

**Directory of Training & Education  
Study Days for Nurses & Allied Staff**

Nurse Education & Training Solutions

**2015**



**Onsite Training Programs  
designed to meet HIQA  
and other Statutory Body  
Requirements**

**ne<sup>ts</sup>s**

Nurses Education & Training Solutions

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

091 396488

086-8338097

Email; [info@nursetraining.ie](mailto:info@nursetraining.ie)



## Contents

Cover	Page 1
Contents	Page 2
Contents	Page 3
About the Facilitator and contact details	Page 4
Foreword	Page 5
Best Practice in Medication Management	Page 6
End of Life Care	Page 7
Infection Control	Page 8
National Policy on Restraint	Page 9
Overview of Dementia	Page 10
Recognising and Responding to Elder Abuse	Page 11
Person Centred Care	Page 12
Early Warning Score (COMPASS Training)	Page 13
Risk Evaluation and Management	Page 14
Clinical Supervision and Mentorship	Page 15
Counselling Skills Workshop	Page 16
Communication in End of Life Care	Page 17
Preparation of a Professional Portfolio	Page 18
Best Practice in Wound Care	Page 19
Pain Management Workshop	Page 20
Behaviours that Challenge in Dementia Care	Page 21
Venepuncture and Cannulation Skills Workshop	Page 22

Tracheostomy Study Day	Page 23
Documentation in Clinical Care	Page 24
Administration of Subcutaneous Fluids	Page 25
Management and Prevention of Falls	Page 26
Clinical Audit Skills for Nurses	Page 27
Administration of Intravenous Medication	Page 28
Diabetes Care in Elderly Settings	Page 29
Spiritual Care at End of Life	Page 30
Male Catheterisation / Suprapubic Re-Catheterisation	Page 31
Peg Tube Management	Page 32
Three Day Dementia Care Programme for Nurses	Page 33
Nutrition in the Elderly	Page 34
Continence Care in the Older Person	Page 35
Basic Life Support	Page 36
Manual and People Handling	Page 37
Stress Management	Page 38
Non Violent Crisis Intervention	Page 39
Food Safety for Healthcare Professionals	Page 40
Education and Facilitation Skills for Nurses	Page 41
Meaningful Activities in Dementia Care	Page 42

## Nurse Education & Training Solutions

To enquire about onsite training at your facility or other dates, times and venues for offsite training email [info@nursetraining.ie](mailto:info@nursetraining.ie) Ph. 091 396488 or **086-8338097**

You can visit our website on [www.nursetraining.ie](http://www.nursetraining.ie) and Nurse Education & Training Solutions (NETS) can also be found on  [Facebook](#).

### *Ann Gardiner.*



A highly qualified Specialist Nurse and Tutor with extensive experience both at operational and strategic level whilst employed in United States of America , Britain and Ireland. Ann is on the general and the tutors division of An Bord Altranais Register and the courses set out in this brochure can be viewed on the Continuing Professional Directory on An Bord Altranais Website. All courses have been accredited at Category 1 or 2 by ABA .Ann holds a Masters Degree in Nurse/Midwifery Education, A Higher Diploma in Palliative Nursing and A Diploma in Psychology of Counselling. She has worked in a diverse range of areas including end of life care as a Clinical Nurse Specialist in the homecare setting, intravenous nurse clinician in the community USA and developing and delivering education programmes in healthcaresettings in Ireland. All programmes delivered by Ann are underpinned by best practice, national and international guidelines and carry nationally recognised CEU's.



## Foreword

**Nurse Education & Training Solutions** provide a comprehensive range of education and training services to healthcare facilities and professionals in a wide range of general and specialty areas. Education and Training is delivered by a team of experienced nurse educators. Courses are for nurses primarily but are open to healthcare assistants and allied professional employees where appropriate. All training is accredited at Category 1 or 2 by An Bord Altranais and can be viewed on the Continuing Professional Directory on the ABA Website. Onsite training can be arranged at your facility and certificates will be presented on the day of training. A range of courses are also run at locations around the country for individuals who wish to update their skills in a specific area. List of courses available on request and can also be found on Facebook and on our website at [www.nursetraining.ie](http://www.nursetraining.ie) The aim of Nurse Education & Training Solutions is to provide a high standard of education and training to healthcare professionals in an efficient and cost effective service to healthcare providers and employees. An inclusive approach to education is fostered and the courses are evaluated on an ongoing basis to ensure participant satisfaction with the programmes. Nurse Education & Training Solutions is attuned to emerging trends and local needs in a rapidly changing healthcare environment and is adaptive and flexible in developing new courses to meet these requirements. Training is reflective of current legislation and underpinned by national and international guidelines set down by relevant governing bodies. It is in line with HIQA Guidelines and An Bord Altranais Requirements as well as European and Global Directives for Better Safer Practice in the delivery of healthcare in an evolving and challenging healthcare system.

