

## Building Capacity in Community Geriatric Care The Role of the Community Geriatric Nurse



**16 to 27 August | Monday to Friday | 9.00am to 5.00pm**

Tsao Foundation | 298 Tiong Bahru Road | #15-01/06

Central Plaza Singapore 168730

Professional Development specially designed and developed for nurses currently working in the community by Hua Mei Training Academy, Tsao Foundation.

### **Introduction**

This is a practical and intensive-skill training course to equip experience community nurses to increase their confidence, knowledge and skills in improving the functional status, general health status, and quality of life of community home-bound elders under their care. Throughout the course, the nurses will be taught how to use critical thinking in assessment, problem identification and problem solving.

Our course focuses on teaching and imparting some of the most common and important clinical knowledge and practical skills that can be safely and competently incorporated by current community nurses.

### **Admission Requirements**

- Registered Nurse

### **Learning Objectives**

1. Learn how to use critical thinking when assessing elderly (and younger) patients in the community.
2. Communicate assessment and patient needs to community physicians, other community resource people and to hospital staff when needed.
3. Learn their role as team members within the agency, community agencies and with other disciplines.
4. Increase their confidence in use of depression and suicidality assessment tools, with an appropriate action plan
5. Improve their ability to prioritize geriatric issues within the goals of care for an individual patient



## Course Highlights

### **Module 1: To provide a framework of understanding on how the community nurse can provide high-quality care to older adults and their families**

- Recognize one's own and others' attitudes, values, and expectations about aging and their impact on care of older adults and their families.
- Adopt the concept of individualized care as the standard of practice with older adults.

### **Module 2: Preparing for and addressing issues at the home visit**

Reasons for the home visit today:

- Why am I going?
- If I'm going (just) to change or replace an NG tube, should I now ask (and learn) why the tube was originally placed, how long ago it was placed, and, most importantly, is it still necessary? How do I assess whether or not it's still necessary? Is the urinary catheter still necessary?
- Is this patient really bedbound? Can this patient be a bit more independent, or, conversely, does she require more assistance?
- While I'm here, what else should I do/pay attention to?
- History since last visit – obtained as much as possible from the patient her/himself and from the family or caregiver.

### **Module 3: To equip the community nurse to manage common and straight forward clinical problems, to properly and efficiently evaluate and institute and/or continue a treatment plan**

- Thinking and Doing
- Communication skills: with patients, family and caregivers; with physicians and other health care providers
- Competence in focused history taking and physical examination skills
- Thorough understanding of the importance of Functional Status – physical and cognitive – and how to efficiently assess these
- Vital signs and weight (if possible); assessment of vision, hearing, muscle strength and tone; presence of edema; presence of wasting; skin integrity; hydration status (mouth, sternal skin turgor); transfer ability; balance; ambulation.
- Approach to Medication Usage
- Medications
- What dose and reason for taking it
- Adherence and if not adherent, why not
- Side/adverse effects. Need to ask specifically about common effects such as sleep, bowel habits, fatigue or drowsiness, etc.
- How to put together a practical Health Record
- Record Keeping
- Problem List
- Medication List
- BP flow chart
- Weight flow chart
- Brief summary of visit
- Any issues to bring up with patient's physician

**Module 4: To equip community nurse to assess and manage the following clinical entities**

- Infections: respiratory, upper and lower (pneumonia); urinary tract; skin; gastrointestinal
- Hypertension
- Diabetes
- Congestive Heart Failure
- Visual and Hearing Impairment assessment and appropriate referral
- Gait and Balance
- Depression
- Incontinence (especially urinary)
- Constipation
- Pain
- Under/Malnutrition
- Sleep problems
- Appropriate Prevention interventions

**Module 5: To equip community nurse to perform the following procedures**

- Blood drawing
- I.M. injections
- I.V. antibiotic administration and of short course of fluids
- Urinary catheter insertion and maintenance
- NG tube insertion and maintenance
- PEG maintenance
- Wound cleaning and dressing
- Glucose (blood sugar) checks

