

# St Luke's

HOME, CORK

## EDUCATION CENTRE

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[www.stlukeshome.ie](http://www.stlukeshome.ie)

**Courses: January – May 2015**



*"Enhancing our Caring by On Going Training"*

## 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 An Bord Altranais**.

In addition to providing training to meet the standards expected by HIQA and the other statutory bodies the Education Centre continues to enhance the breath 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 on-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 at the below. Full details of course content, application process and pre-requisite requirements can be downloaded from our website [www.stlukeshome.ie/education-centre](http://www.stlukeshome.ie/education-centre) or can be sent by post on request.*

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Our Tutors can travel to Residential Care Centres and provide tailor made training courses.

Contact the Education Centre to discuss how we can meet your training needs.

## Courses for All Involved in Care of the Older Adult

### End of Life Care - Ref No: EOL

**An Bord Altranais Category 1 - 4 CEUs**

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

**Dates:** 29<sup>th</sup> January, 11<sup>th</sup> March or 17<sup>th</sup> June

**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.

### CPR & Defibrillator - Ref No: CPR

**Accredited by the Irish Heart Foundation**

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

**Dates:** 26<sup>th</sup> January, 2<sup>nd</sup> March, 13<sup>th</sup> April or 11<sup>th</sup> May

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

### Manual & Patient Handling - Ref No: MPH

**Duration:** 9.00am - 4.00pm (Full Day Course)

**Dates:** 19<sup>th</sup> January, 23<sup>rd</sup> February, 30<sup>th</sup> March, 27<sup>th</sup> April or 8<sup>th</sup> June

**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:** 2.00pm - 5.00pm (Half Day Course)

**Dates:** 26<sup>th</sup> January, 2<sup>nd</sup> March, 13<sup>th</sup> April or 11<sup>th</sup> 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.

## **Prevention of Elder Abuse - Ref No: EA**

**An Bord Altranais Category 1 - 3.5 CEUs**

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

**Dates:** 22<sup>nd</sup> January or 7<sup>th</sup> 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.

## **Addressing Cultural issues that foster Elder Abuse Refresher - Ref No: EA/R**

**Duration:** 2.00pm - 5.00pm

**Dates:** 18<sup>th</sup> February, 5<sup>th</sup> March, 7<sup>th</sup> May or 4<sup>th</sup> June

**Aim:** This course aims to address issues raised in the recent media portrayal of events in residential care and key themes of Respect, Responsibility, Communication, Culture and Privacy and Dignity. Interactive Case studies and role play scenarios with practical examples from everyday care episodes will form the basis of this course. Award of certificate will be based on successful completion of a post course assessment.

## **Advocacy for the Older Adult - Ref No: AOA**

**An Bord Altranais Category 1 - 3 CEUs**

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

**Dates:** 26<sup>th</sup> February

**Aim:** To provide participants with the knowledge, skills and attitudes necessary to plan, facilitate and evaluate Advocacy.

## **Activities for the Older Adult - Ref No: ACTO**

**An Bord Altranais Category 1 - 2 CEUs**

**Duration:** 2.00pm - 5.00pm (Half Day Course)

**Dates:** 26<sup>th</sup> February

**Aim:** This half-day course will equip participants with foundation skills in adapting and developing an activities programme in older adult care.

## **Introduction to Dementia Care - Ref No: IDC**

**An Bord Altranais Category 1 - 3 CEUs**

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

**Dates:** 28<sup>th</sup> January or 4<sup>th</sup> March

**Aim:** To increase awareness of the issue of memory impairment and dementia typology. This is an ideal introductory course for staff, volunteers and all involved in care of the older person.

## **Introduction to Challenging Behaviour - Ref No: ICB**

**An Bord Altranais Category 1 - 3.5 CEUs**

**Duration:** 2.00pm - 5.00pm (Half Day Course)

**Dates:** 28<sup>th</sup> January or 4<sup>th</sup> March

**Aim:** To widen understanding of the issues in self and others that may contribute to episodes of Challenging Behaviour.

## **Basic First Aid - Ref No: BFA**

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

**Dates:** 4<sup>th</sup> February, 9<sup>th</sup> April or 11<sup>th</sup> June

**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.

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

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

**Dates:** 11<sup>th</sup> February or 22<sup>nd</sup> April

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

## Courses for Directors of Care, Nurse Managers and Staff Nurses

### **NEW Approach to Infection Control for Nurses**

Our new courses are based on achieving compliance with elements of the HIQA National Standards for the Prevention and Control of Healthcare Associated Infections and evidence based best practice using a practical approach. We offer a comprehensive morning course which can be combined with an afternoon course on either 'The Management of Common Infections' or 'The Management of Outbreaks in Residential Care Facilities'.

