

Who should attend?

- * Caregivers who are looking after patients under palliative care

Contents

- * Basic Infection Control
- * Oral Care
- * Care of Personal Hygiene: Bed Bathing, Hair Washing, Skin Care and Bed-making.
- * Tube Feeding
- * Care of Urinary Catheter
- * Transferring of Patient
- * Symptom Management
- * Managing Emergencies at Home
- * Massage
- * Communication
- * Sharing Session

This Caregivers' Training Programme is supported by the Centre for Enabled Living (CEL). All participants are strongly encouraged to take part in the surveys required by CEL. The first survey is conducted at the end of the training. Our staff will contact you 2 weeks after you have attended the programme to conduct the second survey. The survey will need only about 5 mins to complete. We thank you for your understanding and cooperation.

Participants attending the programme should bring a photostated copy of their NRIC or Work Permit (for foreigners only)

Venue	Class	Dates	
HCA-Loving Heart (Jurong)Centre Block 316, Jurong East St 32, #01-279, Singapore 600316	Class 11	06-03-2010 (Saturday)	12.30pm - 5.30pm
HCA-Ci Yuan (Hougang) Centre Blk 662, Hougang Ave 4 #01-411, Singapore 530662	Class 12	11-03-2010 and 12-03-2010 (Thursday and Friday)	7.00pm - 9.30pm
HCA (Bedok) Centre Blk 23, Bedok South Ave 1 #01-759, Singapore 460023	Class 13	13-03-2010 (Saturday)	12.30pm - 5.30pm
HCA(Woodlands) Centre Blk 672, Woodlands Drive 71 #01-77, Singapore 730672	Class 14	20-03-2010 (Saturday)	12.30pm - 5.30pm
HCA Hospice Care 12, Jalan Tan Tock Seng Singapore 308437	Class 15	27-03-2010 (Saturday)	12.30pm - 5.30pm

Language: English / Mandarin / Malay **Fees:** Free of Charge

Registration by:

Registration Closes at 4pm, the Monday before the Training Days

Phone: 6251 2561

Fax: 6352 2030

Registration

Class:

Language: English / Mandarin / Malay

Language: English / Mandarin / Malay

Name of Participant:1 _____

Name of Participant:2 _____

Relationship to Patient: _____

Relationship to Patient: _____

Contact No: _____

Contact No: _____

Name of Patient(HAH No): _____

Name of Nurse: _____

Email: _____



谁应该来听课?

- * 照顾末期病患的看护者

内容

- * 预防与控制传染的基本方法
- * 口腔护理
- * 维持个人卫生:
如何替卧床的病人洗澡、洗发及护肤;整理床铺
- * 餵食管进食的护理常识
- * 导尿管的护理常识
- * 扶抱和移动病人的技巧
- * 常见的病症处理法
- * 家中紧急症状处理法
- * 简易按摩手法
- * 沟通技巧
- * 分享经历

此看护训练课程是由活力中心(CEL - Centre for Enabled Living)资助的。
 CEL强烈希望参加此课程的人士在课程结束后做2次[每次不超过5分钟]的课程评估和提供意见。我们的工作人员会在课程结束后做第一次的意见调查。他们也将会在两个星期后拨电话联络您, 以进行第二次的意见调查。希望您踊跃参加和提供意见。
 谢谢您的合作与谅解。
 参加此课程的人士请在当天一同携带身份证影印副本。若参加人士是非新加坡居民, 请携带工作准证影印副本。

地点	课程号码	课程日期	
慈怀-爱心(裕廊)护理中心 大牌 316 裕廊东32街 #01-279, 邮区号码 600316	课程 11	06/03/2010 (星期六)	12.30pm 到 5.30pm
慈怀-茨园(后港)护理中心 大牌 662, 后港4道 #01-411, 邮区号码 530662	课程 12	11-03-2010 和 12-03-2010 (星期四和五)	7.00pm 到 9.30pm
慈怀(勿洛)护理中心 大牌 23, 勿洛南1道 #01-759, 邮区号码 460023	课程 13	13/03/2010 (星期六)	12.30pm 到 5.30pm
慈怀(兀兰)护理中心 大牌 672, 兀兰71通道 #01-77, 邮区号码 730672	课程 14	20/03/2010 (星期六)	12.30pm 到 5.30pm
慈怀护理 惹兰陈笃生 12 号 邮区号码 308437	课程 15	27/03/2010 (星期六)	12.30pm 到 5.30pm

语言: 英语 / 华语 / 马来语

课程费用: 免费

询问 / 报名方式

请拨电: 6251 2561

传真: 6352 2030

报名截止日期/时间: 课程日期前的那个星期一, 下午4点正

报名表格

课程号码:

语言: 英语 / 华语 / 马来语

语言: 英语 / 华语 / 马来语

参与者姓名:1 _____

参与者姓名:2 _____

参与者与病人的关系: _____

参与者与病人的关系: _____

联络号码: _____

联络号码: _____

病人姓名: _____

护士姓名(HAH No): _____

电邮地址: _____

