

Rheumatic Fever and Rheumatic Heart Disease

(Education Materials for Grade 4 – 10)



Nepal Heart Foundation

July 2020



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Writing group:

Prof. Dr. Prakash Raj Regmi
Keshav Raj Pokhrel
Sanu Ghimire
Rita Bista
Keshav Dhakal
Narayan Acharya

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Central Office, Pulchowk, Lalitpur,
Ph 015009263, 9841374166
Email: nepalheartfoundation@yahoo.com,
nehf1988@gmail.com
Website: www.nepalheart.wixsite.com/nehfc

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Grade: 4

Subject: Health and Physical Education

Time: 45 minutes

Title: Tonsils and Throat Infection

Introduction of Tonsils

Two small masses are present in the throat. They are called tonsils. Normally, they are small in size but when they are infected, they enlarge and fill with pus.

Introduction of Throat Infection (Tonsillitis):

Micro organisms like bacteria and virus can attack the throat and the tonsils causing illness which is called throat infection. During a throat infection, tonsils are enlarged and become red. Children having throat infection should take medicines immediately as per doctor's advice. If medicines are not taken, throat infection in children of age 5 to 15 years can cause heart disease.

Causes of Throat Infection:

1. Staying in cold weather.
2. Playing in the dust and smoke
3. An attack in the throat by virus or bacteria.
4. Staying with too many people in a small room without ventilation.
5. Not eating nutritious food.

Symptoms:

1. Swelling and enlargement of tonsils.
2. Throat pain
3. Painful to swallow.
4. Fever

Remedy (Treatment):

1. Take a rest.
2. Eat nutritious food and drink plenty of warm fluids
3. Visit the doctor as soon as possible
4. Take medicines in full dose.



Preventive Measures:

1. Wear warm clothes to be free from cold.
2. Eat nutritious food such as fish, meat, egg, milk, fruits, green vegetables etc.
3. Do not stay in a crowd in small and not ventilated room.
4. Stay away from smoke and dust.

Summary:

Children of age 5 to 15 years having throat infection with enlarged red tonsils and painful throat should be taken to the doctor immediately for treatment. Otherwise, it may cause heart disease.

Exercise:

Tick(✓) the correct and cross (×) the wrong statements.

- a. When the throat is infected, tonsils become enlarged and red. ()
- b. There is only one tonsil in the throat. ()
- c. When we have throat infection no need to go to the hospital for treatment ()
- d. Saltwater gargling is enough to treat throat infection. ()
- e. If tonsillitis is not treated in children, it may cause heart disease. ()

Fill in the blanks with suitable words.

- a. There are _____ tonsil/s in the throat. (one, two)
- b. Tonsil is found inside the _____ (neck, chest)
- c. It is difficult to if there is throat infection. (swallow, speak)
- d. When we have tonsillitis, we should treat it with _____ advice (doctor, friend).
- e. Throat infection is caused by _____ (bacteria, oily food)

Answer the following questions:

- a. Where is tonsil located? How many are they?
- b. What will happen if the treatment of tonsillitis is not done?
- c. How should we do the treatment of tonsillitis?
- d. What types of food should we eat when we have tonsillitis?
- e. How can we be safe from a throat infection?



Grade: 5

Subject: Health and Physical Education

Time: 45 minutes

Title: Throat Infection and Rheumatic Fever

1. Introduction

a. Throat Infection (Tonsillitis and Pharyngitis):

The condition of fever, throat pain, and enlargement of tonsils with redness after being attacked by micro- organisms like bacteria and virus is called throat infection. The most common cause throat infection in children of 5 to 15 years is Group A Streptococcus bacteria.

b. Rheumatic Fever:

Fever with joints (wrist, shoulder, knee, ankle etc) pain after not carefully treating a throat infection caused by Group A streptococcus bacteria is called rheumatic fever. Rheumatic fever is the beginning stage of a heart disease which is known as Rheumatic heart disease.

