

# ***AIN SHAMS PROFESSIONAL CAREGIVER TRAINING PROGRAM FOR ELDERLY CARE ACT***

***Prof Hala Samir Sweed***

---

*M.B.B.Ch, MSc, MD*

*Professor of Geriatrics and Gerontology*

*Manager of Ain Shams Geriatric hospital*

*Faculty of medicine- Ain shams university*

*Egypt*

*Founder of the Egyptian Society of geriatrics and gerontology*

*Board member of the Egyptian society of Alzheimer's Disease*

*Board member of MEAMA*





# **FACULTY OF MEDICINE-AIN SHAMS UNIVERSITY**

## **GERIATRICS AND GERONTOLOGY DEPARTMENT**

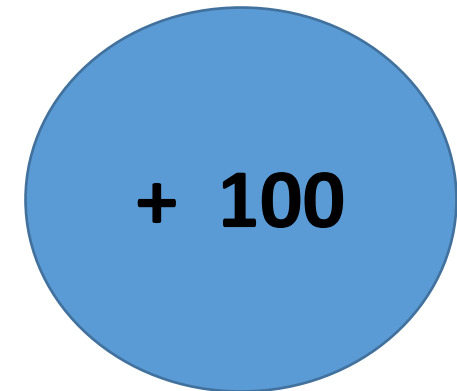


- 
- Geriatrics and Gerontology Department Was Established In 1982

- Education

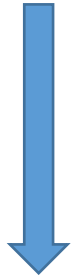
- Research

- Community Services



# Community Services

- First It Was Only A Day Care Center Then Progressed



- In 2018 The New **Geriatric Hospital** Started To Provide Health Care Services To Elderly In Egypt



# Scopes of the new geriatric hospital

- **Different Levels Of Care:**

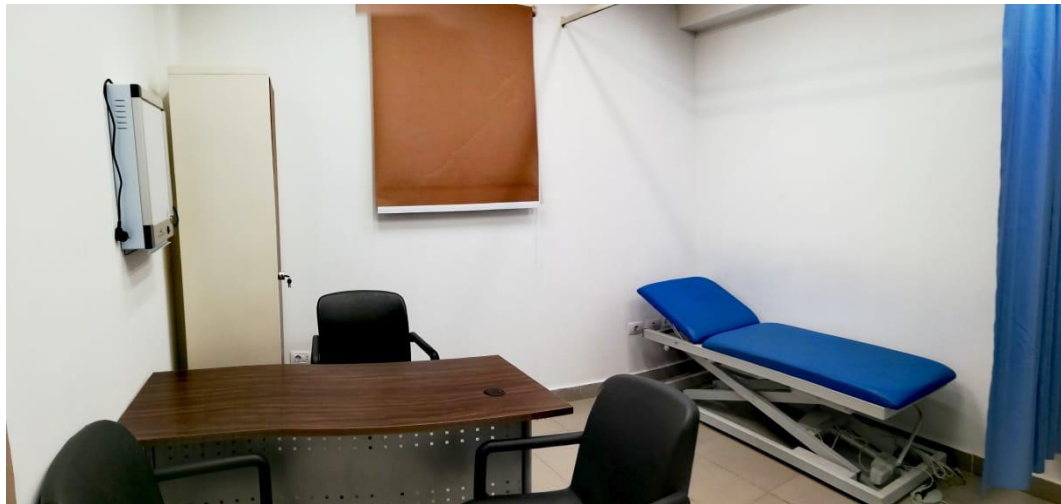
- Outpatient Clinics
- Intensive Care Unit
- Intermediate Care Unit
- Inpatient Care Unit
- Multidisciplinary Rehabilitation Lab

- **Theses Services Are Provided Through Multidisciplinary Team**

- Geriatricians
- Geriatric Nurse
- Social Worker
- Nutritionist
- Psychologist
- Physiotherapist
- Speech Therapist



## Outpatient clinic



- Primary care clinic
- Secondary care clinic
- Memory clinic
- Orthogeriatric Clinic
- Palliative Care Clinic