# **Best Practice in Medication Management**

**Aim:** To provide participants with a comprehensive overview of safe administration and management of medications. To explore the Roles and Responsibilities of Nurses and Midwives according to local, national and international best practice.

**Course Outline:** Medication errors and near misses, causes, trends, patterns and categories. What we can do to minimise them? High risk medications examined. Overview of guidelines provided to ensure safe practice. Fitness to practice issues in relation to medication errors.

**Objectives:** To become aware of and understand An Bord Altranais Guidelines on Best Practice in Medication Management and demonstrate ability to put them into practice in the clinical setting.

Gain up to date knowledge in latest evidence underpinning safe practice in managing medications. Utilise a risk management approach and understand consequences of poor practice.

**Target Audience:** All nurses and midwives involved in administration of medication in any setting, acute and long term care. This study day can be provided onsite at your facility. For off-site training contact facilitator for suitable dates and venues.

# End of Life Care

**Aim:** To explore principles and practice of palliative/end of life care of people with catastrophic and life limiting conditions. To provide nurses and allied health professionals with the skills and tools to support people in their 'End of Life Journey'

**Course Outline:** Overview of the philosophy of end of life care. Casting a wider net, palliative care for conditions other than cancer. Management of pain and of other distressing symptoms. Spiritual pain. Comfort measures in the last days of life. Grief and Loss.

**Objectives:** To Develop a comprehensive understanding of the basics of End of Life Care. To provide a framework to explore challenging and emotive issues surrounding end of life care. To develop a system to assist healthcare professionals to acquire effective communication skills in this area. To encourage and promote the importance of self awareness and self care whilst working in end of life settings. To equip health professionals to provide effective symptom control to terminally ill patients and to promote optimal quality of life for those affected by a life limiting illness.

**Target Audience:** Nurses, healthcare assistants and allied health professionals with an interest in end of life care. Those employed in hospital and long term residential care settings as well as community nurses and those working in end of life care facilities.

# Best Practice in Infection Control



**Aim:** To provide an up to date working knowledge of the general principles and best practice in infection prevention and control

**Course Outline:** This course gives a basic understanding of microbiology and shows clearly how infections spread directly and indirectly. A comprehensive overview of standard and transmission based precautions is provided. UV Light Box to highlight importance of Hand Hygiene followed by individual demonstrations. Use of personal protective equipment. Health and safety and risk management issues in infection control. Overview of common infectious diseases and blood borne viruses. Management of difficult situations in infection control such as MRSA, C Diff, ESBLs, TB, HIV, Hepatitis and other current challenges.

**Objectives:** To provide clear and consistent guidelines on Best Practice in Infection Prevention and Control underpinned by current research and evidence based practice. Participants of this programme will be equipped to play an important role in infection control in their workplace on completion of the training day.

**Target Audience:** Nurses, healthcare assistants and allied healthcare professionals working in a wide range of healthcare settings. Anyone interested in updating their knowledge of infection prevention and control.



# National Policy on Restraint

**Aim:** The aim of this workshop is to give a comprehensive overview of the National Policy on Restraint. It equips the participants with the knowledge and skills to use the policy effectively and it helps them understand the limited, exceptional circumstances in which restraint can be legally employed and to become familiar with the differences between enablers and restraints.

**Course Outline:** It comprises of four modules:

- Introduction to national policy on Restraint
- The law and restraint
- Procedures in relation to restraint
- Guidelines, resources and decision making in relation to restraint

**Objectives:** After participating in this workshop the participants will be able to safely and effectively use the national policy on restraint in their everyday practice in the clinical area where they work.

**Target Audience:** This workshop is directed at any and all nurses, healthcare assistants and allied healthcare professionals who work in elderly care settings where restraint is an issue of concern.



# Overview of Dementia Care (HIQA Guidelines)

**Aim:** To provide a comprehensive overview of dementia care for nurses, healthcare assistants and allied health professionals.

**Course Outline:** This course provides an understanding of Dementia in its various forms, lewy body, multi infarct, frontal lobe and others, addressing the complex needs of persons with dementia. It encompasses person centred care, communicating with dementia patients, behaviours that challenge like wandering, aggression and repetitive behaviours. It explores the benefits of creating a dementia friendly environment. It focuses on approaches like the ABC Technique and distraction therapies for behaviours that challenge. Ethical issues in advanced dementia care are explored It also looks at the influence of culture on attitudes and practice in relation to illness, ageing and dementia. It focuses on HIQA Thematic Guidelines

**Objectives:** It aims to equip participants with the knowledge and skills to better care for persons with dementia using a person centred approach. It provides them with tools and resources to assist them in their work in the dementia care setting.

**Target Audience:** This programme is aimed at nurses, healthcare assistants, and allied healthcare professionals who work with persons with dementia and who wish to develop their skills and expertise in the area of dementia care.