2. Causes of Throat Infection and Rheumatic Fever:

Throat Infection	Rheumatic Fever
Attack by group A streptococcus bacteria in the throat	The main cause of rheumatic fever is not to take proper treatment and medicines when a throat is infected by Group A Streptococcus bacteria
Not staying away from cold and dust	
Not eating nutritious food	
Lack of Physical exercise	

3. Symptoms of Throat Infection and Rheumatic Fever:

Throat Infection	Rheumatic Fever
Throat pain, enlarged red tonsils, difficulty swallowing and fever	Swelling and pain in large joints of hands and legs. Shifting of joint pain from one to another. Development of fever. Difficulty in walking.
Enlarged small and painful lumps outside the neck.	



4. Remedy (Treatment) of Throat Infection and Rheumatic Fever:

Throat Infection	Rheumatic Fever
Take a full dose of antibiotics as per doctor's advice.	Take penicillin injection in every 3 weeks or take tablets as per doctor's advice.

5. Preventive Measures:

Throat Infection	Rheumatic Fever
Eat fresh, hygienic and nutritious food.	The main preventive measure of rheumatic fever is to take antibiotic according to doctor's advice during the time of throat infection. You must treat throat infection on time with antibiotic to be safe from Rheumatic fever.
Keep away from cold and dust.	
Do physical exercise/involve in sports.	

6 Summary:

1. Throat pain, red and enlarged tonsils, and fever are signs and symptoms of throat infection.
2. If throat infection is treated on time, rheumatic fever will not occur.
3. The patients of rheumatic fever should be treated with injection penicillin every 3 weeks or take tablets as per doctors' advice to prevent heart diseases.

Exercise:

Answer the following questions.

- a. What do you mean by throat infection?
- b. Write the symptoms of throat infection.
- c. Write the symptoms of rheumatic fever.
- d. How should treat rheumatic fever?
- e. How can we prevent rheumatic fever?



Grade: 6

Subject: Health and Physical Education

Time: 45 minutes

Title: Tonsillitis and Pharyngitis

1. Introduction of Tonsillitis and Pharyngitis:

Tonsils and pharynx are parts of inner throat. They are attacked by micro-organisms like bacteria and virus causing infection. Infection of tonsils is known as tonsillitis and infection of pharynx is known as pharyngitis. During tonsillitis and pharyngitis, we see enlarged and red tonsils, swelling of pharynx, throat pain, difficulty in swallowing and fever. If not treated tonsillitis and pharyngitis may cause rheumatic fever and Rheumatic heart disease which can lead to death. Mostly children of age group 5 to 15 years are affected with this condition. Thousands of children die every year in Nepal from Rheumatic heart disease.

2. Causes of Tonsillitis and Pharyngitis:

This disease is caused by bacteria and virus. Especially group A streptococcus bacteria is responsible for it. Beside, cold weather, stuffy environment of room, lack of nutritious food, exposure to dust and smoke etc also help in development of this disease.

3. Symptoms and Signs:

This disease is caused by virus and bacteria. If the disease caused by virus, patients have problem of throat itching, sneezing, mild fever, runny nose and cough. But if it is caused by bacteria the following signs and symptoms appear to the patients.

- a. Throat pain and difficulty in swallowing
- b. Fever
- c. Tonsils enlarge and swell. Pus is seen on tonsils.
- d. Inner part of throat (pharynx) swells and becomes red.
- e. Lymph nodes enlarge (lumps) at outer parts of neck and they give pain.



4. Remedy (treatment) of Tonsillitis and Pharyngitis:

If the disease is caused by virus, patients can be cured within 5-7 days by household treatment. But if it is caused by bacteria, it may develop into rheumatic heart disease. Therefore, patients should take antibiotic according to the doctors' advice when symptoms and signs appear.

5. Preventive measures:

- a. Take hygienic and nutritious food.
- b. Donot stay in stuffy room/environment.
- c. Cover mouth properly with handkerchief while coughing and sneezing.
- d. Wear mask while working and walking in dusty environment.
- e. Wear cap, muffler while walking in the winter.
- f. Do regular physical exercise.
- g. Keep lifestyle healthy.

Exercise:

Fill in the blanks with appropriate words.

