

# St Luke's

HOME, CORK

## EDUCATION CENTRE

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## Course Brochure



*"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 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 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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## 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  
[claire.coakley@stlukeshome.ie](mailto:claire.coakley@stlukeshome.ie)*

## 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)

**Date :** 8<sup>th</sup> October or 19<sup>th</sup> November

**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

**An Bord Altranais Category 1 - Pending**

**Duration:** 2.15pm - 4.30pm (Half Day Course)

**Date:** 8<sup>th</sup> October

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

**Date:** 21<sup>st</sup> September, 19<sup>th</sup> October, 23<sup>rd</sup> November or 14<sup>th</sup> December

**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 :** 14<sup>th</sup> September , 12<sup>th</sup> October , 16<sup>th</sup> November or 7<sup>th</sup> December

**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)

**Date :** 17<sup>th</sup> September or 26<sup>th</sup> November

**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:** 2.15pm - 5.00pm

**Date :** 17<sup>th</sup> September or 26<sup>th</sup> November

**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)

**Date:** 1<sup>st</sup> October or 3<sup>rd</sup> December

**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:** 2.15pm - 5.00pm (Half Day Course)

**Date:** 1<sup>st</sup> October or 3<sup>rd</sup> December

**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: DC**

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

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

**Date:** 30<sup>th</sup> September or 8<sup>th</sup> December

**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 - Ref No: CB**

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

**Duration:** 2.15pm - 5.00pm (Half Day Course)

**Date:** 30<sup>th</sup> September or 8<sup>th</sup> December

**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 :** 28<sup>th</sup> September or 30<sup>th</sup> November

**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.

## **CPR & Defibrillator - Ref No: CPR**

**Accredited by the Irish Heart Foundation**

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

**Date :** 14<sup>th</sup> September , 12<sup>th</sup> October , 16<sup>th</sup> November or 7<sup>th</sup> December

**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:** 14<sup>th</sup> October or 2<sup>nd</sup> December

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



### **Infection Control- Ref No: PIC**

**An Bord Altranais Category 1 - Pending**

**Duration:** 2.15pm - 5.00pm (Half Day Course)

**Date :** 29<sup>th</sup> September or 24<sup>th</sup> November

**Aim:** The session will include: Infection Prevention and Control, The Chain of Infection, Development of Standard Precautions and Basic Principles of Hand Hygiene.

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

**An Bord Altranais Category 1 - Pending**

**Duration:** 2.15pm - 5.00pm (Half Day Course)

**Date:** to be confirmed

**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.

### **An Introduction to Art Therapy - Ref No: IAT**

**Duration:** 9.30am - 4.00pm

**Date:** 12<sup>th</sup> October

**Aim:** The aim of this workshop is to introduce participants to an understanding of the therapeutic potential of art as therapy. The workshop is designed for anyone who has an interest in art therapy in a healthcare setting, and may be particularly useful to those working or training in the caring profession.

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

### **NEW Innovative Approaches to Dementia Care**

#### **5 Day Programme for RNs (ABA Category Pending)**

**14<sup>th</sup>, 28<sup>th</sup> October, 11<sup>th</sup>, 25<sup>th</sup> November & 9<sup>th</sup> December (5 Full Days)**

This new course offers Registered Nurses (RNs) working in older adult care settings the opportunity to develop and expand their knowledge, skills and attitudes in providing sophisticated dementia care across a range of settings. The course will enable RNs to take a critically self-reflective approach to identify what evidence-based practice achieves. The course is designed to run over 5 full days in a 10-week period and will include both national and international best practice innovations. The aim of this innovative course is to enable RNs to develop cultures of person-centeredness and improve the quality of life and quality of care for people with dementia.

The course is centred around 5 Themes:

- Theme 1** Memory loss and Dementia typology and implications
- Theme 2** Climate for sophisticated dementia care: innovation and action
- Theme 3** Therapeutic interventions: past, present and future directions
- Theme 4** Supporting the person with responsive behaviour
- Theme 5** Confidence & competence for innovative practice

The approach taken on this course will be that of work-based learning where the learner will be required to undertake specific activities between each formal education day in order to demonstrate professional learning and improve reflective skills.

- Week 1-2** Evaluate own work place culture
- Week 2-4** How is person centeredness revealed
- Week 4-6** Leading an innovation (therapeutic intervention)
- Week 6-8** Using an ABC approach recording and resolving
- Week 8-10** Managing change and increasing benefit

For further details contact:

[claire.coakley@stlukeshome.ie](mailto:claire.coakley@stlukeshome.ie)

## Infection Control for Nurses

Our 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)

**Date:** to be confirmed

**Aim:** The session will include: Infection Prevention and Control, The Chain of Infection, Development of Standard Precautions and Basic Principles of Hand Hygiene.

