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Course Brochure

September 2019 – May 2020



QAI AWARD

OUR TRAINING IS...

ACCREDITED

PRACTICE- BASED

COMPETITIVE

EFFECTIVE

Introduction

Northridge House Vocational Training & Research 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**. We are also an affiliated training centre with the Irish Heart Foundation.

In addition to providing training to meet the standards expected by HIQA and the other statutory bodies the Training Centre continues to enhance the range 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 fully equipped training rooms (AV & WIFI) and our Conference Room can accommodate up to 100 seated people.

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.

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Rooms at Northridge House

Training/Meeting Rooms and Conference Centre available. 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.

Testimonials

"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

'I am delighted to recommend the training provided by Northridge House whether that is on their premises or ours. We have had a number of training courses provided by Northridge House in all aspects of care of the elderly and without exception, we have been very happy with the standard and content of training courses. Their trainers have worked in a number of our homes delivering training and they always do so with the minimum of disruption to the running of the home. We look forward to working with the training team in the future and are already scheduling some work for 2017'.

Theresa Connolly, Head of Human Resources, Carechoice Group

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

End of Life Care – Ref No: EOL

NMBI Category 1 – 4 CEUs

Duration: 1.00pm – 4.00pm (Half Day Course)

Date: 22nd October

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.

Manual & Patient Handling – Ref No: MPH

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

Date: 9th September, 14th October, 18th November

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: 9.30am – 12.30pm or 2.00pm – 5.00pm (Half Day Course)
(check with the centre for allocated time)

Date: 23rd September, 21st October, 25th 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.

Enhancing Working Relationships – Ref No: EWR

NMBI Category 1 – 4 CEUs

Duration: 9.30am – 12.30pm (Half Day Course)

Date: 14th November

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

Understanding Dementia Care - Ref No: DC

NMBI Category 1 - 3 CEUs

Duration: 9.00am - 12.00pm (Half Day Course)

Date: 21st October 2019

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: 1.00pm - 4.00pm (Half Day Course)

Date: 21st October 2019

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.

Basic First Aid - Ref No: BFA

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

Date: 19th September, 14th 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 (Irish Heart Foundation).

CPR & Defibrillator - Ref No: CPR

Accredited by the Irish Heart Foundation

Duration: 9.30am - 12.30pm (Half Day Course)

Date: 23rd September, 21st October, 25th November

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: 1.30pm - 4.30pm

Date: 19th November 2019

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

Principals & Practices of Infection Control - Ref No: PIC

Duration: 2.00pm - 5.00pm

Date: 1st October 2019

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

Activities in Older Adult Care

NMBI Category 1 - 6 CEUs

Duration: 9.30am - 12.30pm

Date: 17th October

Aim: Our half-day course will equip participants with foundation skills in adapting and developing an activities programme in older adult care. The residents' needs will be prioritised throughout and all of the programmes will be assessed to cater to each resident's interests and abilities. Activities focus on the social and fun factor as well as the physical benefits. HIQA Standard 18 (2016) requires that *"techniques such as life stories, reminiscence, reality orientation, validation, sensory equipment and music are used to enhance communication"*

Restrictive Practices (Falls & Wound Care)

NMBI - Pending

Duration: 9.30am - 4.00pm

Date: 10th October, 7th November, 5th December

This course will raise awareness of approaches in using restraint, its management and recording in residential settings. It will identify the forms and practices that may be seen as restrictive and it will discuss assessment and decision making. The course will deal with processes that need to be considered when determining application of restraint. HIQA standards and the national restraint policy will be covered. The Assisted Decision Making Act 2015 with relation to restraint will also be covered.

[The Assisted Decision Making \(Capacity\) Act 2015](#)

NMBI - Pending

Duration: 9.30am - 12.30pm

Date: **Contact Centre for Available Dates**

The course will outline knowledge and skills needed to implement the Assisted Decision Making (Capacity) Act into practice. It will outline the UN Convention on the Rights of Persons with Disabilities it also aims to support the learner to develop an understanding of the Convention. The course will focus on the importance of building decision-making capacity. It furthermore provides training in the principles of the Act and details how these should be applied in practice. The course will cover provisions such as advance health care directives and power of attorney and will explore good practice in assisted decision making.

[Medication Management for Nurses - Ref No: MMN](#)

NMBI Category 1 - 6 CEUs

Duration: Half Day Course

Date: **Contact Centre for Available Dates**

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.



New Course

Intimacy, Sexuality, Ageing and Dementia

This half day programme takes a rights based approach to supporting older people and in particular people living with dementia around the area of sexuality.

HIQA Guidance for Designated Centres Intimacy and Sexual Relationships (GDE6) November 2014 states that:

“As a provider, you have a duty to promote the best interests of service users in regard to issues of intimacy, relationships and sexuality.

Providers also have a clear duty to protect service users from abuse, including sexual abuse.

As a service provider you have a duty to ensure that your service complies with legislation, that the privacy and dignity of people using your service is respected as well as their rights to freedom and bodily integrity.

Service providers and their staff should not intrude into the privacy of people using their service, unless it is warranted to keep people safe.”

