

Session 12

**Others (Medication and common conditions Related to Fall Risk)**

By the end of the session, participants should be able to:

- Identify groups at high risk for falls in nursing homes
- Discuss falls management and medications
- Enumerate medications that may increase fall risk
- Discuss other common condition that may increase fall risk
- Discuss ways to prevent falls due to medications
- Focus on avoidance and prevention of falls due to medications

**Common Infections (UTI, Pneumonia, Cellulitis, URTI ( including minor ailment treatment for fever, cough and cold))**

By the end of the session, participants should be able to:

- Gain an overview of common infections and minor ailments
- Gain knowledge on basic pharmacological and non-pharmacological treatment used
- Gain an overview of common drugs/drug classes used in treatment
- Recognise the most common side effects and precautions of the commonly used drugs

Session 13

**Physiological changes with ageing**

By the end of the session, participants should be able to:

- Describe the physiologic changes of aging (renal and hepatic function, body composition, CNS function)
- Know how physiologic changes of aging impact medication therapy in terms of pharmacokinetics (absorption, distribution, metabolism, and elimination) and pharmacodynamics (medication effects)

**Polypharmacy: Optimising Medication Use in Elderly Patients**

By the end of the session, participants should be able to:

- Understand why elderly are at risk of polypharmacy & ADR
- Recognise common geriatric presentations that can be caused by drugs
- Understand what strategies can be used to reduce polypharmacy:
- Identify medications that should be avoided or used with caution in the elderly using screening tools (i.e. Beer's criteria, START/STOPP criteria )
- Understand the concept of deprescribing



**For any enquiries, please contact:**

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## Course Information

### COURSE FEES PER HALF-DAY SESSION (Inclusive of GST)

For Healthcare VWOs and Nursing Homes with Portable Subsidies:

Fees for Singaporeans & PRs = \$16.57 per pax

Fees for Foreigners = \$57.44 per pax

Fees for any other Organization = \$98.31 per pax

### COURSE DURATION

Half-day per session (9am—1pm or 2pm – 6pm) ; Participants can choose to attend the sessions that are relevant to them.

### TARGET AUDIENCE

Nursing Aides, Enrolled Nurses and Registered Nurses

### CLASS SIZE

Maximum 20 participants



**Medication**

**Management**

**Series (New)**

# COURSE OUTLINE



<p><b>Session 1</b></p> <p><b>Requisites of Prescribing Terminology &amp; Current Good Practices</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Underscore the relevance of prescribing terminology in nursing practice</li> <li>Highlight the impact of prescribing terminology usage in patient safety</li> <li>Impart skills in interpreting medical abbreviations and acronyms encountered in practice</li> <li>Know the current good practices in prescribing terminology usage</li> </ul> <p><b>Drug Information Resources</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Know a list of reference resources to look for drug information</li> <li>Know which reference to use when looking for specific drug information</li> <li>Know how to use the accessible drug information resources available</li> <li>List the different sources of patient's medication information</li> </ul> <p><b>Medication Safety</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand that medication safety is the responsibility of all members of the healthcare team</li> <li>Understand the medication-use process and its role in ensuring medication safety</li> <li>Identify the possible causes of medication errors</li> <li>Identify practices that are prone to medication errors</li> <li>Identify ways to reduce medication errors</li> <li>Identify, categorise and report medication errors</li> <li>Utilise checklists to ensure medication safety</li> </ul>
<p><b>Session 2</b></p> <p><b>Safe Medication Administration (including Self Administration/ Medication Adherence)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand the concept of administering the right drug to the right patient in the right manner</li> <li>Know the different stages of medication administration and the potential errors which may occur</li> <li>Demonstrate safe medication administration at all times in their own working environment</li> <li>Know how to handle wrong drug administration and the reporting process</li> </ul> <p><b>Medication Reconciliation</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Know what medication reconciliation is</li> <li>Understand the importance of medication reconciliation</li> <li>Learn how to do medication reconciliation</li> </ul>
<p><b>Session 3</b></p> <p><b>Controlled Drugs</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Identify what are controlled drugs</li> <li>Understand how to handle controlled drugs (receive, record, storage, disposal) in compliance with the regulations of the Misuse of Drugs Regulations and Misuse of Drugs Act</li> </ul> <p><b>Waste Management</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Know what pharmaceutical waste is</li> <li>Identify the different types of waste</li> <li>Know how to handle and dispose the different types of waste</li> </ul> <p><b>Appropriate Drug Storage</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand that medicines must be secured in accordance with laws and regulations to prevent access by unauthorized persons</li> <li>Follow a proper drug storage system to reduce the risk of medication errors</li> <li>Understand that drugs should be stored in accordance with manufacturer's recommendations and that improper storage condition can lead to degradation in drug quality</li> <li>Implement a system to conduct regular checks on the expiry dates and conditions of the medicines</li> </ul>
<p><b>Session 4</b></p> <p><b>Gastrointestinal System (Constipation, Diarrhoea, PUD, GERD)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Identify the types of GI conditions common in the nursing home setting</li> <li>Recognise ways to prevent the development of these conditions</li> <li>Identify the etiology, signs and symptoms, and risk factors of these conditions</li> <li>Understand the pharmacological and non-pharmacological management of GI conditions</li> </ul>

