

NORTHBRIDGE HOUSE

EDUCATION &
RESEARCH CENTRE



Castle Road, Mahon, Cork

Telephone: (021) 4536551 **Facsimile:** (021) 4359450

E: info@northridgehouse.ie

W: www.northridgehouse.ie

Course Brochure

September 2016 – May 2017

OUR TRAINING IS...

ACCREDITED

PRACTICE- BASED

COMPETITIVE

EFFECTIVE

Introduction

The Education Centre is an embodiment of the St. Luke's Home Vision of continuing to provide high quality care to the Older Person in the city and beyond.

The maxim of "Enhancing our Caring by On Going Training" is emblematic of this commitment. Courses are geared towards the needs of those who provide Care for the Older Person – be it within a Residential Care Centre, Hospital or Home Setting. Our training is provided by experienced and qualified facilitators.

Many of our courses offered are accredited by either **QQI** or have **NMBI Category 1 Approval**.

In addition to providing training to meet the standards expected by HIQA and the other statutory bodies the Education Centre continues to enhance the breadth of training it can provide e.g. the provision of Clinical Pastoral Education and other courses in pastoral ministry.

The Centre offers a variety of Educational and Meeting settings and is available for bookings.

The Centre also provides tailor made courses that can be provided off-site in other Residential Care Centres.

Please contact Claire or Bruce to discuss your training needs.

To be added to our mailing list and receive our regular newsletters and updates please contact us as below. Full details of course content, application process and pre-requisite requirements can be downloaded from our website www.northridgehouse.ie or can be sent by post on request.

Bruce Pierce
Director of Education
021 4536551
bruce.pierce@stlukeshome.ie

Claire Coakley
Administration
021 4536551
claire.coakley@stlukeshome.ie

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Rentals at Northridge House

Training/Meeting Rooms and Conference Centre available for Hire. Full details on www.northridgehouse.ie

Do you Need Training in your Centre?

We provide tailor made training courses that can be delivered in Residential Care Centres throughout the Country.

All the courses in this brochure can be brought to your Centre and designed to meet any specific training requirements you may have. We can also devise and deliver unique courses to address local needs.

Our tutors are happy to discuss your needs prior to the delivery of any training.

*Please Contact Claire at 021 4536551 or
info@northridgehouse.ie*

End of Life Care – Ref No: EOL

NMBI Category 1 – 4 CEUs

Duration: 9.30am – 1.00pm (Half Day Course)

Date: 21st September (2pm-5pm)
9th November, 26th January, 26th April

Aim: To explore the diverse needs of our residents and their loved ones in the areas of emotional, religious and spiritual needs and to focus on appropriate practice especially in the area of end of life care to meet HIQA requirements.

Advance Care Directive – Ref No: ACD

NMBI Category 1 – Pending

Duration: 2.15pm – 5.15pm (Half Day Course)

Date: 9th November or 26th April

Aim: This course will provide the principles of Advanced Care Directives. It will discuss current best practice and legislation in relation to Advanced Care Directives. It will also provide basic knowledge and skills to enable participants look at developing Advanced Care Directives and Care planning with residents in residential care settings.

Manual & Patient Handling – Ref No: MPH

Duration: 9.30am – 4.00pm (Full Day Course)

Date: 19th September, 24th October, 21st November, 12th December,
16th January, 20th February, 20th March, 24th April, 29th May

Aim: To enable staff to follow safer moving and handling of people, to ensure back care awareness and to meet the requirements of working in residential care. The course is a mix of theory and practice ensuring participants have competencies and experience in the use of different hoists etc.

Manual & Patient Handling - Refresher – Ref No: MPH/R

Duration: 2.15pm – 5.00pm (Half Day Course)

Date: 26th September, 17th October, 28th November, 23rd January,
27th February, 27th March, 8th May

Aim: To ensure staff meet the requirements of mandatory Manual / Patient Handling up-skilling. This is a refresher course for those who have completed the full-day training within the past 2 years.

