



Family Carers Ireland
Market Square, Tullamore, Co. Offaly
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One Day Training Programmes

Stoma Care One Day Training Programme

Programme content:

- The Digestive System
- What is a Stoma?
- Stoma Care Appliances/Products
- Issues for People
- Coping Plan
- Food Management /Nutrition/ Hydration
- Skin Care
- Infection Control
- Management of Stoma



** Following this programme learners will receive a certificate of attendance**

Infection Prevention and Control: One Day Programme

Programme content:

- Principles of Infection Control:
- Standard Precautions and Transmission – Based Precautions.
- Healthcare Associated Infections.
- Corporate and Individual Responsibility in relation to Infection Prevention and Control.



** Following this programme learners will receive a certificate of attendance**

Diabetes Two Day Training Programme

Programme Content: Day One

- What is Diabetes? Symptoms. Types - Type 1-Type 2
- Hypoglycaemia Hyperglycaemia
- Blood Glucose Monitoring & Practical
- Urine Testing & Practical
- Diabetic Ketoacidosis
- Treatment – Drug Therapy Insulin Therapy
- Dietary Management
- Complications of Diabetes
- Education
- Discussion & Overview



Diabetes Programme Content: Day Two

- Revision of practical demonstration of Blood Glucose Monitoring and Rapid Urine Testing.
- Clinical Assessments of both tests

Following this programme learners will receive a certificate of attendance for Diabetes Training and a Certificate of Competence if successful in clinical assessments

Falls Prevention and Management: One Day Programme

Programme content:

- The Causes of Falls - Research
- Falls assessment and fall prediction.
- Using a Falls Assessment Tool
- Multi-disciplinary assessment
- Health and safety
- Fall prevention
- The Role of Policy and Audit



** Following this programme learners will receive a certificate of attendance**

Contenance Management: One Day Programme

Programme content:

- Contenance. Incontinence. Constipation.
- Contenance promotion
- Contenance Aids, practical demonstration of Incontinence Pads to include fitting guidelines
- Catheter care, infection control.
- Urinary Tract Infections, symptoms and management
- Pressure sores/ ulcers. Assessment tool



** Following this programme learners will receive a certificate of attendance**

P.E.G. Feeding; half day programme: One Day Programme

Programme content:

- What is P.E.G. Feeding
- Indication for P.E.G. Feeding
- Best practice guidelines for care of P.E.G. tube
- P.E.G. site after care
- Types of food
- Practical demonstration.



** Following this programme learners will receive a certificate of attendance**

Patient Moving and Handling: One Day Programme – Max 12 Participants



Programme content:

- To give participants a good knowledge of Moving & Handling principles and practice for inanimate objects and patients
- Learners will be able to move people and inanimate loads safely, in adherence with good handling assessment techniques, principles and practice without injury to client or self
- Learners will be aware of health and safety regulations as regards moving and handling

** Following this programme learners will receive a certificate of attendance valid for 2 years**

Assisting Skills: One Day Programme

Programme content:



- To provide learners with the knowledge, skills, competence in relation to assisting people with personal care
- To assist the learner to acquire practical skills in the area of client personal care.
- To enable the learner to develop the necessary knowledge to respond effectively to clients' individual needs, with their involvement, their use of choice and promoting independence

** Following this programme learners will receive a certificate of attendance**

Challenging Behaviour: One Day Programme

Programme content:

- To provide learners with the knowledge, skills, competence in managing challenging behaviour
- Learners will understand the concept of challenging behaviour.
- Learners will acquire knowledge of the underlying causes of challenging behaviour and appropriate management techniques



** Following this programme learners will receive a certificate of attendance**

Health and Safety in the Home: One Day Programme

Programme content:

- To provide Learners with skills and knowledge to promote and maintain safety and health in the home environment
- Learners will understand health and safety concepts as they apply in a home environment when caring for someone
- Ability to apply principles of health and safety in the home
- Recognise hazards and risks in own environment and how to respond



** Following this programme learners will receive a certificate of attendance**

Medication Management: One Day Training Programme

Programme content:

- General Principles and Responsibilities
- The Cycle of Medication Management
- Safety in Medication Management
- Medication Protocols



** Following this programme learners will receive a certificate of attendance**

Understanding Dementia: One Day Training Programme

Programme content:

- Types of Dementia
- Effects and Impact
- Challenging Behaviour
- Changing Relationships
- Management Strategies



** Following this programme learners will receive a certificate of attendance**

Stress Management: One Day Training Programme

- Stress and its causes
- Tools of Stress Management
- Recognising and Managing Limiting beliefs
- Managing your Gremlin Goal and setting and using the Grow Model
- Discussion on other Tools and resources available to manage stress
- Deep Relaxation



Irish Heart Foundation – Heartsaver CPR/AED ½ Day Max 8 Participants per session

Programme content:

- Adult CPR
- Child CPR
- Infant CPR (Optional)
- Use of Face Mask Barrier Devices
- Adult Choking - Conscious and Unconscious
- Child Choking - Conscious and Unconscious
- Infant Choking - Conscious and Unconscious (Optional)
- Safe and effective use of an Automated External Defibrillator (AED)
- Special considerations when using an Automated External Defibrillator (AED)
- Skills Group Practice



Following this programme learners will receive Irish Heart Foundation / American Heart Association certificate Valid for two years

Elder Abuse Training: ½ Day Training Programme

Programme content:

- What is Abuse
- What is Elder Abuse
- Types of Abuse
- Signs of Abuse
- Case Studies
- Patterns of Abuse
- Reporting and Recording



** Following this programme learners will receive a certificate of attendance**

All programmes are based on demand, all one day training programmes are at a cost of €50.00 per day per person excluding Patient Moving and Handling which is at a fee of €90 and the Irish Heart Foundation Heartsaver CPR/AED which is a fee of €65.

Workshops may also be tailored to your specific needs by one of our Qualified Tutors with a nursing background.

Kindly contact the Training Department should you have any queries on 05793-22920.

