



Hua Mei
Training Academy

A Tsao Foundation Initiative



Certificate in Community Gerontological Nursing

Overview

The Certificate in Community Gerontological Nursing offered by the Hua Mei Training Academy is to enable practising nurses to provide **cutting edge primary healthcare** to community-dwelling elders from a holistic, person-centred approach, in a fluid environment of variable health and psycho-social conditions.

Uniquely, it is developed and taught by practitioners for practitioners, drawing on the two decades of expertise in community gerontological nursing developed at the Hua Mei Centre for Successful Ageing to promote ageing in place.

The course is especially intended for state registered nurses involved, or intending to work with elders living at home, or in their transitional care and care planning.

Classes will be conducted twice a week over 6 months for the full certificate course. Training is practice-based, experiential, and interactive. Case studies, role play and field visits will feature prominently in the teaching methodology.

In addition, on completing the full certificate programme, participants will be offered group-clinical supervision on a monthly basis for another 6 months, to support their knowledge application.

Hua Mei Training Academy's Certificate in Community Gerontological Nursing Course is accredited by the Singapore Nursing Board.



Interdisciplinary team in discussion – Dr Ng Wai Chong (extreme left), Sister Fong Yoke Hiong (extreme right), with doctor, nurses, social worker, social work assistant and administrative staff

The course fee for the Certificate programme is \$4,500. Hua Mei Training Academy is working with the Agency for Integrated Care to offer course fee subsidies to participants from eligible organisations in the Intermediate and Long-Term Care sector. Subsidies of up to 80% are available, subject to terms and conditions. Please see “How To Apply” below for eligibility criteria.

There is a non-certification alternative to attend only selected modules of choice. Fee per module is \$500 and subsidies are not available.

All prices are quoted before GST.

Course Objectives

Unlike a healthcare facility or hospital where the operation systems and environment are structured and primed for health, home living conditions vary between individuals. Supportive care partnerships have to be built afresh for each home-dwelling older person, in reliance on his personal family and community circumstances and resources, which are fluid and unpredictable.

The Community Gerontological Nursing Course enables the nurse to work independently in a holistic and systemic approach to give critical support towards the primary care and long-term care of frail elders living in the community by imparting the skills to:

Conduct holistic nursing needs assessment of older adults

Apply critical thinking in appraising and problem-solving as regards needs assessment and care planning

Identify nursing care foci

Formulate workable nursing care plans with the frail elders and support the implementation of their medical care plans under the direction of a physician

Effectively execute formulated care plans either independently or in a coordinated effort with other professional and informal care providers in the community

Assess, educate, and supervise family and other semi-skilled caregivers in nursing care for older adults

Provide person-centred caregiver support through knowledge and skills transfer in the care of frail elders

Apply medical, nursing and social knowledge and skills to manage common acute and chronic medical and complex situations with the intertwining social and functional needs affecting the older adults

Respond effectively to acute calls or situations as the first line of triage by deciphering and referring to the physician-in-charge in a timely and appropriate manner

Promote the quality of life of community-dwelling frail elders, even at terminal state

Improve in knowledge and skills required to participate in end-of-life care for frail elders

Advocate on behalf of the elders for their needs to be met.

Course Curriculum

With the aim to enable independence in critical thinking and skill application, the curriculum consists of 9 modules as follows:

Module 1 (CGN-1-T1-01)

Gerontology nursing in community I

Module 2 (CGN-1-T1-02)

Gerontology nursing in community II

Module 3 (CGN-1-T1-03)

Psycho-social perspective of gerontology

Module 4 (CGN-1-T1-04)

Case management in the community

Module 5 (CGN-1-T1-05)

Comprehensive geriatric assessment, physical assessment and reporting findings

Module 6 (CGN-1-T2-06)

Primary healthcare for older adult

Module 7 (CGN-1-T2-07)

Geriatric home healthcare

Module 8 (CGN-1-T2-08)

Geriatric rehabilitation in the community

Module 9 (CGN-1-T2-09)

Geriatric palliative care in the community

Final Project:

Care Plan Report

Methodology

Emphasis is on experiential skill-based training, with 280 course hours given to:

- lectures and tutorials
- skill training
- clinical attachment.