<p><b>Session 4</b></p> <p><b>Urinary Incontinence and Urinary Retention</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand the pathophysiology of urinary incontinence</li> <li>Define and differentiate the different types of urinary incontinence (i.e. Stress incontinence, urge incontinence, overflow incontinence, total incontinence)</li> <li>Identify the risk factors and potential causes of urinary incontinence (i.e. Medications)</li> <li>Understand how urinary incontinence is assessed and diagnosed</li> <li>Differentiate between urinary incontinence and retention</li> <li>Describe the signs and symptoms of urinary retention</li> <li>Understand the non-pharmacological and pharmacological management of urinary incontinence and retention</li> </ul>
<p><b>Session 5</b></p> <p><b>Cardiovascular System Hypertension (HTN)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>List 2 differences between primary and secondary hypertension</li> <li>Describe at least 5 symptoms of uncontrolled hypertension</li> <li>Define, in terms of the blood pressure readings, what is considered as:             <ol style="list-style-type: none"> <li>Normal blood pressure,</li> <li>High blood pressure, and</li> <li>Pre-hypertension</li> </ol> </li> <li>List 4 possible complications of poorly controlled hypertension</li> <li>List 8 risk factors for developing hypertension</li> <li>Define the blood pressure treatment goals based on JNC 8 hypertension guidelines</li> <li>List at least 6 classes of medications used to treat hypertension and their common side effects</li> <li>List 4 lifestyle changes to treat hypertension</li> </ul> <p><b>Hyperlipidemia</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Define atherosclerosis and identify 3 possible consequences (or complications) of atherosclerosis</li> <li>List 6 risk factors for hyperlipidemia</li> <li>List 3 plasma lipids which are commonly measured in the management of hyperlipidemia</li> <li>List 6 classes of medications used to treat high cholesterol and triglycerides levels and their common side effects</li> <li>List 4 lifestyle changes to improve cholesterol levels</li> </ul> <p><b>Ischaemic Heart Disease (IHD)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Describe how atherosclerosis leads to ischaemic heart disease</li> <li>List 9 risk factors for ischaemic heart disease</li> <li>Describe 2 classic symptoms of ischaemic heart disease or a heart attack</li> <li>List at least 6 classes of medications that are commonly used to treat ischaemic heart disease and their common side effects</li> <li>List 7 lifestyle changes to manage ischaemic heart disease</li> </ul>
<p><b>Session 6</b></p> <p><b>Respiratory System (Asthma &amp; COPD)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Define and differentiate between asthma and COPD</li> <li>Understand the pathophysiology of asthma and COPD</li> <li>Identify the risk factors, signs and symptoms, and goals of therapy for asthma and COPD</li> <li>Understand the non-pharmacological and pharmacological management of asthma and COPD</li> <li>Identify the signs and symptoms for severe acute asthma attack and COPD exacerbation</li> <li>Understand the pharmacological management of severe acute asthma attack and COPD exacerbation</li> <li>List common drugs that interacts with theophylline</li> </ul> <p>Demonstrate the correct techniques when using different types of inhaler devices</p>
<p><b>Session 7</b></p> <p><b>Central Nervous System (Anxiety and Depression)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand the pathophysiology of anxiety and depression</li> <li>Understand the epidemiology of anxiety and depression in elderly</li> <li>Identify symptoms of anxiety and depression</li> <li>Understand the treatment, non-pharmacological and pharmacological, for anxiety and depression</li> <li>Discuss the advantage and disadvantage of different drug treatment</li> <li>Identify possible adverse effects and important monitoring parameters for different treatments</li> </ul> <p><b>Dementia &amp; BPSD</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand the general concept about dementia and delirium</li> <li>Identify treatment approaches to dementia and the side effects of these treatments</li> <li>Understand the appropriate management for patients suffering from behavioral symptoms related to dementia</li> <li>Educate nurses about medication administration in dementia and the importance of patient's adherence to the therapy</li> </ul>