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

**Date :** to be confirmed

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

**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)

**Date :** 12<sup>th</sup> November

**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:** 2.15pm - 5.00pm (Half Day Course)

**Date :** 3<sup>rd</sup> December

**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)

**Date:** to be confirmed

**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:** 2.15pm - 5.00pm (Half Day Course)

**Date:** to be confirmed

**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)

**Date:** to be confirmed

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

## **Risk Management – Ref No: RM**

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

**Date :** to be confirmed

**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: DC**

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

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

**Date :** 30<sup>th</sup> September or 8<sup>th</sup> December

**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: CB**

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

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

**Date:** 30<sup>th</sup> September or 8<sup>th</sup> December

**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

**Date:** 17<sup>th</sup> 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.

### Addressing Loss: An Introduction 5 Week Evening Course -

#### Ref No: ALI

**An Bord Altranais Category 1 - 12 CEUs**

**Duration:** 7.30pm - 9.30pm

**Date :** 1<sup>st</sup> October

**Aim:** This course provides an introduction to the diversity and theoretical understanding of Loss in contemporary society. The course is designed for those working in Healthcare or for those who have an interest in the subject. The course is not designed as a support course for those recently bereaved.

### Wellness -Self-care in Today's Busy Times - Ref No: WSC

**Duration:** 9.30am - 4.00pm

**Date:** 3<sup>rd</sup> October

**Aim:** This course will help participants to explore a high level of wellbeing and the difference it can make to one's life and to explain the 5 elements that are known to contribute to wellbeing and, most importantly, how to take action to grow fulfilment. We will also explore how to ensure that we keep taking this action in the long-term.

## Interview Skills for Board Members

**Duration:** 9.30am – 4.00pm

**Date:** 13<sup>th</sup> October

**Aim:** This one day workshop is appropriate for Managers who are acting as Interview Board Members on behalf of their organisations. The aim of the day will be to develop key skills to enhance the selection process in attaining the most suitable candidate for the job.

## Interview Skills for Candidates

**Duration:** 9.30am – 1.00pm

**Date:** 20<sup>th</sup> October

**Aim:** This half-day workshop is suitable for people who wish to improve their interview technique. The main focus will be on practical interview preparation, skills development and answering styles.

## Certification Awarded by QQI

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

**Duration:** 6.00pm – 9.30pm (10 Week Evening Course)  
**Date:** to be confirmed  
**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)  
**Date:** 7<sup>th</sup> and 28<sup>th</sup> October, 18<sup>th</sup> November & 2<sup>nd</sup> December  
**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)  
**Date :** 28<sup>th</sup> September, 5<sup>th</sup>,12<sup>th</sup> and 19<sup>th</sup> October , 9<sup>th</sup>,16<sup>th</sup>,23<sup>rd</sup>, 30<sup>th</sup> November & 7<sup>th</sup> December  
**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)  
**Date:** 24<sup>th</sup> September,1<sup>st</sup> and 8<sup>th</sup> October OR 3<sup>rd</sup> 10<sup>th</sup> and 17<sup>th</sup> October  
**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:** 6.00pm – 9.30pm (10 Week Evening Course)  
**Date:** 29<sup>th</sup> September, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> October, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> 24<sup>th</sup> November & 1<sup>st</sup> December  
**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)  
**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.

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

**Duration:** 9.30am – 4.00pm (5 Day Course)  
**Date:** 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> October, 2<sup>nd</sup> & 9<sup>th</sup> November  
**Aim:** To equip learners to become fully competent supervisory managers in the workplace, and attain a national award. To provide the skills, knowledge and mind-set essential for getting the best performance from staff and supervising an operation effectively.

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

**Duration:** 9.30am – 4.00pm (5 Day Course)  
**Date:** 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> November & 14<sup>th</sup> December  
**Aim:** To equip learners to become fully competent in setting up a practical risk management system in the workplace, supervise its implementation, and evaluate work its effectiveness and to attain a national award. The programme is designed primarily for learners working in care home and healthcare settings.

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

**Duration:** 9.30am – 4.00pm (5 Day Course)  
**Date:** 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> February & 7<sup>th</sup> March 2016  
**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.

## Management Development for Senior HCA's

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

**Dates:** 21st October, 4<sup>th</sup> November & 9<sup>th</sup> December  
**Duration:** 9.30am - 4.00pm (3 Day Course)

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)

## Contact Us



### **Bookings & Enquiries to:**

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