



Castle Road, Mahon, Cork

Telephone: (021) 4536551 **Facsimile:** (021) 4359450

E: info@northridgehouse.ie

W: www.northridgehouse.ie

Course Brochure

September 2017 – May 2018

OUR TRAINING IS...

ACCREDITED

PRACTICE- BASED

COMPETITIVE

EFFECTIVE

Introduction

The Education Centre is an embodiment of the St. Luke's Home Vision of continuing to provide high quality care to the Older Person in the city and beyond.

The maxim of "Enhancing our Caring by On Going Training" is emblematic of this commitment. Courses are geared towards the needs of those who provide Care for the Older Person – be it within a Residential Care Centre, Hospital or Home Setting. Our training is provided by experienced and qualified facilitators.

Many of our courses offered are accredited by either **QQI** or have **NMBI Category 1 Approval**. We are also an affiliated training centre with the Irish Heart Foundation.

In addition to providing training to meet the standards expected by HIQA and the other statutory bodies the Education Centre continues to enhance the range of training it can provide e.g. the provision of Clinical Pastoral Education and other courses in pastoral ministry.

The Centre offers a variety of Educational and Meeting settings and is available for bookings.

The Centre also provides tailor made courses that can be provided off-site in other Residential Care Centres.

Please contact Claire or Bruce to discuss your training needs.

To be added to our mailing list and receive our regular newsletters and updates please contact us as below. Full details of course content, application process and pre-requisite requirements can be downloaded from our website www.northridgehouse.ie or can be sent by post on request.

Bruce Pierce
Director of Education
021 4536551
bruce.pierce@stlukeshome.ie

Claire Coakley
Administration
021 4536551
claire.coakley@stlukeshome.ie



Index of Courses

Courses for All Involved in Care of the Older Adult

End of Life Care	6
Advance Care Directives	6
Manual & Patient Handling	6
Manual & Patient Handling - Refresher	6
Enhancing Work Relationships	7
Prevention of Elder Abuse	7
Understanding Dementia Care	7
Working with Responsive Behaviours	8
Basic First Aid	8
CPR & Defibrillator	8
Managing Continence within the Residential Care Setting	8
Oral Health Care in Residential Care Settings	10

Courses for Directors of Care, Nurse Managers and Staff Nurses

Standard Precautions of Infection Control for Nurses	9
Medication Management for Nurses	9
Medication Management for Nurses Refresher	9
Familiarization with Venepuncture for Nurses	9
5 Day Programme For Registered Nurses	13

Index of Courses

Personal Development Courses

Mindfulness Meditation 7 Week Evening Course	10
Art Therapy	10

Certification Awarded by QQI

Care of the Older Person	11
Care Skills	11
Palliative Care Support	11
Communication	11
Training Delivery & Evaluation	12
Gerontology	12
Supervisory Management	12
New QQI Courses	12
Conference Information	14/15
Getting to Northridge House	19
Contact Details	20

Rentals at Northridge House

Training/Meeting Rooms and Conference Centre available for Hire. Full details on www.northridgehouse.ie

Do you Need Training in your Centre?

We provide tailor made training courses that can be delivered in Residential Care Centres throughout the Country.

All the courses in this brochure can be brought to your Centre and designed to meet any specific training requirements you may have. We can also devise and deliver unique courses to address local needs.

Our tutors are happy to discuss your needs prior to the delivery of any training.

Testimonials

"I found St. Luke's Education Centre a one stop shop for our training needs. The planning, value for money and delivery of training was all top class. I would highly recommend it. A specific plan was tailored to meet our needs that ensured up-to-date practice"

Nollaig Broe, Director of Care, St. Joseph's Mount Desert, Cork

'I am delighted to recommend the training provided by Northridge House whether that is on their premises or ours. We have had a number of training courses provided by Northridge House in all aspects of care of the elderly and without exception, we have been very happy with the standard and content of training courses. Their trainers have worked in a number of our homes delivering training and they always do so with the minimum of disruption to the running of the home. We look forward to working with the training team in the future and are already scheduling some work for 2017'.