<p><b>Session 8</b></p> <p><b>Central Nervous System (Epilepsy)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Describe the main differences between seizure and epilepsy</li> <li>Describe the possible presenting symptoms of a seizure</li> <li>Describe the possible causes of epilepsy</li> <li>Describe the possible triggers of seizures</li> <li>Describe the possible complications of seizures</li> <li>Identify different anti-epileptic medications and their common side effects</li> </ul> <p><b>Parkinson Disease</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand what Parkinson disease is and the cause of it</li> <li>Identify the signs and symptoms of Parkinson disease</li> <li>Know the different treatment approaches and medications used to treat Parkinson disease</li> </ul>
<p><b>Session 9</b></p> <p><b>Central Nervous System (Pain Management)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand basic pathophysiology of pain</li> <li>Describe WHO analgesic ladder</li> <li>Understand the pharmacology of common analgesics used, including doses and side effects</li> <li>Understand palliative pain management</li> </ul> <p><b>Stroke</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Know the cardiovascular changes that occur with aging</li> <li>Understand its impact on cardiovascular disease with a focus on stroke</li> <li>Understand the different types of strokes (i.e. hemorrhagic, thrombotic, and embolic strokes)</li> <li>Identify stroke risk factors</li> <li>Recognise signs and symptoms of stroke</li> <li>Know the medications used to treat stroke and how to correctly administer t-PA</li> <li>Be familiar with the monitoring parameters, laboratory values, and adverse effects associated with drugs discussed</li> <li>Know the medical therapies used in primary and secondary prevention of stroke</li> </ul> <p><b>Deep Vein Thrombosis</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Define thrombosis</li> <li>Know the general principles of thrombosis</li> <li>Understand the pathophysiologic thrombus formation with a focus on DVT</li> <li>Identify the risk factors for the development of DVT</li> <li>Recognise the signs and symptoms of DVT</li> </ul> <p><b>Anticoagulant Therapy</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>List the indications for anticoagulant therapy</li> <li>Know the use of UFH, LMWH, and warfarin in the management of DVT</li> <li>Identify the contraindications, adverse effects and interactions of anticoagulant therapy</li> <li>Describe normal values for anticoagulant therapy</li> <li>Discuss key nursing considerations of patient care</li> </ul>
<p><b>Session 10</b></p> <p><b>Endocrine System (DM and Thyroid Disease)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Understand the general concept about diabetes mellitus and thyroid conditions</li> <li>Understand the treatment approaches and side effects of the medications used for diabetes mellitus and thyroid conditions</li> <li>Understand the importance of non-pharmacological approach to control diabetes mellitus</li> <li>Identify alarming symptoms and appropriate actions for hyperglycemia, hypoglycemia and thyrotoxicosis</li> </ul>
<p><b>Session 11</b></p> <p><b>Skin (Dry Skin, Eczema, Fungal Infection, Pressure Sores, Scabies, Lice Treatment)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Identify the types of skin conditions common in nursing home setting</li> <li>Identify the etiology, signs and symptoms, risk factors and complications of these skin conditions</li> <li>Know the pharmacologic and non-pharmacologic management of these skin conditions</li> <li>Identify ways to prevent the development of these skin conditions</li> </ul> <p><b>Eyes (Dry Eyes)</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Identify the etiology, causes, symptoms and complications of dry eyes</li> <li>Identify the treatment approaches to dry eyes and the different kinds of eye preparations used</li> <li>Know the lifestyle modifications in alleviating dry eyes</li> </ul> <p><b>Glaucoma</b> By the end of the session, participants should be able to:</p> <ul style="list-style-type: none"> <li>Identify the etiology, causes, symptoms and complications of glaucoma</li> <li>Identify the differences between wide angle glaucoma and narrow angle glaucoma</li> <li>Identify the treatment approaches to glaucoma, the different medications used, their mechanisms of action and side effects</li> <li>Know which common medications to avoid in glaucoma</li> </ul>