

HEALTHCARE PRACTICE - FUNDAMENTAL CARE SKILLS (GPT201E)

An e-learning (online) course leading to a nationally recognised and accredited level three certificate awarding 3 credits

M01: Introduction and Course Overview:

Pre-course criteria (confirmation) and course registration.

Modules - overview, intended learning outcomes and course content.

M02: Effective Communication:

Methods of communication and understanding ways to communicate.

M02 VIDEO - Introduction to Communication:

A look at effective communication in the healthcare sector.

M02 EXERCISE:

Communication game - interpreting instructions

M02 VIDEO - Communication: A Critical Evaluation

Recognising poor staff to patient communication issues.

M03: Accountability:

Patient, Public, Professional and Employer accountability.

Delegation. Consent - types and applications. Confidentiality.

M04: Documentation and Record Keeping:

Data Protection Act. Good record keeping and poor record keeping.

Medical Terminology. Negligence and the law. Using a Patient Observation Chart (Obs Chart).

M05 Hygiene and Infection Prevention & Control (IPC)

WHO initiatives. History. Exposure categories. Principles of infection control. Pathogens - definitions. Airborne, Bloodborne and Vector borne pathogens. Keeping Safe (Health & Safety at Work Act). Standard Precautions. Hand washing. Waste Disposal.

M06 VIDEO - An introduction to vital signs (patient demonstrations)

Temperature (oral route), Pulse, Respiration Rate, Blood Pressure and Temperature (tympanic route).

M06 Tests and Measurements:

A detailed look at: Pulse, Temperature, Respiratory Rate, Blood Pressure, Blood Tests, Urinalysis and FOB, Height, Weight and BMI, Fluid Balance.

M06 VIDEO - Using a Pulse Oximeter

M06 VIDEO - Using a Digital Blood Pressure Monitor

M06 VIDEO - Performing a Urinalysis

Correct test procedures and recording of results.

A look at urinalysis tests using MultiStix.

M07 Anatomy and Physiology -

an overview and relevant definitions.

Cells & Tissues,

The Integumentary System,

The Locomotor System, The Nervous System,

The Endocrine System, The Digestive System,

The Circulatory System, The Lymphatic System,

The Respiratory System,

Homeostasis.

M08 Nutrition and Fluid Balance:

Definitions. Dehydration and causes.

Fluid overload. Nutrition - the basics. Food labelling.

M08 VIDEO - Completing a Twenty-Four Hour Fluid Chart.

Recording and criteria for fluid input and output.

M09 Practical Caring Skills:

Care receiving - sometimes a medical complication.

Skills and qualities associated with effective practical caring.

Understanding the ageing process -

social, physical and psychological changes.

Acute and chronic confusion - recognising the differences.

Normal ageing vs. chronic illness related ageing.

Day to day care (includes bathing, positioning of patient, personal hygiene).

M09 VIDEO - Practical caring skills

1: Recovery Position 2: Bleeding Control and 3: Burn Identification and treatment.

M10 Psychological Care

Pain. Stress. Cultural influences. Phobias. Anxiety. Confusion. Sick Role. Grieving. Self-management - support routes.

M09 VIDEO - Practical caring skills

Changing an occupied bed.

M11 Pressure Care:

Recognising and grading pressure ulcers (using EPUAC Grading System). Prevention and causes. Key priorities in management.

Effective assessment and documentation using scoring tools.

M11 VIDEO - Using the Waterlow Pressure Care Assessment Tool

Using a Pressure Sore Risk Assessment Tool and BMI chart to evaluate patient risk.

M11 VIDEO - How to manually calculate the Body Mass Index (BMI)

M12 Medication:

Introduction and legislation. General principles. "Getting it right".

Common errors and prevention. Understanding abbreviations.

Administration routes. Summary.

END Certification:

A temporary certificate can be downloaded as soon as you complete the course. Your certified paper copy will be posted to you within 6-8 weeks.

M02 - M12 SUPPOT MATERIAL

An additional 32 supplementary resources documents and guides are provided for you to download and keep throughout this course.

HOME STUDY PACK

A home study pack (HSP) is provided to you and is an integral part of your total learning programme for this course.

The HSP should be completed before starting the online course and is designed to provide you with a basic knowledge of several fundamental subject areas.

Completion of the total programme will enable you to reach your target "learning time" to achieve an award of 3 credits.