Theresa Connolly, Head of Human Resources, Carechoice Group

Please Contact Claire at 021 4536551 or info@northridgehouse.ie

End of Life Care – Ref No: EOL

NMBI Category 1 – 4 CEUs

Duration: 9.30am – 1.00pm (Half Day Course)

Date: 22nd February, 16th May

Aim: To explore the diverse needs of our residents and their loved ones in the areas of emotional, religious and spiritual needs and to focus on appropriate practice especially in the area of end of life care to meet HIQA requirements.

Advance Care Directive – Ref No: ACD

NMBI Category 1 – 3 CEUs

Duration: 2.00pm – 5.00pm (Half Day Course)

Date: TBC

Aim: This course will provide the principles of Advanced Care Directives. It will discuss current best practice and legislation in relation to Advanced Care Directives. It will also provide basic knowledge and skills to enable participants look at developing Advanced Care Directives and Care planning with residents in residential care settings.

Manual & Patient Handling – Ref No: MPH

Duration: 9.30am – 4.00pm (Full Day Course)

Date: 27th November, 15th January, 26th February, 9th April, 28th May

Aim: To enable staff to follow safer moving and handling of people, to ensure back care awareness and to meet the requirements of working in residential care. The course is a mix of theory and practice ensuring participants have competencies and experience in the use of different hoists etc.

Manual & Patient Handling - Refresher – Ref No: MPH/R

Duration: 9.30am – 12.30pm or 2.00pm – 5.00pm (Half Day Course)

Date: 4th December, 22nd January, 5th March, 16th April

Aim: To ensure staff meet the requirements of mandatory Manual / Patient Handling up-skilling. This is a refresher course for those who have completed the full-day training within the past 2 years.

Enhancing Working Relationships - Ref No: EWR

NMBI Category 1 - 4 CEUs

Duration: 2.00pm-5.00pm (Half Day Course)

Date: 23rd November 2017

Aim: Effective working relationships enhances resident care, permit the institution to function to its potential and reduce both stress and burnout for staff. Through growth in self-awareness and enhanced communication skills staff enhance their ability to address the demands of the nursing profession.

Recognising & Responding to Elder Abuse in Residential Care Settings - Ref No: EA

NMBI Category 1 - 3.5 CEUs

Duration: 9.30am - 1.00pm (Half Day Course)

Date: 21st September, 23rd November, 25th January, 22nd March

Aim: This training programme has been designed to assist all staff working in residential care settings to recognise elder abuse and poor care practices. It will also inform staff of the correct actions to take if they discover or suspect elder abuse.

Understanding Dementia Care - Ref No: DC

NMBI Category 1 - 3 CEUs

Duration: 9.30am - 12.30pm (Half Day Course)

Date: 19th September, 16th January, 21st March

Aim: The aim of this course is to provide basic knowledge and skills to enable participants develop person-centred dementia care practices. The course offers best practice advice, while giving participants the underpinning knowledge required, to enhance the care experience for older people with dementia.

Working with Responsive Behaviours (Behaviours that Challenge) - Ref No: CB

NMBI Category 1 - 3.5 CEUs

Duration: 1.30pm - 4.30pm (Half Day Course)

Date: 19th September, 16th January, 21st March

Aim: This courses aims to enable participants support people with dementia in a person-centred way when they present with responsive behaviours. The participants will bring together ideas and ways of working with the lived experiences of the older person with Dementia that emphasises communication and relationships. The course will provide a structured approach to assessing and meeting the needs of the person exhibiting a responsive behaviour.

Basic First Aid – Ref No: BFA

Duration: 9.30am – 4.00pm (Full Day Course)

Date: 7th December, 8th February, 19th April

Aim: This course will provide the necessary skills and up skilling for the required refresher First Aid course. It also provides an excellent introduction to First Aid and includes CPR AED (Irish Heart Foundation).

CPR & Defibrillator – Ref No: CPR

Accredited by the Irish Heart Foundation

Duration: 9.30am – 12.30pm or 2.00pm – 5.00pm (Half Day Course)

Date: 4th December, 22nd January, 5th March, 16th April, 28th May

Aim: To provide practical training to participants from the care environment in the provision of Infant, Child and Adult CPR and the use of a defibrillator.

