-
- What is the main objective of conflict resolution?
- The goal of conflict resolution is not to decide which person is right or wrong; the goal is to reach a solution that everyone can live with. Looking first for needs, rather than solutions, is a powerful tool for generating win/win options.

What is the meaning of the word compromising?

verb (used without object), compromised, compromising. to make a compromise or compromises: The conflicting parties agreed to compromise. to make a dishonorable or shameful concession: He is too honorable to compromise with his principles.

What is the difference between compromise and compromising?

Compromising means that both sides make concessions, so each party is somewhat satisfied but not entirely satisfied with the outcome. In a compromise, each party gives up some of what they want in order to move forward. By contrast, collaborating means that both parties get all their needs met.

What is the simple meaning of competing?

Competed; competing. : to strive for something (as a prize or reward) for which another is also striving : contest

What is competing with example?

to try to be more successful than someone or something else: It's difficult for a small shop to compete against/with the big supermarkets. Both girls compete for their father's attention.

What is the full meaning of cooperation?

: the actions of someone who is being helpful by doing what is wanted or asked for : common effort. We are asking for your full cooperation. : association of persons for common benefit

hat are 3 types of cooperation?

Types of Cooperatives

- Producer / Marketing Cooperatives.
- Consumer Cooperatives.
- Worker Cooperatives.
- Housing Cooperatives.
- Financial Cooperatives.
- New Generation Cooperatives.
- Multi-Stakeholder Cooperatives.
- Non-profit Community Service Cooperatives.

What are the main principles of cooperation?

Principles of Co Operation

- Voluntary & Open Membership. ...
- Democratic Member Control. ...
- Member's Economic Participation. ...
- Autonomy & Independence. ...
- Education,Training & Information. ...

- Cooperation among cooperative

    - What accommodation means?
    - : something supplied for convenience or to satisfy a need: such as. : lodging, food, and services or traveling space and related services. usually used in plural. tourist accommodations on the boat overnight accommodations. : a public conveyance (such as a train) that stops at all or nearly all points
    - What is the difference between accommodation and hotel?
    - When you stay in a hotel, you essentially pay for a designated room to sleep inside. Hotel accommodation is generally quite small; the space is meant to give you a comfortable place to relax and get some rest. Serviced accommodations are entire apartments and houses — so you're not confined to one singular room.

What does avoiding people mean?

Evade. verb. to avoid meeting someone who you do not want to see.
What is example of avoiding?

She took a detour to avoid the heavy traffic. They successfully avoided each other for days. He tried hard to avoid accidents.
What do we mean by collaboration?

Collaboration is a working practice whereby individuals work together for a common purpose to achieve business benefit. Collaboration enables individuals to work together to achieve a defined and common business purpose.
hat are the 4 types of collaboration?

Types of Collaborative Working

- Team Collaboration.
- Community Collaboration.
- Network Collaboration.
- Cloud Collaboration.

    - What is collaboration skills?

- 

  - Collaboration skills are a group of different soft skills and behaviors that promote collaboration and teamwork. Some skills focus on working personally with others, while others are more about working well in a team environment.

What are the 5 elements of collaboration?

- Five Elements of Collaborative Learning.
- Positive interdependence.
- Face-to-face primitive interaction.
- Individual accountability.
- Interpersonal and small group skills.
- Group processing.

  - What are characteristics of collaboration?
  - Unanimous Focus on a Common Goal

    A collaborative workforce is able to look beyond personal agendas and competition between teams and recognize that each person and team has a unique role to play in meeting the common goal.

Gerontological nursing

Gerontological Nursing – It is concerned with assessment of the health and functional status of older adults; diagnosis, planning and implementing health care and services to meet the identified needs and evaluating the effectiveness of such care.

Gerontology is the scientific study of the processes and problems of aging from all aspects—biologic, clinical, psychological, sociologic, legal, economic, and political.

Definition: Elderly people: Most people above 60 years of age are considered as 'old'. Those.

The Bangladesh health policy document was published in 2011 and adheres to the following : Health is defined as "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Every citizen has the basic right to adequate health care.

What are the basic care needs for elderly?

Older adults may have reached the point of their life when they need to get adequate medical care to ensure they are healthy. To achieve this, they may need assistance to get a physical exam, eye checkup, foot care, physical therapy, and nursing care. Older adults need proper nutrition to stay active and healthy.

Definition: Elderly people: Most people above 60 years of age are considered as 'old'

Demographic trends

A popular term for any measurable change in the characteristics of a population over time—e.g., increased or decreased concentration of a particular ethnic group, sex ratio, etc.

Demographic trends components

There are three components of change: births, deaths, and migration. The change in the population from births and deaths is often combined and referred to as natural increase or natural change. Populations grow or shrink depending on if they gain people faster than they lose them.

Life expectancy at a certain age is the mean additional number of years that a person of that age can expect to live, if subjected throughout the rest of his or her life to the current mortality conditions (age-specific probabilities of dying, i.e. the death rates observed for the current period).

Morbidity is when you have a specific illness or condition. Some examples of common morbidities are heart disease, diabetes, and obesity. You can have more than one morbidity at a time. When this happens, it's called comorbidity. Mortality is the number of deaths due to a specific illness or condition.

Mortality is another term for death. A mortality rate is the number of deaths due to a disease divided by the total population. If there are 25 lung cancer deaths in one year in a population of 30,000, then the mortality rate for that population is 83 per 100,000.

Policy related elderly health care

The pension system, retirement benefits, Social Safety Net (SSN) programs are the major initiatives. The Old Age Allowance (OAA), the Allowances for the Widow, Deserted and Destitute Women, the Vulnerable Group Development (VGF) are the initiatives that are included in SSN program.

Elderly health care

In addition to life prolongation, goals to preserve functional capacity (including cognitive and physical function), maintain independence and quality of life, reduce hospitalization, reduce pain, and moderate personal costs may all be just as or even more important from the patient's perspective.

Theory of Aging: According to this theory it is the age-related changes of the cell's ability to transfer chemicals, heat and electrical processes that impair it. As we grow older the cell membrane becomes less lipid (less watery and more solid).

- **Programmed longevity theory** is the idea that aging is caused by certain genes switching on and off over time.[1]
- **Endocrine theory** is the idea that regular changes in hormones control aging.
- **Immunological theory** states that the immune system is programmed to decline over time, leaving people more susceptible to diseases.

Common aging changing

Common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. As people age, they are more likely to experience several conditions at the same time.

What is the aging policy in Bangladesh?

As per the provision of rule 8(1) of the National Policy on Older Persons 2013, **Govt. has declared the citizen above 60 years are Senior citizen**. Regarding the health care & nutrition for older persons are described in the rule 12 of the policy.

Role

Their primary responsibility is to help the elderly maintain their quality of life by administering medications, developing treatment plans, and monitoring vital signs. They also collaborate with other healthcare professionals to implement care plans and provide information and resources about patients.

What is the role of nursing care in elderly?

Their primary responsibility is to help the elderly maintain their quality of life by administering medications, developing treatment plans, and monitoring vital signs. They also collaborate with other healthcare professionals to implement care plans and provide information and resources about patients.

Process in elderly care

Nursing interventions with the elderly or family include: Giving sickness care including intensive care or daily care such as feeding, bathing, range of motion, turning. Enabling the senior to perform his or her own hygiene and grooming. Implementing medical procedures and treatments as ordered by the physician.

What is holistic gerontological nursing?

Holistic nursing is a way of treating and taking care the patient as a whole body which involves physical, social environment, psychological, cultural and religious beliefs.

What are the four function of gerontological nursing?