1. Tonsillitis, Pharyngitis is caused by——infection. (bacteria, amoeba, mosquito)
2. If tonsillitis, pharyngitis is not treated timely, it may cause——(typhoid, cholera, rheumatic heart disease)
3. If tonsillitis is caused by bacteria, we should use——.(turmeric water, cetamol, antibiotic)
4. Throat pain, tonsils enlargement with pus, fever are symptoms of —— (pneumonia, heart attack, tonsillitis and pharyngitis).
5. Tonsillitis happens in the part of ——(throat, stomach, nose)



Match the following.

Group A	Group B
1. Small masses of lymphoid tissue in the throat	a.Rheumatic Heart Disease
2. Bacteria of tonsillitis and pharyngitis	b.Throat infection
3. Disease caused by untimely treated tonsillitis and pharyngitis	c.Tonsils
4. Throat pain, fever	d.Streptococcus group A



Grade: 7

Subject: Health and Physical Education

Time: 45 minutes

Title: Blood Circulatory System and Rheumatic Fever

Blood Circulatory System:

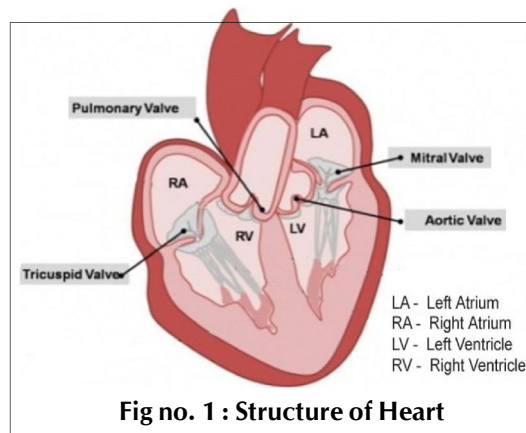
The process of functioning of heart, blood and blood vessels in human body is called blood circulatory system. The heart pumps blood which is circulated all over the body through small tubes known as blood vessels. It supplies nutrient elements, oxygen, hormone and enzymes to the cells in the body. Similarly, this system helps to send unnecessary substances to lungs through the way of heart for purification. The organs taking part in blood circulatory system are heart, blood and vessels.

Heart:

The heart is located in the middle part of the chest.

The weight of male and female heart is about 400 gms and 350 gms respectively. There are four chambers and four valves in the heart.

Normally, heart beats 80-100 times per minutes. If heart stops beating it causes death.



Functions of Heart:

The chambers and valves of heart function in their own ways.

1. It supplies pure blood to all the cells in the body.
2. It takes impure blood to the lungs for purification.
3. The valves of the heart help the blood to flow forward in the same direction.

Introduction of Rheumatic Fever:

The children of age group 5-15 years mostly suffer from tonsillitis and

pharyngitis. If this condition is not treated on time, there is high possibility that this disease will reach up to the heart through the joints of the body. Untreated throat infection after 1-2 weeks may cause fever and joints pain. Large joints of hands and legs pain and swell one after another. This condition is known as rheumatic fever. It is called so because joints pain and fever occur together. Rheumatic fever is responsible for damage to heart valves. Heart becomes weak and cannot pump properly.

Causes:

The main cause of rheumatic fever is not treating properly the throat infection which is caused by bacteria (Group A Streptococcus) in children of 5-15 years age group.

Symptoms:

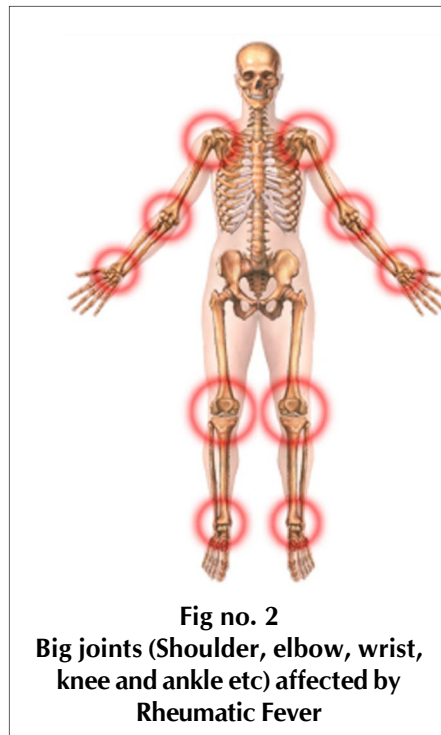
1. Fever
2. Swelling and pain of large joints (major symptom)
3. Some children may have twitching of hands, legs, mouth and lips (movement like dancing)