- 31 ICU beds

- ✓ Hemodialysis unit

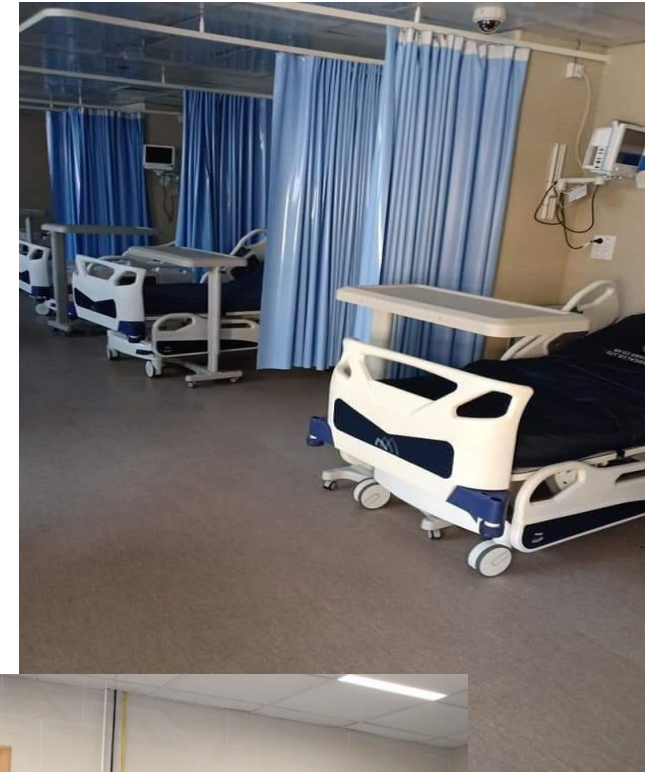
- ✓ Two Isolation Rooms

- (One Positive And One Negative Pressure)

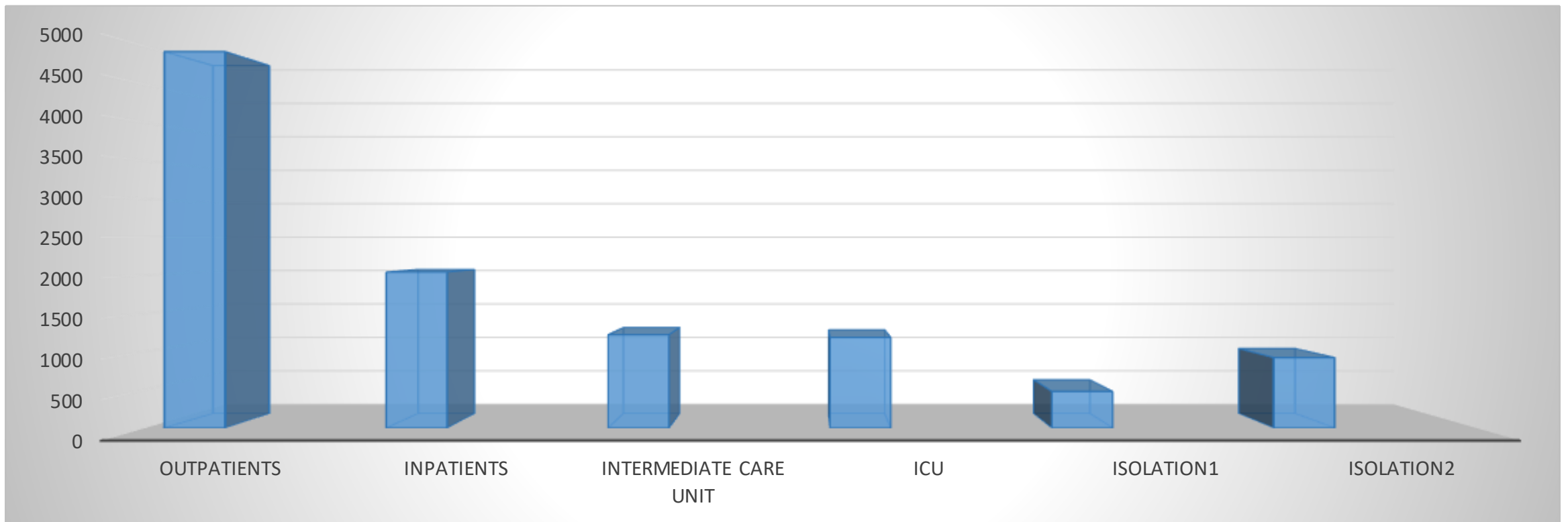
- **Inpatient**

- Capacity 60 Beds

- Two Isolation Rooms (Negative Pressure)

