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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 issues  Chronic and Acute illnesses | Book  Articles | Care - an innate concept to life and living and our work with people.  Learning about all client groups and their individual needs  Work 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 | Book  Mind maps  Visuals  Article | 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 & Dignity  Client Respect and importance of confidentiality in the workplace and with the client.  Building trust in the care setting. | Book and websites  Use 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.  Posture  Facial expressions  Gestures/body language  Eye contact  Touch | Book and websites  Articles | 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 setting  Importance 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 procedures  Knowledge of equipment / policies / procedures in event of accident | Book  websites | Covers issues such as the need to be fully informed about health & safety issues for clients.  Hoist work in the care setting  Familiarity with care equipment and knowledge of working order of same in order to carry out care procedures effectively and confidently.  Infection Prevention and control  Importance of hand hygiene  Manual Handling  OFA 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 website  Articles  Video clips  Movie  Activities | Benefits to health / mobility / inclusion / sense of well-being / bodily function / desire to socialise / self esteem  Including 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 community  Liaising 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 Equipment  Physical items which old people need to enhance care quality / personal safety in the home / | Books  Websites  articles | Display of items in Care Skills / Nursing Lab for class to explain use of and need for.  Used in care settings on work experience  Developing 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.  Personal  Hygiene and preparation for work in the care area  Procedures for correct disposal of soiled linen and excreta.  Procedures for maintenance and replacement of equipment  Specific targeted care areas in need of medical attention with carer assistance  Pressure Sore prevention  Hand Hygiene | Books  Articles  Websites | Learning about hospital / care setting acquired infections – what to do – importance of reporting any change in client condition to nurse  Nosocomial infections  Importance of HEP B vaccination for all learners in preparation for work placement  The practical element of the programme – applying the learning to the workplace  Role of infection control as mandatory learning experience in care settings and how to manage and control it  MRSA  Antibiotic resistance in clients  Carer protection in the workplace  Needles and sharps injuries  Work experience of 20 days provides most relevant experience of direct care provision for older people with hygiene and personal care needs in care setting  Care 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) |  |