Course Developers and Lecturers



Course developers (L to R) : Peh Kim Choo, Sister Fong Yoke Hiong, SRN Kalyn Foo

The Certificate in Community Gerontological Nursing is developed by the senior team of the Hua Mei Centre for Successful Ageing which has provided gerontological care to community-dwelling elders for the last two decades.

The development team is led by Senior Nursing Officer Fong Yoke Hiong who has been with Hua Mei Mobile Clinic since 1994, and holds a MSc. Gerontology, University of London King's College, U.K., and English Nursing Board Certification in geriatric nursing from Brook's University, Oxford, U.K.

Others on the team are Dr. Ng Wai Chong, Assistant Director, Hua Mei Mobile Clinic; Peh Kim Choo, Assistant Director, Counselling and Social Work Practice, Hua Mei Care Management and EPICC (Elder-centred Programme of Integrated Comprehensive Care); Kalyn Foo, SRN and care management practitioner; and Ng Kok Ping, Physio-therapist, Hua Mei EPICC.

The Advisors are Dr. Mary Ann Tsao, gerontologist and President of Tsao Foundation; Carole Smyth, APRN, Geriatric and Adult Nurse Practitioner, Montefiore Medical Center, U.S.A.; and Mrs Long Chooi Fong (former Director, School of Health Sciences, Nanyang Polytechnic).

The Course will be taught by practitioners with at least 10 years of experience in community-based eldercare, including Dr. Tan Sai Tiang, Assistant Director, Hua Mei Clinic; and Susana Concorde Harding, Director, International Longevity Centre, Singapore.

Uniquely, the course is developed and trained by practitioners for practitioners, drawing on **two decades of expertise** in community gerontological nursing.



L to R : Don Tan (social worker), Dr Tan Sai Tiang, SRN Wendy Wong

Assessment and Examination

The Certificate in Community Gerontological Nursing, accredited by the Singapore Nursing Board, will be awarded to participants who meet the standards set. Progressive evaluation with feedback on performance will be conducted throughout the course.

The assessment comprises examinations (multiple choice questions and short questions and answers) – 40%; assignments (case studies) – 30%; and practicum (medical examination with physical examination) – 30%.

An attendance of 80% during the course is required.

Admission Criteria

Application for enrolment in the Certificate in Community Gerontological Nursing Course is open to practising state registered nurses who:

are aged 21 years above

possess a valid SNB licence

have 2 years of professional experience

currently work or intend to work with elders living at home, or in their transitional care and care planning.

Dates and Schedule

Application Commences: 11 May 2012

Application Closes: 6 July 2012

Shortlisted applicants will be requested to attend an interview.

Successful applicants will be notified by 18 July 2012.

Course Start Date: 8 August 2012

Course End Date: 31 January 2013

Schedule: Wednesdays and Saturdays (8.30 am to 6 pm)

Certificate students will be supported by group clinical supervision on a monthly basis for 6 months, following the completion of the course.

Course Fees

Fee for the full 6-month Certificate Course: \$4,500
Fee per Module for non-certificate participation: \$500

Fees payable after subsidy from the Agency for Integrated Care (AIC) Learning Institute:

Singaporeans and PRs – \$900

Foreigners – \$2,700

The AIC subsidy is subject to terms and conditions at AIC's discretion. All prices are quoted before GST.

