



Castle Road, Mahon, Cork

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

E: info@northridgehouse.ie

W: www.northridgehouse.ie

Course Brochure

September 2018 – May 2019

OUR TRAINING IS...

ACCREDITED

PRACTICE- BASED

COMPETITIVE

EFFECTIVE

Introduction

Northridge House Vocational Training & Research 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 Training 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	7
Basic First Aid	7
CPR & Defibrillator	8
Managing Continence within the Residential Care Setting	8
Standard Precautions of Infection Control for Nurses	8
Oral Health Care in Residential Care Settings	8
Medication Management for Nurses	9
Activities In Older Adult Care	9
Restriction of Personal Freedom (Restraint)	9
The Assisted Decision Making Capacity Act	9
5 Day Programme For Registered Nurses	15

Personal Development Courses

Mindfulness Meditation 7 Week Evening Course	10
Art Therapy	10

Index of Courses

Certification Awarded by QQI

Care of the Older Person	11
Palliative Care Support	11
Safety & Health at Work	11
Care Skills	11
Care Support	12
Supervisory Management	12
Team Leadership	12
HR Management	12
Training Needs ID & Design	13
Training Delivery & Evaluation	13
Gerontology	13
Conference Information	16
Getting to Northridge House	19
Contact Details	20

Rooms at Northridge House

Training/Meeting Rooms and Conference Centre available. 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: 2.00pm - 5.00pm (Half Day Course)

Date: 5th October, 9th November, 7th December

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: 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: 17th September, 15th October, 19th November, 10th December, 21st January, 25th February, 25th March, 29th April, 27th 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)
(check with the centre for allocated time)

Date: 24th September, 22nd October, 26th November, 17th December, 28th January, 4th March, 20th May

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: 9.30am – 12.30pm (Half Day Course)

Date: 14th November

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

Understanding Dementia Care – Ref No: DC

NMBI Category 1 – 3 CEUs

Duration: 9.00am – 12.00pm (Half Day Course)

Date: 1st October, 5th November, 3rd December

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: 1.00pm – 4.00pm (Half Day Course)

Date: 1st October, 5th November, 3rd December

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: 11th October, 6th December, 7th February

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 (Half Day Course)

Date: 24th September, 22nd October, 26th November, 17th December,
28th January, 25th February, 4th March, 20th 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: Half Day Course

Date: Contact Centre for Available Dates

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: Half Day Course

Date: Contact Centre for Available Dates

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

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

NMBI Category 1 – 3.5 CEUs

Duration: 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.

Medication Management for Nurses - Ref No: MMN

NMBI Category 1 - 6 CEUs

Duration: Half Day Course

Date: Contact Centre for Available Dates

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.

Activities in Older Adult Care

NMBI Category 1 - 6 CEUs

Duration: 9.30am - 12.30pm

Date: 23rd October 2018

Aim: Our half-day course will equip participants with foundation skills in adapting and developing an activities programme in older adult care. The residents' needs will be prioritised throughout and all of the programmes will be assessed to cater to each resident's interests and abilities. Activities focus on the social and fun factor as well as the physical benefits. HIQA Standard 18 (2016) requires that *"techniques such as life stories, reminiscence, reality orientation, validation, sensory equipment and music are used to enhance communication"*

Restriction of Personal Freedom (Restraint)

NMBI - Pending

Duration: 9.30am - 12.30pm

Date: Contact Centre for Available Dates

This course will raise awareness of approaches in using restraint, its management and recording in residential settings. It will identify the forms and practices that may be seen as restrictive and it will discuss assessment and decision making. The course will deal with processes that need to be considered when determining application of restraint. HIQA standards and the national restraint policy will be covered. The Assisted Decision Making Act 2015 with relation to restraint will also be covered.

The Assisted Decision Making (Capacity) Act 2015.

NMBI - Pending

Duration: 9.30am - 12.30pm

Date: Contact Centre for Available Dates

The course will outline knowledge and skills needed to implement the Assisted Decision Making (Capacity) Act into practice. It will outline the UN Convention on the Rights of Persons with Disabilities it also aims to support the learner to develop an understanding of the Convention. The course will focus on the importance of building decision-making capacity. It furthermore provides training in the principles of the Act and details how these should be applied in practice. The course will cover provisions such as advance health care directives and power of attorney and will explore good practice in assisted decision making.