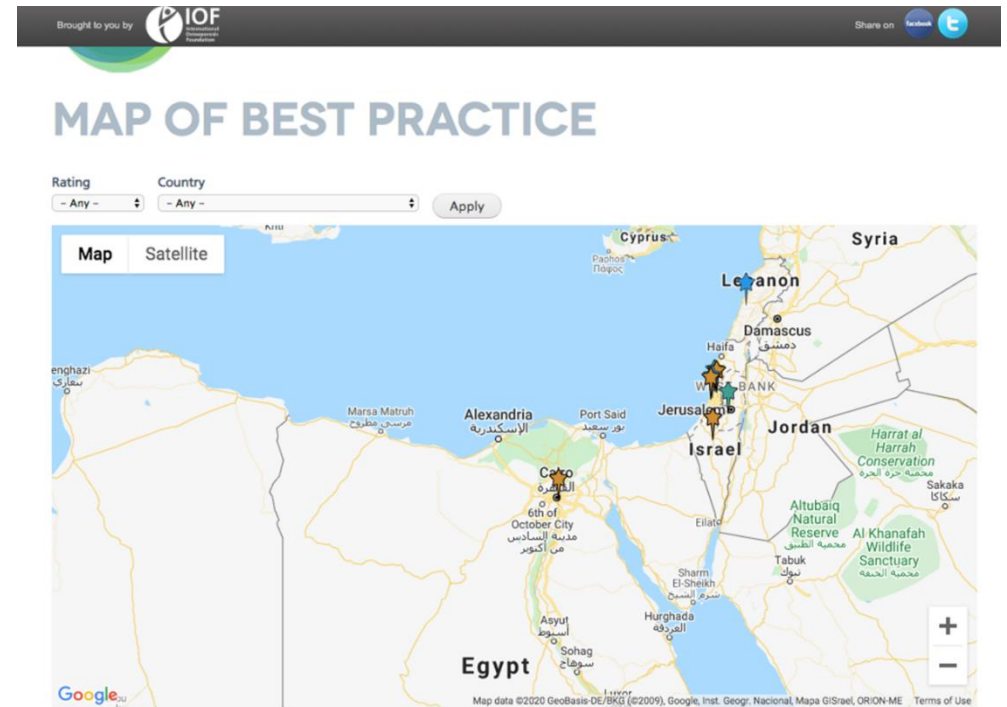


31/12/2021- 16/8/2018





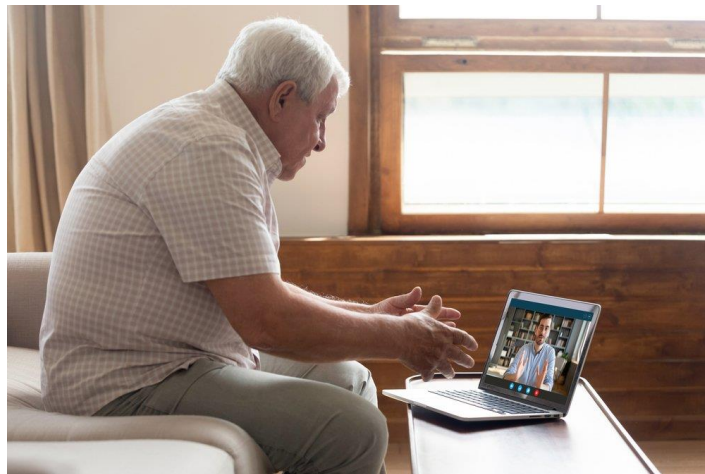
- Pressure ulcer team
- Ortho-geriatric team
- Palliative care team
- Clinical Nutrition team
- Psychogeriatric team



# Multidisciplinary Rehabilitation Lab

□ Cognitive Training Lab

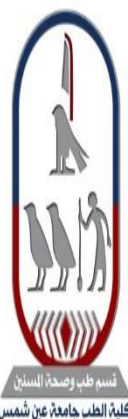
□ Physical Rehabilitation Lab



# Ain Shams Cognitive training Lab



***Celebration the signed agreement between Ain Shams Geriatric Hospital and Aristotile university and GADRD***



ARISTOTLE  
UNIVERSITY  
OF THESSALONIKI



# Ongoing Projects

---

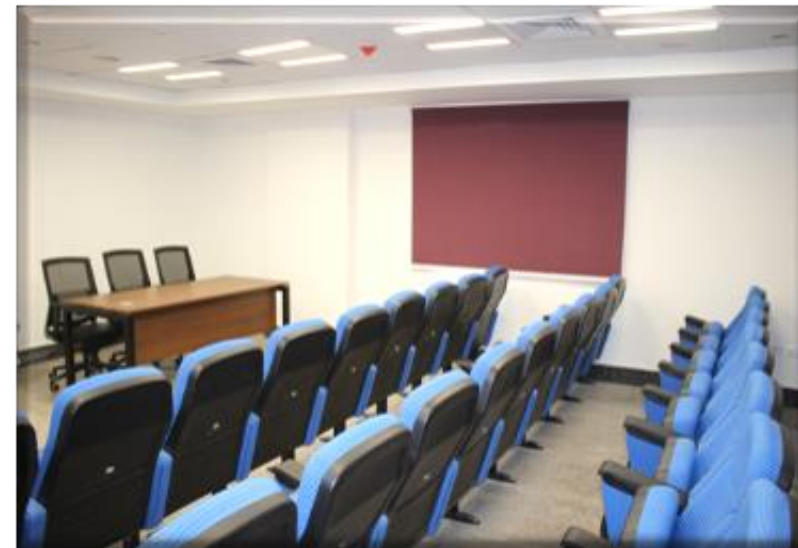
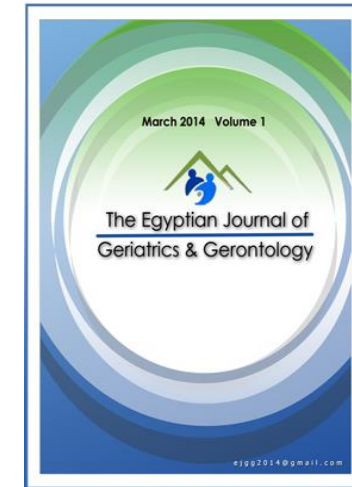


- **East Mediterranean Brain Health Hub**
- **Virtual Reality In Cognitive Assessment And Cognitive Training**
- **Artificial intelligence & Computerized Cognitive Assessment**



# Education and Research

- ❑ Training center
- ❑ Ain Shams Aging Research Center
- ❑ Egyptian Journal of Geriatrics and Gerontology



