

CARE OF ELDERLY (445-448)

Training schedule

		TIM E	THEORY	TIME	PRACTICAL	INSTRUCTIONS TO THE TRAINER	LEARNING OUTCOMES
Basic Life Sciences							
WEEK 1	DAY 1	2	Demographic facts on population Living environment of the Elderly (physical, social, economic, psychological & spiritual) and utilization of available resources Concepts of Health: Definition, Myths etc.	3	Group Discussion on Living environment of the elderly Survey about the Geriatric conditions and concerns	Discuss about the need for care giving Discuss the case studies of Elderly and its Living Environment	Familiarity with the Living environment of the Elderly Identifies the Geriatric conditions and concerns
	DAY 2	2	Skill and & Roles of a caregiver Recognizing the job roles and responsibilities of co-workers Training requirements	3	Show ppt or videos to show the Geriatric concerns and need of Caregiver	Discuss about the skill and & roles of a caregiver	Identifies the role of Caregiver Analysis the skills of Care giver
Week 2	Day 1	2	Need for physical movement Follow steps for safe environment Age-friendly and obstacle free environment	3	Videos to display the Age-friendly and obstacle free environment Group discussion on need of Age friendly environment for Elderly	Visit with learners Obstacle free areas	Familiarity about the safety of Geriatrics Recalls the steps for safe environment Prevents risks during

			Fall – Risk, Prevention & Management				physical movement
	Day 2	2	Pest Management techniques Care for bedridden elderly	3	Demonstrates the techniques used for Pest management	Explain about the care needed for elderly as compare to young human body	Defines the care needed for Elderly Identifies the Pest Management techniques
WEEK 3	Day 1	2	Introduction and objectives of Anatomy Affects due to Ageing	3	Demonstrate Anatomical charts of body and structure Show skeleton Activity- Bones Identification Activity – Make a diagram and labeling of all Viscera	Explain about all abdominal viscera with structure, position and functions	<ul style="list-style-type: none"> • Familiarity with the basics of Anatomy • Identifies bones • Explains basic terminology of Anatomy <p>Familiarity with the Human body Anatomically affected due to Ageing</p>
	Day 2	2	Introduction and objectives of Physiology <ul style="list-style-type: none"> • Digestive system • Respiratory system • Circulatory system • Urinary system • Nervous system Affects due to Ageing	3	Demonstrate Anatomical chart / Model for these Viscera's. Activity - Make a chart with labeling of skin on chart paper	<p>Explain the following: Eyes (Structure of Eyes, Physiology of vision) Ears (Structure of Ears, Physiology of Ear)</p> <p>Focus on layers of skin and functions</p>	<ul style="list-style-type: none"> • Familiarity with the basic terminology of physiology. • Explains the normal functions of Digestive system • Respiratory system • Circulatory system • Urinary system • Nervous system <p>Familiarity with the Human body Physiological affected due to Ageing</p>

Week 4	DAY 1	2	<p>Various body changes due to ageing: structural, functional and psychological changes</p> <p>Various mental & psychological changes due to ageing</p>	3	Demonstrate the effect on ADL & IADL	Discuss about Ageing & Ageing process	<p>Defines the various body changes due to ageing</p> <p>Demonstrates the effect on ADL & IADL</p>
	Day 2	2	Empathy & sensitivity required to address the issue of elderly	3	Demonstrate the videos related to elderly empathy & sensitivity	Visit to a old age home	Defines the Empathy & sensitivity required to address the issue of elderly
Week 5	DAY 1	2	<p>Introduction to personal hygiene and its need</p> <p>Personal assistance for ADL activities</p>	3	Demonstrates through videos the ADL activities and assistance for Elderly	Explain about the importance of personal Hygiene required for Elderly	Recognizes the personal assistance for daily life activities
	Day 2	2	<p>Bathing an older person in bed (type, time & frequency) with privacy</p> <ul style="list-style-type: none"> • Dressing • Brushing • Shaving • Hair care • Skin care 	3	Demonstrates through videos the ADL activities and assistance for Elderly	Explain about the tools available	Assists the elderly in their Care