# Recognising and Reporting Elder Abuse

## Residential and Community Settings

**Aim:** To provide a comprehensive overview of the types of elder abuse and equip participants with the knowledge and skills to assist them in recognising and responding to concerns regarding signs of abuse in the vulnerable older person.

**Course Outline:** Provides a definition of abuse and an outline of the most common types, including physical, psychological, sexual, financial, discrimination, neglect and acts of omission. Guidelines on responding to concerns and on reporting abuse outlined. Comprehensive overview of the national policy on elder abuse and a DVD of the various types shown accompanied by a workbook which allows participants to frame a discussion and questions and answers around it.

**Objectives:** To equip participants with the information and guidelines to assist them in the protection of elderly people who are vulnerable to various types of abuse and to know how to identify signs of abuse and to know how and when to report it.

**Target Audience:** This course is open to all nurses, healthcare assistants, and allied healthcare professionals who work with vulnerable people in the elderly care sector.



# Person Centred Care

**Aims:** To provide a comprehensive overview of the core concepts of a Person Centred Philosophy of Care.

**Course Content:** Core Concepts of the fundamentals of Person Centred Care to include: Dignity and Respect. Information Sharing. Participation. Collaboration. Current Evidence. Person Centered Care in the Residential Care Setting. Staff support for Person Centered Care. Leadership Support for Person Centered Care. 'enjoying every day' daily life and inviting rituals! Oral care, dressing, meals, personal hygiene, 'if this were my mother'? Pain Management and Palliative Care. Feeling Safe and Independent. Meaningful Activities. Mood and Behaviour. Family Inclusiveness.

**Objectives:** To equip participants with the information and guidelines to assist them in the provision of Person Centred Care across a range of settings.

**Target Audience:** This course is aimed at all healthcare professionals who wish to learn about the philosophy and core concepts of Person Centred Care as it applies itself across a range of settings.

# National Early Warning Score (NEWS)

## Compass Education Programme

**Aim:** This education programme is designed to enhance health professionals understanding of patients who are clinically deteriorating and the significance of altered clinical observations. It is based on an Australian Model which has been modified with permission to suit the Irish Healthcare System.

**Course Outline:** This programme incorporates education on the use of the National Early Warning Score. It focuses on:

- Categorisation of patients' severity of illness
- Early detection of patient deterioration
- Use of a structured communication tool (ISBAR)
- Promote early medical review, prompted by specific triggers
- Use a definitive escalation plan

**Objectives:** This programme aims to improve communication between healthcare professionals, while adopting a patient centred quality driven approach, and enhancing the timely management of patients.

**Target Audience:** It is directed at nurses working with adult patients in medical and surgical settings in acute hospital

# Risk Evaluation and Management

**Aim:** This programme aims to help healthcare professionals to see the tangible benefits from risk assessment and good risk management principles.

**Course Outline:** Step by step risk management, how to spot, record, report and manage risks in order to prevent harm. High risk areas highlighted and explained. Look at situations, activities, equipment. What might need assessing? Health, food risks, incident planning. Implications and process explored.

**Objectives:** To provide a practical, time saving and helpful way to identify risks using a comprehensive approach and to set in place a risk management plan to avert danger to patients, residents, staff and visitors.

**Target Audience:** All healthcare employees interested in receiving an update on Risk Assessment and Management.

# Clinical Supervision and Mentorship in Healthcare Settings

**Aim:** This programme aims to support nurses, healthcare assistants and allied healthcare professionals who provide supervision to students and less experienced colleagues in the course of their work. It provides a framework of support to assist them in adjusting to the role of mentor or supervisor.

**Course Outline:** It focuses on role definitions, effective communication, team work, dealing with change, giving support and being supported, reflective practice, dealing with stress, training and skill development, professionalism, best practice issues, personal development plan, the role of your manager.

**Objectives:** This course seeks to provide a framework of education and support to healthcare professionals who have assumed a role which necessitates the provision of supervision and mentorship to colleagues.

**Target Audience:** This course is suited to all professionals who provide supervision and mentorship to less experienced colleagues in the clinical or residential care setting and is particularly useful to people who have been promoted to a senior staff nurse role or senior healthcare assistant's role as it works with management to put in a support structure for staff, in order to assist and support them in their new role. It provides an opportunity for follow up within three months to review how coping and adaptive strategies learned during the training day are working for participants.



# Counselling Skills Workshop for Nurses and Allied Healthcare Professionals

**Aims:** To create the space for nurses to consider the importance and value of effective counselling skills in the everyday practice of nursing.

**Course Content:** To provide an overview of the various approaches to counselling and explore the nurse's role. To look at various definitions of 'counselling' and share our own experiences of how it fits in with our work with clients. The central tenets of the therapeutic relationship will be discussed.. A comprehensive overview of effective communication skills is given focusing on the 'counselling relationship.' The importance of self awareness and boundaries is highlighted. We explore what constitutes a 'crisis' in counselling, breaking bad news, knowing your limits and referring on... We also look at sources of practical advice and support, issues of trust, working with diverse personality types, directive and non-directive approaches and therapeutic use of 'self' in the counselling process.