# Educational and training Services

## ➤ Physicians

Undergraduate

❖ Fifth And Fourth Grade

Postgraduate

❖ Program of Master Degree/Diploma in Geriatric Medicine

❖ Program of Doctoral Degree in Geriatric Medicine

❖ Program of Fellowship in Geriatric Medicine

❖ Program of Geriatric Palliative Care Diploma

Non- Geriatricians

## ➤ Geriatric Nurses

## ➤ Geriatrics Caregivers



***Ain Shams  
Professional  
Caregiver  
Training  
Program  
for elderly  
care***



- 
- **Aim**
  - This training program aiming to:
    - - Equip caregivers with knowledge, skills and attitudes required to provide high quality care for elders in different care settings.
    - - Prepare new cadre of formal caregivers who are competent to work in geriatric hospital.
  - Over come the problem of shortage in nursing staff
  - Family support
  - Provide job opportunities





---

- **Entry Criteria**

- Individuals who meet the following criteria will be allowed to attend the program
- Age: >20 years of age, males or females
- Nationality: Egyptian
- Qualifications: high school education or higher
- Criminal record: clean.



- 
- **Program Duration:**
  - The program is given over a period of 36 days (8 hours a day) with a total of 288 hours.
  - (36 consecutive days - or 3 days/ week over 12 wks. - or 2 days/week over 18 wks.)
  - 12 compulsory modules and 1 optional module.
  - It consists of theoretical and practical training sessions in a ratio of 1 (96 hrs.) : 2 (192 hrs.)



- 
- 1. Introduction to Care giving
  - 2. Communication
  - 3. Infection control
  - 4. Elderly safety
  - 5. Skin and personal care
  - 6. Nutrition & feeding
  - 7. Elimination & toileting
  - 8. Mobility & ambulation
  - 9. Medications & assistive devices
  - 10. Common medical conditions
  - 11. Self-care & Recreational activities
  - 12. Basic documentation
  - 13. ICT (optional module)



Module	Subjects	Lecture	Practical	ILOs
<b>1</b>	<b>Introduction to Care giving</b>			By the end of the module the candidate will be able to: Knowledge and Understanding:
One Day	<ul style="list-style-type: none"> <li>• Basic job responsibilities</li> <li>• Elderly rights</li> <li>• Different care settings</li> <li>• Age related changes</li> <li>• Elderly abuse</li> <li>• Successful ageing &amp; health promotion</li> </ul>	4hrs.	4hrs	<ul style="list-style-type: none"> <li>• Identify main caregiver responsibilities</li> <li>• Identify different aspects of aging &amp; elderly care</li> <li>• State different levels of geriatric care.</li> </ul> Skills: <ul style="list-style-type: none"> <li>• Distinguish symptoms &amp; signs of elderly abuse.</li> </ul> Attitude : <ul style="list-style-type: none"> <li>• Respect patient confidentiality and dignity</li> <li>• Collaborate with other geriatric team members in providing care.</li> </ul>
<b>2</b>	<b>Communication</b>			By the end of the module the candidate will be able to: Knowledge and Understanding:
Two Days	<ul style="list-style-type: none"> <li>• Basics of effective communication</li> <li>• Barriers to good communication</li> <li>• Communication with cognitively impaired elderly</li> </ul>	6 hrs.	10 hrs.	<ul style="list-style-type: none"> <li>• Identify basic communication skills.</li> <li>• Recognize barriers of good communication.</li> </ul> Skills: <ul style="list-style-type: none"> <li>• Implement effective communication techniques</li> <li>• Distinguish elderly with communication barriers &amp; how to deal with it.</li> </ul> Attitude : <ul style="list-style-type: none"> <li>• Respect patient confidentiality and dignity</li> <li>• Collaborate with other geriatric team members in providing care</li> </ul>



<b>3</b>	<b>Infection control</b>			By the end of the module the candidate will be able to: Knowledge and Understanding: <ul style="list-style-type: none"> <li>• Identify typed of infections and methods of its spread</li> <li>• Recognize major infection control techniques.</li> </ul> Skills: <ul style="list-style-type: none"> <li>• Distinguish symptoms &amp; signs of infection.</li> <li>• Practice infection control measures.</li> </ul> Attitude : <ul style="list-style-type: none"> <li>• Value the significance of infection control.</li> </ul>
Two Days	<ul style="list-style-type: none"> <li>• Infections &amp; its spread</li> <li>• Basic infection control</li> <li>• Advanced infection control</li> </ul>	6 hrs.	10 hrs.	

