

**NATIONAL TRAINING PROGRAMME IN GERIATRICS FOR HEALTHCARE PROVIDERS**

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**MONDAY 28TH JANUARY - FRIDAY 8TH FEBRUARY, 2019**

**UNIVERSITY OF BENIN TEACHING HOSPITAL, BENIN CITY, NIGERIA**

**PROGRAMME FOR THE TRAINING OF HEALTHCARE PROVIDERS IN GERIATRICS: WEEK 1**

<b>Time</b>	<b>Mon. 28.01.19</b>	<b>Tues. 29.01.19</b>	<b>Wed. 30.01.19</b>	<b>Thurs. 31.01.19</b>	<b>Fri. 01.02.19</b>
8.00 am	<b>Registration begins</b>	<b>RECAP</b>	<b>RECAP</b>	<b>RECAP</b>	<b>RECAP</b>
8.30-9.30 am	Ice breaker & assignment of roles <i>All</i>	The older person's skin in health & disease - recommendations for skin care <i>Dr. Benson Okwara</i>	The older person's respiratory system in health & disease: recommendations for primary & secondary disease prevention <i>Dr. Tada Ehondor</i>	The older person's neurological system in health & disease: recommendations for primary & secondary disease prevention <i>Dr. Francis Odiase</i>	Workshop: writing the individual project <i>Prof. Obehi Akoria</i>
	Course overview <i>Prof. Obehi Akoria</i>				
9.30-10.30 am	Introduction to Geriatrics: history, concepts and practice <i>Prof. Obehi Akoria</i>	The older person's cardiovascular system in health & disease: recommendations for primary & secondary disease prevention <i>Dr. Aisosa Ogbomo</i>	The older person's kidneys and urinary tract in health & disease: recommendations for primary & secondary disease prevention <i>Dr. Enajite Okaka</i>	An overview of geriatric syndromes <i>Prof. Obehi Akoria</i>	Work on the Individual Project
10.30-11.00 am	<b>BREAK</b>				
11 am-12 noon	Person-centred, holistic, inter-disciplinary healthcare for the elderly: the growing field of Geriatrics in Nigeria <i>Dr. Lawrence Adebusoye</i>	The older person's endocrine system in health & disease: recommendations for primary & secondary disease prevention <i>Prof. Andrew Edo</i>	Disease documentation, categorization and coding: implications for evidence-based programmes in Geriatrics <i>Dr. Franklyn Osian</i>	Utilizing care protocols in Geriatrics: experience, challenges and recommendations for best practices <i>Mrs. Eunice Ugorji</i>	Work on the Individual Project

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12.00-1.00 pm	Achieving high quality, evidence-based healthcare for older persons in Nigeria - recommendations for best practices <i>Dr. Olufemi Olowookere</i>	The older person's immune and musculoskeletal system in health & disease: recommendations for primary & secondary disease prevention <i>Dr. Mary Agun</i>	Ethical documentation practice in multi-disciplinary geriatric teams <i>Mrs. E. Osian</i> <i>Mrs. Sophia Nwaka</i>	Function focused care of hospitalized older persons - lessons from the UBTH experience <i>Mrs. Seun Kubeyinje</i>	Occupational therapy input to achieve safe and effective care for hospitalized older persons: focus on the Geriatrics Ward, UBTH <i>Mr. Tayo Eleyinde</i>
1.00-2.00 pm	<b>Group activity:</b> Identifying and overcoming challenges to achieving person-centred care for the elderly in Nigeria – <i>Dr. Lawrence Adebusoye/Dr. Vivian Abah/All</i>	The older person's gastrointestinal system in health & disease: recommendations for primary & secondary prevention of hepatobiliary and gastro-intestinal diseases <i>Prof. Casimir Omuemu</i>	<b>Group activity:</b> Documentation challenges in multi-disciplinary teams <i>All</i>	<b>Group activity:</b> Utilizing care protocols: <i>The Barthel Index and Falls Risk Assessment Tool</i> <i>Mrs. Seun Kubeyinje</i> <i>Mrs. Sola Emore</i> <i>Mrs. Doris Edah</i> <i>Ms. Jennifer Aibuedefe</i>	Ward safety round <i>Mr. Tayo Eleyinde</i> <i>Mrs. Margaret Uwagboe</i> <i>Mrs. Magdalene Obichie</i>
2.00-3.00 pm	<b>LUNCH &amp; VIDEO SESSION</b>				
3.00-3.30 pm	Team building & team work: <i>sine qua non</i> for effective geriatric services <i>Prof. Casimir Omuemu</i>	Introduction to the individual project <i>Mrs. Deborah Imokhai</i> <i>Mrs. Gift Oyebode</i>	Information & Communication Technology: essentials for efficient, evidence-based Geriatrics <i>Mrs. Hannah Osagiede</i>	Group feedback on utilizing care protocols <i>All</i>	Applied ergonomics in geriatric care: posturing, safe lifting and transfer techniques <i>Mrs. Seun Kubeyinje</i> <i>Mrs. Sola Emore</i>
3.30-4.30 pm	1. Managing self in Time 2. Goal setting Group activity: goal setting <i>Prof. Obehi Akoria</i> <i>Dr. (Mrs.) Caroline Olumese</i>	Individual project activities <i>All</i>	How to make effective Power Point presentations <i>Mr. Eric Okomado</i>	Institute for Healthcare Improvement: resources for quality healthcare initiatives and improvements <i>Mr. Osaigbovo Ehigiegba &amp; ICT Team</i> <i>Prof. Obehi Akoria</i>	
4.30-5.00 pm	Critical reflections, feedback & debrief <i>All</i>	Critical reflections, feedback & debrief <i>All</i>	Critical reflections, feedback & debrief <i>All</i>	Critical reflections, feedback & debrief <i>All</i>	Critical reflections, feedback & debrief <i>All</i>