**Objectives:** To provide healthcare employees with the language and skills necessary to improve their counselling technique in their daily work with patients.

**Target Audience:** This course is open to everyone employed in healthcare settings who are interested in developing their counselling skills.



# Communication in End of Life Care

**Aims:** This course aims to equip healthcare team members with the skills to deal with complex communication problems and emotionally challenging situations. Effective communication skills underpin successful interactions with patients and families. This course also explores the pathway to effective communication within the multidisciplinary team.

**Course Outline:** A variety of approaches are used including role play, simulated scenarios, group discussion and structured feedback. This course supports the health professional to develop competence and confidence in their communication skills in an inclusive and supportive environment.

**Objectives:** This course aims to increase the awareness of the healthcare team members with regard to their communication skills. It will explore strategies that will enhance their ability to elicit the concerns of people with advanced illness and to deal more effectively with challenging communication situations.

**Target Audience:** This course is aimed at members of the multidisciplinary healthcare team who are working with people in End of Life Care. It can be adapted to groups from any setting to focus on their particular communication needs and concerns.

# Developing a Professional Portfolio

**Aims:** This workshop is designed for nurses to gain an overview of the principles and processes behind developing and maintaining a professional portfolio and provides a framework where they can showcase their ongoing professional achievements for professional purposes.

**Course Outline:** Identify the appropriate nursing documentation for inclusion in a professional portfolio. Gain knowledge of the use of a portfolio in career development. Identify how professional portfolios promote professional practice. Gain knowledge of personal development planning, development of competence and the important use of reflective practice in the development of a professional portfolio.

**Objectives:** To provide nurses with a framework to develop a portfolio of their education and continuing competence development to satisfy the requirements of An Bord Altranais and the Nurses Act (2011)

**Target Audience:** All nurses and midwives on the An Bord Altranais Register who wish to develop a portfolio outlining their continuing professional development, education and competence according to the requirements of the Nurses Act (2011).



# Best Practice in Wound Management and Pressure Ulcer Prevention

**Aims:** This course provides an overview of the assessment, treatment and management of wounds and pressure ulcers.

**Course Outline:** Definition and classification of wounds is explored. Wound healing and associated physiology, assessment tools and cleansing of wounds is covered. It provides a comprehensive overview of the National Wound Care Guidelines and up to date evidence to support best practice in wound care. Management of leg ulcers, diabetic foot and pressure ulcers discussed.

**Objectives:** The course aims to equip nurses to manage wounds more effectively and to provide an update on pressure ulcer prevention. It provides a framework for effective wound assessment and criteria for choosing appropriate wound dressing.

**Target Audience:** The course is designed for all nurses and other healthcare professionals involved in or interested in best practice in wound care.

# Pain Management Workshop

**Aims:** To enhance nurses and allied health professionals knowledge and skills in the area of pain management in elderly care settings using a person centred approach.

**Course Outline:** This programme provides a comprehensive approach to assessment and management of pain. It focuses on pharmacological and non pharmacological methods. Overview of ASK & LISTEN Approach. It discusses pain types and effective approaches and explores Pain Assessment Tools. It provides an overview of the psychological consequences of unresolved pain and looks at use of the World Health Organisation's 3 step pain ladder. The concept of 'Total Pain' is explored. Spiritual or 'soul pain' is part of the discussion around advanced cancer pain.

**Objectives:** This programme explores a holistic and comprehensive approach to pain assessment and management and empowers nurses and allied health professionals to meet the needs of patients who are in pain and to improve their quality of life as a result.

**Target Audience:** Nurses and allied health professionals involved in care of patients who are suffering acute or chronic pain across a wide variety of settings. This course can be adapted to suit the needs of acute or chronic settings and end of life care.

# Behaviours that Challenge

**Aims:** The aim of the programme is to provide healthcare professionals with the skills to effectively manage behaviours that challenge whilst protecting the dignity and safety of the person with dementia. It highlights the need for self care and support for colleagues whilst working in a dementia care setting.

**Course Content:** This course explores causes and consequences of behaviours that challenge. It looks at the types of behaviour that falls into this category and focuses on anger, aggression, wandering, and antisocial behaviour at mealtimes. It also includes an overview of triggers, warning signs, and concentrates on diffusing difficult situations using a variety of approaches including the ABC approach and other distraction therapies. It covers the effects of the 'sundowning' syndrome and makes suggestions to help ease distress for persons with dementia.

**Objectives:** It seeks to provide nurses and allied health professionals with the skills and knowledge necessary to cope with behaviours that challenge using a person centred approach whilst maintaining their own safety and supporting their colleagues.

**Target Audience:** This course will be of benefit to all healthcare professionals who work with clients who manifest behaviours that challenge in the clinical or residential setting.