Remedy:

Patients should take rest, take nutritious food and drink plenty of warm liquids like water, milk, soup etc. Patients should take medicines and injection Penicillin every 3 weeks as per doctors' advice. Injection Penicillin helps in protecting the heart valves from being damaged. Avoid household treatment and also avoid treatment from Dhami and Jhakri. Use medicines regularly in full dose.

Prevention:

1. Use antibiotic medicine when throat is infected.
2. Adopt healthy lifestyle.





Summary:

1. Children above 5-15 years frequently suffer from throat infection due to bacteria. If proper treatment is not done, it causes RF.
2. Patients should be treated with medicine according to doctor's advice.
3. Taking injection Penicillin every 3 weeks for several years can save heart from being damaged.

Exercise: Activity:

1. What should we do to be safe from RF? Discuss with your classmates.
2. Draw a clear figure of heart and discuss about its functions.

Answer the following questions:

- a. What is blood circulatory system?
- b. Name the organs taking part in blood circulatory system.
- c. What are the functions of heart?
- d. What is rheumatic fever?
- e. What causes the rheumatic fever?
- f. What are the symptoms of rheumatic fever?
- g. How rheumatic fever is treated?
- h. Write down the preventive measures of rheumatic fever.

Fill in the blanks with appropriate words.

- a. The heart is located——part of chest.
- b. There are total——chambers in the heart.
- c. There are total——valves in the heart.
- d. Properly untreated throat infection may cause——to the children.
- e. In rheumatic fever, the——.....of hand and leg get pained and swollen turn by turn.
- f. Patients of rheumatic fever should be treated with injection.....every 3 weeks so that it can protect the heart from being damaged.



Grade: 8

Subject: Health and Physical Education

Time: 45 minutes

Title: Rheumatic Heart Disease (RHD)

Introduction of Rheumatic Heart Disease:

In children of age group 5-15 years frequent throat infection causing tonsils enlargement, throat pain and fever may affect their heart. After around two weeks of throat infection patient suffer from high fever and joints pain. large joints of hands and legs pain and gets swollen. This condition is called Rheumatic fever. If this condition is not properly treated it progresses to damage to heart valves which is known as Rheumatic heart disease. This is a chronic heart condition which is developed due to rheumatic fever.

Causes:

Beta Haemolytic Group A Streptococcus Bacteria causes throat infection. If this throat infection is not treated on time it can lead to development of rheumatic fever and rheumatic heart disease. So the main cause of rheumatic heart disease is untreated bacterial throat infection.

Effects of RHD in Heart:

1. One or more valves of heart get damaged.
2. Heart swells
3. Heart beats become irregular.
4. Heart can not pump properly.

Symptoms:

1. Breathlessness (difficulty in breathing) on physical exertion
2. Chest pain
3. Palpitation (Heart beats fast and irregularly).


Remedy:

1. Take rest if rheumatic fever occurs.
2. Go to hospital for treatment if big joints pain, swell and fever occurs.
3. Use medicines and injection Penicillin for a long time according to doctors' advice.
4. Have a healthy eating plan/ have balanced diet.

Prevention:

1. Avoid throat infection. For it, have balanced diet, do physical exercise regularly and adopt healthy lifestyle.
2. Take antibiotic medicine on time if throat is infected.
3. Take penicillin injection every 3 weeks or Penicillin tablet every day according to doctor's advice if you have rheumatic fever.

Activity:

What changes should we bring in our daily lifestyle and food consumption to be saved from Rheumatic heart disease? Discuss with your classmates.

Summary:

1. Untreated bacterial infection of throat causes RHD.
2. RHD is a chronic condition caused by rheumatic fever.
3. According to doctors' advice proper treatment should be done with full dose medicine or vaccination.
4. We should adopt healthy lifestyle.

Exercise:

Answer the following questions.

