

Home Based Care Course

Training and Support Package

This training and support package is designed to train those involved in caring for the elderly in private homes, care centres, hospitals and frail care facilities. It is also designed to support families and friends of the elderly.

Tips for you

- Prepare well for the course
- Read and understand a question well before answering [Choose from Multiple Answers]
- Do research and self study before doing the tasks
- Be reassured that it is all right if you don't know all the answers to the participants questions

Structure And Outline Of The Course

- **1 Human Body Anatomy and Physiology : Week 1=8**
- **2 Ageing in the Elderly : Week =9**
- **3 Basic Nursing Care : Week 10 - 20**
- **Hand Hygiene : (Part 1) Week = 10 + 11**
- **Body Care / Personal Hygiene: (Part 2) Week =12+13**
- **Nutrition: (Part 3) Week = 14**
- **Environmental Hygiene / Cross Infections: (Part 4) Week 15+16**
- **Wound Care: (Part 5) Week 17**
- **Safety of Client : CPR / First Aid / Algorithm : (Part 6) Week 18 +19**
- **Medical Treatment : Oral Medication / Oxygen Therapy : (Part 7) Week 20**
- **4 Home Based Care**
- **Definition**
- **Background History**
- **Roles and Responsibilities**
- **Principles of HBC**

- Purpose of HBC
- Goals and Objectives
- Advantages of HBC
- Challenges of HBC
- Pillars of HBC

- 5 Communication Skills and Ethical Rights and Conduct
 - Ethical Rights and Conduct
 - Listening Skills
 - Empathy
 - Reflection
 - Personal Growth
 - Dealing with Death and the Dying

- 6 Diseases in the Elderly
 - Common Illnesses
 - Hypertension
 - Diabetes
 - Dementia
 - Alzheimers
 - HIV/AIDS
 - Tuberculosis
 - Cancers

- 7 Psychosocial Support

- 8 Feedback

Practical Assessment

1. Hand Hygiene
2. Bed Bath including Mouth and Oral Care
3. Wound Care
4. Catheter Care
5. Giving of Oral Medication
6. Colostomy Care
7. Taking of Vital Signs (Temperature/ Pulse / Respiration)
8. Pressure Care
9. Feeding of Clients
10. Taking Blood pressure and Heamoglukotest

Success and Good Luck