

# AZIMA ASSISTED LIVING & CAREGIVING SKILLS TRAINING





# **COURSE OUTLINE**

- 01. Understanding the care recipient: body structure and organs.
- 02. The functions associated with the 11 body systems.
- 03. Understanding Nutrition and feeding techniques to promote good dietary health.
- 04. Health care system:
  - a) Healthcare centers
  - b) Healthcare team
  - c) Health delivery process
- 05. Understanding medical terms and abbreviations.
- 06. The role of a nurse aide.
- 07. Observing and reporting.





- 08. Infection control
  - i) what is infection?
  - ii) understanding the chain of infection
  - iii) breaking the chain of infection
  - iv) How to prevent infection
- 09. How to take & record vital signs.
- 10. The role of a CNA in skincare with special focus on prevention and when to call for corrective intervention from medics.
- 11. How to administer CPR & basic First Aid.
- 12. Understanding body mechanics (Range of motion) to avoid injury while assisting a resident.
- 13. How and when to use assistive, orthotic and prosthetic devices.





#### 14. Promoting Safety.

- a) Personal safety
- b) Resident's/patient's safety
- c) Ensuring a safe environment
- d) Dealing with emergencies

#### 15. Resident living environment:

- i) Assisting a care recipient with ADL
- ii) Different positioning of the resident and when to use them

#### 16. Elimination:

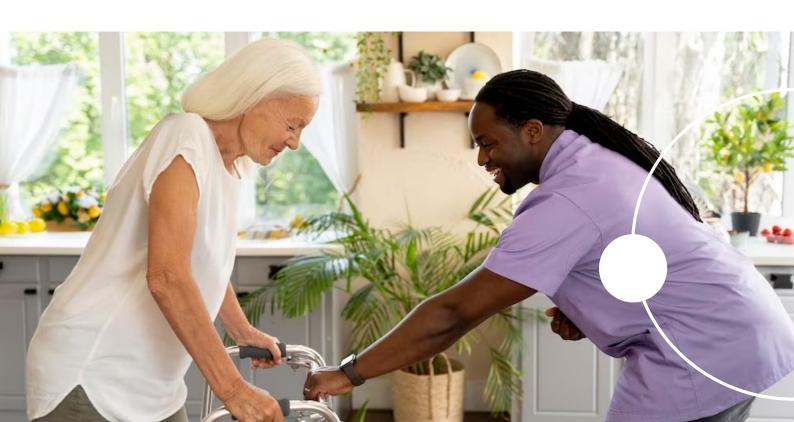
- a) how to assist a bed ridden patient with elimination and expulsion and measuring the output.
- b) caring of a resident with an indwelling catheter





#### 17. Ambulating:

- i) How to assist a resident out of bed to a wheelchair and from a wheelchair back to bed.
- ii) How to turn a bed ridden resident to avoid pressure sores.
- iii) Taking a resident for a walk/physical exercise & fitness workouts.
- 18. How to remove clothes from a bed ridden resident, bath and dress him or her.
- 19. How to clean perineal area of a female and male resident.
- 20. Oral care: How to do dental care, hair, nails & other grooming activities.
- 21. i) Communication: oral communication with a care recipient, his family members and the care team.
  - ii) Written communication: How to read & document clinical records.





- iii) The importance of documenting every procedure you do and observations you make. What you should ensure to put on official record even after reporting orally to protect yourself.
- 22. Intelligence of Care: how to offer loving and resident-centered care.
- 23. How to detect /recognize a resident abuse, neglect, or abandonment.
- 24. Cognitive Impairment: taking care of a resident with dementia, Alzheimer's & parkinson's disease.
- 25. i) Residents Rights
  - ii) Promoting resident's independence
  - iii) The ageing process
  - iv) Survey process and different types of care facilities
- 26. How to relate with family members, nurses, clinicians and other medical professionals.
- 27. End of life care: how to handle the death of a resident in your care.





# **Before Graduation**

#### To qualify for graduation:

- 01. Azima caregivers must do internship until they demonstrate competencies to assist care recipients who have impaired body mechanics and range of motion to navigate ADL(Activities of Daily Living).
- 02. Take custodial care of a resident with dementia or Alzheimer's disease
- 03. Bathing and dressing a resident.
- 04. Prepare different types of meals and feed the resident as recommended in the care-plan.
- 05. Light housekeeping.
- 06. Be able to navigate online shopping.
- 07. Assist a care recipient in walks and light body workouts.
- 08. Prepare residents for doctors and other consultants visits.
- 09. Offer good companionship to care recipients.
- 10. Offer respite to family caregivers.
- 11. Assist with maintaining good hygiene.
- 12. Offer palliative and hospice care





# What you require:

- O1. To be proficient in English language
- O2. Have a good smartphone or a laptop
- O3. Be in an area with stable internet coverage
- O4. Have a professional stethoscope & a mercury or alcohol BP machine
- 05. Uniform (scrub) by the time of practicum & internship
- Pay registration & the course fees before zoom sessions kick off date





### **Lessons Schedule**

#### 01. Zoom Sessions - 46hrs

Morning Classes	Evening Classes

4 - 6am 6 - 8pm

5 - 7am 7 - 9pm

6 - 8am 8 - 10pm

#### 02. Practicum - 14hrs

2 days in a weekend 9 - 4pm

# 03. Internship for one month in a geriatrics home & hospital

Mandatory 30hrs (5 days) at Nyumba ya Wazee in Kasarani for skills performance assessment by our partner appointed RNs.







# Join Us Today

# AZIMA ASSISTED LIVING & CAREGIVING SKILLS TRAINING COHORT 9

In Azima Institute, we equip caregivers with professional skills to assist our elderly citizens at home

25 SESSIONS 23 ON ZOOM



- ✓ Nursing Care Skills
- ✓ Homecare Nursing
- **▼ First-Aid Skills**
- **✓ CPR Skills**

**Registration Fee: \$10** 

Fees: \$500



Paybill No

5 2 2 5 3 3

Acc No.

7 6 3 7 4 3 7

**#STUDENT NAME** 







For any clarification, call: +254 722 516 896



## **CONNECT WITH US**

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