

St Luke's

HOME, CORK

EDUCATION CENTRE

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www.stlukeshome.ie

Courses: September – December 2014



"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 (FETAC) 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 or can be sent by post on request.

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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: 4th September, 30th October, 20th November or 11th December

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: 15th September, 13th October or 17th November

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: 9.30am - 4.00pm (Full Day Course)

Dates: 22nd September, 3rd November or 8th 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: 2.00pm - 5.00pm (Half Day Course)

Dates: 15th September, 13th October, 17th November

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.

An Introduction to Infection Control – Ref No: IIC

An Bord Altranais Category 1 – 3 CEUs

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

Dates: 17th September

Aim: A half-day introductory course for all working in Residential Care.

Prevention of Elder Abuse – Ref No: EA

An Bord Altranais Category 1 – 3.5 CEUs

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

Dates: 18th September, 23rd October, 18th November or 9th December

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: EA/R

Duration: 2.00pm – 4.30pm

Dates: 18th September, 23rd October, 18th November or 9th December

Aim: A refresher course for those who have completed the half-day training within the past 2 years. This is case study based.

Enhancing Working Relationships – Ref No: EWR

An Bord Altranais Category 1 – 3.5 CEUs

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

Dates: 24th September or 19th November

Aim: To enhance Interpersonal Working Relationships within Residential Care. This course addresses how conflict may be addressed in a proactive manner within the working environment.

Advocacy for the Older Adult – Ref No: AOA

An Bord Altranais Category 1 – 3 CEUs

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

Dates: 25th September or 6th November

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: 25th September or 6th November

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: 1st October or 10th December

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: 1st October or 10th December

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: 2nd October or 4th December

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: 22nd October

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: 6th October, 20th October or 1st December

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: 6th October or 1st December

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: 20th October

Aim: This afternoon course consists of managing infection outbreaks.

See our website www.stlukeshome.ie/education-centre for full details

Health & Safety New Legislation - Ref No: H&SL

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

Dates: 10th September

Aim: To provide insights into the new requirements of recent legislation in the area of Health & Safety.

Medication Management for Nurses - Ref No: MMN

An Bord Altranais Category 1 - Pending

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

Dates: 30th October or 2nd December

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: 16th October or 20th November

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: 29th October

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: 9.30am - 12.30pm (Half Day Course)

Dates: 3rd November

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 - Pending

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

Dates: 11th November

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

Person Centred Care & Narrative Documentation Workshop - Ref No: PCC

An Bord Altranais Category 1 - Pending

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

Dates: 27th November

Aim: To provide an opportunity for all staff to discover how they can individually and collectively collaborate, be involved and participate in person centred care and narrative informed care in a residential care settings.

Personal Development Courses

An Introduction to Mindfulness Meditation - Ref No: IMM

Duration: 10.30am - 12.00pm

Dates: 20th September

Aim: This morning session will introduce participants to the practice of Mindfulness. We offer this session as a taster, allowing participants experience Mindful Meditation before making a decision on the seven week course.

Mindfulness Meditation 7 Week Evening Course - Ref No: MME

Duration: 7.00pm - 9.30pm

Commencing: 25th 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 6 Week Evening Course - Ref No: ALE

An Bord Altranais Category 1 - 12 CEUs

Duration: 7.30pm - 9.30pm

Commencing: 23rd October

Aim: This course is a short introduction to the nature of loss and is ideally suited to those engaged in pastoral ministry, those interested in being part of a support group and those who would value insights into loss in general.

QQI (FETAC) Courses



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

- Duration:** 2.00pm - 5.30pm or 6.00pm - 9.30pm
(10 Week Afternoon / Evening Course)
- Dates:** 9th, 16th, 23rd, 30th Sept, 7th, 14th, 21st, 28th Oct, 4th & 11th Nov
- 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)
- Dates:** 24th Sept, 15th Oct, 5th & 26th Nov
- 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:** to be confirmed
- 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.

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

Details to be confirmed

Gerontology (6N3748)- Level 6

Duration: 9.30am – 4.00pm (8 Day Course)
Dates: 8th, 22nd Oct, 5th, 19th Nov, 3rd Dec, 7th, 21st Jan & 4th Feb
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: 29th, 30th Sept, 6th, 13th, 20th & 21st Oct
Aim: To train learners to become competent supervisory managers in the workplace, and attain a national award.

Health & Safety Management (L31750) - Level 6

Duration: 9.30am – 4.00pm (4 Day Course)
Dates: 1st, 8th, 15th & 22nd October
Aim: To equip learners with the practical skills and knowledge necessary to manage the workplace in a safe, legally compliant and risk-controlled manner.

Train the Trainer (E30179) - Level 6

Duration: 9.30am – 4.00pm (4 Day Course)
Dates: 3rd, 10th, 17th & 24th October
Aim: To equip learners with the skills and knowledge necessary to confidently and competently design, deliver, assess and evaluate training programmes.
This module is a stand-alone module. It may not be deemed as contributing to a major QQI Award.

Full details of course content, application process and pre-requisite requirements can be downloaded from our website or can be sent by post on request.

New Courses for Senior HCA's – Spring 2015

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

St. Luke's Home Education Centre Annual Conference

The Importance of Nutrition in Residential Care

Covering:

- **Nutrition in Residential Care**
- **Nutrition in Dementia Care**
- **Nutrition at End of Life**

CPD & An Bord Altranais (Category 1) Approved

**Thursday
9th October 2014**

Venue: Maryborough House Hotel

**This conference is offered in support of HIQA 2014
thematic inspections.**

**Pre-booking is essential
Fee: €60.00 per person or 2 for €100.00**