# Venepuncture and Cannulation Skills



**Aims:** This course aims to enhance the knowledge and skills of nurses in the area of Venepuncture and Cannulation and to provide a structured approach to safe and efficient practice in inserting an intravenous cannula and in obtaining blood specimens from adult patients. It is based on the National Framework of Venepuncture and Cannulation, (HSE 2010).

**Course Content:** It includes a review of the Scope of Practice in Nursing. It provides a comprehensive overview of the key principles for venepuncture and cannulation including infection control, safe disposal of sharps, blood borne viruses and risks involved, management of complications and aftercare and documentation. A clinical skills workshop is provided in the afternoon to practice the skills of venepuncture and cannulation on the training manikins allowing participants to practice in a supportive educational environment.

**Objectives:** This course will ensure competence and confidence in the area of IV Cannulation and Venepuncture of the nurses who attend.

**Target Audience:** This course is designed to facilitate nurses who wish to become proficient in Venepuncture.



# Tracheostomy Study Day

**Aim:** This course aims to enhance the knowledge and skills of nurses in the area of Tracheostomy Care and to provide a structured approach to safe and efficient practice in providing skilled and holistic care to your clients. It is based on national best practice guidelines.

**Course Content:** It provides an overview of the anatomy and physiology of the airway and mechanism of swallowing. It follows a multidisciplinary approach to caring for a patient with a tracheostomy in place in various settings. It encompasses a reflection of the patient experience and advocates a compassionate patient centred approach to care. It overviews the most efficient use of resources.

**Objectives:** After this course nurses will be able to perform the skill of tracheostomy care safely and efficiently according to best practice guidelines.

**Target Audience:** This course is suited to any nurse interested in developing their skills in tracheostomy care. Residential Elderly Care Nurses, General and Mental Health Nurses, Paediatric and ICU nurses and any nurse who is expected to provide tracheostomy care as part of his/her role.

Facilitator: Ann Gardiner, Nurse Education & Training Solutions

# Documentation in Clinical Care; best practice guidelines

**Aims:** The aims of this programme are to assist nurses to understand their duty of care and responsibility in the area of best practice in documentation of clinical care.

**Course Content:** Introduction to best practice in documenting clinical care, continuity of care, individualised, up to date, factual and unambiguous approach, legibility, signatures and dates, timely documentation in chronological order, timed entries, abbreviations, accepted grading systems, errors, referrals and consultations, maintenance and storage of records, patient identification, instruction and supervision of students in documentation. Code of Professional Conduct for each Nurse and Midwife, (April 2000) The Guidelines and Policies and other documents that underpin best practice in storage of records, mental health act. recording clinical care. Comprehensive overview of good record management provided. Legal issues in documentation, use of records in criminal prosecutions, nursing-legal claims, the statute of limitations,

**Objectives:** To provide nurses with best practice guidelines for recording clinical care.

**Target Audience:** All nurses who wish to update their knowledge in documentation and recording clinical care.





# Subcutaneous Fluid Administration in Elderly Care and End of Life Settings

**Aim:** The aim of this half day workshop is to provide nurses with a comprehensive overview of the key principles of Administration of Subcutaneous Fluids in long term care and acute settings.

**Course Content:** Discussion and exploration of subcutaneous fluid administration as a safe and viable option to provide hydration in end of life care settings where prescribed and considered appropriate. Participants will learn about suitable client groups for this mode of treatment, ethical issues, calculations of drip flow rate, equipment required, skin site choice, procedure and local policy.

**Objectives:** The expected outcome of this day is to provide participants with the necessary knowledge to safely and effectively manage subcutaneous fluid administration in their respective clinical settings.

**Target Audience:** This course is open to nurses and healthcare practitioners from a variety of settings including long term residential care facilities, hospitals, intellectual disability services and community settings



# Prevention and Management of Falls in Elderly Care Settings

**Aims:** The aim of this half day workshop is to assist healthcare staff to identify those patients or residents who are at risk of falls and to reduce that risk ultimately improving patient safety and minimising injuries in the elderly population.

**Course Content:** This half day workshop explores multifactorial risk assessments and interventions to reduce the risk of falls and minimise injuries in the elderly care setting. It looks at the roles of key multidisciplinary team members in falls management and at intrinsic and extrinsic factors as well as individual and environmental factors in risk management in relation to falls.

**Objectives:** The main objective of the workshop is to promote patient and resident safety by empowering healthcare staff with the knowledge and skills necessary to reduce the risk and impact of falls in elderly care settings.

**Target Audience:** This course is open to all healthcare employees who work in elderly care settings and who are interested in falls prevention and management and patient and resident safety.

# Clinical Audit Skills for Nurses

**Aims:** To develop the knowledge and skills base to enable the nurse to undertake a Clinical Audit in the practice setting as part of their approach to monitoring and improving the effectiveness of nursing practice.