The gerontological rehabilitation nurse demonstrates clinical expertise in the care provided to aging adults. This expertise includes assessing and identifying problems; planning, intervening in, and evaluating care; and participating in the interdisciplinary plan of care.

What are the goals of gerontology nursing?

The nursing practice focuses on the process of aging and the protection, promotion, restoration, and optimization of health and generalized functions; prevention of illness and injury; facilitation of healing; alleviation of suffering through the diagnosis and treatment of human responses; and advocacy in the care

What is the holistic approach to patient care?

Holistic health is about caring for the whole person — providing for your physical, mental, spiritual, and social needs. It's rooted in the understanding that all these aspects affect your overall health, and being unwell in one aspect affects you in others.

Fore aspect of holistic care.

It refers to the provision of care to patients that are based on a mutual understanding of their physical, psychological, emotional, and spiritual dimensions.

Importance of holistic care.

Treating the whole patient, not just the disease, is a basic tenet of holistic care. Understanding the physical, emotional, and spiritual needs of patients can help providers provide optimal care What is the

What are 6 example of holistic health?

Holistic approaches include but are not limited to: acupuncture, acupressure, biofeedback, massage therapy, chiropractic physicians, manual therapy, naturopathic physicians, meditation, guided imagery, yoga, therapeutic touch, reeks and other energy therapies, and Ayurveda.

What is the concept of health promotion and disease prevention?

Health promotion is the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behavior towards a wide range of social and environmental interventions.

What are the levels of prevention health promotion and illness prevention?

- Primary Prevention—intervening before health effects occur, through.
- Secondary Prevention—screening to identify diseases in the earliest.
- Tertiary Prevention—managing disease post diagnosis to slow or stop.

- What are the four principles of disease prevention and health promotion *?

- Participative – where people take an active part in decision making. Holistic – taking account of the separate influences on health and the interaction of these dimensions. Equitable – ensuring fairness of outcomes for service users. Intersectional – working in partnership with other relevant agencies/organizations.
- What is the purpose of the health promotion?
- The purpose of health promotion is to positively influence the health behavior of individuals and communities as well as the living and working conditions that influence their health.

What are the 10 physical activities?

These include:

- Walking.
- Dancing.
- Swimming.
- Water aerobics.
- Jogging and running.
- Aerobic exercise classes.
- Bicycle riding (stationary or on a path)
- Some gardening activities, such as raking and pushing a lawn mower.

- What are types of activity exercises?
- The three main types of physical activity are aerobic, muscle strengthening, and bone strengthening. Balance and flexibility activities are also beneficial
- What is nutrition and elimination?
- An elimination diet is an eating plan that omits a food or group of foods believed to cause an adverse food reaction, often referred to as a "food intolerance." By removing certain foods for a period of time and then reintroducing them during a "challenge" period, you can learn which foods are causing symptoms or ..
- What are the problems with sleep in the elderly?

...

- Problems with sleep organization in elderly patients typically include difficulty falling asleep, less time spent in the deeper stages of sleep, early-morning awakening and less total sleep time. Poor sleep habits such as irregular sleep-wake times and daytime napping may contribute to insomnia.

Read on for important safety tips.

- Take Medicine as Prescribed — with Input from Your Health Care Provider. ...
- Store your Medicines Properly and Check the Expiration Date. ...
- Be Aware of Potential Medication Interactions and Side Effects. ...
- Keep a Medication List

- What is the relationship between spirituality and psychological well-being?
- A fundamental issue is whether spirituality is best formulated as something that constitutes part of what defines well-being, or is better construed as a separate realm that possibly influences aspects of well-being, such as living a life of purpose and experiencing personal growth over time.

- How does spirituality promote the wellbeing of the elderly?
- Research shows that spirituality can play a part in helping seniors with healthy, positive aging by providing a sense of structure and understanding in our lives. Connecting to something larger than ourselves, serving others, and thinking beyond our own situation can truly improve the quality of our days

Why is psychological well-being importance in elderly?

Emotional and psychological well-being is important at every phase of life. Common psychological issues like depression and anxiety can have a long-term impact on individuals, especially the elderly when left unattended

What is the role of spirituality in wellbeing?

Developing our sense of spiritual wellbeing can help us feel happier, more in control and helps us deal with stress more effectively. Developing your sense of spiritual wellbeing is about asking yourself what is important to you and how this influences how you live your life.

How do you provide spiritual care to an elderly person?

Examples of spiritual care in aged care

1. Seeking opportunities to connect, through everyday encounters like sharing stories and memories.
2. Respecting a person's identity, culture and diversity and allowing them freedom to express themselves and their beliefs.

3. What is an example of spiritual wellbeing?
4. Many of the behaviors associated with overall wellness are key components of spiritual wellness. Examples include volunteering, being positive and optimistic, contributing to society, connecting with others, feeling a sense of belonging and practicing self-care.

What are ways for elderly to cope with chronic illnesses?

Tips for Coping with a Chronic Illness as an Older Adult

- Pursue passions. Seeking purpose and meaning in each day is essential – and possible. ...
- Practice positivity. One great way to quickly attain a more positive take on life is by journaling. ...
- Steer clear of negativity. ...
- Get out of the house

    - What is the burden of chronic disease in the elderly?
    - 
    - Over 85 percent of US adults aged 65 and over suffer from at least one chronic illness and about 65–75 percent of those adults suffer from two or more chronic illnesses.

hat are 5 ways you can reduce chronic diseases?

How You Can Prevent Chronic Diseases

- Eat Healthy. Eating healthy helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases. ...
- Get Regular Physical Activity. ...
- Avoid Drinking Too Much Alcohol. ...
- Get Screened. ...
- Take Care of Your Teeth. ...
- Get Enough Sleep.

What is the most common treatment for chronic diseases?

- Treatment of chronic illness comes in many forms including surgery, physical therapy, psychological therapy and radiotherapy. However, one of the most common treatment forms is the use of medication.

Family caregivers play a key role in delaying and possibly preventing institutionalization of chronically ill older patients. Although neighbors and friends may help, about 89% of help in the home (physical, emotional, social, economic) is provided by family caregivers

Whose responsibility is it to take care of the elderly?

Filial Responsibility Laws were put in place to ensure the elderly are taken care of once they are incapable of taking care of themselves. When elderly individuals cannot take care of themselves, the responsibility falls on the child to take care of them.

What is death and bereavement?

Bereavement is the experience of losing someone important to us. It is characterised by grief, which is the process and the range of emotions we go through as we gradually adjust to the loss. Losing someone important to us can be emotionally devastating - whether that be a partner, family member, friend or pet.
What is the role of bereavement?

Bereavement support, or grief and loss services, can help family members and loved ones process emotions and understand how they're feeling during this painful time. Grief support services can also help you celebrate the life of your family member and focus on the positive aspects of their journey.
How will you manage death and bereavement?

Accept that grief can trigger many different and unexpected emotions. Understand that your grieving process will be unique to you. Seek out face-to-face support from people who care about you. Support yourself emotionally by taking care of yourself physically

Why is it called bereavement?

The word bereavement comes from the root word “reave” that literally means being torn apart. Losing a loved one has been described as being like a branch that is torn off a limb, not in some nice sanitized surgical way, but literally being ripped away.
What is normal bereavement?

Normal (or uncomplicated) grief has no timeline and encompasses a range of feelings and behaviours common after loss such as bodily distress, guilt, hostility, preoccupation with the image of the deceased, and the inability to function as one had before the loss.
What are five ways to support a grieving person?

