

# PROFESSIONAL PROGRAMMES

## Advanced Primary Care for Home-Bound Elders - The Practice for Nurses

### Introduction

Singapore is facing an unprecedented rate of population ageing. Despite improvements in population health over the years, the absolute number of frail elders who need long-term care is growing. The waiting time for nursing facilities and sheltered housing is long. Most Singaporeans also prefer to age at home, thus driving up the demand for trained health personnel who can support them appropriately and effectively.

Team-managed home-based primary care addresses the entire bio-psycho-social needs of the elders using primary care principles and care management processes. The multidisciplinary team approach is core to effective care for the home-bound elders.

Nurses play an important role in the interdisciplinary team. This course aims to impart the participants with the foundational knowledge and skillsets unique to a community-gerontological nurse which is crucial to the delivery of high-quality home-based primary care.

### Who should Attend

State Registered Nurses with at least 2 years of clinical work experience.

### Course Objectives

This course aims to impart the participants with the foundational knowledge and skillsets unique to the community-gerontological nurse which is crucial to the delivery of high quality home-based primary care.

### Course Outline

1. Introduction to nurse module
2. Overview of health care policies in Singapore
3. Geriatric home health care nursing
4. Psychosocial aspect of ageing
5. Principles of geriatric medicine and "alert flags"
6. Comprehensive geriatric assessment in community
7. Nursing approach to geriatric syndromes
8. Common chronic disease and related nursing management
9. Approach to acute chronic medical conditions
10. Three-day attachment

### Training Methodology

Lectures, case studies, group discussions

### Trainers' Profiles

1. Dr Ng Wai Chong  
Chief of Clinical Affairs, Tsao Foundation
2. Ms Fong Yoke Hiong  
Assistant Director, Nursing, Tsao Foundation
3. Pay Jin Yu  
Nurse Educator/Clinician, Tsao Foundation
4. Jasmine Wong  
Senior Social Worker, Tsao Foundation

### Course Details

#### 1<sup>st</sup> Run

7 to 8, 13 to 15, 21 to 22 March 2019

#### Attachment

27 to 29 March or 3 to 5 April 2019

#### 2<sup>nd</sup> Run

15 to 16, 17 to 19, 22 to 23 July 2019

#### Attachment

24 to 26 July or 30 July and 1 to 2 August 2019

Refer to next page for module dates

#### Time:

9.00 am to 12.00 pm (for half day modules)

9.00 am to 5.00 pm (for full day modules)

#### Venue:

To be confirmed

#### Fee (Including GST):

\$2,621.50

Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for foreign staff working in eligible community care organisations. Singaporeans & PRs

#### Enquiries and Registration:

Call: 6593 9558

Email: [hmta@tsaofoundation.org](mailto:hmta@tsaofoundation.org)

#### For more on HMTA:

<https://tsaofoundation.org/what-we-do/training-educations/about-hmta>

#### For more on our training calendar:

<https://tsaofoundation.org/events>

#### About Hua Mei Training Academy

HMTA is a dedicated provider of training in person-centred multidisciplinary eldercare to support healthy ageing over the life stages.

Its courses for professionals and new market entrants and its consultancy services meet an urgent need for capacity-building in the eldercare sector. It also provides training to family and informal caregivers to empower ageing in place.

Known for its practitioner-to-practitioner training methodology and signature courses in team-managed primary healthcare, HMTA transmits the expertise of the Tsao Foundation, which has been providing quality integrated bio-psycho-social healthcare to older persons in the community since 1993.

Tsao Foundation's training services started in 1995. To advance opportunities in longevity, it also offers a range of courses through the Learning Room at its Community for Successful Ageing (ComSA).

# Advanced Primary Care for Home-Bound Elders – The Practice for Nurses Course Modules

## \*Course Module Details

(Modular courses are available for registration, please call Hua Mei Training Academy for more information.)

- Participants are required to complete the core module prior to embarking on the elective modules.
- Participants have up to 2 runs to complete the Elective Modules.
- Practicum modules are to be done only after completion of Core and Elective Modules.
- Participants will be awarded an e-certificate of completion for completing each module.

### Core Module

### Elective Modules

### Practicum Module

Modules*	Core	Intermediate I	Intermediate II	Intermediate III	Intermediate IV	Advanced	Attachment	
<b>Course Outline</b>	<ul style="list-style-type: none"> <li>• Understanding ageing</li> <li>• Role of nurse in advanced primary care for frail elders</li> <li>• Physiological ageing related changes and its implication</li> <li>• The family system</li> <li>• Caring for carers</li> <li>• Healthcare policies and eldercare services</li> <li>• Principles of Geriatric medicine and "alert flags"</li> <li>• Geriatric assessment in community</li> <li>• Comprehensive nursing assessment</li> <li>• Psycho-Social assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Critical thinking process</li> <li>• Delirium</li> <li>• Depression in older adult</li> </ul>	<ul style="list-style-type: none"> <li>• Care of older person with dementia</li> <li>• Stroke</li> </ul>	<ul style="list-style-type: none"> <li>• Medication issues in elderly</li> <li>• Diabetes</li> <li>• Urinary incontinence</li> </ul>	<ul style="list-style-type: none"> <li>• Care of elderly with faecal incontinence &amp; constipation</li> <li>• Elder abuse and mistreatment</li> <li>• Suicide in elderly</li> <li>• Self-awareness &amp; compassion fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Approach to fall</li> <li>• Approach to nutrition in older adults</li> <li>• Approach to giddiness</li> <li>• Approach to shortness of breath</li> <li>• Care planning in a team</li> </ul>	The Attachment is to allow participants to familiarise with community gerontological home-based primary care	
<b>Duration</b>	2 days	1 day	1 day	1 day	1 day	1 day	3 Days	
<b>Dates</b>	1 <sup>st</sup> Run	7 to 8 March (Thursday to Friday)	13 March (Wednesday)	14 March (Thursday)	15 March (Friday)	21 March (Thursday)	22 March (Friday)	27 to 29 March or 3 to 5 April (Wednesday to Friday)
	2 <sup>nd</sup> Run	15 to 16 July (Monday to Tuesday)	17 July (Wednesday)	18 July (Thursday)	19 July (Friday)	22 July (Monday)	23 July (Tuesday)	24 to 26 July or 31 July, 1 to 2 August (Wednesday to Friday)
<b>Module Fees (Including GST)</b>	\$588.50	\$321.00	\$321.00	\$321.00	\$321.00	\$321.00	\$428.00	