<b>4</b>	<b>Elderly safety</b>			By the end of the module the candidate will be able to: Knowledge and Understanding: <ul style="list-style-type: none"> <li>• Identify red flags of major illnesses.</li> <li>• Discriminate abnormal vital signs.</li> <li>• State required actions for safe environment.</li> <li>• Recognize first aid actions in emergency situations.</li> </ul> Skills: <ul style="list-style-type: none"> <li>• Measure radial pulse, blood pressure, temperature, respiratory rate.</li> <li>• Apply first aid measures.</li> <li>• Check environmental safety, apply safety measures.</li> </ul> Attitude : <ul style="list-style-type: none"> <li>• Value the significance of rapid notification of abnormal findings</li> <li>• Appreciate the need for rapid action in emergency.</li> <li>• Collaborate with other geriatric team members in providing environmental safety.</li> </ul>
Four Days	<ul style="list-style-type: none"> <li>• Vital signs &amp; red flags</li> <li>• First aid</li> <li>• Environmental safety</li> </ul>	12 hrs.	20 hrs.	



5	Skin & personal care			By the end of the module the candidate will be able to:
Four Days	<ul style="list-style-type: none"> <li>• Personal Hygiene</li> <li>• Skin care &amp; pressure ulcers</li> </ul>	12 hrs.	20 hrs.	<p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> <li>• recognize basic care needs</li> <li>• Identify requirements and supplies needed</li> <li>• State grades of pressure ulcers.</li> </ul> <p>Skills:</p> <ul style="list-style-type: none"> <li>• perform properly (Mouth Care, Dentures cleaning, Shaving, Fingernail Care, Foot Care, Bed bath)</li> <li>• Assist elderly to dress, take shower bath.</li> <li>• Apply preventive and curative measures for pressure ulcers</li> </ul> <p>Attitude :</p> <ul style="list-style-type: none"> <li>• Express appreciation to patient privacy &amp; comfort.</li> </ul>

6	Nutrition & feeding			By the end of the module the candidate will be able to:
Two Days	<ul style="list-style-type: none"> <li>• Basics of healthy nutrition</li> <li>• Safe food handling</li> <li>• Planning meals &amp; special diets</li> <li>• Assistance in Feeding techniques</li> </ul>	8 hrs.	8 hrs.	<p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> <li>• Recall causes of poor feeding in elderly</li> <li>• Recognize basic food categories &amp; components of healthy diet.</li> <li>• Identify food storage guidelines.</li> <li>• Discriminate special diets.</li> </ul> <p>Skills:</p> <ul style="list-style-type: none"> <li>• Assist elderly to eat.</li> <li>• Plan different meals ( breakfast, lunch, dinner, snacks)</li> </ul> <p>Attitude :</p> <ul style="list-style-type: none"> <li>• Value the significance of hydration &amp; good nutrition for elderly patient.</li> </ul>

7	<b>Elimination&amp; toileting</b>	6 hrs.	10 hrs.	<p>By the end of the module the candidate will be able to:</p> <p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> <li>• recognize normal bowel and bladder functions.</li> <li>• Identify Problems with bowel and bladder functioning, the causes, signs, what to report.</li> </ul> <p>Skills:</p> <ul style="list-style-type: none"> <li>• Assist elderly in elimination using bedpan, urinal, commode, and toilet. .</li> <li>• Discriminate types of catheters.</li> <li>• Demonstrate catheter care.</li> </ul> <p>Attitude :</p> <ul style="list-style-type: none"> <li>• Express appreciation to patient privacy &amp; comfort.</li> </ul>
Two Days	<ul style="list-style-type: none"> <li>• Bowel and Bladder Function</li> <li>• Assisting in toileting</li> <li>• Bowel care</li> <li>• Cather care</li> </ul>			
8	<b>Mobility&amp; ambulation</b>	6hrs.	10 hrs.	<p>By the end of the module the candidate will be able to:</p> <p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> <li>• Recognize ideal body mechanics</li> <li>• Identify risk factors of fall in elderly and how to prevent.</li> <li>• Distinguish consequences of bedridden, special needs of bedridden elderly.</li> </ul> <p>Skills:</p> <ul style="list-style-type: none"> <li>• Screen for fall risk.</li> <li>• Assist elderly in walking.</li> <li>• Apply transferring techniques (from bed to chair, from chair to bed, from sitting to standing).</li> </ul> <p>Attitude :</p> <ul style="list-style-type: none"> <li>• Collaborate with other geriatric team members in providing care of bedridden patient.</li> </ul>
Two Days	<ul style="list-style-type: none"> <li>• Body mechanics</li> <li>• Elderly transfer</li> <li>• Fall prevention</li> <li>• Care of bedridden patient</li> </ul>			