- a. What is the name of the bacteria that causes rheumatic heart disease?
- b. What is the main cause of rheumatic heart disease?
- c. What are the symptoms of Rheumatic heart disease?



- d. How is the patient of rheumatic heart disease treated?
- e. Write down preventive measures of rheumatic heart disease.

**Fill in the blanks with appropriate words.
(Rheumatic heart disease, heart, tonsillitis)**

- a. The disease can spread from throat to———.
- b. The condition of getting damaged heart valves is called———.
- c.should be treated on time to be saved from rheumatic fever and rheumatic heart disease.



Grade: 9

Subject: Health, Population and Environment Education Time: 45 minutes

Title: Rheumatic Fever (RF) & Rheumatic Heart Disease (RHD)

1 . Introduction

A. Rheumatic Fever:

Rheumatic fever is an inflammatory disease that may develop after an infection of the throat with Beta Haemolytic Group A Streptococcus Bacteria. The disease can affect the joints (hip,knee, ankle, shoulder, elbow, wrist etc), skin, brain and finally the heart. Rheumatic fever is responsible for damaged to the heart valves. It mainly affects the children between ages of 5-15 years. 50% of cases of rheumatic fever develops into rheumatic heart disease.

B . Rheumatic Heart Disease:

Rheumatic heart disease is a chronic condition caused by rheumatic fever. It generally damages the heart valves. Untreated tonsillitis can later result into rheumatic heart disease. When children suffer, they can't play with friends together because of swelling of heart, difficulty in breathing, fast heartbeat, coughing and weakness.

2 Causes of Rheumatic Fever and Rheumatic Heart Disease:

The main cause of these diseases is an infection in throat. Untreated bacterial throat infection can result into rheumatic fever and later rheumatic heart disease.

Cause of Rheumatic Fever	Cause of Rheumatic Heart Disease
During throat infection not doing proper treatment and not following doctor's advice.	During rheumatic fever not doing proper treatment and not following doctor's advice.



3 .Symptoms of Rheumatic Fever and Rheumatic Heart Disease:

Rheumatic Fever	Rheumatic Heart Disease
a. Large joints of the body swell and pain turn by turn (Shifting nature).	a. Difficulty in breathing
b. Fever	b. Fast and irregular heart beat
c. Patients feel difficult to move hand and leg	c. Chest pain
d. Some patients have non- itching red mark(rashes)on skin of the body	d. Coughing
e. Involuntary movements of the parts of body (hand, leg, mouth) (this symptom develops if patients' brain is attacked by bacteria).	e. Legs swelling

4 . Remedy of Rheumatic Fever and Rheumatic Heart Disease:

Rheumatic Fever	Rheumatic Heart Disease
As soon as symptoms appear patients should take medicines and injection penicillin in 3-3 weeks according to advice of doctor.	a. Consult with doctor time to time whether the valve is damaged or not. Take medicines and injection penicillin in 3-3 weeks. b. Sometimes may need operation also.

5 . Preventive measures of Rheumatic Fever and Rheumatic Heart Disease:

- a. Take antibiotic medicine on time with the advice of doctor if throat is infected.
- b. If fever occurs with pain in the joints, take medicines and injection penicillin every 3-3 weeks according to advice from doctor.
- c. This disease develops due to throat infection. Therefore, to be free from throat infection we should adopt healthy lifestyle.



Summary:

1. To prevent RF, immediate treatment of throat infection is needed.
2. RF should be treated on time according to doctor's advice.
3. 50% of RF patients' heart valves get damaged and they suffer from RHD. Therefore, patients should take doctor's advice and adopt preventive measures.

Exercise:

Answer the following questions:

- a. Introduce Rheumatic Fever and Rheumatic Heart Disease.
- b. What are the causes of Rheumatic Fever and Rheumatic Heart Disease?
- c. List out the symptoms of Rheumatic Fever and Rheumatic Heart Disease.
- d. Which age groups of children mostly suffer from Rheumatic Fever and Rheumatic Heart Disease?
- e. How should we treat Rheumatic Fever and Rheumatic Heart Disease?
- f. What should be done to be saved from Rheumatic Fever and Rheumatic Heart Disease?
- g. What will happen if Rheumatic Fever is not treated on time?
- h. Which organ of the body is damaged by Rheumatic Fever?