5 ways to support a grieving friend or relative

- Talk about it. It is normal to feel scared about making things more difficult or painful. ...
- Make promises that you can keep. ...
- Stay in touch. ...
- Remember that everyone experiences grief differently. ...
- Give them time.

What are the problems with bereavement?

Symptoms of complicated grief include:

Intense longing and yearning for your deceased loved one. Intrusive thoughts or images of the person. Denial of the death or sense of disbelief. Imagining that your loved one is alive.

- What are positive things about bereavement?

- Some people have positive experiences following grief and loss, such as a new sense of wisdom, maturity and meaning in life.
- What is the meaning of bereavement treatment?
- Treatment that helps a person work through a greater than normal reaction to a loss, such as the death of a loved one. This reaction may include behavioral and physical problems, extreme mourning, and being unable to separate emotionally from the person who died. Grief therapy may be individual or group therapy.

An essential nutrient

An essential nutrient is a nutrient required for normal body function that either cannot be made by the body or cannot be made in amounts adequate for good health and therefore must be provided by the diet.

Values of balanced diet are made up of foods from the five food groups: starchy carbohydrates, fruits and vegetables, protein, dairy and healthy fats. Each provides the range of vitamins and minerals our bodies need to function efficiently food

Source of food

Plants and animals are the main source of food for all the organisms on earth. Food obtained from animals is the main source of protein and include fish, milk, meat, poultry, and cheese. Whereas plants provide us with fruits an Plants and animals are the main source of food for all the organisms on earth.

Food obtained from animals is the main source of protein and include fish, milk, meat, poultry, and cheese. Whereas plants provide us with fruits and vegetables, which are an important source of fibers, proteins and carbohydrates' vegetables, which are an important source of fibers, proteins and carbohydrates.

Carbohydrates, or carbs, are sugar molecules. Along with proteins and fats, carbohydrates are one of three main nutrients found in foods and drinks. Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, and organs.

Digestion:

The goal of carbohydrate digestion is to break down all disaccharides and complex carbohydrates into monosaccharide's for absorption, although not all are completely absorbed in the small intestine (e.g., fiber). Digestion begins in the mouth with salivary amylase release during the process of chewing. There is a positive feedback loop resulting in increased oral amylase secretion in people consuming diets high in carbohydrates. The amylase is synthesized in the serous cells of the salivary glands. Amylase breaks starches into maltose and polysaccharides. Amylase is sensitive to pH and thus is inhibited in the acidic environment of the stomach. Only 5% of starch is broken down by salivary amylase due to limited exposure. Salivary amylase has increased importance in two groups; infants with decreased pancreatic amylase production in the first 9 months and children with pancreatic insufficiency from cystic fibrosis or other etiologies. Minimal carbohydrate digestion occurs in the stomach due to the inactivation of amylase in the acidic environment. Pancreatic amylase is released from acinar cells into the small intestine. Starch is digested in the small intestine to simple components derived from branched amylopectin (maltose, malt triose and α-limit dextrin's). Oligosaccharides and disaccharides are digested by specific enzymes in the microvillus membrane (brush border).

There are two types of carbohydrates that can be digested by the human digestive system– sugar and starch. Sugar is broken down in the gastrointestinal tract by the small intestine and three enzymes present in the mouth, namely, Lactase, Sucrose, and Maltase. The chemical digestion of carbohydrates begins in the mouth.

Definition: A series of processes that forms an integrated mechanism by which a cell or an organism detects the depletion of primary carbohydrate sources,usually glucose, and then activates genes to scavenge the last traces of the primary carbohydrate source and to transport and metabolize alternate carbohydrate sources. The utilization process begins when the cell or organism detects carbohydrate levels, includes the activation of genes whose products detect, transport or metabolize carbohydrates, and ends when the carbohydrate is incorporated into the cell or organism's metabolism.

In the mouth Carbohydrate digestion begins in the mouth and is most extensive in the small intestine. The resultant monosaccharide's are absorbed into the bloodstream and transported to the liver.

Mechanism

Active transport of glucose mediated by SGLT1 in the apical membrane of enterocytes appears as the main molecular mechanism of glucose absorption in the small intestine. This mechanism determines the rate of glucose entry into the bloodstream under both low and high carbohydrate load in the gut.
Process of absorption

Process of Absorption

Absorption is the process by which the products of digestion are absorbed by the blood to be supplied to the rest of the body. During absorption, the digested products are transported into the blood or lymph through the mucous membrane.

What is Absorption?

Absorption is the process of the absorbing or assimilating substances into the cells or across the tissues and organs through the process of diffusion or osmosis. Also refer: Difference between Osmosis and Diffusion.

carbohydrate utilization

Definition: A series of processes that forms an integrated mechanism by which a cell or an organism detects the depletion of primary carbohydrate sources, usually glucose, and then activates genes to scavenge the last traces of the primary carbohydrate source and to transport and metabolize alternate carbohydrate sources. The utilization process begins when the cell or organism detects carbohydrate levels, includes the activation of genes whose products detect, transport or metabolize carbohydrates, and ends when the carbohydrate is incorporated into the cell or organism's metabolism.

Carbohydrate utilization metabolism

Carbohydrate metabolism is a fundamental biochemical process that ensures a constant supply of energy to living cells. The most important carbohydrate is glucose, which can be broken down via glycolysis; enter into the Krebs cycle and oxidative phosphorylation to generate ATP.

Functions of Carbohydrates

- Providing energy and regulation of blood glucose.
- Sparing the use of proteins for energy.
- Breakdown of fatty acids and preventing ketosis.
- Biological recognition processes.
- Flavor and Sweeteners.
- Dietary fiber.

What is best protein definition?

Proteins are made up of chemical 'building blocks' called amino acids. Your body uses amino acids to build and repair muscles and bones and to make hormones and enzymes. They can also be used as an energy source.
or

Proteins are the building blocks of life. Every cell in the human body contains protein. The basic structure of protein is a chain of amino acids. You need protein in your diet to help your body repair cells and make new ones.

What are the 9 important proteins?

Nine amino acids—histamine, isoleucine, leonine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine—are not synthesized by mammals and are therefore dietary essential or indispensable nutrients. These are commonly called the essential amino acids.

What are the 12 functions of proteins?

Protein Functions

- Structure – e.g. collagen, spider silk.
- Hormones – e.g. insulin, glucagon.
- Immunity – e.g. immunoglobulin’s.
- Transport – e.g. hemoglobin.
- Sensation – e.g. rhodopsin.
- Movement – e.g. actin, myosin.
- Enzymes – e.g. Rubicon, catalase.

Protein digestion

Protein digestion begins when you first start chewing. There are two enzymes in your saliva called amylase and lipase. They mostly break down carbohydrates and fats. Once a protein source reaches your stomach, hydrochloric acid and enzymes called proteases break it down into smaller chains of amino acids.

Mechanical digestion of protein begins in the mouth and continues in the stomach and small intestine. Chemical digestion of protein begins in the stomach and ends in the small intestine. The body recycles amino acids to make more proteins.

So, the chemical digestion of protein starts in the stomach and ends in the small intestine. Hence, the end product of protein digestion is **amino acids**.

The 07 steps of digestion of protine

The digestive processes are ingestion, propulsion, mechanical digestion, chemical digestion, absorption, and defecation. Some chemical digestion occurs in the mouth. Some absorption can occur in the mouth and stomach, for example, alcohol and aspirin.

What is breakdown of protein cell?

Protein catabolism is the breakdown of proteins into absorbable monomers for further degradation or reassembly. Protein catabolism in the intestinal lumen is important for several reasons, one of which is mobilizing essential amino acids for absorption.