			<ul style="list-style-type: none"> • Eye care • Ear care 				
Week 6	Day 1	2	Explain the assistance required in toileting in case of normal elimination & in supportive elimination under the guidance of physician	3	Massage to relive stress and stimulate blood circulation	Show the videos about changing a diaper of elderly and its need	Assists in overall personal hygiene of elderly such as: cutting nails and managing in grown toe nails
	Day 2	2	<p>The need or to extend the role of geriatric for support</p> <ul style="list-style-type: none"> ○ Common Problems ○ The Need for Fluid ○ Monitor Continence / Incontinence ○ Use of the Commode, urinaland other equipments 	3	<p>Demonstrate the procedure of giving a bed pan</p> <p>Demonstrate the procedures of cutting nails and managing ingrown toe nails</p>	Display the common problems of elderly	<p>Assists in toileting</p> <p>Assists in change in diaper whenever required</p>
Week 7	Day 1	1	<p>Understand concept of Nutrition and change in nutritional need due to Ageing</p> <p>Knowledge of basic conditions necessary for good health</p>	4	<p>Draw a chart showing the five food group system</p> <p>Examples to explain the types of changing concept</p>	Explain the changes occurring to the body through ppt or videos	Explains the changes and needs of the body as age progresses
	DAY 2	2	Knowledge of important components of hygiene	3	Illustrate by examples the factors affecting Health	Share the recipes of various items	Identifies the anti oxidants in

			and healthy living Anti oxidants in food		Practice the important concepts of Hygiene for healthy living		food Assist in healthy living of elderly
Week 8	Day 1	1	Concept of balanced diet	4	Plan a balanced diet for elderly of different cases	Explain the important concepts of Hygiene for healthy living	Demonstrates the food items required as per the need of elderly after consulting with Dietician/Physician
	Day 2	2	Feeding an older person in bed	3	Feeding methods and procedure of bed ridden elderly	Discuss about the feeding requirements of elderly in bed and the difference of feeding	Assists the bed ridden elderly in feeding
Week 9	DAY 1	2	Introduction to Nature and type of infection Communicable and non-communicable diseases (Mode of transmission) Identification of potential infection risks and implement appropriate response under expert supervision	3	Demonstrate the effective hand washing technique Display chart for precautions, procedures and signs of infection control Video demonstration of Bed sores and prevention from spreading infection Identification and demarcation of highly infectious places at centre	Explain about the Caregivers personal hygiene	Familiarity with use of personal protective equipments Follows steps for infection control and care in case of exposure to blood and body fluids Stores medicines and other equipment's in clean and safe environment
	Day 2	2	Decontamination and sterilization of equipment's Wound cleaning and dressing	3	Demonstrates the use of Mask, gloves etc.	List the health practices an elderly should adopt to maintain and promote sound sleep	Practices the effective infection control

Week 10	DAY 1	2	Definition, modes and types of Communication Rapport establishment with the Elderly	3	Visit to old age home and listen to elderly with patience Practice the non-verbal communication signs, symbols	Discuss on how to solve the problems faced by senior citizens	Familiarity with the communication of the elderly person Practices the non-verbal communication signs, symbols
	Day 2	2	Barriers in Communication Hearing disorder Basic characteristics Need of privacy	3	List the signs /symptoms an elderly may have due to wrong or over -medication Demonstrate the maintain any important records	Explain about the signs and symptoms through ppt/videos Role play activity on Non-verbal communication and understanding	Demonstrate the maintenance of important records
Week 11	Day 1	1	Health, Safety and security requirements Emergency numbers – how & when to access them	4	Training on Hazardous situation Display through videos Safety against inflammable material & cooking gas	Discuss the points when to report to doctor in case of any side effects of medicine Discuss the precaution against food poisoning and awareness about adulteration	Familiarity with the First aid, safety and medication Identifies and interpretes hospital codes in case of health emergency
	Day 2	1	Precaution for elderly in changing Weather conditions Prepare & administer and record medicine as per guidance by physician	4	Chart preparation o n hospital codes in case of health emergency		