Personal Development Courses

Mindfulness Meditation Classes

Ref No: MME

Dates: Thursday 13th 7pm-8.30pm "A Taste of Mindfulness Meditation - Contact Centre for Details

23rd, 30th September and 7th October 10am - 5pm - "The Practice of Mindfulness Meditation " - Contact Centre for Details

Aim: This introductory course will run over 3 consecutive Sundays. There will be lots of breaks and variety during the day. The emphasis will be on gaining experience in various Meditation and mindfulness practices. Participants will gain the confidence to practice Meditation on their own and live a more mindful life. Some theory will be presented in order to deepen your understanding of mindfulness practice. The course is for beginners but may also be of interest to people with some experience in Meditation.

Art Therapy in Health Care Settings- An Introduction

Duration: 9.30am - 4.00pm

Date: 14th November 2018

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: 11th, 18th, 25th September, 2nd, 9th, 16th, 23rd, 30th October, 6th, 13th November
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.

Palliative Care Support (5N3769) - Level 5

- Duration:** 9.30am – 4.00pm (5 Day Course)
Date: 13th, 20th, 27th September, 4th, 11th October
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.

Safety & Health at Work (5N1794)- Level 5

- Duration:** 9.30am – 4.00pm (5 Day Course)
Date: 25th September, 9th, 23rd October, 6th, 20th November
Aim: The purpose of the programme on Safety and Health at Work (5N1794) is to provide learners the opportunity to the study Safety and Health, and its key concepts, theoretical concepts and practical applications and is designed is to equip the learner with the relevant knowledge, skill and competence to work as an appropriate worker and member of a team at work

Care Skills (5N2770) - Level 5

- Duration:** 9.30am – 4.00pm (4 Day Course)
Date: 10th, 24th October, 7th, 21st November
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.

Care Support (5N0758)- Level 5

Duration: 9.30am – 4.00pm (5 Day Course)
Date: 16th, 30th January, 13th, 27th February, 13th March
Aim: This module aims to provide learners with the personal knowledge, skills and competence to work effectively in a care setting. It aims to promote good practice and respect for diversity in lifestyle, religion and culture in care work. As a mandatory module for the Major Award Healthcare Support (5M4339), this module will enhance the career and professional journey of those Learners who successfully complete the module.

Supervisory Management (6N4329) - Level 6

Duration: 9.30am – 4.00pm (5 Day Course)
Date: 11th, 25th September, 9th, 23rd October, 8th November
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.

Team Leadership (6N1948) Level 6

Duration: 9.30am – 4.00pm (5 Full Days)
Dates: 17th September, 1st, 15th October, 6th, 20th November
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. The programme looks at the principle theories and styles of leadership plus the role and key functions of a team leader including motivation, communication, planning, goal setting and delegation.

HR Management (6N3750) - Level 6

Duration: 9.30am – 4.00pm (5 Day Course)
Date: 10th, 24th September, 8th, 22nd October, 5th November
Aim: The purpose of the programme on Human Resource Management is to provide the Learners the opportunity to the study Human Resource Management and its key concepts form theoretical concepts and practical applications and is designed for those who wish to gain an introductory qualification in Human Resource Management, to enable them to work effectively and efficiently within a HRM management role having gained the required skills and finally that learners have the abilities to ensure that all HRM legislation is complied with in all aspects of the Employment relationship.

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

Duration:	9.30am – 4.00pm (5 Full Days)
Date:	dates to be announced
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.

Training Delivery & Evaluation (6N3326) - Level 6

Duration:	9.30am – 4.00pm (5 Day Course)
Date:	dates to be announced
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.

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: TBA (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

Workshop Day for HCA's

Morning : Skin Integrity and Pressure Area Care

Afternoon: End of Life Care for Carers

Thursday 18th October 2018

Northridge House Education Centre



SAVE THE DATE - Annual Conference

Thursday 11th April 2019

Masterclasses Friday 12th April 2019

Radisson Blu Hotel, Little Island

To register interest email: info@northridgehouse.ie or phone 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 a Vocational 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