## Course Content:

- (1) Overview of clinical audit
- (2) The audit process, interpretation of audit findings
- (3) Standard setting
- (4) Data collection
- (5) Analysis
- (6) Interpretation of audit findings
- (7) Write up an audit report

**Objectives:** To assist nurses to review audit findings, Identifying root cause of problem, (tools); managing change, monitoring improvement and sustaining improvement in their practice settings.

**Target Audience:** Nurses/Midwives from all disciplines working in the public, voluntary, and independent sector



# Intravenous Drug Administration

**Aims:** The aim of this study day is to provide nurses with the theory and didactic components of intravenous drug administration in the clinical setting.

**Course Content:** The Scope of Nursing Practice and the main principles of Intravenous Drug Administration. Focus on infection control. Discussion of haemovigilance issues, pharmacological principles, bolus, intermittent and continuous infusions. An overview of the competency record provided.

**Objectives:** This course prepares nurses to safely and effectively administer Intravenous medications utilising a competency assessment framework to facilitate opportunity to develop skills with adequate supervision.

**Target Audience:** This course is directed at registered nurses who wish to pursue the skills of Intravenous Drug Administration using a competency assessment skill pathway approach



# Updates on Diabetes: Elderly Care Population.

**Aim:** This course is aimed at nurses who work with diabetics in the elderly care setting to provide them with best practice guidelines in diabetes care in elderly populations.

**Course Content:** Types of diabetes, epidemiology, treatments, choice of therapies, basic nutrients. Guidelines for practice regarding care of residents with diabetes in care homes. American Diabetes Association nutrition recommendations (2008) Guidelines for the undernourished diabetic. Overview of protocol for monitoring blood glucose, aspects of hypoglycaemia. Therapeutic approaches to glycaemic control in diabetics in elderly care populations. Major specific geriatric disorders related to diabetes and insulin regimes, storage and delivery. Nurse's views, overview of diabetic services, resources and future trends.

**Objectives:** This programme was developed and designed to meet the demand for education of nurses working with the elderly population and was the direct result of an increasing demand from those nurses working with elderly diabetics for specific training for the elderly care setting.

**Target Audience:** All nurses working with diabetic patients in the elderly care setting and those with an interest in gaining knowledge and skills in diabetes care.

# Spiritual Care at End of Life

**Aim:** It is hoped that as a result of delivering this study day both nurses and palliative care patients will benefit. Nurses will benefit from better educational preparation and training resulting in them becoming competent and efficient practitioners in the facilitation of spiritual care. Patients will benefit by receiving efficient and focused spiritual care as they struggle to cope with life threatening illness.

**Course Content:** Exploration of the meaning of spirituality and nurses perceptions, attitudes and awareness of patient's spiritual needs. Barriers to the provision of effective spiritual care. Spiritual care of those with life limiting illness. Religion versus spirituality; a non denominational approach.

**Objectives:** To provide a platform for discussion of spiritual issues and thus enhance self awareness of nurses in providing spiritual care.

**Target Audience:** All nurses and allied health professionals who wish to deepen their knowledge of Spiritual Care and enhance their skills in the delivery of effective spiritual care.




# Male Catheterisation and Suprapubic Re-Catheterisation Study Day

**Aims:** The aim of this program is to provide the skills and training necessary for safe and effective catheterisation of the male patient as well as the suprapubic re-catheterisation of clients where necessary.

**Course Content:** Introduction and overview of scope of practice as it pertains to Male Catheterisation and Suprapubic Re-Catheterisation. Comprehensive overview of anatomy of male genito-urinary system. Review of best practice guidelines in catheter care and management. Principles and Practice of Infection Control as it pertains to Catheterisation. Exploration of potential complications of male urethral catheterisation procedure and opportunity to practice the procedure under supervision on mannikins provided in a supportive environment.

**Objectives:** The aims of the program are to facilitate nurses with the skills for best practice in the area of male catheterisation and suprapubic re-catheterisation .

**Target Audience:** This course is suitable for any nurse who wishes to expand their practice in the area of Male Catheterisation and Suprapubic Re-Catheterisation.



# Management and Replacement of Gastrostomy Tubes

**Aims:** To provide education and training in the management care and replacement of gastrostomy tubes.

**Course Outline:** To explore issues around Scope of Practice as it pertains to Gastrostomy Tube Care and Management. Overview provision of best practice guidelines underpinned by evidence based research. Infection Control issues that may arise in the care and management of gastrostomy tubes. Types of tubes available. Tube position. Safe administration of medication via gastrostomy tubes. Management of potential complications are explored.

**Objectives:** The objective of the course is to provide a comprehensive overview of care and management of gastrostomy tubes to nurses and allied healthcare professionals who wish to expand their practice in this area.

**Target Audience:** This course is aimed at nurses and allied professionals who wish to learn more about gastrostomy tubes and their care and maintenance.