#### Standard Precautions of Infection Control for Nurses – Ref No: PIC

**An Bord Altranais Category 1 – Pending**

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

**Dates:** 9<sup>th</sup> February or 23<sup>rd</sup> March

**Aim:** See Website for Full Details

**Special Price when combined with either of the following afternoon courses**

#### Management of Common Infections in Residential Long Term Care – Ref No: MCI

**An Bord Altranais Category 1 – Pending**

**Duration:** 2.00pm – 5.00pm (Half Day Course)

**Dates:** 9<sup>th</sup> February

**Aim:** This afternoon course focuses on addressing infections.

OR

#### Management of Outbreaks in Residential Long Term Care – Ref No: MOR

**An Bord Altranais Category 1 – Pending**

**Duration:** 2.00pm – 5.00pm (Half Day Course)

**Dates:** 23<sup>rd</sup> March

**Aim:** This afternoon course consists of managing infection outbreaks.

See our website [www.stlukeshome.ie/education-centre](http://www.stlukeshome.ie/education-centre) for full details



## **Medication Management for Nurses – Ref No: MMN**

**An Bord Altranais Category 1 – 6 CEUs**

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

**Dates:** 19<sup>th</sup> 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 An Bord Altranais guidelines. This course will be presented by our Tutor and a Pharmacist.

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

**Duration:** 2.00pm – 5.00pm (Half Day Course)

**Dates:** 29<sup>th</sup> January or 5<sup>th</sup> March

**Aim:** A refresher course for those who have completed the full-day training within the past 2 years. This course will be presented by our Tutor and a Pharmacist.

## **Familiarization with Venepuncture for Nurses – Ref No: FVN**

**An Bord Altranais Category 1 – 4 CEUs**

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

**Dates:** 18<sup>th</sup> February

**Aim:** To raise awareness of practices needed to carry out Venepuncture.

## **Oral Health Care in Residential Care Settings – Ref No: OHC**

**An Bord Altranais Category 1 – Pending**

**Duration:** 2.00pm – 5.00pm (Half Day Course)

**Dates:** 2<sup>nd</sup> February or 13<sup>th</sup> April

**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.

## Care Planning & Narrative Documentation - Ref No: CPD

**An Bord Altranais Category 1 - 6 CEUs**

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

**Dates:** 12<sup>th</sup> March

**Aim:** Overview of care planning and documentation. Introduction to person-centred narrative informed documentation practices using nursing framework.

## Risk Management - Ref No: RM

**Duration:** 2.00pm - 5.00pm (Half Day Course)

**Dates:** 2<sup>nd</sup> February or 30<sup>th</sup> March

**Aim:** A course in identification, assessment and prioritisation of actions to mitigate the uncertainty of risks in a residential / healthcare setting. The course will focus on the assessment of hazards, the categorisation of risks and the probability and impact on an organisation of unfortunate events.

## Dementia Care for Nurses - Ref No: DCN

**An Bord Altranais Category 1 - 3 CEUs**

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

**Dates:** 4<sup>th</sup> February or 8<sup>th</sup> April

**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.

## Behaviours that Challenge for Nurses - Ref No: CBN

**An Bord Altranais Category 1 - 3.5 CEUs**

**Duration:** 2.00pm - 5.00pm (Half Day Course)

**Dates:** 4<sup>th</sup> February or 8<sup>th</sup> April

**Aim:** This courses 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.

## Personal Development Courses

### Mindfulness Meditation 7 Week Evening Course -

#### Ref No: MME

**Duration:** 7.00pm - 9.30pm

**Commencing:** Thurs 12th March to Thurs 23rd April  
Sunday 19th April will be a day of Practice

**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.

### Mindfulness Meditation 7 Week Evening Course -

#### Ref No: MME

**Duration:** 7.00pm - 9.30pm

**Commencing:** Thurs 14th May to Thurs 25th June  
Sunday 21st June will be a day of Practice

**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.

## Certification Awarded by QQI

### Activities of Living Patient Care (5N3707) - Level 5

**Duration:** 6.00pm - 9.30pm (10 Week Evening Course)

**Dates:** 15th, 22nd, 29th Jan, 5th, 12th, 19th, 26th Feb, 5th, 12th & 19th March

**Aim:** To enable role development of the HCA and Senior HCA, In order to maximise their contribution to resident care, through increased use of specific assessment methods that equips the HCA to determine physiological changes in the resident's condition, act and report on changes.

### Care Skills (5N2770) - Level 5

**Duration:** 9.30am - 4.00pm (4 Day Course)

**Dates:** 25th March, 15th April, 6<sup>th</sup> & 20th May

**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.

### Palliative Care Support (5N3769) - Level 5

**Duration:** 6.00pm - 9.30pm (10 Week Evening Course)

**Dates:** 19th, 26th Jan, 2nd, 9th, 16th, 23rd Feb, 2nd, 9th, 16<sup>th</sup> & 23rd March

**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.

### Occupational First Aid (5N1207)- Level 5

**Duration:** 9.30am - 4.00pm (3 Day Course)

**Dates:** 9<sup>th</sup>, 16<sup>th</sup> & 23rd March

**Aim:** On completion of this course participants will be able to provide necessary first aid assistance within the workplace, deal with emergency medical situations and implement essential lifesaving skills.

