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| **Minor Award Name** | **Care Skills** |
| **Minor Award Code** | **5N2770** |
| **Level** | **5** |

**Suggested resources to support delivery:**

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| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Various client groups in need of care – children / adults who live with physical/intellectual/emotional/mental health issuesChronic and Acute illnesses | BookArticles | Care - an innate concept to life and living and our work with people.Learning about all client groups and their individual needsWork Experience exposure to the client groups to develop awareness of needs’ categories | Mosby’s ‘Essentials for Nursing Assistants’ Shelia Sorrentino.7th Edition | <http://www.simplypsychology.org/maslow.html><http://www.deepermind.com/20maslow.htm>[www.aware.ie](http://www.aware.ie)[www.hse.ie](http://www.hse.ie)<http://www.mentalhealth.org.uk/help-information/mental-health-statistics/><http://www.nursingtimes.net/home/specialisms/nutrition/distinguishing-between-acute-and-chronic-elements-of-ill-health-when-assessing-patients/5006423.article> |
| Physical / Intellectual / emotional / Social / Spiritual /Psychological needs of a person | BookMind mapsVisualsArticle | Maslow’s hieracrchy of needs, Essential work to the programme – offering holistic understanding of client’s individuality, uniqueness and contribution to family / community and the world.Attending to medical needs in a care setting – role of medication / different forms of therapy / family involvement in care provision / specific needs for every client /  | Mosby’s ‘Essentials for Nursing Assistants’ Shelia Sorrentino.7th Edition | <http://www.kevanowen.com/needs.png>(mind maps listed here– excellent method to explain and detail needs)<http://elenamakarova.com/five_needs/img/Maslows_Hierarchy_of_Needs.png><http://www.youthoperaintl.com/images/chart%20of%20basic%20human%20needs.jpg><http://carenovatemag.com/elderly-loneliness-older-adults-lonely/> |
| Client Privacy & DignityClient Respect and importance of confidentiality in the workplace and with the client.Building trust in the care setting. | Book and websitesUse of Mindmaps | Important for learners’ awareness of the sensitivity required during personal and intimate care for a client.Also the privilege of the knowing the trust relationship between carer and client is paramount to their understanding of recovery and general well being.Learner develops how to establish professional boundaries while maintaining personal approach.Awareness of client’s property and items and respect for same. | Mosby’s ‘Essentials for Nursing Assistants’ Shelia Sorrentino.7th Edition | [www.ageaction.ie](http://www.ageaction.ie)[www.irishhealth.com](http://www.irishhealth.com)[www.friendsoftheelderly.ie](http://www.friendsoftheelderly.ie)[www.socialinclusion.ie](http://www.socialinclusion.ie)[www.citizensinformation.ie](http://www.citizensinformation.ie)<https://s-media-cache-ak0.pinimg.com/originals/cd/7b/c2/cd7bc212686067807170a1349f2320ec.jpg>mind map above excellent<http://40.media.tumblr.com/tumblr_mdcqepgc4H1ru4tgjo1_1280.jpg> |
| Importance of verbal and non-verbal communication skills necessary for interaction with clients in the care process.PostureFacial expressionsGestures/body languageEye contactTouch | Book and websitesArticles | Developing individualised and careful communication patterns which enhance client care and interests.Use of language which is accessible to the client.Awareness of how negative non verbal signs can be very stressful for a client.Positive body language can impact on health and recovery in a meaningful way to allow client to feel safe and secure in the company of others and their carers in the care setting. | Mosby’s ‘Essentials for Nursing Assistants’ Shelia Sorrentino.7th Edition | [www.alone.ie](http://www.alone.ie)[www.hse.ie](http://www.hse.ie)[www.aware.ie](http://www.aware.ie)<https://www.agingcare.com/Articles/communication-techniques-to-deal-with-elderly-parents-138454.htm><http://www.jcomjournal.com/evidence-based-strategies-for-communicating-with-older-adults-in-long-term-care/>[www.caregiverstress.com](http://www.caregiverstress.com) |
| Skills for Carers – empathy / respect and dignity | Book and websites | Intimate and personal care in the care settingImportance of professional training and expertise through certified programmes.Confidence in care and clarity in the care process for vulnerable / able bodied / disabled clients | Mosby’s ‘Essentials for Nursing Assistants’ Shelia Sorrentino.7th Edition | [www.hse.ie](http://www.hse.ie)[www.alone.ie](http://www.alone.ie)[www.hiqa.ie](http://www.hiqa.ie)[www.homeinstead.ie](http://www.homeinstead.ie)[www.bluebirdcare.ie](http://www.bluebirdcare.ie)[www.qualifax.ie](http://www.qualifax.ie)[www.comfortkeepers.ie](http://www.comfortkeepers.ie) |