9	<b>Medications &amp; assistive devices</b>			By the end of the module the candidate will be able to:
Three Days	<ul style="list-style-type: none"> <li>• Safe medication handling</li> <li>• Assistance in taking medications</li> <li>• Handling assistive devices &amp; equipments</li> </ul>	6 hrs.	18 hrs.	<p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> <li>• Identify The caregiver's role in medication assistance &amp; medication administration. <ul style="list-style-type: none"> <li>• Recognize The five rights of medication.</li> <li>• Distinguish major side effects of medications.</li> <li>• Differentiate between common assistive devices &amp; equipments</li> </ul> </li> </ul> <p>Skills:</p> <ul style="list-style-type: none"> <li>• Demonstrate proper safe handling of commonly used equipments and assistive devices .</li> </ul> <p>Attitude :</p> <ul style="list-style-type: none"> <li>• Appreciate the consequences of improper handling of medications &amp; devices</li> </ul>
10	<b>Common medical conditions</b>			By the end of the module the candidate will be able to:
Five Days	<ul style="list-style-type: none"> <li>• Common chronic illnesses</li> <li>• Common acute illnesses</li> <li>• Principles of palliative care</li> <li>• Principles of rehabilitation</li> </ul>	20 hrs.	20 hrs.	<p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> <li>• Identify common chronic illnesses in elderly (neurological, cardiovascular, endocrine, respiratory, renal, musculoskeletal, genitourinary, gastroenterological) <ul style="list-style-type: none"> <li>• Recognize common acute illnesses( dehydration, infections, acute coronary syndromes, stroke, delirium)</li> <li>• Identify common symptoms in terminally ill patients (pain, nausea, vomiting, anorexia, constipation, fatigue, dyspnea, insomnia) &amp; how to deal with it.</li> </ul> </li> </ul> <p>Skills:</p> <ul style="list-style-type: none"> <li>• Distinguish common atypical presentations of diseases in elderly.</li> <li>• Apply basic rehabilitation techniques</li> </ul> <p>Attitude :</p> <ul style="list-style-type: none"> <li>• Collaborate with other geriatric team members in providing plan of care.</li> </ul>



11	<b>Self-care &amp;Recreational activities</b>			By the end of the module the candidate will be able to:
One Day	<ul style="list-style-type: none"> <li>Caregiver stress</li> <li>Assistance in recreational activities</li> </ul>	4 hrs.	4hrs	<p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> <li>Identify meaning of caregiver stress</li> <li>Recall causes of care giver stress, how to overcome</li> </ul> <p>Skills:</p> <ul style="list-style-type: none"> <li>Plan recreational activities according to patient abilities &amp;preferences.</li> </ul> <p>Attitude :</p> <p>Adopt positive thinking when dealing with stress</p>

12	<b>Basic documentation</b>			• By the end of the module the candidate will be able to:
One Day	<ul style="list-style-type: none"> <li>Medical records</li> <li>Caregiver notes</li> </ul>	3 hrs.	5 hrs.	<p>Knowledge and Understanding:.</p> <ul style="list-style-type: none"> <li>recognize basic medical records</li> <li>Identify role of care giver in medical records.</li> </ul> <p>Skills:</p> <ul style="list-style-type: none"> <li>Record properly vital signs, fluid chart, abnormal signs&amp; symptoms</li> </ul> <p>Attitude :</p> <ul style="list-style-type: none"> <li>Value the significance of precise recording and its impact on patient outcome.</li> </ul>



13	<b>ICT: Information and communication technology</b>			By the end of the module the candidate will be able to:
One Day	<ul style="list-style-type: none"> <li>• General information</li> <li>• How it can be used in caregiving</li> </ul>	3 hrs.	5 hrs	<p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> <li>• Understand the concept of ICT especially during caregiving</li> <li>• Identify the scope of use of ICT in caregiving</li> <li>• Know the advantages and limitations of the use of ICT</li> <li>• Identify legal and ethical issues involved</li> </ul> <p>Skills:</p> <ul style="list-style-type: none"> <li>• Operate digital medical equipment</li> <li>• Perform a video call</li> <li>• Digital recording of data</li> <li>• Use of the internet, some medical and nonmedical mobile applications</li> <li>• Use a smart telephone, computer or any smart device</li> </ul> <p>Attitude:</p> <ul style="list-style-type: none"> <li>• Practice positive attitude towards the use of technology</li> <li>• Seek recent technologies</li> <li>• Protect patient privacy</li> </ul>

<b>Total</b>	96 hrs.	144 hrs. + 48 hrs. full practical training
--------------	---------	--

- 
- **Training Methods and Tools**
  - Theory: Lecture, Discussion, Assignment, Group work, Interactive illustrated presentations and Case scenarios
  - Practical: Demonstration, Videos, Observation, Guided practice and Self-practice







---

- **Evaluation**

- Attendance: The trainee should attend more than 75% of the lectures and 90% of clinical training before attempting the assessment

- Assessment

Passing mark

- - MCQ: 30 marks (1hr) 25 marks
- - OSCE (4 stations): 20 marks (1hr) 15 marks
- - Patient rounds: 60marks (24hrs) 45marks
- - 2 Case presentations: 40marks (1hr) 35 marks







International Institute on Aging  
United Nations - Abuja (IIAUA)



