

## INSTITUTE OF ADVANCED NURSING STUDIES

### **Post-registration Certificate Course in Gerontological Nursing (2024/25)**

**(16 Dec 2024 – 10 July 2025)**

***The course is jointly organized by Institute of Advanced Nursing Studies, Hospital Authority and Hong Kong Geriatrics Society, and conducted by New Territories East Cluster***

*The Nursing Council of Hong Kong has approved the Hospital Authority as a provider of Continuing Nursing Education (CNE) since 1 December 2005*

## PROGRAM INFORMATION

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### **PROGRAM AIMS**

1. To develop the competence of registered nurses to provide a high standard of care for geriatric clients.
2. To facilitate nurses to perform clinical teaching and supervision of nursing staff / nurse learners in the geriatric unit.

### **PROGRAM INTENDED LEARNING OUTCOMES**

Upon completion of the course, participants should be able to:

1. outline the current trend and multidisciplinary approach in geriatric care
2. recognize the effect of ageing and the related problems of the elderly
3. identify the common medical and psychosocial problems of the elderly
4. assess the condition, plan and provide holistic care for the elderly client
5. implement measures to promote the rehabilitation of the elderly client
6. identify community resources available for the elderly client and make referral / liaison as required
7. identify high risk areas of elderly care and implement preventive measures accordingly e.g., fall prevention, prevention of pressure injury, etc.
8. provide health education to elderly clients and their families / carers
9. recognize the legal and ethical aspects of elderly care
10. improve the standard of care in the geriatric unit
11. participate in the clinical teaching of nurse learners

## **TARGET PARTICIPANTS**

1. Nurses in RN rank
  2. Priority will be given to those who are currently working in Medical Geriatrics care service or related specialty units of HA Hospitals.
  3. Nurses who have previously enrolled in PRCC without successful completion may be given low priority
  4. Nurses who have successfully completed
    - Fundamentals in Gerontological Nursing (2023) on (08 Feb – 15 Mar 2023) , or
    - Fundamentals in Gerontological Nursing (2024) on ((24 Jan – 05 Mar 2024)will be eligible to apply for direct entry to Module II.
- \* Nurses who were granted exemption of Module I in the PRCC in Gerontological Nursing (2024/2025) would also be required to complete the Online Training Modules of “new” topics, as follows:

<b><i>Participants with granted exemption from</i></b>	<b><i>Needs to complete</i></b>
Fundamentals in Gerontological Nursing (2023)	Ger05_ Basic knowledge in Oral Health and Dental Care Ger06_ Health Promotion and Health Education
Fundamentals in Gerontological Nursing (2024)	Ger05_ Basic knowledge in Oral Health and Dental Care

## **ENTRY REQUIREMENTS**

1. Registered nurses with valid practicing certificate issued by the Nursing Council of Hong Kong.
2. Nurses having not less than 24 months post-registration experience.

## **CLASS SIZE**

113

## **LANGUAGE MEDIUM**

Both English and Cantonese will be used in class. All written assignments and assessments will be in English.

## **PROGRAM DURATION**

29 weeks and 3 days (16 Dec 2024 – 10 July 2025)

## **PROGRAM DESIGN**

This program consists of theoretical input (Module I & Module II) and clinical practicum.

### **A. Theoretical input**

#### ***Module I – Fundamental Module - Online Training Module***

The participants are required to complete all the following e-Learning courses in the **eLC+** platform **on or before 02/02/2025 (Sun) 23:59**

##### **Overview of Fundamental Module**

Geron01\_ Aged and Aging  
 Geron02\_ Comprehensive Geriatrics Assessment and Frailty Assessment  
 Geron03\_ Understanding Dementia Care  
 Geron04\_ Continence Assessment and Nursing Management  
 Geron05\_ Basic knowledge in Oral Health and Dental Care  
 Geron06\_ Health Promotion and Health Education  
 Geron07\_ Instability and Fall  
 Geron08\_ Nutritional Needs of Older Persons  
 Geron09\_ Occupational Therapy for Older Persons  
 Geron10\_ Physiotherapy for Older Persons  
 Geron11\_ Safe and Effective Use of Drugs in Older Persons  
 Geron12\_ Psychological Problems in Older Persons - Depression, Suicide, Behavioural Disorders  
 Geron13\_ Basic End of Life and Palliative Care  
 Geron14\_ Medical Social Collaboration for Elderly Care  
 Geron15\_ Health Care Services for the Older Persons in HK