## PROGRAMME FOR THE TRAINING OF HEALTHCARE PROVIDERS IN GERIATRICS: WEEK 2

Time	Mon. 04.02.19	Tues. 05.02.19	Wed. 06.02.19	Thurs. 07.02.19	Fri. 08.02.19
8.00 am	<b>RECAP</b>	<b>RECAP</b>	<b>RECAP</b>	<b>RECAP</b>	<b>RECAP</b>
8.30-9.30 am	Psychogeriatrics: diagnosing and managing older persons with depression <i>Dr. Fela Thomas</i>	Scientific writing for peer-reviewed publications in Geriatrics: a multi-disciplinary approach <i>Dr. Greg. Oko-oboh</i>	Rational use of medicines in older persons: Beers' List, START/STOPP criteria <i>Dr. Stephen Ayinbuomwan</i>	Developing Standard Operating Procedures <i>Prof. Omokhoa Adeleye</i>	Project presentations
9.30-10.30 am	Psychogeriatrics: diagnosing & managing older persons with dementia <i>Dr. Adeagbo Osudina</i>	Practicum: Breaking the inertia in scientific writing <i>Dr. Greg Oko-oboh</i>	Iatrogenesis and Medication errors in older persons -Prevention, identification & management <i>Dr. Abimbola Opadeji</i>	Practicum: Development of SOPs for geriatric services <i>Prof. Omokhoa Adeleye/All</i>	
10.30-11.00am	<b>BREAK</b>				
11.00 am-12 noon	<b>Opening Ceremony</b>	Skin examination in older persons and risk assessment for decubiti using the Braden score <i>Dr. Roli Madubuko</i>	Fluid therapy, transfusion of blood & blood products in older persons: potential benefits, challenges & pitfalls <i>Dr. Ben Nwogu</i>	Project presentations	Project presentations
	Living with Alzheimer's disease - the caregiver's perspective <i>Mrs. Josephine Anenih</i>				
12.00-1.00pm	Mental health challenges in the elderly: Interactive session with public and Press	Practicum: Skin examination and Wound care <i>Prof. O. Oludiran Dr. Ijekeye</i>	Supportive, palliative and end-of-life care: understanding the concepts and applications <i>Prof. Obehi Akoria</i>		Project presentations
1.00-2.00pm	Orthogeriatrics: care of older persons with orthopaedic diseases and recommendations for bone health <i>Dr. Anire Bafor</i>	1. Vital signs in Geriatrics and the 5 <sup>th</sup> vital sign <i>Mrs. Sophia Nwaka</i> 2. Identification, characterization and management of pain in the older person <i>Dr. Ifeoma Ekwere</i>	Workshop: Managing dying, death & bereavement <i>Prof. Obehi Akoria</i>		Project presentations

Time	Mon. 04.02.19	Tues. 05.02.19	Wed. 06.02.19	Thurs. 07.02.19	Fri. 08.02.19
2.00-3.00 pm	<b>LUNCH</b>				
3.00-3.30	Practicum: Geriatric assessments: delirium, depression, dementia <i>Dr. Oby Nnacheta</i> <i>Mrs. Helen Ebome</i> <i>Ms. Chinyere Ayandikwo</i>	Effective communication in a multi-disciplinary team: the place of emotional intelligence <i>Prof. Omokhoa Adeleye</i>	The family conference in Geriatrics <i>Dr. Temabor Omene</i>	Project presentations	Summaries of learning points, next steps... <i>Class Leader</i>
3.30-4.30 pm	<b>Group reports</b> on geriatric assessments <i>All</i> <b>Group activity:</b> Distinguishing between delirium, depression and dementia	Role play: effective communication <i>All</i>	Role play: 1. Delivering news about life limiting illness 2. Managing bereavement <i>All</i>	Project presentations	Closing/award of certificates/ <b>Departure</b>
4.30-5.00 pm	Critical reflections, feedback & debrief <i>All</i>	Critical reflections, feedback & debrief <i>All</i>	Critical reflections, feedback & debrief <i>All</i>		

### IMPORTANT NOTICE

**Participants should come along with their laptops as these will be required for the individual project work.**