Managing Continence within the Residential Care Setting – Ref No: MCC

Duration: 9.30am – 1.00pm (Half Day Course)

Date: 15th November, 14th February

Aim: To provide participants with the principals of Continence Care and best practice. This course is geared towards the needs of Healthcare Assistants.

Standard Precautions of Infection Control – Ref No: PIC

NMBI Category 1 – Pending

Duration: 9.30am – 2.00pm (Half Day Course)

Date: 23rd January, 13th March

Aim: The session will include: infection prevention and control, the chain of infection, development of standard precautions and basic principles of hand hygiene.

Medication Management for Nurses - Ref No: MMN

NMBI Category 1 - 6 CEUs

Duration: 1.30pm - 4.30pm (Half Day Course)

Date: 22nd February, 16th May

Aim: To provide an understanding of best practice in medication management and an understanding of the role of the nurse within the scope of practice and NMBI guidelines.

Medication Management for Nurses - Refresher -

Ref No: MM/R

Duration: 9.30am - 12.30pm (Half Day Course)

Date: 23rd February or 13th April

Aim: A refresher course for those who have completed the full-day training within the past 2 years.

Familiarization with Venepuncture for Nurses -Ref No: FVN

NMBI Category 1 - 4 CEUs

Duration: 9.30am - 1.30pm (Half Day Course)

Date: TBC

Aim: To raise awareness of practices needed to carry out Venepuncture and to enable registered nurses to utilise knowledge, skills and attitudes that increase their professional capacity for a specific clinical intervention.

Oral Health Care in Residential Care Settings - Ref No: OHC

NMBI Category 1 - 3.5 CEUs

Duration: 2.15pm - 5.15pm (Half Day Course)

Date: TBC

Aim: This course is designed to equip participants with oral health knowledge, provide skills in oral health care and to help recognise factors that contribute to poor oral health of the older dependent person in the residential care setting.

Personal Development Courses

Mindfulness Meditation 7 Week Evening Course -

Ref No: MME

Duration: 7.00pm - 9.30pm

Date: Starts on 25th January 2018

(1st, 8th, 15th, 22nd February, 8th March)

Full Day of Practice on Saturday 3rd March

Aim: This course will provide you with the basics needed to begin living your life more in the here and now. It will help you to train in maintaining a steadiness in life even while there is turbulence around you. The stability of mind results in an inner peace. CD's and Hand-outs are provided.

Art Therapy in Health Care Settings- An Introduction

Duration: 9.30am - 4.00pm

Date: TBC

Aim: The aim of this workshop is to introduce participants to an understanding of the therapeutic potential of art as therapy. The workshop is designed for anyone who has an interest in art therapy in a healthcare setting, and may be particularly useful to those working or training in the caring profession. The workshop will consist of an information segment, where we will present and discuss case studies along with a brief outline of the theories and origins of Art Therapy. There will be an experiential workshop where participants can explore using art materials to create their own piece, and reflect in a group setting.

Certification Awarded by QQI



Care of the Older Person (5N2706) - Level 5

- Duration:** 6.00pm – 9.30pm (10 Week Evening Course)
Date: 16th, 23rd, 30th January, 6th, 13th, 20th, 27th February, 6th, 13th, 20th March 2018
Aim: The course is aimed at adults considering working in this vital area. This module is designed to equip learners with the knowledge and skills to provide care for older people in a variety of settings.

Care Skills (5N2770) - Level 5

- Duration:** 9.30am – 4.00pm (4 Day Course)
Date: 7th, 21st February, 7th, 21st March 2018
Aim: This programme is designed to enable Health Care support workers or Assistant Staff to develop their knowledge, skills and attitudes in caring for a client during a period of health care need. The programme will focus on skills acquisition in a range of competencies expected within the role of the Health Care Assistant. Limited number of mandatory placements available at St. Luke's Home.