#### ***Module II – Specialty-specific Module***

Day	Date	Time	Activity	Venue / online
Day 1	16/12/2024 (Mon)	09:00 – 17:30	Study Day	Lecture Theatre, M/F, HA Building
16/12/2024 to 02/02/2025 (6 Weeks) (Module I – Online Training Module)				
Day 2	5/2/2025 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day 3	12/2/2025 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day 4	19/2/2025 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day 5	26/2/2025 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day 6	5/3/2025 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day 7	12/3/2025 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day 8	19/3/2025 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day 9	26/3/2025 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day10	2/4/2025 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day11	9/4/25 (Wed)	09:00 – 17:30	Study Day	Lecture Theatre, AHNH
Day12	23/4/2024 (Wed)	09:00 – 13:00	Half-day Educational Visit	
2-week interval				
Day13	7/5/2025 A.M. (Wed)	09:00 – 13:15	Written Examination	Lecture Theatre, M/F, HA Building
12/05/2025 to 22/06/2025 (6 Weeks) Clinical Practicum				
2-week interval				
Day14	9/7/2025 (Wed)	09:00 – 17:30	AM: Education visit sharing PM: Group Project Presentation	Lecture Theatre, AHNH
Day15	10/7/2025 (Thu)	09:00 – 17:30	Group Project Presentation	Lecture Theatre, AHNH

## **B. Clinical Practicum: 6 weeks (12 May 2025 – 22 Jun 2025)**

- 1) 3 weeks in acute / extended care setting\*;
- 2) 2 weeks in acute / extended care setting\*; and
- 3) 1 week in community care setting

*#Participants from acute care setting: 2 weeks (acute); 3 weeks (extended care) setting*

*#Participants from extended care setting: 3 weeks (acute); 2 weeks (extended care) setting*

*#Participants from community setting: 2 weeks (acute) & 3 weeks (extended care) setting;  
OR 3 weeks (acute) & 2 weeks (extended care) setting*

## **TRAINING CONTENT**

### **A. Philosophy of gerontological nursing**

1. Comprehensive geriatrics assessment and frailty assessment
2. Legal and ethical aspects of gerontological care
3. Medical legal issues in gerontological care

### **B. Promoting wellness**

1. Advance directives & death and dying
2. Aged and aging
3. Basic End of Life Care
4. Chronic wound management and pressure injury prevention
5. Current interpretation in skin injury (skin tear, Incontinence Associated Dermatitis, Moisture Associated Skin Damage)
6. Continence Assessment and Nursing Management
7. Dental / oral care for elderly
8. Discharge planning & care for the carer
9. EOL Care in Older Persons
10. Fall prevention and promoting restraint-free Care
11. Health promotion and health education
12. Health Care Services for the Older Persons in HK
13. Application of Gerontech in elderly care
14. Medical social collaboration for elderly care
15. Person Centered Care & Working with Families of Patients with Dementia, DCSS
16. Awareness and Support in Elderly Abuse
17. Rehabilitation of older persons: from acute, outpatient to community
18. Safe and effective use of drugs in older persons
19. Traditional Chinese medicine and pain management in elderly
20. Understanding Sacropenia
21. Understanding Dementia Care

### C. Common health problems in older persons (Medical perspective)

1. Cognitive impairment in older persons - dementia & delirium
2. Common emergency condition for older persons
3. Common skin problems in geriatrics
4. Nursing Management of COPD and Lower Respiratory Tract Infection in Older Persons
5. Dental Health and Dental Care for Geriatric populations
6. Endocrine disorder: Diabetes and thyroid dysfunction in older persons
7. Frailty and Other Geriatrics Syndromes and Sleep Disorder
8. Impaired Immunity and Infection in Older Persons
9. Incontinence & Constipation
10. Instability and fall
11. Pain management in older persons
12. Managing common neurological problem: Stroke and Parkinson's disease
13. Osteoporosis and bone health and Fragility Fracture
14. Psychological problems in older persons: depression, suicide, behavioural disorders
15. Sensory deficits (Vision and Hearing impairment)