| Client safety and security proceduresKnowledge of equipment / policies / procedures in event of accident | Bookwebsites | Covers issues such as the need to be fully informed about health & safety issues for clients.Hoist work in the care settingFamiliarity with care equipment and knowledge of working order of same in order to carry out care procedures effectively and confidently.Infection Prevention and controlImportance of hand hygieneManual HandlingOFA module if applicable to programme | Mosby’s ‘Essentials for Nursing Assistants’ Shelia Sorrentino.7th Edition | [www.hse.ie](http://www.hse.ie)[www.hiqa.ie](http://www.hiqa.ie)[www.irishhealth.com](http://www.irishhealth.com)[www.hsa.ie](http://www.hsa.ie) |
| Importance of social activities for clients | Book and websiteArticlesVideo clipsMovieActivities | Benefits to health / mobility / inclusion / sense of well-being / bodily function / desire to socialise / self esteemIncluding others and having friends – keeping depression at bay.Have guest speakers come into the class to engage with group on the essentials of social events for the elderly in their community.Get class involved in October Ageing Month annually to create awareness of social needs to prevent isolation.Get involved an educational activity (beginners computers / email / facebook) involving the elderly in local communityLiaising with other classes to fund raise or visit nursing homes at various times during year when old people may feel very isolated depressed / lonely. | Mosby’s ‘Essentials for Nursing Assistants’ Shelia Sorrentino.7th Edition | <https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=4513><http://www.socialinclusion.ie/documents/Older_lowres2.pdf><http://www.hse.ie/eng/services/list/4/olderpeople/tipsforhealthyliving/keepingactive.html><http://www.irishtimes.com/news/health/loneliness-among-older-people-increases-health-risks-says-charity-1.2096920><http://www.irishexaminer.com/examviral/real-life/video-elderly-people-describe-what-it-is-to-be-lonely-363286.html>(video clip)*Older than Ireland* - Documentary |
| Range of care EquipmentPhysical items which old people need to enhance care quality / personal safety in the home /  | BooksWebsitesarticles | Display of items in Care Skills / Nursing Lab for class to explain use of and need for.Used in care settings on work experienceDeveloping familiarity and confidence with use of equipment to improve life and care quality.Equipment that encourages independence and autonomy and choice | Mosby’s ‘Essentials for Nursing Assistants’ Shelia Sorrentino.7th Edition | [www.royalmasterpeace.ie](http://www.royalmasterpeace.ie) |
| Cleaning of equipment used in the care setting/aware of infection prevention & control.PersonalHygiene and preparation for work in the care areaProcedures for correct disposal of soiled linen and excreta.Procedures for maintenance and replacement of equipmentSpecific targeted care areas in need of medical attention with carer assistancePressure Sore preventionHand Hygiene | BooksArticlesWebsites | Learning about hospital / care setting acquired infections – what to do – importance of reporting any change in client condition to nurseNosocomial infectionsImportance of HEP B vaccination for all learners in preparation for work placementThe practical element of the programme – applying the learning to the workplaceRole of infection control as mandatory learning experience in care settings and how to manage and control itMRSAAntibiotic resistance in clientsCarer protection in the workplaceNeedles and sharps injuriesWork experience of 20 days provides most relevant experience of direct care provision for older people with hygiene and personal care needs in care settingCare and management of pressure sores / ability to complete client documentation/literacy & numeracy skills  | Mosby’s ‘Essentials for Nursing Assistants’ Shelia Sorrentino.7th Edition | [www.hse.ie](http://www.hse.ie)[www.hiqa.ie](http://www.hiqa.ie)[www.ageaction.ie](http://www.ageaction.ie)<http://www.retirementservices.ie/suppliers.html>[www.royalmasterpeace.ie](http://www.royalmasterpeace.ie)<http://www.hse.ie/eng/health/hl/hcaiamr/healthcareassinfection/whatishealthcareinfection/>[www.healthline.com](http://www.healthline.com)[www.hiqa.ie](http://www.hiqa.ie)<http://www.thejournal.ie/one-in-20-patients-has-hospital-acquired-infection-680399-Nov2012/><http://www.hse.ie/eng/about/Who/qualityandpatientsafety/safepatientcare/Pressure_Ulcers/><http://www.hse.ie/eng/services/Publications/HealthProtection/Guidelines_for_Hand_Hygiene_in_Irish_Health_Care_Settings.html> |

 **Useful Organisations:**

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| **Name** | **Contact Information** |
| [www.hse.ie](http://www.hse.ie) |  |
| [www.hiqa.ie](http://www.hiqa.ie) |  |
| [www.who.org](http://www.who.org) |  |
| [www.irishnursinghomes.com](http://www.irishnursinghomes.com) |  |
| [www.ageaction.ie](http://www.ageaction.ie) |  |
| [www.alone.ie](http://www.alone.ie) |  |
| [www.friendsoftheelderly.ie](http://www.friendsoftheelderly.ie) |  |
| [www.irishhealth.com](http://www.irishhealth.com) |  |
| [www.hsa.ie](http://www.hsa.ie) |  |
| [www.socialinclusion.ie](http://www.socialinclusion.ie) |  |
| [www.citizensinformation.ie](http://www.citizensinformation.ie) |  |
| [www.qqi.ie](http://www.qqi.ie)[www.qualifax.ie](http://www.qualifax.ie) |  |