This programme addresses:

- Perceptions and attitudes to older people and sex.
- Defining intimacy, sexuality and their significance for well-being.
- Barriers to expression of sexuality in residential care.
- Consent and capacity to engage in sexual acts.
- LGBT+ and diverse ageing
- Supporting families
- Challenges when dealing with sexually explicit behaviour.
- Risk assessment
- Sexual Health and Sexually Transmitted Infections
- Guidance for good practice
- Promoting moments of intimacy in everyday life
- Challenging attitudes and culture of care

Dates: 24th September or 21st November

Time: 9.30am - 12.30pm

Personal Development Courses

Mindfulness Taster Class

Date: 3rd September 2019

Time: 7.00pm – 8.30pm

Duration: 1.5 Hour Practice Session for Beginners

This is an opportunity to get a taster of what the full seven week course of Mindfulness Meditation is about. Participants will be able to see if the seven week course is suited to them.

Mindfulness Meditation Classes - Ref No: MME

Duration: 7.00pm – 9.30pm (Thursdays) 10.00am – 4.00pm (Saturday)

Dates: 12th, 19th, 26th September, 3rd, 10th, 19th (Saturday), 24th October

Aim: This 7 week course will run on Thursday evening and one full Saturday and 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



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

Duration: 6.00pm – 9.30pm (10 Week Evening Course)
Date: 10th, 17th, 24th September, 1st, 8th, 15th, 22nd, 29th October, 5th, 12th November 2019
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: 25th September, 9th, 23rd October, 6th November 2019
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: 9.30am – 4.00pm (5 Day Course)
Date: 5th, 12th, 19th, 26th November, 3rd December
Aim: On successful completion of this course, learners are awarded QQI Level 5 Communication Skills Component Certificate 5N0690. This course can be used towards several QQI Major Awards in Healthcare.

Palliative Care Support (5N3769) - Level 5

Duration: 9.30am – 4.00pm (5 Day Course)
Date: Dates to be announced
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.

Safety & Health at Work (5N1794)- Level 5

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

Date: Dates to be announced

Aim: The purpose of the programme on Safety and Health at Work (5N1794) is to provide learners the opportunity to the study Safety and Health, and its key concepts, theoretical concepts and practical applications and is designed is to equip the learner with the relevant knowledge, skill and competence to work as an appropriate worker and member of a team at work

Care Support (5N0758) – Level 5

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

Date: Dates to be announced

Aim: This module aims to provide learners with the personal knowledge, skills and competence to work effectively in a care setting. It aims to promote good practice and respect for diversity in lifestyle, religion and culture in care work. As a mandatory module for the Major Award Healthcare Support (5M4339), this module will enhance the career and professional journey of those Learners who successfully complete the module.

Supervisory Management (6N4329) - Level 6

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

Date: 18th, 25th September, 2nd, 9th, 16th October

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.

Team Leadership (6N1948) - Level 6

Duration: 9.30am – 4.00pm (5 Full Days)

Dates: Dates to be announced

Aim: The aim of the programme is to equip the learner with the relevant knowledge, skills and competence to work as an effective leader and member of a team, independently and/or in a supervisory capacity. The programme looks at the principle theories and styles of leadership plus the role and key functions of a team leader including motivation, communication, planning, goal setting and delegation.

HR Management (6N3750) - Level 6

Duration: 9.30am – 4.00pm (5 Day Course)
Date: 21st, 28th September, 19th October, 9th, 16th, 23rd November
Aim: The purpose of the programme on Human Resource Management is to provide the Learners the opportunity to the study Human Resource Management and its key concepts form theoretical concepts and practical applications and is designed for those who wish to gain an introductory qualification in Human Resource Management, to enable them to work effectively and efficiently within a HRM management role having gained the required skills and finally that learners have the abilities to ensure that all HRM legislation is complied with in all aspects of the Employment relationship.

Training Needs Identification & Design (6N3325) - Level 6

Duration: 9.30am – 4.00pm (5 Full Days)
Date: 19th, 26th September, 3rd, 10th, 17th October
Aim: The purpose of this course is to equip the learner with the knowledge, skill and competence to identify training and development needs at an organisation and or individual level, to devise a training plan and to explore the scope of training and development design to meet those needs.

Training Delivery & Evaluation (6N3326) - Level 6

Duration: 9.30am – 4.00pm (5 Day Course)
Date: 24th, 31st October, 7th, 28th November, 5th December
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.

For those completing both 6N3325 & 6N3326 they will receive a Special Award in Training and Development 6S3372.

Gerontology (6N3748) - Level 6

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

Date: Cork dates to be announced

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.

Off-Site Programme at Mooncoin Residential Care Centre, Co. Kilkenny provided on behalf of Waterford Chamber Skillnet for HCA's, commencing on the 4th September. See link below for further details or Call Audrey on 051 311139
<https://waterfordskillnet.ie/available-classes/gerontology-qqi-level-6-6n3748/>

Our Suite of QQI Courses both Level 5 & 6 can be offered off-site. A Number of our QQI Courses have been supported by various funding bodies. Please contact the centre on 021 4536551 to explore your training needs.



QQI AWARD

Courses for Directors of Care, Nurse Managers and Staff Nurses

Innovative Approaches to Dementia Care

5 Day Programme for RNs (NMBI Category 1 Approved - 35 CEUs)

Dates: TBA (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 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 enable RNs 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

We can provide Training at your Residential Centre designed to meet your needs, including:

- Manual & Patient Handling
- Restrictive Practices
- Fire Safety
- First Aid
- CPR
- Medication Management
- Dementia Care / Responsive Behaviours
- Infection Control
- Nutrition
- End of Life Care
- Updating/Refresher Training available

Northridge House provides professional and accredited training to meet the needs of those working with the Older Adult. As a Vocational Centre we are aware of the individual responsibility of all learners to assess and maintain their own competence and professional practice. The scope of our educational remit is set out in our terms and conditions which can be viewed on our website

www.northridgehouse.ie

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



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