## شهادة

تشهد مستشفى الشهيد احمد شوقي لطب المسنين- مستشفيات جامعة عين شمس

بأن السيد/ **محمد صلاح عمر ابراهيم** قد اجتاز

**( البرنامج التدريبي لرعاية المسنين )**

في الفترة من ٢٠١٩/١١/١٢ الى ٢٠٢٠/١/٣٠

باجمالي ساعات تدريبية ٢٨٠ ساعة

ا.د/ هالة سمير سويد

مدير المستشفى

ا.د/ منار مصطفى عادل

مقرر البرنامج



Total number of geriatric caregiver at geriatric hospital is 40

23 females and 17 males

Daily available was 12-15 in 24 H

Each caregiver responsible for 2 to 4 patients

1:1

Intensive care unit/ Intensive care unit





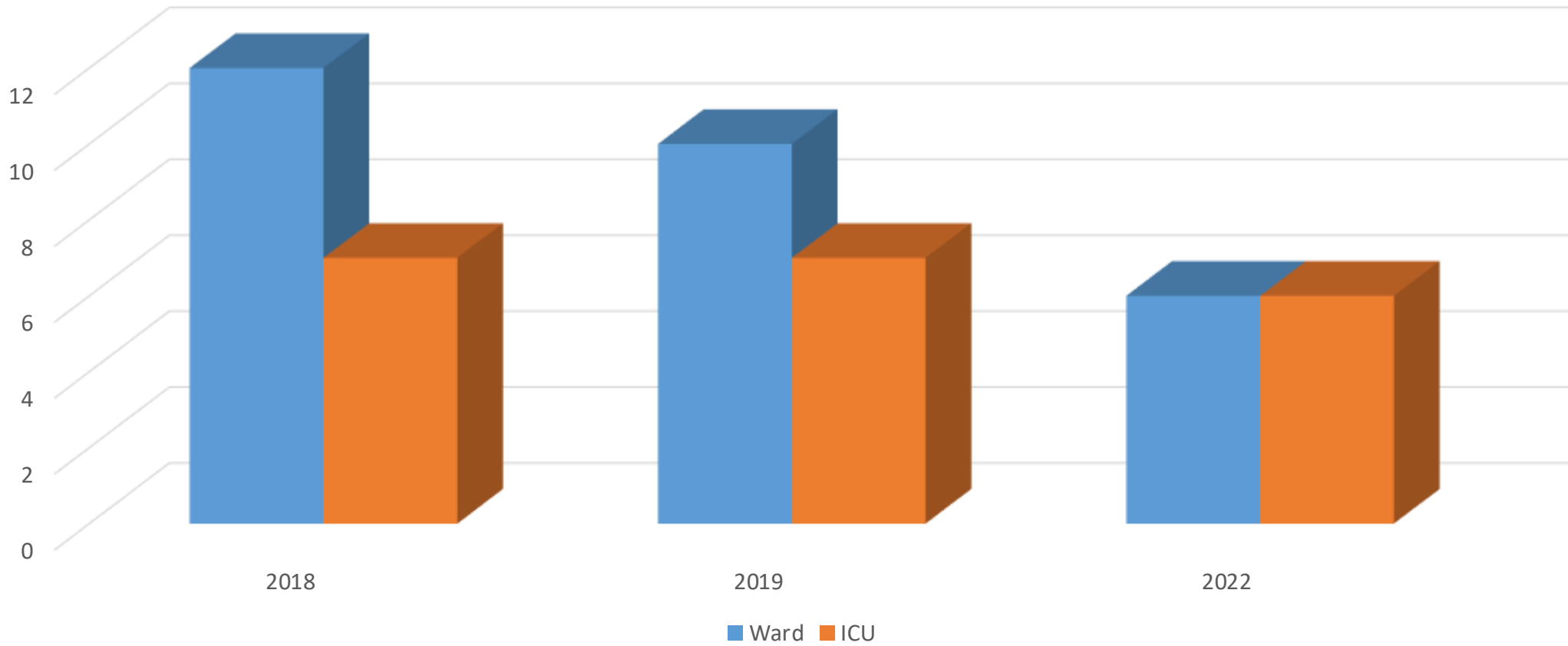
اسم المريض: .....

الرقم الموحد: .....

### المتابعة اليومية لجليس المسن

الجمعة	الخميس	الأربعاء	الثلاثاء	الاثنين	الأحد	السبت	
							الاستحمام
							العناية بالجلد
							العناية بالعين
							العناية بالقدم
							العناية بالقدم
							العناية بالشعر والأظافر
							كمية البول
							عملية التبرز
							تغيير فرش السرير
							تغيير الحفاض بانتظام
							وجود قرح فراش
							تقليب كل ساعتين
							مرتبة الهواء
							<input type="checkbox"/> موجودة
							<input type="checkbox"/> تعمل بكفاءة

## Length of Hospital stay



استبيان رضا المرضى عن الجليس

سيء	مقبول	لا اعلم	جيد	ممتاز	
					الجليس متواجد عند طلبه
					الجليس يتعامل بامانه و اخلاقيه
					الجليس ملتزم بعدد ساعات عمله
					الجليس يقوم باطعام المريض
					الجليس يقوم بالمشاركة في العناية و ملابس المريض
					الجليس يتابع عدد مرات التبول و التبرز
					تقييمك العام لاداء الجليس



مؤسسة مصر الخير  
مشهرة برقم 555 / 2007

**اتفاقية تمويل**  
**بين / مؤسسة مصر الخير**  
**ومستشفى الشهيد المهندس احمد شوقي لطب المسنين**  
**التابعة لمستشفيات جامعة عين شمس**

رقم : **LGA**

انه في يوم الثلاثاء الموافق 2021/11/2

خُرت هذه الاتفاقية بناءً على الاهلية والرضا والصفة بين كلا من :

**اولاً : مؤسسة مصر الخير :** والمشهرة برقم 555 لسنة 2007 ومقرها (4) شارع الاهرام - الهضبة العليا - ميدان النافورة - المقطم - محافظة القاهرة، ويمثلها في التوقيع على هذه الاتفاقية كلا من :-

1. الاستاذة/ عفاف الجوهري بصفتها / رئيس قطاع الصحة.