## 3 Day Programme in Dementia Care

**Aims:** To provide a comprehensive training programme for nurses and allied healthcare professionals in Dementia Care.

**Course Content:** Growing Older. An overview of Dementia. Person Centred Care. Communication with the person with dementia. Creating a dementia friendly environment. Working with behaviours that challenge. Palliative care for people with dementia. Partnerships in dementia care. Use of Life Story Book. Use of DVDs to illustrate various effective approaches to coping with behaviours that challenge including the ABC technique and various distraction therapies. Group Work is used to assist participants to discuss the complex nature of caring for those with dementia. Role play is used to explore the most effective approaches to communication with persons with dementia. Brief overview of the Sonas Care Programme and it's advantages in the dementia care setting. The programme is run over the course of three days and can be provided onsite at your facility or at offsite convenient locations. It carries 15 CEU's for ABA registration.

**Objectives:** To enable all healthcare staff working in dementia care settings to build their knowledge, skills and confidence in the area of caring for persons with dementia.

**Target Audience:** All nurses, healthcare assistants and healthcare employees who work with persons with dementia.

# Nutrition in the Elderly

**Aims:** The aim of the Nutritional Care Study day is to provide Health Care Professionals with an overview of the competency requirements in managing the Nutritional needs of the older person

**Course Content:** The content covered on the day will include the following; Defining Nutritional Care. Malnutrition. Factors that contribute to an older persons altered nutritional status and thus influences on care plans. Nutritional Assessment. Assessment, Planning, Implementing and Evaluating the care of an older person requiring nutritional support. Multidisciplinary team approach

Pharmacology and the Nutritional Status of the Older Adult. Ethical dilemmas in Nutritional Support for the Older Adult. National and Local Publications Protocols & Guidelines on Nutritional Care in the Older Adult– a review of the evidence. Assessment – critical review of case studies

**Objectives:** It is hoped that this program will inform all staff in the nutritional needs of older people and equip them with skills for best practice in this area.

**Target Audience:** This course is aimed at qualified nursing staff and has Category 1 Approval, CEU's Continuing Education Units from An Bord Altranais.

# Contenance Care in the Older Person

**Aims:** The overall aim of this Contenance Care Course is to provide Health Care Professionals with an overview of the competency requirements in managing incontinence and promotion of continence in the older person.

**Course Content:** The training day will focus on the following issues:-

Overview of the urinary system and lower digestive system.  
Principles of Contenance Promotion Factors that contribute to incontinence and thus influence continence promotion needs  
National Publications Protocols & Guidelines on Contenance Care – a review of the evidence Assessment, Planning, Implementing and Evaluation of the care of an older person with continence needs – The Nurses Role. Multidisciplinary team approach – Contenance Nurse Advisor, Role of Physiotherapist, Occupational Therapist, General Practitioner, Pharmacist Psychological and sociological implications of incontinence to the quality of life of the older adult - Case Studies Review. Clothing for Incontinence

**Objectives:** To empower healthcare professionals to ensure best practice in the delivery of continence care.



**Target Audience:** All nurses and health professionals interested in continence care.

# Basic Life Support

**Aims:** This course aims to provide two year certification by the American Heart Association and Irish Heart Foundation to successful participants.

**Course Content:** The skills taught include adult and paediatric CPR including two rescuer scenarios, use of bag valve mask and barrier devices, management of foreign body airway obstruction and use of AED's. Course participants are evaluated by skills testing and a written multiple choice evaluation.

**Objectives:** To facilitate healthcare professionals to become competent in Cardiopulmonary Resuscitation and AED use when attending victims of a cardiac arrest.

**Target Audience:** The Healthcare Provider Course is suitable for all healthcare providers including medical, para-medical, healthcare assistants and allied healthcare professionals.


# Manual Handling & People Moving and Handling

**Aims:** To provide participants with the skills and knowledge required to apply the correct techniques used in Moving and Handling tasks while promoting at all times the independence and dignity of the client and the carer.

**Course Content:** Manual Handling Legislation - as it applies to the employer and employee Anatomy of the spine and muscular system & mechanisms of injury. Ergonomic risk assessment. Principles of safe patient / manual handling Practice in safe handling of loads Practice in safe handling of clients, including use of handling aids. (Banana board, slide sheets, wheelchair). Overview on use of hoist (Note: Training in the safe use of hoist to be provided by supplier of hoist only) Assessment.

**Objectives:** Understand Manual Handling Legislation  
Understand how to protect yourself, your colleagues, and clients  
Identify the risk factors associated with patient moving and handling. Describe, and apply to your work, the principles of safe Moving & Handling

**Target Audience:** This course is suitable to anyone who wishes to become proficient in safe moving and handling techniques.



# Stress Management in Healthcare Settings

**Aims:** To equip health professionals with knowledge and skills to manage stress more effectively and thus achieve a higher level of health and wellbeing to help cope with a demanding lifestyle.