What are the products of protein breakdown?

Amino acids are the end product of protein breakdown. Pepsin, trypsin, chymotrypsin, dipeptides, exopeptidase, and other proteolysis enzymes in the stomach and duodenum break down protein.

How is protein absorbed? Protein absorption also happens in your small intestine, which contains microvilli. These are small, finger-like structures that increase the absorptive surface area of your small intestine. This allows for maximum absorption of amino acids and other nutrients.

Protein utilization

Protein utilization refers to your body's ability to break down the animal or plant protein sources you ingest into individual building blocks (amino acids), then use those building blocks to make the proteins your body needs for everyday living, like maintaining and improving muscle strength.

How many amino acid do we utilize ?

Your body needs **20 different kinds of amino acids** to function correctly. These 20 amino acids combine in different ways to make proteins in your body. Your body makes hundreds of amino acids, but it can't make nine of the amino acids you need.

B,sc 2nd yr ,Sub Nutrition

Fat digestion

Fat digestion begins in the stomach. Some of the byproducts of fat digestion can be directly absorbed in the stomach. When the fat enters the small intestine, the gallbladder and pancreas secrete substances to further break down the fat. Fat digestion disorders occur when there is a problem with any of these processes.

Lipid absorption involves hydrolysis of dietary fat in the lumen of the intestine followed by the uptake of hydrolyzed products by enterocytes. Lipids are re-synthesized in the endoplasmic reticulum and are either secreted with chylomicrons and high density lipoproteins or stored as cytoplasmic lipid droplets.

What is the product of fat absorption?

The major products of lipid digestion - fatty acids and 2-monoglycerides - enter the enterocyte by simple diffusion across the plasma membrane. A considerable fraction of the fatty acids also enter the enterocyte via a specific fatty acid transporter protein in the membrane.

Absorption of fat

The intestinal cells absorb the **fats**. Long-chain fatty acids form a large lipoprotein structure called a chylomicron that transports **fats** ...

How are lipids absorbed in the small intestine?

Ans: Fine droplets of lipid emulsion enter the duodenum and then mix with the bile and pancreatic juices, undergoing...Read full

How many enzymes break down fats?

Today there are over 4000 characterized enzymes that catalyze natural reactions in living organisms.
What are the 5 digestive enzymes?

There are several digestive enzymes, including amylase, maltase, lactase, lipase, sucrose, and proteases.

What is the process of fat digestion?

Fats are digested into fatty acids and glycerol by an enzyme called lipase . Bile juice is secreted by the liver which helps in the emulsification of fat. Emulsification is a process that breaks down large fat globules into smaller globules so that the pancreatic enzymes can easily act on these smaller fats.
Emulsification is **the process of breaking down the fat into smaller blood cells** which makes it easy for enzymes to function and digest food. Fat emulsification..

What are the 5 functions of fat?

- "Fat helps give your body energy,
- protects your organs,
- supports cell growth,
- keeps cholesterol and blood pressure under control,
- and helps your body absorb vital nutrients

What is the role of emulsification?

Emulsification in digestion is the breakdown of fat globules in the duodenum into small droplets creating a larger area where the pancreatic lipase enzyme can work to digest the fat into fatty acids and glycerol. The activity of the bile salts helps to emulsify the fa

BSC 4TH year,
NENC, SYLHET

Nursing delegation and supervision

Delegation takes place where the nurse or midwife (the delegator) who has the authority for the delivery of healthcare, transfers to another person the responsibility of a particular role or activity that is normally within the scope of practice of the delegator.

Learning objectives of delegation
Identify typical scope of practice of the RN, LPN/VN, and assistive personnel roles

- Identify tasks that can and cannot be delegated to members of the nursing team
- Describe the five rights of effective delegation
- Explain the responsibilities of the RN when delegating and supervising tasks
- Explain the responsibilities of the delegate when performing delegated tasks
- Outline the responsibilities of the employer and nurse leader regarding delegation
- Describe supervision of delegated acts

Delegation is the designation of a competent individual to the responsibility of carrying out a specific group of nursing tasks in the provision of care for certain clients.

Why Is It Important to Delegate?

As a leader, delegating is important because you can't—and shouldn't—do everything yourself. Delegating **empowers your team, builds trust, and assists with professional development**. And for leaders, it helps you learn how to identify who is best suited to tackle tasks or projects.

Delegation consists of the following elements.

- Authority.
- Responsibility.
- Accountability.

07 stages of deligation

Understanding delegation is not black and white, the seven levels of delegation: **Tell, Sell, Consult, Agree, Advice, Inquire, Delegate**.

Below are the 4 benefits of delegation:

- It keeps you from putting too many irons in the proverbial fire. ...
- It builds trust, open communication, and engagement among team members. ...
- It stimulates creativity and develops skills in your team. ...
- It creates a positive business culture.

Successful delegation **allows you to hand over tasks to others whose skills are better aligned to accomplish that specific task**. Passing off tasks allows you the time to reflect, develop strategies and prepare for what is ahead.

quality control and improvement

Quality control is more focused on ensuring the current deliverable satisfies the quality standards set by the company and its customers. On the other hand, continuous improvement is focused on creating organizational and process changes to enhance how the product or service is developed and delivered.

The four types of quality control are **process control, control charts, acceptance sampling, and product quality control**. While a control chart helps study changing processes over time, process control and product quality control help monitor and adjust products as per the standards.

When broken down, quality control management can be segmented into four key components to be effective: **quality planning, quality control, quality assurance, and quality improvement**.

The 7 principles of quality management

- Customer focus.
- Leadership.
- Engagement of people.
- Process approach.
- Improvement.
- Evidence-based decision making.
- Relationship management.

The quality control process in construction includes 5 key steps:

1. Define and communicate acceptable criteria.
2. Create an inspection plan.
3. Use checklists and notes to conduct inspections.
4. Correct deficiencies and verify acceptance criteria.
5. Analyze to prevent future deficiencies.

5 Ways to Improve Quality Control in Manufacturing

1. Build Proper Processes.
2. Keep a Clean Workspace.
3. Hold Unscheduled Equipment Use Tests.
4. Identify Essential Spare Parts.
5. Ensure Managers Are Properly Trained

6. **Sub; nursing education and management**

Inventory management in nursing

Efficient medical efficient medical inventory management is crucial for the effective running of healthcare organizations. Medical inventory in hospitals involves **the management of stock items used in patient care**. This covers both high use/low-value items such as swabs and syringes, as well as expensive implants and surgical kits. Is crucial for the effective running of healthcare organizations. Medical inventory in hospitals involves **the management of stock items used in patient care**. This covers both high use/low-value items such as swabs and syringes, as well as expensive implants and surgical kits.

The four types of inventory management

The four types of inventory management are **just-in-time management (JIT), materials requirement planning (MRP), economic order quantity (EOQ) , and days sales of inventory (DSI)**. Each inventory management style works better for different businesses, and there are pros and cons to each type. management are **just-in-time management (JIT), materials requirement planning (MRP), economic order quantity (EOQ) , and days sales of inventory (DSI)**. Each inventory management style works better for different businesses, and there are pros and cons to each type.

Inventory management in hospital

Healthcare inventory management is **a workflow that tracks a health system's orders, purchases, inventory, payments, health product sales, and prescriptions**. An effective workflow will help an organization avoid supply and monetary losses with an accurate and updated product and supply log.

There five key principles of inventory management:

- demand forecasting,
- warehouse flow,
- inventory turns/stock rotation,
- Cycle counting and.
- Process auditing.