Palliative Care Support (5N3769) - Level 5

- Duration:** 9.30am – 4.00pm (5 Day Course)
Date: 27th February, 6th, 13th, 20th, 27th March 2018
Aim: The module is designed to equip the learner with the knowledge and skills of the palliative care approach to enable them to care for the person diagnosed with a life-limiting illness together with their family in a dignified and holistic manner.

Communication (5N0690)- Level 5

- Duration:** 6.00pm – 9.30pm (6 Day Course)
Date: dates to be announced
Aim: The purpose of this award is to equip learners with the relevant knowledge, skills and competence to communicate verbally and non-verbally in standard everyday tasks and in work-related tasks. This course can be used towards several QQI Major Awards in Healthcare.

Training Delivery & Evaluation (6N3326) - Level 6

Duration: 9.30am – 4.00pm (5 Day Course)

Date: To be confirmed

Aim: To equip the learner with the knowledge, skill and competence to deliver, assess and evaluate training and development interventions and to attain a national award. The programme is designed primarily for learners working in care home and healthcare settings.

Gerontology (6N3748) - Level 6

Duration: 9.30am – 4.00pm (8 Day Course)

Date: dates to be announced

Aim: Participants will elaborate their understanding of the normal and pathological changes which occur as we age. They will gain an awareness of the attitudes and stereotypes which influence the position and perception of the older adult in society.

Supervisory Management (6N4329) - Level 6

Duration: 9.30am – 4.00pm (5 Day Course)

Date: 22nd January, 5th, 19th February, 5th, 26th March 2018

Aim: To equip learners with practical skills and knowledge necessary to operate effectively as a supervisor or line manager and enable learners to understand the role and responsibilities of the supervisor, and develop the relevant management skills.

Training Needs Identification & Design (6N3325) - Level 6

Duration: 9.30am – 4.00pm (5 Full Days)

Date: To be confirmed

Aim: The purpose of this course is to equip the learner with the knowledge, skill and competence to identify training and development needs at an organisation and or individual level, to devise a training plan and to explore the scope of training and development design to meet those needs.

Team Leadership (6N1948) Level 6

Duration: 9.30am – 4.00pm (5 Full Days)

Dates: to be confirmed

Aim: The aim of the programme is to equip the learner with the relevant knowledge, skills and competence to work as an effective leader and member of a team, independently and/or in a supervisory capacity.

Courses for Directors of Care, Nurse Managers and Staff Nurses

Innovative Approaches to Dementia Care

5 Day Programme for RNs (NMBI Category 1 Approved - 35 CEUs)

Dates: To be confirmed (5 Full Days)

This new course offers Registered Nurses (RNs) working in older adult care settings the opportunity to develop and expand their knowledge, skills and attitudes in providing sophisticated dementia care across a range of settings. The course will enable RNs take a critically self-reflective approach to identify what evidence based practice achieves. The course is designed to run over 5 full days in a 10 week period and will include both national and international best practice innovations. The aim of this innovative course is enable RNs develop cultures of person-centeredness and improve the quality of life and quality of care for people with dementia.

The course is centred around 5 Themes:

- Theme 1** Memory loss and Dementia typology and implications
- Theme 2** Climate for sophisticated dementia care: innovation and action
- Theme 3** Therapeutic interventions: past, present and future directions
- Theme 4** Supporting the person with responsive behaviour
- Theme 5** Confidence & competence for innovative practice

The approach taken on this course will be that of work-based learning where the learner will be required to undertake specific activities between each formal education day in order to demonstrate professional learning and improve reflective skills.

- Week 1-2** Evaluate own work place culture
- Week 2-4** How is person centeredness revealed
- Week 4-6** Leading an innovation (therapeutic intervention)
- Week 6-8** Using an ABC approach recording and resolving
- Week 8-10** Managing change and increasing benefit

For further details contact:

claire.coakley@stlukeshome.ie

CONFERENCE



DEMENTIA: INNOVATIONS IN CARE

Thursday 12th April 2018
Radisson Blu Hotel, Little Island, Cork

INTERNATIONAL KEY NOTE SPEAKER:	KEY NOTE ADDRESS:
PROF. JAN DEWING Sue Pembrey Chair of Nursing, Director of The Centre for Person-centred Practice Research, Division of Nursing, School of Health Sciences, Queen Margaret University	AN INSIDE VIEW ON INNOVATING DEMENTIA CARE: THE DONEGAL PROJECT

