

## About Certificate in Geriatric Health and Care Programme

The elderly population is steadily increasing with the rise in life expectancy, and it is expected that the number of dependent elderly individuals with comorbidities will be substantial. With changes in family structure and the need to support the health and care needs of older persons, formal and trained caregivers are increasingly in demand, as family members are either unavailable or unable to cater to the needs of the dependent elderly population.

The Geriatric Health and Care (CGHC) programme is a short duration skill based training program, with the objective to *develop a pool of trained workforce which can be employed to provide support to old age patients and assist other healthcare providers in the home of older persons, old age home (including assisted living facilities) settings, rehabilitation facilities and in hospitals or other health care institutions. They can also provide support to the older persons at the community level.* This program focuses on producing a health manpower resource that can form a link between the older persons and health providers by providing preventive, promotive health and care.

### The outcome objectives of this programme

After completing the programme, the learners should be able to:

- Function as an important link between the older persons and other health and related institutions to enable the older persons to lead a comfortable, dignified life by using his knowledge, skills and the available resources
- Assess the older persons for any decline in intrinsic capacity and functional ability and address this decline effectively with available resources
- Identify the complaints and problems in older persons and effectively handle them by proper screening, advice and referrals
- Suspect emergency conditions or danger signs in long term illnesses and refer appropriately in a timely manner
- Encourage health promotion and prevention strategies for healthy aging
- Provide care to the older persons in the health care institutions, long term care institutions or in the community
- Educate other community members including family members regarding care of health needs
- Develop managerial and entrepreneur skills for providing health care to the older persons

The minimum eligibility is 12<sup>th</sup> pass, but the programme will also allow 11<sup>th</sup> and 10<sup>th</sup> pass candidates with relevant experience in the health sector of one to two years respectively, to get enrolled in the programme.

The duration of the programme is 6 months, but the students can complete the programme in a maximum period of two years. The admission fee for this programme is 6,500 plus the registration

fee to around 700. The students can take admission in both the January and the July cycles of admission through an online form on the IGNOU website through the following link

<https://ignouadmission.samarth.edu.in/>

Students enrolled in the programme are provided course material prepared with the help of experts from all over the country. Around 40 customised videos prepared by IGNOU for this programme are also shared with the students. Academic Counselling sessions are taken both through online and offline modes.

The students are awarded a certificate after a vigorous assessment of both the theory as well as the practical skills.

## **Implementation Strategy of the CGHC programme**

The students will be allotted a Learner Support Centre (LSC) where they will undergo a contact session of 8 days under the supervision of Academic counsellors. They will be demonstrated the skills and will also return demonstrate the skills to the counsellors.

They can complete the rest of their 2 months of training in district-level hospitals where they may already be working or can be allotted the nearest to their residence or place of work anywhere in

## **Evaluation modalities of the programme**

The students are required to undertake certain assignments as part of the programme which are simple written questions from the course material provided. They are also required to appear for the term end theory exam which they can take from centres anywhere in the country.

Internal assessment for the practical courses will be awarded to the student by both the LSC counsellors and the SDC counsellors. The practical exam will be carried out in the LSC allotted to the student.

The students are awarded a certificate after completion of the programme

## **Career Options for the students**

After completion of their training, these students can be employed in

- Institutions involved in the care of the Elderly, like old age homes, assisted living day care centres, palliative care, long-term care centres, etc
- Hospitals catering to a large number of geriatric patients and in the Geriatric wards which are being set up in all district hospitals and private sector
- Community in the homes having the elderly as professional Health and Care Providers

- Enrolled with NGO's or institutions involved in providing employment to trained care givers

## **Detailed Programme Design of CGHC programme**

### **BHT 106 Assessment and Support for older persons – 4 credits – Theory course**

<b>Block 1</b>	<b>Understanding Older Persons</b>
Unit1	Current Status and Support of Older persons
Unit 2	Age Related Changes and their Clinical Implications
Unit 3	Psychosocial Issues of the older persons
<b>Block 2</b>	<b>Common Problems and Complaints in older persons</b>
Unit 1	Common Complaints in Old Age
Unit 2	Geriatric Syndromes
Unit 3	Diseases and Emergencies
<b>Block 3</b>	<b>Prevention and control of diseases</b>
Unit 1	Health Promotion and Disease Prevention Strategies
Unit 2	Infection Prevention and Control Practices
Unit 3	Bio Medical Waste Management
Unit 4	Environmental Facilitation for older persons
<b>Block 4</b>	<b>Long Term Care and Support of older persons</b>
Unit 1	Institutionalisation and long term care of older persons
Unit 2	Elder Abuse and Neglect
Unit 3	Care Giving Burden, Stress and Burn Out
Unit 4	End of life care of older persons

### **BHT 107 Management of Health Care of older persons- 2 credits – Theory course**

<b>Block 1</b>	<b>Geriatric Health and Care Systems</b>
Unit1	Role, Responsibilities, of Geriatric Health and Care Worker
Unit 2	Overview of the Healthcare Delivery Systems in India
Unit 3	Communication and Intersectoral Coordination
Unit 4	Information Technology and Digital Literacy
<b>Block 2</b>	<b>Implementing Health and Geriatric Care</b>
Unit 1	Ethical and Legal dilemmas in caring
Unit 2	Leadership and Managerial Skills
Unit 3	Entrepreneur skills

### **BHTL 108 Assessment and Management of Problems of Older Persons 4 credits – Practical course**

<b>Block 1</b>	<b>Assessment of decline in intrinsic capacity and its management in older persons</b> <b>4 credits</b>
Unit1	Screening for decline in intrinsic capacities and functional status

Unit 2	Assessment and management of cognitive decline
Unit 3	Assessment and management of Locomotor capability
Unit 4	Assessment and Management of malnutrition
Unit 5	Assessment and Management of Visual Problems
Unit 6	Assessment and Management of hearing loss
Unit 7	Assessment and Management of Mental Health problems
<b>Block 2</b>	<b>Management of problems and complaints in older persons</b>
Unit 1	Assessment and Management of Social Care and Support
Unit 2	Assessment and Management of Caregiver Support
Unit 3	Assessment and Management of Complaints and Morbilities in older persons
Unit 4	Recognizing Emergencies in older persons and Providing Referral
Unit 5	Development of a Personalized Care Plan

**BHTL 109 Care of Elderly in Community and Health Care Institution 10 credits– Practical course**

<b>Block 1 Care of older persons in a community</b>	
Unit 1:	Measurement of Vital Signs
Unit 2	Basic Life Support (BLS)
Unit 3	First aid
Unit 4	Infection Prevention and Control
Unit 5	Administering Medicines
Unit 6	Taking care of Feeding Needs of Older Persons
Unit 7	Taking care of Elimination Needs of Older Persons
Unit 8	Visits to Day Care Centre and Old age Homes
Unit 9	Digital Literacy
Unit 10	Counselling and Communication Skills
Unit 11	Domiciliary visit of older persons in home
<b>Block 2 Care of older persons in a Health Care Facility</b>	
Unit 1	Preparation of Facilities & Environmental Modification
Unit 2	Patient Position and Use of Comfort and Assistive Devices
Unit 3	Skills Related to Personal Hygiene
Unit 4	Performing Special Procedures
Unit 5	Skills in Assisting or Handling Samples, Equipment and Linen
Unit 6	Helping the older persons in Ambulation
Unit 7	Management of older persons in long term and End of life care