Rules of Inventory

Rules of Inventory #1: **Have Enough Inventories to Service Demand**. In the past, when inventory ran out, companies would simply issue a backorder while they purchased or manufactured more items. Customers would simply wait for the item to be in stock again. **Have Enough Inventories to Service Demand**. In the past, when inventory ran out, companies would simply issue a backorder while they purchased or manufactured more items. Customers would simply wait for the item to be in stock again.

Which methods is important

The most popular inventory accounting method is **FIFO** because it typically provides the most accurate view of costs and profitability.

purpose of inventory

The primary purpose of inventory management is **to ensure there are enough goods or materials to meet demand without creating overstock, or excess inventory**.

What are the 3 major inventory management techniques?

In this article we'll dive into the three most common inventory management strategies that most manufacturers operate by: **the pull strategy, the push strategy, and the just in time (JIT) strategy**

Why it is important

One of the most valuable assets of a company is its inventory. In various industries, such as retail, food services, and manufacturing, **a lack of inventory can have detrimental effects**. Aside from being a liability, inventory can also be considered a risk. It can be prone to theft, damage, and spoilage

What is the process of inventory?

An inventory management process is about **tracking and controlling your brand's stock from the moment it's manufactured until it reaches customers**. This includes procuring, storing, moving, processing and selling inventory.

EXAMPLE

Inventory refers to **all the items, goods, merchandise, and materials held by a business for selling in the market to earn a profit**. Example: If a newspaper vendor uses a vehicle to deliver newspapers to the customers, only the newspaper will be considered inventory. The vehicle will be treated as an asset.

What are the factors affecting inventory management?

6 Factors Affecting Inventory Management

- Financial Factors. Factors such as the cost of borrowing money to stock enough inventories can greatly influence inventory management. ...
- Suppliers. Suppliers can have a huge influence on inventory control. ...
- Lead Time. ...
- Product Type. ...
- Management. ...
- External Factors.

Sub- Nutrition.

B,sc 2nd yr

carbohydrate Digestion:

Definition: A series of processes that forms an integrated mechanism by which a cell or an organism detects the depletion of primary carbohydrate sources, usually glucose, and then activates genes to scavenge the last traces of the primary carbohydrate source and to transport and metabolize alternate carbohydrate sources. The utilization process begins when the cell or organism detects carbohydrate levels, includes the activation of genes whose products detect, transport or metabolize carbohydrates, and ends when the carbohydrate is incorporated into the cell or organism's metabolism.

- **In the mouth** Carbohydrate digestion begins in the mouth and is most extensive in the small intestine. The resultant monosaccharide's are absorbed into the bloodstream and transported to the liver.
- The goal of carbohydrate digestion is to break down all disaccharides and complex carbohydrates into monosaccharide's for absorption, although not all are completely absorbed in the small intestine (e.g., fiber). Digestion begins in the mouth with salivary amylase release during the process of chewing. There is a positive feedback loop resulting in increased oral amylase secretion in people consuming diets high in carbohydrates. The amylase is synthesized in the serous cells of the salivary glands. Amylase breaks starches into maltose and polysaccharides. Amylase is sensitive to pH and thus is inhibited in the acidic environment of the stomach. Only 5% of starch is broken down by salivary amylase due to limited exposure. Salivary amylase has increased importance in two groups; infants with decreased pancreatic amylase production in the first 9 months and children with pancreatic insufficiency from cystic fibrosis or other etiologies. Minimal carbohydrate digestion occurs in the stomach due to the inactivation of amylase in the acidic environment. Pancreatic amylase is released from acinar cells into the small intestine. Starch is digested in the small intestine to simple components derived from branched amylopectin (maltose, malt triose and α-limit dextrin's). Oligosaccharides and disaccharides are digested by specific enzymes in the microvillus membrane (brush border).
- There are two types of carbohydrates that can be digested by the human digestive system– sugar and starch. Sugar is broken down in the gastrointestinal tract by the small intestine and three enzymes present in the mouth, namely, Lactase, Sucrose, and Maltase. The chemical digestion of carbohydrates begins in the mouth.

- **Mechanism**
- Active transport of glucose mediated by SGLT1 in the apical membrane of enterocytes appears as the main molecular mechanism of glucose absorption in the small intestine. This mechanism determines the rate of glucose entry into the bloodstream under both low and high carbohydrate load in the gut.

Process of Absorption

- Absorption is the process by which the products of digestion are absorbed by the blood to be supplied to the rest of the body. During absorption, the digested products are transported into the blood or lymph through the mucous membrane.**What is Absorption?**
- **Absorption** is the process of the absorbing or assimilating substances into the cells or across the tissues and organs through the process of diffusion or osmosis. Also refer: Difference between Osmosis and Diffusion.
- **carbohydrate utilization**
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carbohydrates, and ends when the carbohydrate is incorporated into the cell or organism's metabolism.

- **Carbohydrate utilization metabolism**
- Carbohydrate metabolism is a fundamental biochemical process that ensures a constant supply of energy to living cells. The most important carbohydrate is glucose, which can be broken down via glycolysis; enter into the Krebs cycle and oxidative phosphorylation to generate ATP.

What is a simple definition of carbohydrates?

What are carbohydrates? Carbohydrates, or carbs, are sugar molecules. Along with proteins and fats, carbohydrates are one of three main nutrients found in foods and drinks. Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, and organs.

Functions of Carbohydrates

- Providing energy and regulation of blood glucose.
- Sparing the use of proteins for energy.
- Breakdown of fatty acids and preventing ketosis.
- Biological recognition processes.
- Flavor and Sweeteners.
- Dietary fiber.

What are the 7 steps of digestion?

- The digestive processes are ingestion, propulsion, mechanical digestion, chemical digestion, absorption, and defecation.
  Some chemical digestion occurs in the mouth. Some absorption can occur in the mouth and stomach, for example, alcohol and aspirin.

What are the 5 main steps of digestion?

In human beings, there are five steps of nutrition :

- Ingestion.
- Digestion.
- Absorption.
- Assimilation.
- Egestion.

B,sc 4th year

What do you mean by quality control?

A system of maintaining standards in manufactured products by testing a sample of the output against the specification.

or

Quality is the totality of features and characteristics of a product or service that bear on its ability to satisfy given needs. (American Society for Quality) Quality, an inherent or distinguishing characteristic, a degree or grade of excellence.

What is quality control and example?

The quality control used in a business is highly dependent on the product or industry. For example, in food and drug manufacturing, quality control includes ensuring the product does not make a consumer sick, so the company performs chemical and microbiological testing of samples from the production line.

Or

Quality control means how a company measures product quality and improves it if need be. Quality control can be done in many ways, from testing products, reviewing manufacturing processes, and creating benchmarks. This is all done to monitor significant variations in a product.

What are the 5 definitions of quality?

Five major approaches to the definition of quality can be identified: (1) the transcendent approach of philosophy; (2) the product-based approach of economics; (3) the user-based approach of economics, marketing, and operations management; and (4) the manufacturing-based and (5) value-based approaches of operations.

What is the purpose of quality?

Quality makes sure that a high-class product/service is being produced. Quality is important for customer satisfaction that ultimately results in customer loyalty. Quality management assists an organization to create and developing a product/service which is desired by the customers.

What is quality planning?

The role of quality planning is to design a process that will be able to meet established goals under operating conditions. Quality planning is a methodology which can be used when a situation exhibits one or more of the following characteristics: A service has never existed before.

Post operative care a C-section

The first week you return home, you should rest and care for only yourself and your newborn. **Avoid heavy chores, lifting greater than 25 pounds, straining or prolonged standing**. Walking, however, will help prevent many post-operative complications and assist in healing.