			Assisting geriatrician while administering medicine Maintaining medical history and alter changes after consultation with expert		Demonstrate how to review the prescription, dosage, frequency and check expiry dates of medicines	Discuss the need of Encourage timely management of medicines	Assists the geriatrician while administering medicine
Week 12	Day 1	2	Introduction to Emergency & crisis Types of Emergency: Electrical Chemical & Physical	3	Training on Emergency Handling: Electrical & Chemical	Show videos on handling of emergency with elderly	Familiarity with the Emergency & crisis in terms of Elderly Deals with the Electrical & Chemical emergency
	Day 2	2	Dealing with emergency: Electrical Chemical & Physical	3	Training on Emergency Handling: Physical	Show videos on handling of emergency with elderly and discuss it with examples	Deals with the Physical emergencies of Elderly: Ingestion , diabetic shock, cardiac arrest, CPR, CVA/stroke
Week 13	Day 1	1	Care for elderly with diseases such as diabetes, coma and stroke Need to move for elderly assessment	4	Practice ways of moving elderly from bed to wheel chair or chair and vica-versa	Prepare assessment and care plan for elderly	Assess the care of elderly suffering from the Diabetic, coma and stroke Demonstrates the movement of elderly from bed to chair/wheel chair or vica-versa
	Day 2	1	Discuss the care of Active/ Paralytic/ immobile elderly Explain about the physical changes during ill health	4	Demonstrate the ways to take the vital parameters Visit to a geriatric centre/hospital to observe	Explain about the vital organ & their functions Discuss the types of services should included for old age support	Identifies the physical changes during ill health Takes, records and maintains vital parameters

					the physical changes during ill health	services Discuss the types of Government support available for Elderly	
Week 14	Day 1	2	Introduction to monitoring & documentation Care giver roaster	3	Demonstrate the way of filling the care giver roaster	Explain the importance of care giver roaster and its importance in recording & reassessment	Identifies the process of monitoring, documentation and reporting Familiarize with Care giver roaster
	Day 2	1	Introduction to Reassessment & reporting Information on privacy to health reports	4	Exposure visit to NGO to observe the reassessment & reporting	Explain the importance of keeping information on privacy to health reports	Enumerates the importance of privacy to health reports
Week 15	Day 1	2	Introduction to protocols and guidelines Best practices at organization/old age Home	3	Group discussion on best practices at old age homes/geriatric centres/hospital/home set up	Explain about the reporting for Escalation of unresolved problems to concerned authorities	Enumerates the best practices within organization
	Day 2	2	Identification & management of potential and actual risks ensuring the Quality and safety	3	Group discussion on safety & quality and its aspects	Discuss about their area of competence and consulting to experts when problem is outside their competence	Identifies the potential and actual risks ensuring the quality and safety Identifies their own area of competence
Week 16	Day 1	1	Introduction to palliative care • managing physical	4	Demonstrate the ability to evaluate patients with life limiting disease using history and physical examination	Explain how to enhance one's quality of life, and may also positively influence the course of	Familiarize with Palliative care

			<p>symptoms such as pain</p> <ul style="list-style-type: none"> emotional, spiritual and psychological support social care 		<p>skills regarding pain and other distressing symptoms and role of care giver</p>	<p>illness</p>	<p>Offers a support system to help patients live as actively as possible until death</p>
	Day 2	2	<p>Introduction to end of Life care</p> <p>Government services</p> <p>Last rites</p>	3	<p>Skit on managing physical symptoms and getting emotional support for elderly and his/her family and friends</p>	<p>Explain the difference in Palliative care & end of life care and its importance</p>	<p>Familiarize with the end of life care</p> <p>Gives support to elderly who is in stage of End life</p>
Week 17	Day 1	1	<p>Introduction to Health</p> <p>Discuss the first level care in physical problems</p>	4	<p>Group activity on Mental exercise/games</p> <p>Group discussion on need of mental exercises for elderly</p>	<p>Discuss about measures to prevent morbidity and mortality due to the physical problems</p>	<p>Defines the Health (Physical, Psychological & mental) and well being of Elderly</p>
	Day 2	2	<p>Myths and misconception about ageing</p> <p>Active life in old age</p>	3	<p>Chart preparation on perception/ misconception of ageing</p> <p>Practice Yoga & exercises for elderly</p>	<p>Group discussion on activities involved in daily life of elderly and its importance</p> <p>Explain about the panchatva (five- elements) and their effect on the elderly health</p> <p>Discuss on Importance of Morning prayer</p>	<p>Demonstrates the Yoga and Meditation exercises</p> <p>Practices the morning prayer as daily activity</p>
Week 18	Day 1		<p>Knowledge of support system required for health</p>		<p>Group Discussion on the problem and needs related</p>	<p>Explain the community sensitization in the field</p>	<p>Explains the support system</p>