**Course Content:** The following will be covered on the day:-  
Understanding 'Stress' and how it differs from 'Pressure'  
Identifying the main physical, psychological and behavioural effects of stress. Developing a range of strategies and techniques to tackle stress incl. relaxation skills, lifestyle management and stress mapping  
The importance of diet, exercise and lifestyle in the management of stress. Stress Management and your Physical Health. Stress Management and your Mental Health.

**Objectives:** The objective of the course is to assist participants to become more aware of their own stress points and to develop skills to intervene early and manage their stress more effectively.

**Target Audience:** This course will suit anyone who wishes to develop their coping skills for a demanding working environment and a busy lifestyle. It focuses on healthcare environments in particular.

# Non Violent Crisis Intervention

**Aims:** This one day programme aims to assist staff to provide the best care, welfare, safety and security for staff working in healthcare environments.

**Course Content:** CPI Crisis Development model – behaviour levels and staff approaches Non-verbal behaviour- proxemics and kinetics. Para-verbal communication; Verbal interventions such as questioning, refusal, release, intimidation, tension, reduction and interventions how to deal with this verbal escalation; Verbal intervention; Empathic listening Precipitating factors – rational detachment in relation to acting out behaviour; Staff fear and anxiety Personal safety techniques - strikes and grabs. Postvention – the COPING model

**Objectives:** The programme identifies behaviour levels that contribute to the development of a crisis and outlines appropriate staff intervention for each response. It also identifies verbal and non-verbal techniques to de-escalate behaviour. In addition the course outlines break away techniques that can adopted in a physical crisis situation while maintaining the care, welfare, safety and security of clients and staff

**Target Audience:** This course is aimed at all healthcare professionals who wish to learn more about non violent approaches to crisis intervention to assist them in the workplace.

# Food Safety and HACCP Guidelines

**Aims:** This course is designed to equip nurses and allied health care professionals with safe food practices to protect the patients and clients in their care.

**Course Content:** The course covers a broad range of subjects, including an overview of basic microbiology, food contamination, food hygiene law, personal hygiene, cleaning procedures and Hazard Analysis Critical Control Points (HACCP). These subjects are geared towards enabling food workers to see and understand where problems could arise in the preparation, handling, storage, distribution, or processing of food. These problems could, if uncontrolled, create a risk of food poisoning to the vulnerable populations in healthcare facilities.

**Objectives:** The objective of the Primary Course in Food Hygiene is to create an awareness and knowledge of food safety to those involved in providing food via a variety of means (naso gastric, gastrostomy, TPN, oral feeding) to patients, residents and clients in various healthcare settings and to promote the importance of good food hygiene practices.

**Target Audience:** This course is designed for all healthcare professionals who provide any role in feeding patients, residents or clients in healthcare facilities.



# Teaching Skills for Nurses

**Aims:** This course aims to equip nurses with the skills they require to teach others. It provides the knowledge, skills and confidence to deliver a training programme based in their own area of expertise.

**Course Content:** The course provides nurses with a thorough understanding of the planning process that underpins effective teaching. It outlines the principles of adult learning and facilitation. It helps them to identify their own learning styles. • Discuss the concept of facilitation as an approach to adult learning. Identify the abilities and traits required by a facilitator to facilitate adult learning. Discuss a number of facilitative interventions and strategies used with adult learners such as understanding why small group work is used. Strategies used to encourage group work  
Common problems in facilitating group work.  
Need to evaluate all teaching methods. Planning and preparation  
Learning outcomes. Venues and equipment. Communicating, listening, assessing, evaluating.

**Objectives:** The objective of the training is to empower nurses to provide education and training to others in the workplace using a high standard, organised and efficient approach to learning.

**Target Audience:** Any nurse or allied healthcare professional who has a desire to teach and facilitate their own courses and training events more effectively.



# Meaningful Activities in Dementia Care

**Aims:** This course explores the role of creative expression and meaningful activity as a healing and therapeutic tool in the area of Dementia Care.

**Course Content:** The course explores the therapeutic benefits of engagement in creative pursuits in person centred dementia care. It explores various diverse ways we can absorb clients in pleasurable activities tailored to their interests based on our knowledge of client's needs and wishes and life story. It explores reminiscence therapy and adapts current methods such as information technology to retrieve pertinent materials to underpin the creative activities we engage our clients in from music, film and the arts. Games, songs and activities to take clients on nostalgic journeys where appropriate. Use of memory boxes, scrapbooks and albums among a wide variety of approaches.

**Objectives:** The objective of the training is to provide nurses, activity co-ordinators, care assistants and many other allied health professionals with the knowledge, skills and attitude required to facilitate the clients in their care with Dementia

**Target Audience:** The course is open to anyone with an interest in creative and meaningful activities in the area of Dementia Care, particularly activity co-ordinators, care assistants, occupational therapists and nurses.