Enhancing Working Relationships - Ref No: EWR

Duration: 9.30am - 1.00pm (Half Day Course)

Date: 15th September

Aim: Effective working relationships enhances resident care, permit the institution to function to its potential and reduce both stress and burnout for staff. Through growth in self awareness and enhanced communication skills staff enhance their ability to address the demands of the nursing profession

Prevention of Elder Abuse - Ref No: EA

NMBI Category 1 - 3.5 CEUs

Duration: 9.30am - 1.00pm (Half Day Course)

Date : 6th October or 8th December or 2nd February or 9th March or 30th March or 11th May

Aim: To raise awareness for all those who work with older people and to ensure proper procedures for reporting suspicions of complaints of abuse.

Prevention of Elder Abuse Refresher - Ref No: EAR

NMBI Category 1 - 3.5 CEUs

Duration: 2.15pm - 4.15pm (Half Day Course)

Date : 6th October or 8th December or 2nd February or 30th March

Aim: A refresher course for anyone who has completed this course within the past 2 years.

Understanding Dementia Care - Ref No: DC

NMBI Category 1 - 3 CEUs

Duration: 9.30am - 1.00pm (Half Day Course)

Date: 5th October or 30th November or 15th February

Aim: The aim of this course is to provide basic knowledge and skills to enable participants develop person-centred dementia care practices. The course offers best practice advice, while giving participants the underpinning knowledge required, to enhance the care experience for older people with dementia.

Working with Responsive Behaviours (Behaviours that Challenge) - Ref No: CB

NMBI Category 1 - 3.5 CEUs

Duration: 2.15pm - 5.15pm (Half Day Course)

Date: 5th October or 30th November or 15th February

Aim: This course aims to enable participants support people with dementia in a person-centred way when they present with responsive behaviours. The participants will bring together ideas and ways of working with the lived experiences of the older person with Dementia that emphasises communication and relationships. The course will provide a structured approach to assessing and meeting the needs of the person exhibiting a responsive behaviour.

Basic First Aid - Ref No: BFA

Duration: 9.30am - 4.00pm (Full Day Course)

Date: 29th September or 10th November or 2nd February or 27th April

Aim: This course will provide the necessary skills and up skilling for the required refresher First Aid course. It also provides an excellent introduction to First Aid and includes CPR AED (Irish Heart Foundation).

CPR & Defibrillator - Ref No: CPR

Accredited by the Irish Heart Foundation

Duration: 9.30am - 1.00pm (Half Day Course)

Date: 26th September, 17th October, 28th November, 23rd January, 27th February, 27th March, 8th May

Aim: To provide practical training to participants from the care environment in the provision of Infant, Child and Adult CPR and the use of a defibrillator.

Managing Continence within the Residential Care Setting - Ref No: MCC

Duration: 9.30am - 1.00pm (Half Day Course)

Date: 2nd November or 8th February

Aim: To provide participants with the principals of Continence Care and best practice. This course is geared towards the needs of Healthcare Assistants.

Standard Precautions of Infection Control – Ref No: PIC

NMBI Category 1 – Pending

Duration: 2.15pm – 6.15pm (Half Day Course)

Date: 13th September or 15th November or 31st January or 29th March

Aim: The session will include: infection prevention and control, the chain of infection, development of standard precautions and basic principles of hand hygiene.

Medication Management for Nurses – Ref No: MMN

NMBI Category 1 – 6 CEUs

Duration: 9.30am – 4.00pm (Full Day Course)

Date: 27th October or 16th February

Aim: To provide an understanding of best practice in medication management and an understanding of the role of the nurse within the scope of practice and NMBI guidelines. This course will be presented by our Tutor and a Pharmacist.

Medication Management for Nurses – Refresher – Ref No: MM/R

Duration: 2.15pm – 5.15pm

Date: 21st September (9.30am-1pm) or 7th December or 28th February

Aim: A refresher course for those who have completed the full-day training within the past 2 years.

Familiarization with Venepuncture for Nurses –Ref No: FVN

NMBI Category 1 – 4 CEUs

Duration: 9.30am – 1.30pm (Half Day Course)

Date: 2nd November, 28th February

Aim: To raise awareness of practices needed to carry out Venepuncture and to enable registered nurses to utilise knowledge, skills and attitudes that increase their professional capacity for a specific clinical intervention.