		2	care of the elderly Discuss to develop awareness to the proposed plan for a National Policy for Elderly	3	to health of the elderly Participate in health activities in health camps	of Geriatrics	for health care of the elderly Familiarize with the national Policy for elderly
	Day 2	1	Explain about coordinating & utilizing the support provided by these agencies for the welfare of the elderly	4	Participate in health care services for the elderly, exercises and fitness	Encourage rehabilitative activities	Identifies the government schemes, welfare programmes for elderly Enumerate the role of care provider as support system
Week 19	Day 1	2	Introduction to Institutional emergency The tactical priorities of structural firefighting operations	3	Training on handling fire safety	Show videos on handling & measures on Institutional emergency	Handles the institutional emergency
	Day 2	2	Introduction to fire safety and security	3	Training on Institutional emergency and security measures	Show videos on handling fire safety & security	Illustrates the fire fighting procedures & security measures
Week 20	Day 1	1	Introduction to Bio medical waste management Classification of the waste generated, segregation of Biomedical waste, collection & storage	4	Poster presentation on waste segregation, proper collection and storage	Explain the appropriate health, safety measures following appropriate personal clothing & protective equipment for infection prevention & control	Classifies the waste generated, segregates the biomedical waste Explains the storage of waste
	Day 2	2	Effective infection control protocols	3	Display chart/ poster on maintaining personal protection and preventing	Explain the precautions to be taken for preventing infection transmission	Follows the effective infection control protocol

			Modes of infection transmission		the transmission of infection		Prevents the transmission of infection
Week 21	Day 1	2	Infection risks, procedure for risk control and risk containment for specific risks	3	Practice the protocols for care following the exposure to blood & body fluids	Explain the color coding used in waste disposal	Competent in handling, packaging, label, store, transport and disposal of waste appropriately to minimize potential for contact with the waste
	Day 2	1	Explain how to minimize contamination of materials and equipments	4	Chart preparation on good personal hygiene practice including hand care	Explain about the solution & reagents require for preventing contamination	Maintains good personal hygiene including hand wash, surgical hand wash, routine surface cleaning
Week 22	Day 1	1	Introduction to computer Hardware & software MS Office	4	Task exercise to fill the data in MS Word Exercises on MS Excel	Explain with examples the difference in Hardware & Software	Maintains records of elderly Monitor daily life activities through data
	Day 2	1	Introduction to Internet Types of Network Internet equipments	4	Mail drafting Chart presentation on types & equipments of Network	Explain about application of Internet	Communicates through mails Sends or receives the mails whenever require
Week 23	Day 1	2	Revision class on Geriatric support in maintaining daily living activities Maintain safe, healthy, secure environment for elderly	3	Visit to a old age home purpose to analyze the support for movements in & out, eat & drink, maintain normal elimination Handling any hazardous situation with safety	Discuss about standard precautions while performing perennial care	Assists geriatric in maintaining daily living activities Competent to handle the hazardous situation with safety and within limits of

							authority
	Day 2	2	Doubt clearance class	3	Doubt clearance class		
Week 24	Day 1	1	Doubt clearance class	4	Assessment session via MCQ's, oral questioning		
	Day 2	1	Doubt clearance class	4	Assessment session via MCQ's, oral questioning		
Total Hrs.		80		160			
	Total Hrs.		240				