

**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

Time	Mon. 28.01.19	Tues. 29.01.19	Wed. 30.01.19	Thurs. 31.01.19	Fri. 01.02.19
8.00 am	<p><b>Registration begins</b> Ice-breaker Course overview</p> <p><i>Participants &amp; Secretariat</i></p>	<p>The older person's skin in health &amp; disease - recommendations for skin care in older persons <i>Dr. Benson Okwara</i></p>	<p>The older person's respiratory system in health &amp; disease: recommendations for primary &amp; secondary disease prevention <i>Dr. Tada Ehondor</i></p>	<p>The older person's kidneys and urinary tract in health &amp; disease: recommendations for primary &amp; secondary disease prevention <i>Dr. Enajite Okaka</i></p>	<p>The older person's immune and musculoskeletal system in health &amp; disease: recommendations for primary &amp; secondary disease prevention <i>Dr. Mary Agun</i></p>
9.00-10.00am	<p>Introduction to Geriatrics: history, concepts and practice <i>Prof. Obehi Akoria</i></p>	<p>The older person's cardiovascular system in health &amp; disease: recommendations for primary &amp; secondary disease prevention <i>Dr. Aisosa Ogbomo</i></p>	<p>The older person's gastrointestinal system in health &amp; disease: recommendations for primary &amp; secondary prevention of hepatobiliary and gastro-intestinal diseases <i>Prof. Casimir Omuemu</i></p>	<p>Information &amp; Communication Technology: essentials for efficient, evidence-based Geriatrics <i>Mr. Osaigbovo Ehigiegba</i></p>	<p>An overview of geriatric syndromes <i>Prof. Obehi Akoria</i></p>
10.00-11.00 am	<p>Person-centred, holistic, inter-disciplinary healthcare for the elderly: the growing field of Geriatrics in Nigeria <i>Dr. Lawrence Adebusoye</i></p>	<p>The older person's neurological system in health &amp; disease: recommendations for primary &amp; secondary disease prevention <i>Dr. Frank Imarhiagbe</i></p>	<p>Ethical nursing practice - focus on documentation and ward rounds in Geriatrics <i>Mrs. Eunice Osian</i></p>	<p>The older person's endocrine system in health &amp; disease: recommendations for primary &amp; secondary disease prevention <i>Prof. Andrew Edo</i></p>	<p>Scientific writing for peer-reviewed publications in Geriatrics: a multi-disciplinary approach <i>Dr. Greg. Oko-oboh</i></p>
11.00am-12.00pm	<p>Identifying and overcoming challenges to achieving person-centred care for the elderly in Nigeria – <i>Dr. Lawrence Adebusoye/Dr. Vivian Abah/All</i></p>	<p style="text-align: center;"><b>Opening Ceremony</b></p>	<p>Disease documentation, categorization and coding: implications for evidence-based programmes in Geriatrics <i>Dr. Franklyn Osian</i></p>	<p>Utilizing care protocols in Geriatrics: experience, challenges and recommendations for practice <i>Mrs. Eunice Ugorji</i></p>	<p>Practicum: Breaking the inertia in scientific writing <i>Dr. Greg Oko-oboh</i></p>
12.00-12.15 pm	<b>BREAK</b>				