### Common health problems in older persons (Nursing perspective)

1. Clinical Approach on Cognitive Behavioral Therapy (CBT) + BPSD Management
2. Nursing management and care planning of older people with delirium
3. Nursing management of older persons with Diabetes Mellitus
4. Nursing management of older persons with heart problems
5. Nursing management of older persons with hypothermia
6. Nursing management of older persons with Stroke
7. Nursing management on foot ulcers (Arterial & Venous Ulcers)
8. Management of common feeding problems, oral, enteral feeding and careful hand feeding
9. Managing Inappropriate Sexual Behaviour (ISB) in older person with dementia
10. Oncology Nursing in Older Persons
11. Orth – Geriatric collaboration
12. Care of Fragility Fracture Patient in Convalescent / Rehabilitation Setting
13. Psychogeriatric care and support in elderly

### D. Gerontological care in various settings

1. Aging in place, Caring with grace
2. Community Geriatrics Day Services (ICDS, GEMS at AED, GDH, CGAT, CNS)
3. The Needs of Family Caregivers in Dementia Care Journey with PREFERS model
4. Experience Sharing on Corporate program: EOL at RCHes
5. Geron Technology
6. Gerontological nursing in acute care
7. Health care service for older persons in HK
8. Introduction to HA Patient Support Call Centre
9. JCECC: End-of-Life Care in Residential Care Homes for the Elderly
10. JCECC: Life Rainbow

**E. Allied health services in gerontological care**

1. Community networking and social resources for older persons
2. Foot care for older persons
3. Management of older persons with swallowing and communication problems
4. Nutritional needs of older persons
5. Occupational therapy for older persons
6. Physiotherapy for older persons
7. Pharmacological considerations in gerontological nursing

**F. Miscellaneous**

1. Course orientation
2. Group project discussion
3. Group project presentation
4. Integrated study
5. Quiz & course evaluation
6. Briefing & sharing of educational visit / experience sharing sessions
7. Written examination

**Educational Visits** *(Sites to be confirmed in due course)*

1. Hong Kong Sheng Kung Hui Tseung Kwan O Aged Care Complex  
香港聖公會將軍澳安老服務大樓
2. Jockey Club Home for Hospice  
賽馬會善寧之家
3. Jockey Club Centre for Positive Aging  
賽馬會耆智園
4. Jockey Club Gerontechnology and Smart Ageing in Place Project  
嶺大賽馬會樂齡科技體驗館
5. District Health Centre DHC (Tsuen Wan)  
荃灣地區康健中心
6. Sun Chui Lutheran Centre for the Elderly  
路德會新翠長者中心
7. Caritas Jockey Club Resource and Support Centre  
明愛賽馬會照顧者資源及支援中心
8. Jockey Club Age at Home  
賽馬會 a 家
9. Pine Care Point (Shek Kip Mei)  
松齡樂軒
10. Geriatric Rejuvenation Hub  
香港復康會賽馬會樂齡互康園

## **TEACHING & LEARNING STRATEGIES**

1. Lectures
2. Group discussion
3. Tutorials
4. Group projects (*including oral presentation*)
5. Case studies
6. Clinical teaching & supervised clinical practice
7. Self-directed learning

## **ASSESSMENT**

Components	Date / submission deadline	Weighting
<b>A. Written Assessment (100%)</b>		
1. Chapter end Quiz on <u>eLC+ platform</u> (passing mark: 100% on each chapter)	23:59 2 Feb 2025	Pre-requisite for Module II
2. Written Examination	7/5/2025	50%
3. Group Project		30%
(I) Written Report	25/6/2025	18%
(II) Oral Presentation	9/7/2025 & 10/7/2025 a.m.	12%
4. Patient Care Study	Within one week after the 3-week CP placement	20%
<b>B. Continuing Clinical Assessment (100%)</b>	On the last day of Clinical Practicum	

The participants are required to attain 50% or above in each component of the written assessment and the continuing clinical assessment.

## **AWARD OF CERTIFICATE**

An electronic Certificate of Achievement will be awarded to those participants who have completed all parts of the program and passed all assessments.

## **CNE POINTS**

This program is equivalent to **234.5** CNE points.