How to Apply

I. Certificate in Community Gerontological Nursing

AIC Learning Institute's course fee subsidy is available to:

a) Intermediate and Long Term Care (ILTC) service providers operated by Voluntary Welfare Organisations registered as charities with the Ministry Of Health (MOH)

b) Private ILTC service providers receiving portable subsidies from MOH

c) Third party service providers for (a) and (b) holding 'Institution of Public Character' (IPC) status from MOH, Ministry of Community Development, Youth and Sports, or National Council of Social Service.

Eligible applicants – please contact Jasmine Kam at jasmine.kam@aic.sg or 6603 6886.

Other applicants and to check eligibility – please contact Christopher Ng at christopher@tsaofoundation.org or 6593 9554.

II. Attendance At Selected Modules Only

Please contact Christopher Ng at christopher@tsaofoundation.org or 6593 9554.

Please also visit <http://www.tsaofoundation.org/training-cgn.html> for more information.

Payment and Refund Policy

To confirm acceptance of the offer, payment must be made in full (100%) by 31 July 2012 for the Certificate programme; or prior to the commencement of the class if attending selected Modules only.

Payment may be made in cash, by NETS, or as a crossed cheque made payable to 'Tsao Foundation'.

Refunds will be made on a sliding scale.

For details, please see <http://www.tsaofoundation.org/training-cgn.html>



SRN Lim Lei Hoon attends to Teo Ng, 97 years old, on the premises of Hua Mei Centre for Successful Ageing

About Hua Mei Training Academy

The Hua Mei Training Academy (HMTA) is a dedicated provider of training in community-based eldercare, supporting the urgent need for capacity building in that service sector. An initiative of the Tsao Foundation, it also promotes health education and personal development goals to support ageing in place.

In 2012, the Academy launches a Certificate in Community Gerontological Nursing programme, the first of its 'signature courses' – developed and delivered by practitioners for practitioners – which draws directly on two decades of expertise in community eldercare accumulated at the Hua Mei Centre for Successful Ageing, Tsao Foundation's service arm.

HMTA was appointed as the Continuing Education and Training (CET) Centre for the Community and Social Service (Senior Services) Sub Sector in 2008 by the Singapore Workforce Development Agency. In 2011, it was registered by the Council for Private Education under the Enhanced Registration Framework.



SRN Wendy Wong demonstrating a hearing aid to Asnah Bte Kassim, 71 years old



Mohd Arshad bin Kakim, 84 years old, receiving a physical examination at home from SRN Mok Foong Yue

Established in 1993, the Tsao Foundation is a not-for-profit organisation dedicated to promoting **successful ageing**.



Illustrating a point, Sister Fong at the home of Lee Ah Nui, 96 years old

About Tsao Foundation

Through its three major initiatives – the Hua Mei Centre for Successful Ageing, Hua Mei Training Academy and International Longevity Centre, Singapore – the Foundation pioneers and provides community-based, primary healthcare and social services, promotes capacity building in eldercare skills, and brings together practitioners, researchers and policy makers to generate ideas and systems which enable the actualization of the physical, social and mental wellbeing of people as they age.

The Foundation promotes access to affordable healthcare, economic security and the social participation of adults in line with the World Health Organization's concept of active ageing, and frames its activities within an interdisciplinary, inter-generational and life course perspective.

With innovation, excellence and constructive change as its core values, the Foundation's goal is to enable people to age well, regardless of life stage, health status or physical ability.

Testimonials

“I recommend anyone who wants to do community nursing to come and learn the experience from the team who have survived the hard knocks of going into the community to learn from the elderly themselves!”

Joyce Tan
Graduate of HMTA's Course in Community Gerontological Nursing, 2010

“We would like to send more nurses for the course conducted by HTMA as it will not only benefit the nurses working in a geriatric setting, but also in other health care areas.”

Ng Ya Mei
Senior Case Manager
Changi General Hospital Ward 59

Enquiries

For more information on the Certificate in Community Gerontological Nursing

please contact Christopher Ng at christopher@tsaofoundation.org or 6593 9554 or see www.tsaofoundation.org/training-cgn.html.

Supported by:



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