Speakers include **DR. CHRIS LUKE**, Consultant, Emergency Medicine, Cork

PLUS... Masterclasses
Friday 13th April 2018 at Northridge House, St Luke's Home, Cork

- 1. Prof. Jan Dewing**
Top 10 Innovations: those done and those still to do
- 2. Dr. Nicola Cornally & Dr. Irene Hartigan**
Palliative Care for the Person with Dementia; Spotlighting the IHF/UCC Guidance Documents (4&5) on the Management of Pain, Hydration & Nutrition.

Conference & Masterclass pricing:
Conference only: €100
1 Masterclass only: €50
Conference plus 1 Masterclass: €140
Conference plus 2 Masterclasses: €175
2 Masterclasses only: €90

Main Sponsor


BOOK EARLY
to avoid disappointment

CONTACT / BOOKING DETAILS: Ms Claire Coakley T: 021 4536551 E: claire.coakley@stlukeshome.ie

Limited places available. NMBI (Category 1) accreditation pending

Northridge House, Education & Research Centre, Castle Road, Mahon, Cork, T12 H970
Find out more: www.northridgehouse.ie  [stlukeshomeeducationcentre](https://www.facebook.com/stlukeshomeeducationcentre)

Contact/Bookings Details: info@northridgehouse.ie / 021 4536551

Refresher Training for Residential Care Centres to Consider

- Manual Handling (including patient handling)
- Prevention of Elder Abuse (Safeguarding)
- Fire Safety
- First Aid
- CPR
- Medication Management
- Dementia Care / Responsive Behaviours
- Infection Control
- Nutrition
- End of Life Care

Northridge House provides professional and accredited training to meet the needs of those working with the Older Adult. As an Education Centre we are aware of the individual responsibility of all learners to assess and maintain their own competence and professional practice. The scope of our educational remit is set out in our terms and conditions which can be viewed on our website

www.northridgehouse.ie

Notes

Getting to Northridge House

From Cork City:

- Come down the Blackrock Road onto Castle Road and past Blackrock Castle
- After the castle take the third turn to the right (first two turnings are into residential estates)
- Immediately after the turn there is a large gate on your left behind a wall with railings on top - St Luke's. The entrance to Northridge House is on the right.

From Kerry or West Cork

- Get onto the southern ring road heading for Dublin
- Before the Jack Lynch tunnel, at the last slip road turn off left to Blackrock/Mahon
- At the top of the slip road turn left at the roundabout
- Travel to the T junction with traffic lights (CSO office on your right hand side at the corner)
- Turn right at these lights
- Then take the first left
- Follow this road to the right until you pass Blackrock Garda Stn, then a school both on the right
- The next left turn should have a sign on the corner to St Luke's Home - take this left turn
- Follow the road to the T junction at the river and St Luke's gates are on your right hand side. The entrance to Northridge House is on the right.

From Dublin or East Cork

- Go through the Jack Lynch tunnel onto the Southern ring road
- Take the first slip road off left to Blackrock/Mahon
- At the top of the slip road turn right
- Go straight through the roundabout at the other end of the bridge
- Travel to the T junction with traffic lights (CSO office on your right hand side at the corner)
- Turn right at these lights, then take the first left
- Follow this road to the right until you pass Blackrock Garda Stn, then a school both on the right
- The next left turn should have a sign on the corner to St Luke's Home - take this left turn
- Follow the road to the T junction at the river and St Luke's gates are on your right hand side. The entrance to Northridge House is on the right.



[stlukeshomeeducationcentre](#)

Contact Us



Bookings & Enquiries to:

Claire Coakley
Administration
021 4536551

claire.coakley@stlukeshome.ie

Bruce Pierce
Director of Education
021 4536551

bruce.pierce@stlukeshome.ie

Web: www.northridgehouse.ie



www.facebook.com/stlukeshomeeducationcentre



StLukesEducationCork @educationslh