Theoretical Input:	(13 full-day+ 1 half-day study day) 95 hours (CNE: 95 points)
Online Training Module:	20.5 hours (20.5 CNE points)
Clinical Practicum (6 weeks):	234 hours (117 CNE points)
Educational Visit:	4 hours (2 CNE points)

### **PROGRAM DIRECTOR**

Ms. Elaine MAU	Manager (Nursing), Institute of Advanced Nursing Studies, HAHO
Tel: 2300 7473	Email: <a href="mailto:elaine.mau@ha.org.hk">elaine.mau@ha.org.hk</a>

### **CO-PROGRAM DIRECTORS**

Ms. Savina SZE	Nurse Consultant (Geron), NTEC
Tel: 5796 7739	Email: <a href="mailto:sym488@ha.org.hk">sym488@ha.org.hk</a>

Ms. CHAN Hiu Shan	SNO(CND), PWH
Tel: 5569 6482	Email: <a href="mailto:chanhs1@ha.org.hk">chanhs1@ha.org.hk</a>

### **CLERICAL SUPPORT:**

Ms. Cherry Wai Ling YU	EAI(CND), AHNH/TPH
Tel: 2689 2370	Email: <a href="mailto:ywl690@ha.org.hk">ywl690@ha.org.hk</a>

### **TIMETABLE ( Tbc )**



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## Post-registration Certificate Course in Gerontological Nursing

*Organized by IANS, Conducted by NTEC*

(16/12/2024-10/07/2025)

## Timetable

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Organized by IANS, Conducted by NTEC

(16/12/2024-10/07/2025)

### Timetable

	0900 - 0915	0915 - 0930	0930 - 0945	0945 - 1000	1000 - 1015	1015 - 1030	1030 - 1045	1045 - 1100	1100 - 1115	1115 - 1130	1130 - 1145	1145 - 1200	1200 - 1215	1215 - 1230	1230 - 1245	1245 - 1300	1300 - 1315	1315 - 1330	1330 - 1345	1345 - 1400	1400 - 1415	1415 - 1430	1430 - 1445	1445 - 1500	1500 - 1515	1515 - 1530	1530 - 1545	1545 - 1600	1600 - 1615	1615 - 1630	1630 - 1645	1645 - 1700	1700 - 1715	1715 - 1730
<b>DAY 5</b> 26 FEB 2025  (Open up session: PM)  Lecture Theatre, AHNH  <u>VL IN-CHARGE</u> PWH, HO Wing Yi	Understanding Sacropenia  Ms. LAW Tze Ching  NC (Gerontology), HKEC  09:00 AM - 10:30 AM						B R E A K	Oncology Nursing in Older Persons  Ms. WONG Sin Ting  NC(Oncology), KCC/ QEHL				Pain Management in Older Persons  12:00 PM - 01:00 PM			LUNCH BREAK			Pharmacological Considerations in Gerontological Nursing  Mr. MAK Wun Cheung, Max  Pharm(PHAR), KWH  02:00 PM - 03:30 PM				B R E A K	Chronic Wound Management & Pressure Injury Prevention  xxx  03:45 PM - 05:00 PM					Briefing on Group Project  Co- program Directors  05:00 – 5:30 PM						
<b>DAY 6</b> 5 MAR 2025  (Open up session: PM)  Lecture Theatre, AHNH  <u>VL IN-CHARGE</u> PMH, WONG Ho Kwan	Rehabilitation of Older Persons: from Acute, Out-patient to Community  9:00 AM - 10:30 PM							B R E A K	Foot Care for Older Persons  Ms LAM Yuk Lan, Nicole  APPOD(POD), QEHL				Nursing Management on Foot Ulcers (Arterial & Venous Ulcers)  Mr. WONG Ngai  WM(Med), HHH  12:00 PM - 13:15 PM			LUNCH BREAK			Management of Older Persons with Swallowing & Communication Problems  Ms WONG Yee Ho, Amy  ST I/C, DKCH/FYKH/MMRC  02:15 PM - 03:45 PM				B R E A K	Management of Common Feeding Problems, Oral, Enteral Feeding and Careful Hand Feeding  Ms. HAI Mei Kam  ANC(M&G), NTWC/TMH  04:00 PM - 05:30 PM										
<b>DAY 7</b> 12 MAR 2025  Lecture Theatre, AHNH  <u>VL IN-CHARGE</u> TMH, HAI Mei Kam	Cognitive Impairment in Older Persons – Dementia & Delirium  09:00 AM - 11:00 AM						B R E A K		Nursing Management and Care Planning of Older People with Delirium  Ms. TAM Yuen Yee  NC(Gerontology), KEC  11:15 AM - 12:45 PM				LUNCH BREAK			Clinical Approach on Cognitive Behavioral Therapy (CBT) + BPSD Management  Mr. LOWN Wai Lun,  WM(PSY), KH  01:45 – 03:15 PM				B R E A K	Managing Inappropriate Sexual Behavior (ISB) in Older Persons with Dementia  Mr. LOWN Wai Lun,  WM(PSY), KH  03:30 PM - 04:30 PM					Psychogeriatric care and support in elderly  Mr. LUI Siu Fung  DOM(PSY), PYNEH  04:30 PM - 05:30 PM								

