

# LAY CARE AT HOME - A GUIDE FOR ORGANIZING COURSES

## (Slovenian Red Cross)



### INTRODUCION

- Starting points for course development
- Aim of course
- Goals
- Role and tasks of the course organize

### Basic course information

- Target population: adult persons
- Topics:
  - A patient in the family
  - Nursing patient
  - The aging process
  - Care of the patient in various diseases
  - Physical activity of the recovering patient

**Number of course participants: 10 – 15**

**Material:** "Home Patient Care" Manual and RK Thematic Material

### Accessories:

- Equipped bed, patient care supplies, pyramid or poster and food
- computer and projector
- Testing of knowledge
- Course providers: graduate nurses (working in praxis), doctors and other professionals

**Certificate of completion of the course**

## **CURRICULUM - 18 hours**

**(1 hour = 45 minutes):**

### **1. A PATIENT IN THE FAMILY – 3 hours**

- aim
- patient observation
- measuring and recording body temperature, heart beat, blood pressure
- caregiver protection
- working methods
- materials and accessories
- activities
- expected results
- testing of knowledge

### **2. NURSING PATIENT- 6 hours**

- aim
- patient's room, bed, bedding
- the patient's position
- changing dress of patient
- bath (in bed and alone)
- personal hygiene - oral care, head washing
- use of nightstand
- working methods
- materials and accessories
- activities
- expected results
- testing of knowledge

### **3. AGING PROCESS – 1 hour**

- aim
- signs of aging
- accessories for the elderly
- home pharmacy and proper medication administration
- working methods
- materials and accessories
- activities
- expected results
- testing of knowledge

### **4. PHYSICAL ACTIVITY OF A RECOVERING PATIENT – 2 hours**

- aim
- physical activity
- walking the recovering chronically ill

- working methods
- materials and accessories
- activities
- expected results
- testing of knowledge

## **5. NUTRITION – 2 hours**

- aim
- energy needs, nutrients and protective ingredients
- nutrition pyramid planning, healthy plate
- food preparation methods and specificity of the patient's diet
- food handling basics and recommendations
- working methods
- materials and accessories
- activities
- expected results
- testing of knowledge

## **6. CARE OF PATIENTS IN VARIOUS DISEASES – 2 hours**

- Aim
- patient care at various diseases: diabetes, cardiovascular disease, stroke, osteoporosis and infectious diseases
- care of the dying
- working methods
- materials and accessories
- activities
- expected results
- testing of knowledge

## **7. TESTING OF KNOWLEDGE – 1 hours**

- Goals
- working methods
- activities
- expected results

## **8. THE LAST HOUR – 1 hour**

- a small awards ceremony

### **SOME PRACTICAL TIPS**

- learning method - percentage of memory
- some of the most common mistakes that deter listeners
- use of power point and slides

### **VITAL FUNCTION RECORDING FORM**

### **KNOWLEDGE TESTING FORM**