Risks

- Infection. After a C-section, there might be a risk of developing an infection of the lining of the uterus (endometritis), in the urinary tract or at the site of the incision.
- Blood loss. ...
- Reactions to anesthesia. ...
- Blood clots. ...
- Surgical injury. ...
- Increased risks during future pregnancies.

Postoperative care in nursing

Postoperative care promotes the client's recovery after surgery by managing pain, supporting oxygenation and cardiovascular stability, maintaining fluid balance, providing wound care, monitoring bowel function, assisting with mobility, and preventing complications.

Importance of post operative care

Post-operative rehabilitation is crucial in assisting patients in regaining their strength and health and enabling them to return to everyday life. It also plays a vital role in pain management. Postoperative care is a crucial part of your healing process. rehabilitation is crucial in assisting patients in regaining their strength and health and enabling them to return to everyday life. It also plays a vital role in pain management. Postoperative care is a crucial part of your healing process.

Postoperative pain management by the nurse

Postoperative care nurses are responsible to assess the patient's pain, teach the patient strategies to deal with the pain, apply the analgesic treatment plan, monitor the results of treatment, educate the patient and the family on pain management and document the pain management outcomes

Possible cesarean delivery complications

- postsurgery infection or fever.
- too much blood loss.
- injury to organs.
- emergency hysterectomy.
- blood clot.
- reaction to medication or anesthesia.
- emotional difficulties.

scar tissue and difficulty with future

Caesarean section

During the procedure

1. Abdominal incision. The doctor makes an incision in the abdominal wall. ...
2. Uterine incision. The uterine incision is then made — usually horizontally across the lower part of the uterus (low transverse incision). ...
3. Delivery. The baby will be delivered through the incisions.

How many layers are cut during C-section?

At the beginning of a caesarean section, six separate layers of the abdominal wall and uterus are opened individually. Once the baby is delivered the uterus is closed with a double layer of stitching
How long is the cesarean procedure?

The typical C-section takes about 45 minutes from start to finish. After your provider delivers your baby, they'll stitch your uterus and close the incision in your abdomen. Different types of emergencies can arise during a delivery.
Which wall is cut during a cesarean section?

Cesarean section (C-section) is the delivery of a newborn through a surgical incision in the abdomen and front (anterior) wall of the uterus.
Which anesthesia is best for C-section?

According to ASA practice guidelines, a spinal block or epidural is preferred for most cesarean deliveries because the baby is exposed to the lowest amount of medication and the mother can still actively participate in the baby's birth. However, general anesthesia may be necessary in some cases.
What is the golden hour after C-section?

What is the Golden Hour? After the birth of the baby, both vaginal and c-section birth, the Golden hour consists of uninterrupted and immediate skin to skin contact, limited interventions that are not necessary, if possible and desired having delayed cord clamping, and having the first feeding of baby completed.
How long is C-section recovery?

We know that every patient has a different labor and delivery experience, but in general, it takes around six weeks to completely heal from your C-section. “We realize many of our patients also face the challenge of caring for the baby while they're recovering,” said Dr. Son.
hy full anesthesia is not given in C-section?

Recent Findings. Unnecessary general anesthesia for cesarean delivery is associated with maternal complications, including serious anesthesia-related complications, surgical site infection, and venous thromboembolic events.
What is the best way to sleep after C-section?

After a c-section, you should sleep on your back or side. This shouldn't put too much strain on your c-section wound. You can also try sleeping on your back with your head elevated. Use pillows to keep your spine aligned and take pressure off your joints.
What can I eat after C-section?

Foods To Eat After A C-Section

- Whole grains, especially oatmeal.
- Dark, leafy greens (alfalfa, kale, spinach, broccoli).
- Fennel.
- Garlic.
- Chickpeas.
- Nuts and seeds, especially almonds.
- Ginger.
- Papaya.

Midwifery 2nd year

What is an elective caesarean section?

A caesarean section is a procedure to deliver a baby by a surgical operation. Elective means that it is planned before you go into labour.

What is emergency caesarean section?

Emergency cesarean section (EmCS) is a surgical procedure that is performed when there is an immediate threat to the life of a fetus and/or woman [1]. The period between a decision to perform EmCS and the actual delivery of the neonate is called decision to delivery interval

Evidence is mounting regarding impacts of cesarean section on neonatal physiology leading to **altered immune development**, increased risks of allergy

Anaesthesia means "loss of sensation". Medicines that cause anaesthesia are called anaesthetics. Anaesthetics are used during tests and surgical operations to numb sensation in certain areas of the body or induce sleep. This prevents pain and discomfort, and enables a wide range of medical procedures to be carried out.

What are the 4 types of anesthesia?

There are four main categories of anesthesia used during surgery and other procedures: general anesthesia, regional anesthesia, sedation (sometimes called "monitored anesthesia care"), and local anesthesia. Sometimes patients may choose which type of anesthesia will be used.

What are the side effects of anesthesia?

You may experience side effects such as:

- Sleepiness.
- Nausea or vomiting.
- Dry mouth.
- Sore throat.
- Mild hoarseness.
- Shivering.
- Itching.
- Blurry vision.

A pudenda nerve block is an injection in your pelvic region that can provide temporary pain relief. Healthcare providers use them for chronic pelvic pain and as regional anesthesia for certain procedures. The results can vary from person to person. Some people experience pain relief, while others don't.

When do you give a pudendal block?

A pudendal block is usually given in the second stage of labor just before delivery of the baby. It relieves pain around the vagina and rectum as the baby comes down the birth canal. It is also helpful just before an episiotomy.

What is a pudendal block in pregnancy?

To relieve pain during the second (pushing) stage of labour, an injection called a pudendal block can be given through the vaginal wall and into the pudendal nerve in the pelvis. This numbs the area between the vagina and anus. It doesn't relieve the pain of contractions.

What drugs are used for pudendal nerve block?

Lidocaine 1% is often used for pudendal nerve block. Agents that could be used instead include 2-chloroprocaine 2%, bupivacaine 0.25%, prilocaine 1%, or mepivacaine 1%. Because of its short duration of action, 2-chloroprocaine 2% is used less often.

What is the name of pudendal block?

Pudendal anesthesia (pudendal nerve block, pudendal block or saddle block) is a form of local anesthesia commonly used in the practice of obstetrics to relieve pain during the delivery of baby by forceps.
What is the most serious complication of anesthesia?

Hypotension (Low Blood Pressure)

While most healthy patients tolerate this transient hypotension, there are reports of cardiac arrest occurring following the placement of spinal or epidural anesthetics. Extra care must be taken in patients receiving neuraxial anesthesia that have a cardiac history.
What is the danger stage of anesthesia?

Stage 4 - Overdose: This stage occurs when too much anesthetic agent is given relative to the amount of surgical stimulation, which results in worsening of an already severe brain or medullary depression. This stage begins with respiratory cessation and ends with potential death.
Amniotic fluid embolism (AFE) is one of the catastrophic complications of pregnancy in which amniotic fluid, fetal cells, hair, or other debris enters into the maternal pulmonary circulation, causing cardiovascular collapse.

What causes amniotic embolism?

Amniotic fluid embolism is a condition that occurs because there is systemic reaction similar to that found in an allergic response to amniotic fluid or fetal cells or fetal tissue debris by the pregnant mother.
How do you control amniotic fluid embolism?

Medical Care

1. Administer oxygen to maintain normal saturation. ...
2. Initiate cardiopulmonary resuscitation (CPR) if the patient arrests. ...
3. Treat hypotension with crystalloid and blood products. ...
4. Avoid excessive fluid administration. ...
5. Consider pulmonary artery catheterization in patients who are hemodynamically unstable.