Grade: 10

Subject: Health, Population and Environment Time: 45 minutes

Title: Rheumatic Heart Disease and its Prevention

1 . Introduction of Rheumatic Heart Disease:

Generally, the children above 5-15 years frequently suffer from tonsillitis and pharyngitis. If this condition is not treated properly and on time, the disease may reach to the heart through the joints of the body. The condition of fever and large joints pain and swelling one after another is called rheumatic fever. Rheumatic fever affects the heart and valves get damaged. In this way, the condition of the heart being weak with damaged valves is called rheumatic heart disease. This disease begins from tonsillitis. Therefore, it may also be called tonsillitis heart disease.

2 . Causes of Rheumatic Heart Disease:

Beta Haemolytic Group A Streptococcus Bacteria causes tonsillitis and pharyngitis. If it is not treated properly on time, it causes rheumatic heart disease.

3 . Development stages of Rheumatic Heart Disease:

This disease has three development stages: tonsils, joints and heart.

Stages	Disease	Symptoms
First stage	Throat infection/ Tonsillitis and pharyngitis	Sore throat, fever, enlargement of the tonsils, difficulty in swallowing
Second stage	Rheumatic Fever	Large Joints pain, swell and have fever
Third stage	Rheumatic Heart Disease	Heart swells, difficulty in breathing, palpitation, chest pain, swelling of legs

If tonsillitis and pharyngitis is treated properly and on time, the disease won't develop into second and third stage.



4 . Symptoms of Rheumatic Heart Disease:

- a. Difficulty in breathing while walking and working.
- b. Chest pain
- c. Fast and irregular heart beat
- d. Legs swell, blood appears in cough. (When heart becomes too weak then only these symptoms appear)

5 . Remedy of Rheumatic Heart Disease:

- a. Take rest and have medicines according to doctor.
- b. Take injection Penicillin every 3 weeks for long time.
- c. Go to hospital and do proper treatment when rheumatic fever appears.
- d. Do proper treatment according to doctor because this disease makes heart valves damaged and weak.
- e. Have nutritious food and keep away from cold and dust.
- f. If medicine couldn't cure the patients, heart operation is needed.

6 Primary and Secondary Prevention of Rheumatic Heart Disease:

A .Primary Prevention:

Patients should take antibiotic medicine in initial phase of throat infection to prevent the development of rheumatic fever and rheumatic heart disease. The initial treatment of throat infection is called primary prevention.

B . Secondary Prevention:

If the disease has developed into second stage (RF) and third stage (RHD) from throat, taking injection penicillin antibiotic in 3-3 weeks regularly, saves the valves and heart. This way of saving heart valves by giving injection penicillin is called secondary prevention of rheumatic heart disease.



Other preventive measures:

- a. Have hygienic and balanced diet.
- b. Do physical exercise regularly
- c. Keep away from cold, dust and stuffy environment of room.
- d. Examine your throat and heart regularly.

7. Summary:

1. Beta Haemolytic Group A streptococcus bacteria causes RHD.
2. The condition of the heart being weak with damaged valves due to progression of the infection from throat to heart is called RHD.
3. Immediate treatment should be done if children suffer from tonsillitis and pharyngitis.
4. RHD has three stages: throat infection (tonsillitis), RF and RHD.
5. The primary preventive measure of RHD is the treatment of throat infection by having antibiotic medicine. And secondary preventive measure is the treatment of saving heart of RF/ RHD patients by penicillin injection in 3-3 weeks not to let heart be damaged more.

Exercise:

Answer the following questions:

- a. What is rheumatic heart disease? Which age group of children mostly suffer from this disease?
- b. Write the name of the bacteria that causes rheumatic heart disease.
- c. Write the development stages of rheumatic heart disease.
- d. Write the symptoms of rheumatic heart disease.
- e. What is meant by primary and secondary prevention of rheumatic heart disease?
- f. Write the preventive measures of rheumatic heart disease.
- g. Why tonsillitis and pharyngitis should be treated immediately?



