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# **AZIMA ASSISTED LIVING & CAREGIVING SKILLS TRAINING**



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## 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.**





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**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.





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**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





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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.





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- 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.





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## 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





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## What you require:

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







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## Lessons Schedule

### 01. Zoom Sessions - 46hrs

#### Morning Classes

4 - 6am

5 - 7am

6 - 8am

#### Evening Classes

6 - 8pm

7 - 9pm

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.

**Total Duration - 220hrs**





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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**



**STARTING:**  
**OCT 6TH 2023**

**REGISTRATION**  
**ONGOING!**

- Nursing Care Skills
- Homecare Nursing
- First-Aid Skills
- CPR Skills

**Registration Fee: \$10**

**Fees: \$500**

 **LIPA NA MPESA**

Paybill No

**5 2 2 5 3 3**

Acc No.

**7 6 3 7 4 3 7**

#STUDENT NAME

Forward your payment  
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**For any clarification, call:**  
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## CONNECT WITH US

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