Diploma in midwifery 2nd year

Preterm labor

Preterm labor occurs when regular contractions result in the opening of your cervix after week 20 and before week 37 of pregnancy. Preterm labor can result in premature birth. The earlier premature birth happens, the greater the health risks for your baby.

A newborn can be: Late preterm, born between 34 and 36 completed weeks of pregnancy. Moderately preterm, born between 32 and 34 weeks of pregnancy. Very preterm, born between 28 and 32 weeks of pregnancy

. A multiple pregnancy

A multiple pregnancy means you're pregnant with more than one baby. Multiple pregnancies usually happen when more than one egg is fertilized. It also can happen when one egg is fertilized and then splits into 2 or more embryos that grow into 2 or more babies.

Induction of labor is when labor is started by a health professional. You may be offered induction if: your baby's overdue. there are medical reasons to protect your health or the health of your baby.

Syntocinon

Syntocinon should be administered as an intravenous (i.v.) drip infusion or, preferably, by means of a variable-speed infusion pump. For drip infusion it is recommended that 5 IU of Syntocinon be added to 500ml of a physiological electrolyte solution (such as sodium chloride 0.9%).

Fetal distress is a sign that your baby is not well. It happens when the baby isn't receiving enough oxygen through the placenta. Fetal distress can sometimes happen during pregnancy, but it's more common during labor.

Fetal distress

Fetal distress is a sign that your baby is not well. It happens when the baby isn't receiving enough oxygen through the placenta. Fetal distress can sometimes happen during pregnancy, but it's more common

Fetal distress was defined as a heart rate greater than 160 or less than 120/min between uterine contractions, with or without meconium-stained liquor during labor.

Fetal distress refers to signs before and during childbirth indicating that the fetus is not well. Fetal distress is an uncommon complication of labor. It typically occurs when the fetus has not been receiving enough oxygen.

Fetal distress, also known as non-reassuring fetal status, is a condition during pregnancy or labor in which the fetus shows signs of inadequate oxygenation.

Some common signs and symptoms of fetal distress include:

- Abnormal Heart Rates.
- Decrease in Fetal Movement.
- Maternal Cramping.
- Abnormal Maternal Weight Gain.
- Vaginal Bleeding.
- Meconium in Amniotic Fluid.

Instrumental delivery

An assisted birth (also known as an instrumental delivery) is when forceps or a ventouse suction cup are used to help deliver the baby. Ventouse and forceps are safe and only used when necessary for you and your baby. Assisted delivery is less common in women who've had a spontaneous vaginal birth before.

Forceps

Forceps are instruments designed to aid in the delivery of the fetus by applying traction to the fetal head. Many different types of forceps have been described and developed

Surgical asepsis

What is a surgical asepsis?

Surgical asepsis, also known as “sterile technique” is aimed at removing all microorganisms and is used for all surgical/sterile procedures.
What are the 5 principles of asepsis?

Aseptic technique • Use of personal protective equipment (PPE) • Respiratory hygiene and cough etiquette • Safe use of sharps • Environmental cleaning • Reprocessing of medical equipment • Appropriate handling of linen and waste management.

Responsibility.

It is important that the midwife's primary responsibility in the theatre setting is to the mother and her baby. The midwife should not be expected to provide instrument/scrub assistance or act as the assistant to the obstetrician if this detracts from her primary responsibility.

What is the role of a midwife in postnatal care?

The purpose of community midwife visits and appointments are to ensure the emotional and physical health and wellbeing of you and your baby, including support with feeding and caring for your baby. More frequent visits may be arranged as needed.

Retained placenta

Retained placenta is clinically diagnosed when the placenta fails to spontaneously separate during the third stage of labor, with or without active management, or in the setting of severe bleeding in the absence of placental delivery.

What causes retained placenta?

- your contractions aren't strong enough to expel it.
- the placenta is unusually strongly attached to the wall of the uterus.
- you have placenta accreta (when the placenta implants too deeply into the wall of the uterus)
- the cervix closes and traps the placenta inside your uterus.

    - How do you remove retained placenta?
    - Conventionally, surgical management of retained placental tissue is largely performed using blind dilatation and curettage. Hysteroscopic removal using diathermy loop has been shown to be successful while increasing complete removal rates and reducing risk of uterine perforation.
    - What happens if you have retained placenta?
    - This is called the third stage of labour. Sometimes the placenta or part of the placenta or membranes can remain in the womb, which is known as retained placenta. If this isn't treated, it can cause life-threatening bleeding (known as primary postpartum haemorrhage), which is a rare complication in pregnancy.

What medication is used for retained placenta?

- Background: Retained placenta affects 0.5% to 3% of women following delivery, with considerable morbidity if left untreated. Use of nitroglycerin (NTG), either alone or in combination with uterotonics, may be of value to minimise the need for manual removal of the placenta in theatre under anaesthesia.
- What are the nice guidelines for retained placenta?

- NICE guidelines for all births recommend active management of the third stage of labour for mothers with a history of a previously retained placenta. This is because the risk of haemorrhage of more than 1 litre increases from 13 in 1000, to 29 in 1000 without the use of oxytocic drugs.

How long can you leave a retained placenta?

However, if the placenta or parts of the placenta remain in your womb for more than 30 minutes after childbirth, it's considered a retained placenta. When it's left untreated, a retained placenta can cause life-threatening complications for the mother, including infection and excessive blood loss.৩

When should placenta be removed manually?

If the placenta remains inside the uterus after one hour, OR if the placenta has missing pieces OR the woman is bleeding heavily -- remove the placenta or pieces with your hand.

How painful is manual removal of placenta?

When the placenta is removed from the uterus by hand, it is called manual removal. This causes considerable discomfort and pain.

What is the problem of manual removal of placenta?

Management entails manual removal of the placenta with adequate analgesia, as medical intervention alone has not been proven effective. Complications can include major hemorrhage, endometritis, or retained portions of placental tissue, the latter of which can lead to delayed hemorrhage or infection.

Which anesthesia is used for manual removal of placenta?

There are various choices of anaesthesia and analgesia that can be used during manual removal of the placenta, including general anaesthesia, regional anaesthesia (spinal and epidural anaesthesia), intravenous injection of a sedative agent, and a local nerve block

What instrument removes placenta?

During a second-trimester surgical termination of pregnancy, the placenta is removed using ovum forceps to gently encourage separation of the placenta from the uterine wall.১৪ এপ্রি, ২০১৪

How many fingers used in manual removal of placenta?

If the placenta is retained due to a constriction ring or if hours or days have passed since delivery, it may not be possible to get the entire hand into the uterus. Extract the placenta in fragments using two fingers, ovum forceps or a wide curette.

What is the size of placenta?

Clinical Characteristics of the Normal Placenta

The usual term placenta is about 22 cm in diameter and 2.0 to 2.5 cm thick. It generally weighs approximately 470 g (about 1 lb). However, the measurements can vary considerably, and placentas generally are not weighed in the delivery room.১ মার্চ, ১৯৯৮

hat are the 5 functions of the placenta?

Functions of the placenta include gas exchange, metabolic transfer, hormone secretion, and fetal protection. Nutrient and drug transfer across the placenta are by passive diffusion, facilitated diffusion, active transport, and pinocytosis.৩০ মে, ২০১৪

Midwifery 2nd year

What is precipitate labor?

Precipitous labor is extremely rapid labor and delivery. It is defined as expulsion of the fetus within less than 3 h of commencement of regular contractions

What are the signs of precipitate labor?