Curriculum
of
Rheumatic Heart Disease Education
(Grade: 4 to 10)



Curriculum

Grade: 4 and 5

Subject: Health Education

Scope	Grade- 4	Period	Grade-5	Period
	Communicable Disease		Non-communicable Disease	
Diseases	Tonsils and throat infection (tonsillitis):	1	Rheumatic fever: Introduction of disease, cause, symptom and preventive measure	1
	Introduction of disease, cause, symptom and preventive measure			

Grade: 6, 7 and 8

Subject: Health Education

Scope	Grade- 6	period	Grade-7	period	Grade-8	period
	Communicable disease		Non-communicable disease		Non-communicable disease Non-communicable disease	
Disease	Introduction, cause and symptom of tonsillitis and Pharyngitis	1	Rheumatic fever: Introduction, cause, symptom, remedy and Preventive measures	1	Rheumatic Heart disease Introduction, cause symptom, remedy and Preventive measures	1



Grade: 9 and 10

Subject: Science

Scope: Biology

Unit: Blood Circulatory System in Human body

General introduction of Rheumatic Fever and Rheumatic Heart Disease, causes and symptoms of disease, remedy and prevention.

Learning Outcomes:

The students will be able to describe the general introduction, causes, symptoms, remedies and preventive measures of rheumatic fever and rheumatic heart disease.



Specification of subject matter

Grade- 4

Scope :	Learning Achievement/ Specific objectives	Specification of subject matter	Probable Teaching Learning Activities:
Disease (throat infection)	The students will be able to: Tell the introduction of tonsils Tell the symptoms of tonsillitis Tell the importance of tonsils	Introduction of tonsils and tonsillitis Symptoms of tonsillitis Importance of tonsil	Let the students observe their tonsils each other, discuss the symptoms of tonsillitis with chart and figure demonstration. Tell the importance of tonsils, remedies and preventive measures of tonsillitis.

Grade- 5

Scope :	Learning Achievement/ Specific objectives	Specification of subject matter	Probable Teaching Learning Activities:
Disease (Rheumatic Fever)	The students will be able to: Tell the general introduction of rheumatic fever Tell the cause of rheumatic fever Tell the symptoms and preventive measures of rheumatic fever	Introduction to rheumatic fever Cause of rheumatic fever Symptoms of rheumatic fever Remedies and preventive measures of rheumatic fever.	Give general information about tonsillitis and rheumatic fever with chart, figure, pamphlet, and postures demonstration. Discuss the cause, symptom and remedy of rheumatic fever.



Scope and sequence of subject matter:

Grade: 6,7 and 8

Scope :	Grade-6	Period	Grade-7	Period	Grade-8	Period
Disease	Tonsillitis and Pharyngitis: Introduction of disease, symptom, sign, cause, remedy and preventive measures.	1	Rheumatic Fever: Introduction of disease symptom, sign, cause, remedy and preventive measures.	1	Rheumatic Heart Disease: Introduction of disease symptom, sign, cause, remedy and preventive measures.	1

Grade: 9 and 10

Scope :	Grade-9	Period	Grade-10	Period
Disease	Rheumatic Fever and Rheumatic Heart Disease: Introduction to disease, relation of Rheumatic Fever and Rheumatic Heart Disease, cause, symptom and preventive measures	1	Rheumatic Heart Disease and its prevention: Introduction to disease, cause, disease development stages, symptom, primary and secondary preventive measures and remedy	1

Instructional Materials:

- Daily using materials like board, marker etc.
- Disease related chart, postures, and pamphlet
- Audio, visual equipments/materials

Teaching methods:

- Lecture
- Discussion
- Questionnaire
- Demonstration
- Presentation

Evaluation:

Adopt directive evaluation process implemented by Curriculum Development Centre in related level and class curriculum.

टन्सिलको उपचार नगरे बाथ मुटुरोग लाग्न सक्छ ।

बालबालिकाहरुको घाँटी दुख्दा, टन्सिल बढ्दा, पाक्दा, हात खुट्टाका
जोर्नीहरु दुख्दा, औषधि नगरे बाथ मुटुरोग लाग्न सक्छ ।

सावधान !



Nepal Rheumatic Heart Disease Prevention Program



Nepal Heart
Foundation