Oral Health Care in Residential Care Settings - Ref No: OHC

NMBI Category 1 - 3.5 CEUs

Duration: 2.15pm - 5.15pm (Half Day Course)

Date: 10th October, 20th March

Aim: This course is designed to equip participants with oral health knowledge, provide skills in oral health care and to help recognise factors that contribute to poor oral health of the older dependent person in the residential care setting.

Personal Development Courses

Mindfulness Meditation 7 Week Evening Course -

Ref No: MME

Duration: 7.00pm - 9.30pm

Date: Starts on 15th September

Aim: This course will provide you with the basics needed to begin living your life more in the here and now. It will help you to train in maintaining a steadiness in life even while there is turbulence around you. The stability of mind results in an inner peace. CD's and Hand-outs are provided.

Certification Awarded by QQI



Palliative Care Support (5N3769) - Level 5

Duration: 9.30am – 4.00pm (5 Day Course)
Date: 10th, 24th October, 7th, 21st, 28th November
Aim: The module is designed to equip the learner with the knowledge and skills of the palliative care approach to enable them to care for the person diagnosed with a life-limiting illness together with their family in a dignified and holistic manner.

Care of the Older Person (5N2706) - Level 5

Duration: 6.00pm – 9.30pm (10 Week Evening Course)
Date: 27th September, 04th, 11th, 18th 25th October, 1st, 8th, 15th, 22nd, 29th November
Or 17th, 24th, 31st January, 7th, 14th, 21st, 28th February, 7th, 14th, 21st March
Aim: The course is aimed at adults considering working in this vital area. This module is designed to equip learners with the knowledge and skills to provide care for older people in a variety of settings.

Care Skills (5N2770) - Level 5

Duration: 9.30am – 4.00pm (4 Day Course)
Date: 28th September, 12th, 26th October, 9th November
Or 22nd February, 8th, 22nd March, 5th April
Aim: This programme is designed to enable Health Care support workers or Assistant Staff to develop their knowledge, skills and attitudes in caring for a client during a period of health care need. The programme will focus on skills acquisition in a range of competencies expected within the role of the Health Care Assistant. Limited number of mandatory placements available at St. Luke's Home.

Communication (5N0690)- Level 5

Duration: 6.00pm – 9.30pm (6 Day Course)

Date: 3rd, 4th, 10th, 11th, 17th, 24th September

Aim: The purpose of this award is to equip learners with the relevant knowledge, skills and competence to communicate verbally and non-verbally in standard everyday tasks and in work-related tasks. This course can be used towards several QQI Major Awards in Healthcare.

Gerontology (6N3748) - Level 6

Duration: 9.30am – 4.00pm (8 Day Course)

Date: to be confirmed

Aim: Participants will elaborate their understanding of the normal and pathological changes which occur as we age. They will gain an awareness of the attitudes and stereotypes which influence the position and perception of the older adult in society.

Training Delivery & Evaluation (6N3326) - Level 6

Duration: 9.30am – 4.00pm (5 Day Course)

Date: to be confirmed

Aim: To equip the learner with the knowledge, skill and competence to deliver, assess and evaluate training and development interventions and to attain a national award. The programme is designed primarily for learners working in care home and healthcare settings.

Supervisory Management (6N4329) - Level 6

Duration: 9.30am – 4.00pm (6 Day Course)

Date: to be confirmed

Aim: To equip learners with practical skills and knowledge necessary to operate effectively as a supervisor or line manager and enable learners to understand the role and responsibilities of the supervisor, and develop the relevant management skills.

Refresher Training for Residential Care Centres to Consider

- **Manual Handling (including patient handling)**
- **Prevention of Elder Abuse**
- **Fire Safety**
- **First Aid**
- **CPR**
- **Medication Management**
- **Dementia Care / Responsive Behaviours**
- **Infection Control**
- **Nutrition**
- **End of Life Care**

Testimonials

Training

“I found St. Luke’s Education Centre a one stop shop for our training needs. The planning, value for money and delivery of training was all top class. I would highly recommend it. A specific plan was tailored to meet our needs that ensured up-to-date practice”

Nollaig Broe, Director of Care, St. Joseph’s Mount Desert, Cork

Venue Hire

“Northridge House is always our first port of call when looking for suitable training locations”

Niall Crowley, Managing Director, Impact Training, Cork



PERSON-CENTRED APPROACHES TO DEMENTIA CARE FOR HEALTHCARE ASSISTANTS

Thursday October 20th.