**Objective 6: To equip community nurse with knowledge on how to provide quality preventive and end-of-life care for older adults and accept it as an essential, desirable, and integral components of nursing practice.**

**COURSE FEES**

1	Full Fees	S\$2,000 per participant
2	Fees after HMDP Fellow Scheme**	S\$500 per participant
3	Fees after TSAO Foundation Scholarship Scheme***	S\$700 per participant

\*\*Application in process, subject to AIC’s approval, and subject to HMDP-ILTC’s criteria as follows:

- i) Applicant must be a Singaporean or Permanent Resident (PR)
- ii) Applicant must have at least 2 years of relevant work experience in healthcare or the ILTC sector
- iii) Applicant must be a full-time or part-time employee of: -
  - An ILTC institution; or
  - A private ILTC institution receiving MOH portable subsidies; or
  - A healthcare professional from a 3<sup>rd</sup> party service provider with IPC from MOH, MCYS or NCSS
- iv) Applicant must be in the medical, nursing, allied health profession, working in ILTC administration or as a care support staff

\*\*\* Subject to TSAO’s review and approval



## **COURSE LEADER**

The program will be designed and led by **Dr Harrison Bloom**, an eminent geriatrician and primary care specialist from the US and is no stranger to the local health professional community in Singapore. He was the Tsao Foundation Expert Programme on Primary Geriatric Care in 2008 and 2009. He will be supported by the nurse practitioners from Tsao Foundation in the design and delivering of the course.

Dr. Bloom is currently the Director of Clinical Education Consultation Service of the International Longevity Centre-USA, which offers collaborative assistance to governments, non-governmental organizations, academic institutions, community hospitals and clinics, and community agencies in establishing new clinical, educational and policy approaches to their demographic trends and health care needs for older adults.

Previously, Dr Bloom was the Vice Chair for Clinical Affairs in the Department of Geriatrics and Adult Development at the Mount Sinai-New York University Medical Centre in New York City. He is Clinical Associate Professor of Geriatrics and Medicine in the Mount Sinai School of Medicine, which is consistently rated as one of the best geriatric programme in the US.

Dr Bloom has extensive experience in all aspects of Geriatric Medicine including patient care, teaching, clinical research and administrative roles. In his capacity as Vice-Chairman for Clinical Affairs, Dr Bloom was responsible for all the in-patient and out-patient activities of the Department. These include a large in-patient Acute Care Evaluation Unit, a busy in-patient consultation service, a multi-disciplinary out-patient practice and home visit programme.

Dr Bloom's major areas of interest include chronic disease management, transitional care, medication use/misuse, nutrition, health promotion/disease prevention, and dementia. He has given numerous presentations in the US and abroad on a variety of topics in geriatric medicine, has authored a book on drug prescribing for the elderly, and has published a number of papers in the medical literature.

## **About Hua Mei Training Academy**

**Hua Mei Training Academy (HMTA)** is the training arm of Tsao Foundation. Tsao Foundation was established in 1993 as a not-for-profit organisation devoted to promoting successful ageing, alleviating the hardships of ageing, and pioneering new approaches to ageing and eldercare throughout Singapore and the region. The Foundation's core values are Innovation, Excellence and Constructive Change. Its operations are organised through three main divisions – Community Health Services, Training & Education, and Interagency Collaboration.

Tsao Foundation set up **Hua Mei Training Academy (HMTA)** in 1995 with the objectives to promote ageing positively by affirming the value of age and seniors to individuals and society. We advocate the virtues of ageing and that older people are worthy of respect, capable of living meaningful and independent lives, including those who require assisted living. **HMTA** pursues its objectives through its continuous effort



to develop and provide a range of workshops and certification programmes that focuses on the professional and personal development aspects of ageing & age care issues, health promotion & management, dementia care, financial literacy, as well as the psycho-emotional dimensions of ageing. We conduct training for seniors, aged care & health professionals, volunteers and family care givers.