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Timetable

	0900	0915	0930	0945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715
	0915	0930	0945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1430	1445	1500	1515	1530	1545	1600	1615	1630	1645	1700	1715	
<b>DAY 8</b> 19 MAR 2025  Lecture Theatre, AHNH  <																																		

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## Timetable

	0900 - 0915	0915 0930	0930 0945	0945 1000	1000 1015	1015 1030	1030 1045	1045 1100	1100 1115	1115 1130	1130 1145	1145 1200	1200 1215	1215 1230	1230 1245	1245 1300	1300 1315	1315 1330	1330 1345	1345 1400	1400 1415	1415 1430	1430 1445	1445 1500	1500 1515	1515 1530	1530 1545	1545 1600	1600 1615	1615 1630	1630 1645	1645 1700	1700 1715	1715 1730
<div><div><div><div><div><div><b>DAY 11</b></div><div>9 APR 2025</div><div>Lecture Theatre, AHNH</div></div></div><div><div>VL IN-CHARGE</div><div>PMH, WONG Sau Chun</div></div></div></div><div>Awareness and Support in Elderly Abuse</div><div><div>Ms. LUI Bik Kwan, Eva</div><div>KWHD(MSS)</div></div><div>B R E A K</div><div>Aging in place, Caring with grace</div><div><div>Ms. Gobby LOOI</div><div>Coordinator, NAAC</div></div><div>Traditional Chinese medicine and pain management in elderly</div><div><div>羅家諾醫師</div><div>東華三院</div></div><div>LUNCH BREAK</div><div>Dental Health and Dental Care for Geriatric populations</div><div><div>Dr. SO Hon Ching, Frankie,</div><div>Consultant (Oral Health Care), Health Bureau</div></div><div>B R E A K</div><div>Revision &amp; Briefing on written examination</div><div><div>Co-program Director</div><div>04:00 PM - 05:00 PM</div></div><div>Group Project Discussion</div><div>05:00 - 05:30 PM</div></div>																																		
<div><div><div><div><div><div><b>DAY 12</b></div><div>23 APR 2025</div><div>Education Visit</div></div></div><div><div>ALL VLS</div></div></div></div><div><div><div><b>Education visit</b></div><div>1. Hong Kong Sheung Jung Hui Tseung Kwan O Aged Care Complex 香港聖公會將軍澳安老服務大樓(7) VL x3</div><div>2. Jockey Club Home for Hospice 賽馬會善寧之家(7) VLx2</div><div>3. District Health Centre DHC (Tsuen Wan) 荃灣地區康健中心(7) VLx3</div><div>4. Jockey Club Age at Home 賽馬會 a 家 (29) VL x4</div><div>5. Pine Care Point (Shek Kip Mei) 松齡樂軒 (7) VL x3</div><div>6. Jockey Club Centre for Positive Aging 賽馬會耆智園 (PM) (7) VLx3</div><div>7. Hong Kong Housing Society (Yau Ma Tei) 香港房屋協會 (28) VLx 4</div><div>8. Site 1(7) VLx3</div><div>9. Site 2(7) VLx3</div><div>10. Site 3(7) VLx2</div><div>09:00 AM - 13:00 PM</div></div></div></div>																																		