2. الأستاذ / محمد عبدالرحمن بصفته / نائب عضو مجلس الأمناء المنتدب.

**والمشار إليهما فيما بعد بـ "الطرف الأول - المؤسسة"**

**ثانياً : مستشفى الشهيد المهندس / احمد شوقي لطب المسنين - جامعة عين شمس :** التابعة لمستشفيات جامعة عين شمس، والكائن مقرها/ شارع الخليفة المأمون - ميدان العباسية - القاهرة - مستشفيات جامعة عين شمس، ويمثلها في التوقيع على هذه الاتفاقية الأستاذ الدكتور/ اشرف عمر بصفته/ عميد كلية الطب - رئيس مجلس إدارة المستشفيات .

**والمشار إليها فيما بعد بـ "الطرف الثاني - المستشفى"**

**المرفقات:**

- 1- مرفق رقم (1) الأحكام والشروط العامة.
- 2- مرفق رقم (2) نماذج التقارير (نموذج لأنشطة من خلال شريك - نماذج التقارير المالية - مؤشرات قياس اداء المشروع).
- 3- مرفق رقم (3) مفتح المشروع يشمل وصف تفصيلي للمشروع بالإضافة إلى خطة العمل.
- 4- مرفق رقم (4) موازنة المشروع المعتمدة "المرتبات" بعد تحديد عدد الطلاب المعينين فعلياً ومحدد راتب كل فرد وبداية تعيينه وعدد المعينين.
- 5- مرفق رقم (5) صورة ضوئية من عقود عدد 10 موظفين محل التعاقد وصورة بطاقة الرقم القومي لكلا منهم .
- 6- مرفق رقم (6) صورة من قرار تعيين الطرف الثاني .

**تمهيد**

**مؤسسة مصر الخير:** هي مؤسسة أهلية غير هادفة للربح مشهرة تحت رقم 555 لعام 2007 طبقاً للقانون رقم 149 لسنة 2019 وتهدف إلى خدمة وتطوير وتمكين المجتمع المصري من أجل العودة للحياة الكريمة في جميع ربوع مصر وذلك من خلال العمل في قطاعات التنمية المختلفة مثل الصحة والتعليم والبحث العلمي والتكافل الاجتماعي ومناحي الحياة وأيضاً من خلال استثمار أمثل للتبرعات، وفي هذا الإطار تسعى مؤسسة مصر الخير لدعم الجمعيات والمؤسسات العلمية والأكاديمية وكافة الجهات العاملة في المجالات السابق ذكرها؛

واستجابة للطلب المقدم من **مستشفى الشهيد المهندس / احمد شوقي لطب المسنين - جامعة عين شمس**

**بشأن دعم مرتبات عدد 10 موظفين وظيفتهم جليس مسنين للعمل بنيت 12 ساعة بشكل يومي لمدة عام**

**بملاذى، وذلك من راتب شهر نوفمبر 2021 وحتى راتب شهر أكتوبر 2022.**

وبناء على موافقة قطاع الصحة بمؤسسة مصر الخير على تنفيذ أنشطة المشروع؛ فقد تم إعداد هذه الاتفاقية لتحديد المستلزمات والالتزامات المطلوبة من طرفي هذه الاتفاقية.

**البند الأول**

يعتبر التمهيد السابق وجميع المرفقات المرفقة بهذه الاتفاقية والموقع عليها بالقبول من كلا الطرفين جزءاً لا يتجزأ من هذه الاتفاقية ومكماً وتماماً لها.

**البند الثاني - التزامات الطرفين**

1. بموجب هذه الاتفاقية تمنح مؤسسة مصر الخير (الطرف الأول) تمويلاً تقدياً لصالح الطرف الثاني (مستشفى الشهيد المهندس/ احمد شوقي لطب المسنين - جامعة عين شمس) بإجمالي مبلغ وقدره 818,400 جنيه (فقط ثمانمائة وثمانية عشر الف واربعمائة جنيه مصري لا غير) وذلك حسب الموارد المالية المتاحة للمؤسسة، دعم للمستشفى

الطرف الثاني

1  
4 شارع الاهرام الهضبة العليا - ميدان النافورة - المقطم  
ت: 25081989-25081998 / ف: 26678483  
www.misrelkhair.org

الطرف الأول  
3 8 NOV 2021

2021/11/02

# What's Next?

---



- Online courses
- Specialized programs
- Continuous education
- Tele-consultation
- Home care programs



---

# ----- Challenges





---

***HOPING YOU COULD JOIN US IN OUR LONG TRIP***

***THANK YOU***