Signs of precipitous labor include:

- The sudden onset of very intense contractions.
- Very little time between contractions for recovery.
- Strong urge to push, which often feels like the need for a bowel movement

What are the types of malpresentation?

Types of Malpresentation

- Sunny Side Up. ...
- Breech Presentation. ...
- Abnormal Lie. ...
- Face Or Brow Presentation. ...
- Compound Presentation. ...
- Shoulder Dystocia.

    - What is difference between Malpresentation and malposition?
    - Malpositions are abnormal positions of the vertex of the fetal head relative to the maternal pelvis. Malpresentations are all presentations of the fetus other than vertex.

What is the most common malpresentation?

Malposition is abnormal positions of fetal vertex in relation to maternal pelvis. At onset of labor, the incidence is about 10% of all vertex presentation. Malpresentation is presentation other than vertex. Breech presentation being the commonest (3%-4%) at term but more common in earlier gestations.

How do you diagnose malpresentation?

On abdominal examination, the head is felt in the upper abdomen and the breech in the pelvic brim. Auscultation locates the fetal heart higher than expected with a vertex presentation. On vaginal examination during labour, the buttocks and/or feet are felt; thick, dark meconium is normal.

What is the interpretation of normal CTG?

Normal antenatal CTG trace: The normal antenatal CTG is associated with a low probability of fetal compromise and has the following features: Baseline fetal heart rate (FHR) is between 110-160 bpm • Variability of FHR is between 5-25 bpm • Decelerations are absent or early • Accelerations x2 within 20 minutes.

What is the rule of 3 in CTG?

There is a “rule of 3's” for fetal bradycardia when they are prolonged: 3 minutes – call for help. 6 minutes – move to theatre. 9 minutes – prepare for delivery.
What is the 321 contraction rule?

Active Labour

If you are a first time parent, you can follow the 3-2-1 rule = consistent contractions every 3-5 minutes, for 2 hours, lasting 1 minute or more. If this is a subsequent pregnancy, you can follow the 5-1-1 rule = consistent contractions every 5 minutes or less, for 1 hour, lasting 1 minute.
What is the 5 5 5 rule for contractions?

If your contractions are 5 minutes apart, lasting for 1 minute, for 1 hour or longer, it's time to head to the hospital. (Another way to remember a general rule: If they're getting “longer, stronger, closer together,” baby's on their way!

What is the golden rule about contractions?

-If you're planning a low intervention delivery (no epidural) most people will labor at home for an extended period of time. A good general rule is 3-1-2. This is contractions 3 min apart or less, lasting over 1 minute in duration for at least 2 hours that you can't talk or walk through

What are the symptoms of meconium aspiration syndrome?

Signs of meconium aspiration syndrome include tachypnea, nasal flaring, retractions, cyanosis or desaturation, rales, rhonchi, and greenish yellow staining of the umbilical cord, nail beds, or skin. Meconium staining may be visible in the oropharynx and (on intubation) in the larynx and trachea.

What is the main cause of meconium aspiration syndrome?

What Causes Meconium Aspiration Syndrome? Meconium aspiration happens when a baby is stressed and gasps while still in the womb, or soon after delivery when taking those first breaths of air. When gasping, a baby may inhale amniotic fluid and any meconium in it.

What is management of meconium aspiration syndrome?

Supportive therapy like oxygen supplementation, mechanical ventilation and intravenous fluids are the cornerstone in the management of meconium aspiration syndrome.
How much meconium is normal?


What is "normal" and what is not? In general, you can usually expect that your baby will have: Three meconium bowel movements at 2 days of age that are likely still thick, tarry, and black. Three bowel movements on day three, with the stools becoming looser and greenish to yellow in color (transitional stools)

How can you prevent meconium aspiration?

Although meconium aspiration can occur prior to delivery even in the absence of labour, in many infants this condition could be prevented by appropriate suctioning at birth. More accurate prediction of high risk patients and greater use of amnioinfusion may further reduce the occurrence of MAS.

B,sc 4th yr 15/ 07 /2023

What is POSDCORB in management in nursing?

It stands for Planning, Organizing, Staffing, Directing, Coordinating, Reporting, and Budgeting.

What is the importance of POSDCORB in administration?

Importance of 'POSDCORB' Model:

It ensures effective and efficient functioning of the organization. POSDCORB model helps organization to divide the work into several dealings and provision in getting utmost value out to every staff.

What are the various functions of management?

At the most fundamental level, management is a discipline that consists of a set of five general functions: planning, organizing, staffing, leading and controlling. These five functions are part of a body of practices and theories on how to be a successful manager.

What are the principles of public administration?

As it observes in its first pages, there are some principles of public administration that are widely accepted today. “These principles should include transparency and accountability, participation and pluralism, subsidiarity, efficiency and effectiveness, and equity and access to services”.

Why is management and administration important in nursing?

Administration is important to evaluate the nursing education program.

The Management process: ¬Planning and Decision Making: Setting an organization's goals and selecting a course of action from a set of alternatives to achieve them. ¬Organizing: Determining how activities and resources are grouped.

What are 12 types of planning?

12 Types of Planning

- Mission & Vision. Outlining your purpose and direction.
- Goals. Deciding what you want to achieve.
- Objectives. Objectives are steps that get you to your goals. ...
- Strategies. Methods for achieving objectives. ...
- Risk. Identifying and treating risks to your plans.

- Tactical Planning. ...
- Contingency Planning.

What is planning process?

What is the meaning of planning process? The planning process is a process used to develop objectives, develop tasks to meet objectives, determine needed resources, create a timeline, determine tracking and assessment, finalize the plan, and distribute the plan to the team

What is called planning?

Planning is deciding in advance what to do, how to do it, when to do it, and who should do it. This bridges the gap from where the organization is to where it wants to be. The planning function involves establishing goals and arranging them in logical order.

What are the benefits of planning?

Here are six more benefits of planning (plus a bonus benefit at the end) that you may find as surprising as they are helpful!

- Planning helps you declutter. ...
- Planning helps reduce stress. ...
- Planning can improve learning. ...
- Planning can make you happier. ...
- Planning promotes mindfulness. ...
- Planning improves your odds of success.

What is the importance of planning?

It helps us to identify our goals clearly. It makes us decide clearly and concretely what we need to do to have the effect on society that we want. It helps us make sure that we all understand our goal and what we need to do to reach it by involving everyone in the planning process.

What are the advantages of planning?

Recognizing the Advantages of Planning

- Gives an organization a sense of direction. ...
- Focuses attention on objectives and results. ...
- Establishes a basis for teamwork. ...
- Helps anticipate problems and cope with change. ...
- Provides guidelines for decision making. ...

- Serves as a prerequisite to employing all other management functi

Why do managers plan?

Planning can help managers improve their decision making skills. It allows them to focus on a goal and create different courses of action that can help their team achieve this goal. It can also help them make informed decisions about what activities their team can prioritize

What is the scope of planning?

Scope Planning – Creating a project scope management plan that documents how the project scope will be defined, verified, controlled, and how the work breakdown structure (WBS) will be created and defined. Scope Definition – Developing a detailed project scope statement as the basis for future project decisions.

What are the components of planning?

The entire process of planning consists of many aspects. These basically include missions, objectives, policies, procedures, programmers, budgets and strategies.

What are four types of planning?

The 4 types of planning are strategic, operational, tactical, and contingency planning.

Hepatitis B is a serious liver infection caused by the hepatitis B virus (HBV). For most people, hepatitis B is short term, also called acute, and lasts less than six months. But for others, the infection becomes chronic, meaning it lasts more than six months.