



EXPERT TRAINING COURSE

Community Nursing

Background

People are living longer than before and the number of older adults is increasing rapidly.

The majority of older adults prefer to live at home as long as possible. This wish can be supported by offering participation, security and health promoting services at home.

Teachers, managers and specialists are in the front line in building required new professional competences in elderly care and rehabilitation.

Our Expertise

Gerontological competence in Finland has been developed actively for decades and is highly appreciated and known around the world.

Finnish teachers are pedagogically highly qualified and they can apply a variety of modern pedagogical methods. One of our specialities is community nursing which promotes older adults' health and enables living at home.

Pedagogical methods

Variation of modern pedagogical methods will be used during the training course, e.g

- » interactive lecture
- » team-based learning
- » collaborative learning
- » case study
- » independent learning
- » dialogic teaching and learning
- » drama pedagogical methods

Trainers

The trainers of the course are pedagogically highly qualified and specialists in learning substances.

Certificate

The Certificate of Community Nursing Expert Training Course will be given after successfully completed course.

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Contents and target group

The Community Nursing expert training course for nursing teachers, managers and specialists consists of 8 modules. Timing and duration of the course and number of modules can be modified based on customer needs. Minimum duration of each module is two days.

Module 1: Introduction to community nursing

- » Definitions of health and community
- » Determinants of health and disease
- » Preventive approach of nursing in community
- » Health promotion and levels of prevention in community

Module 2: Community assessment

- » Community assessment parameters
- » Sources of data for assessment
- » Needs assessment and diagnosing of health problems in community

Module 3: Gerontological nursing in community

- » The role and competencies of gerontological nurse
- » Therapeutic communication with older adults – practical skills
- » Holistic assessment of older adults
- » Individualized plan of care for older adults

Module 4: Preventing risks in older adulthood

- » Physical activity and fall prevention
- » Illness and injury prevention
- » Preventing nutrition problems
- » Abuse and neglect prevention

Module 5: Management of common conditions in community setting

- » Management of dementia
- » Anxiety and depression
- » Sleep disorders
- » Pressure ulcers

Module 6: End of life care at home

- » Communication about end of life – culturally sensitive approach
- » Interdisciplinary team work
- » Palliative care at home
- » Symptom management at home

Module 7: Developing community nursing

- » Attitudes toward aging and older adults
- » Teacher, leader, advocate, clinician – different roles in developing
- » Core competences as ground for good practise

Special Module 8: Clinical study visit to Finland

- » One to two weeks clinical period in Finland
- » Introduction to community nursing practice in Finland
- » Study visits to different settings of community nursing; such as home nursing and home hospital
- » Detailed program can be tailored according to interests of visiting group

Prices

The price of Modules 1–7: 2500 € per learning group. The price of the Special Module 8 will be negotiated depending on a tailored program.

The maximum size of learning group: 50 persons. For bigger group sizes the price will be negotiated.

The customer is responsible for travel and accommodation expenses of trainers as well as costs of training premises.

Further information

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