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

**Duration:** 2.00pm - 5.30pm or 6.00pm - 9.30pm  
(10 Week Afternoon / Evening Course)

**Dates:** 24th, 31st March, 7th, 14th, 21st, 28th April, 5th, 12th, 19th, 26th May

**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.

### Gerontology (6N3748)- Level 6

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

**Dates:** 1st, 22nd April, 13th, 27th May, 10th, 17th, 24<sup>th</sup> & 25th June

**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.

### Supervisory Management (6N4329) - Level 6

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

**Dates:** to be confirmed - awaiting QQI Validation

**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.

### Health & Safety Management (6N1782) - Level 6

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

**Dates:** to be confirmed - awaiting QQI Validation

**Aim:** To equip learners with the practical skills and knowledge necessary to manage Health and Safety and enable learners to understand the role and responsibilities of management, and develop the relevant risk management skills.

### Training Delivery & Evaluation (6N3326) - Level 6

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

**Dates:** to be confirmed - awaiting QQI Validation

**Aim:** To equip learners with an understanding of training theory, and the practical skills and knowledge necessary to prepare, deliver, assess and evaluate training. The Subjects covered will be detailed descriptions of training theory, session preparation and delivery skills, constructive feedback, design of evaluation tools, and analysis of evaluations.

## New Course for Senior HCA's

**Duration:** 9.30am - 4.00pm (3 Day Course)

**Dates:** 8<sup>th</sup>, 29<sup>th</sup> April & 3<sup>rd</sup> June

### **Management Development for Senior HCA's:**

## **An Innovative Approach to Develop Quality Improvement in the Working Environment**

This new course is designed to run over three full days and as it is experiential and reflective in nature it will be structured over an eight week period.

**Component 1:** Senior Carers will develop a personal, professional and organisational capacity involving role development to include increased personal effectiveness, expanding professional capacity and demonstrating organisational effectiveness.

**Component 2:** Developing Skills and Abilities in becoming an effective manager in priority setting, tempo management and measurement of quality

**Component 3:** Setting the scene for Change Management which will include discovering the nature of change and requirements in the nursing home environment, determining the skills and knowledge base required for senior level (HCA) and disseminating best practice at the role and functional level of the Carer and Senior Carer function

### **Pre-requisites:**

- QQI (FETAC) HCA Award or equivalent recognised qualifications
- Commitment to the process of staff development through quality improvement
- A letter of support from employer

## 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.



[www.facebook.com/stlukeshomeeducationcentre](http://www.facebook.com/stlukeshomeeducationcentre)

# Living Well with Dementia Conference

## Person Centred Approaches



**This Conference will be of interest to all healthcare professionals working with older people in Residential & Acute settings**

### Topics

- Person Centred Practice
- Communication & Eating Difficulties
- Elevator Project - Education & Empowerment
- Palliative Care Needs
- Changing Minds
- Decision Making Capacity Bill 2015
- Expressing Sexuality
- Early Onset Dementia

**Thursday April 23rd 2015,  
Radisson Blu Hotel,  
Little Island, Cork**

### Key Note Speaker

**Professor Jan Dewing**

Time travel & Dementia

#### Other speakers include

Professor Cillian Twomey, Dr. Kate Irving,  
Dr. Suzanne Timmons, Ms. Carol Jermyn  
and others

### PLUS

A Choice of two Masterclasses Friday,  
24<sup>th</sup> April 10.00am to 13.00pm -  
Northridge House - St Luke's Home

#### Option 1

Prof. Jan Dewing -  
Creative approaches  
to responding  
to behaviours of  
distress and unmet  
needs.

OR

#### Option 2

Dr. Nicola Cornally -  
Advance Care  
Directives and End  
of Life Care  
planning.

These can be booked in conjunction  
with the Conference or independently.

Conference Registration Fee  
plus Masterclass: **€100**

Conference Registration Fee only: **€80**

Masterclass only: **€40**

### Contact Details

Ms. Claire Coakley, Northridge House, St Luke's Home, Mahon, Cork.

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Pre booking is necessary, for on-line booking please go to [www.stlukeshome.ie/1stcourse/dementia-conference](http://www.stlukeshome.ie/1stcourse/dementia-conference)

Limited places available, book early to avoid disappointment

An Bord Altranais (Category 1) accreditation pending

[www.stlukeshome.ie/education-centre](http://www.stlukeshome.ie/education-centre) find us on Facebook

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