12.15-1.15 pm	Achieving high quality, evidence-based healthcare for older persons in Nigeria - recommendations for best practices <i>Dr. Olufemi Olowookere</i>	<b>Opening Ceremony</b>	Occupational therapy input to achieve safe and effective care for hospitalized older persons: focus on the Geriatrics Ward, UBTH <i>Mr. Tayo Eleyinde</i>	Group activity: Utilizing care protocols <i>Mrs. Doris Edah</i> <i>Ms. Jennifer Aibuedefe</i> <i>Participants</i>	<b>The Individual Project</b> <i>Mrs. Deborah Imokhai</i> <i>Mrs. Gift Oyebode</i>
1.15-2.15 pm	Team building & team work: sine qua non for effective geriatric services <i>Prof. Casimir Omuemu</i>	Function focused care of hospitalized older persons - lessons from the UBTH experience <i>Mrs. Seun Kubeyinje</i>	Vital signs in Geriatrics; the 5 <sup>th</sup> vital sign <i>Mrs. Sophia Nwaka</i>	Group feedback: utilizing care protocols <i>All</i>	How to make effective Power Point presentations <i>Prof. Obehi Akoria</i>
2.15-3.00 pm	<b>LUNCH &amp; VIDEO SESSION</b>				
3.00-4.00 pm	1. Managing self in Time 2. Goal setting <i>Prof. Obehi Akoria</i>	Practicum: Safe lifting & transfer techniques <i>Mrs. Seun Kubeyinje</i> <i>Mrs. Sola Emore</i>	Practicum: Identification, characterization and management of pain in the older person <i>Dr. Ifeoma Ekwere</i>	Institute for Healthcare Improvement: resources for quality healthcare initiatives and improvements <i>ICT Team &amp; All</i>	Individual project activities <i>All</i>
4.00-4.30 pm	Group activity: goal setting <i>Dr. (Mrs.) Caroline Olumese</i>		Group feedback on practicum		
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. 15.02.19
8.00 am	Effective communication in a multi-disciplinary team: the place of emotional intelligence <i>Prof. Omokhoa Adeleye</i>	Psychogeriatrics: diagnosing & managing older persons with dementia <i>Dr. Adeagbo Osudina</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
9.00-10.00am		Living with Alzheimer's disease - the caregiver's perspective <i>Mrs. Josephine Anenih</i>	Iatrogenesis and Medication errors in older persons - Prevention, identification & management <i>Dr. Abimbola Opadeyi</i>	Practicum: Review of existing SOPs in the Geriatrics Unit; development of new SOPs <i>Prof. Omokhoa Adeleye/All</i>	
10.00-11.00 am	Role play: effective communication	Living with Alzheimer's disease: Interactive session with public and Press	Practicum: Medication rounds <i>Mrs. Helen Ebome</i> <i>Mrs. Magdalene Uwagboe</i>		
11.00am-12.00pm	Practicum: Geriatric assessments <i>Dr. Oby Nnacheta</i> <i>Mrs. Susan Odion</i> <i>Ms. Chinyere Ayandikwo</i>	Practicum: Skin examination Wound care <i>Prof. O. Oludiran</i> <i>Dr. Ijekeye</i> <i>Dr. Roli Madubuko</i>	Group feedback from medication rounds	Group presentations of SOPs <i>All</i>	
12.00-12.15 pm	<b>BREAK</b>				
12.15-1.15 pm	Group reports: Geriatric assessments <i>All</i>	Practicum: Skin examination and Wound care <i>Prof. O. Oludiran</i> <i>Dr. Ijekeye</i> <i>Dr. Rolis Madubuko</i>	Fluid therapy, transfusion of blood & blood products in older persons: potential benefits, challenges & pitfalls <i>Dr. Ben Nwogu</i>	Individual projects	Project presentations
1.15-2.15 pm	Orthogeriatrics: care of older persons with orthopaedic diseases; recommendations for bone health <i>Prof. Alfred Ogbemudia</i>	Supportive, palliative and end-of-life care: understanding the concepts and applications <i>Prof. Obehi Akoria</i>			

2.15-3.00 pm	<b>LUNCH</b>				
3.00-4.00 pm	Psychogeriatrics: diagnosing and managing older persons with depression <i>Dr. Fela Thomas</i>	The family conference in Geriatrics <i>Dr. Temabor Omene</i>	Managing dying, death & bereavement <i>Prof. Obehi Akoria</i>	Summaries, learning points, next steps... <i>All</i>	Closing/award of certificates/ <b>Departure</b>
4.00-4.30 pm	The Individual Project	Role play: Delivering news about life limiting illness <i>All</i>	Individual projects		
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>		