Northridge House Education and Research Centre
St. Luke's Home Cork
9.30-4.00
€50 (includes light lunch)

Topics

Key note: Valuing the Person, who they are and
where do they come from?

Dr. Catherine Buckley.

The day will also cover:

- Communication
 - Meaningful Engagement
 - Responsive approaches
 - The Palliative Care Journey
- (Speakers to be confirmed).

Contact info@northridgehouse.ie 0214536551

NEW COURSE for Owners/Managers

An Overview of Employment Law Relevant to Nursing Homes

A half-day workshop for Nursing Home Owners,
Managers and those in Leadership Roles

4th October 2016

9.30am – 12.30pm

This half-day workshop will be led by Jennifer Cashman a partner at Ronan Daly Jermyn Solicitors. The format will be focused on relevant case scenarios that impact on the management of nursing homes.

Innovative on-site Training for Residential Care Centres

Addressing Institutional Abuse

St. Luke's Home has been innovative in its approach to providing Safeguarding the Vulnerable Adult Training (Prevention, Detection and Response To Allegations of Elder Abuse in Residential Care Settings) and has now developed a separate workshop on Institutional Abuse to run in conjunction with the existing course. This innovative workshop will be provided over a half day and will focus on all the domains of Elder Abuse (as defined in the HSE National Safeguarding Vulnerable Persons At Risk of Abuse Policy) with an emphasis on helping Residential Care Settings acknowledge and address concerns around institutional practices and culture which may impact on the appropriate care of the Resident. The course focuses on how a Nursing Home organises its care delivery to best meet the needs of the Resident, maximising choice and autonomy for the Resident; whilst challenging the negative impacts of culture and staff centred practices which may have a detrimental impact on a Residents quality of life.

If held for the staff of a specific nursing home, our facilitator will arrange to meet with the nursing home provider to ensure the maximum benefit of this workshop will be achieved by adapting the focus of the workshop to meet the nursing home's needs.

Getting to Northridge House

From Cork City:

- Come down the Blackrock Road onto Castle Road and past Blackrock Castle
- After the castle take the third turn to the right (first two turnings are into residential estates)
- Immediately after the turn there is a large gate on your left behind a wall with railings on top - St Luke's. The entrance to Northridge House is on the right.

From Kerry or West Cork

- Get onto the southern ring road heading for Dublin
- Before the Jack Lynch tunnel, at the last slip road turn off left to Blackrock/Mahon
- At the top of the slip road turn left at the roundabout
- Travel to the T junction with traffic lights (CSO office on your right hand side at the corner)
- Turn right at these lights
- Then take the first left
- Follow this road to the right until you pass Blackrock Garda Stn, then a school both on the right
- The next left turn should have a sign on the corner to St Luke's Home - take this left turn
- Follow the road to the T junction at the river and St Luke's gates are on your right hand side. The entrance to Northridge House is on the right.

From Dublin or East Cork

- Go through the Jack Lynch tunnel onto the Southern ring road
- Take the first slip road off left to Blackrock/Mahon
- At the top of the slip road turn right
- Go straight through the roundabout at the other end of the bridge
- Travel to the T junction with traffic lights (CSO office on your right hand side at the corner)
- Turn right at these lights, then take the first left
- Follow this road to the right until you pass Blackrock Garda Stn, then a school both on the right
- The next left turn should have a sign on the corner to St Luke's Home - take this left turn
- Follow the road to the T junction at the river and St Luke's gates are on your right hand side. The entrance to Northridge House is on the right.



[stlukeshomeeducationcentre](#)

Contact Us



Bookings & Enquiries to:

Claire Coakley
Administration

021 4536551

claire.coakley@stlukeshome.ie

Bruce Pierce

Director of Education

021 4536551

bruce.pierce@stlukeshome.ie

Web: www.northridgehouse.ie



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