

Aging-sensitive Nursing Care for Healthsystem Older adults (ANCHOR) Foundation Course

Aging-sensitive Nursing Care for Healthsystem Older adults (ANCHOR) Foundation Course provides **Registered Nurses** with a comprehensive understanding of age-related physiological and psychosocial changes in the elderly. It covers the identification of atypical presentations, the concept of geriatric syndromes, and their impact on function and social well-being. Participants will explore the clinical implications of frailty, use of frailty scoring, and appropriate nursing interventions to support ageing individuals. The course offers practical training on the use of walking aids, feeding techniques for patients with dysphagia, and managing common geriatric issues such as urinary incontinence, pain, and falls. It prepares healthcare workers to support nutritional needs, differentiate between dementia and delirium, and provide compassionate, person-centred care to patients with BPSD. The program concludes with guidance on discharge planning and linking elderly patients to community resources in Singapore.

Learning Outcomes

Upon completion of this course, the learner will be able to:

1. Recognise age-related changes and atypical presentations on elderly.
2. Discuss on geriatric syndrome and its intertwined relationship with function and social issue in the elderly.
3. Describe the nursing interventions to prevent functional decline in the elderly.
4. Demonstrate on the proper use of walking aids.
5. Explain frailty and its clinical implications.
6. Assess patient properly in the use of clinical frailty score.
7. Implement appropriate nursing management on common geriatric related issues such as postural hypotension, constipation, acute urinary retention, pain, fall and urinary incontinence.
8. Demonstrate safe feeding techniques for elderly with dysphagia.
9. Discuss on the nurse's roles in supporting the elderly with nutritional needs.
10. Explain the differences between dementia and delirium.
11. Discuss on the nursing management of dementia patients with BPSD.
12. Deliver person-centred care to dementia patients with BPSD.
13. Discuss on the discharge planning and community resources available for elderly in Singapore.

Course Duration (hours)

19 hours : 3 hours self-directed learning + 16 hours classroom

Course Enquiries and Registration

For enquiries or registration, please email wh.ned@nhghealth.com.sg.

We will provide the full course details, fees, and enrolment steps upon receiving your message.