



SCHOOL OF HEALTH AND NURSING

- Integrated Health Series – Understanding the Elderly
- Integrated Health Series – Optimising Health Through Nutrition

INTEGRATED HEALTH SERIES – UNDERSTANDING THE ELDERLY

COURSE SYNOPSIS (Trainer: Prof Goh Lee Gan)

Psychological & Sociological Aspects of Holistic Elder Care

WHO defines health in 1946 as: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” In this workshop, we focus our attention on creating positive psychological health in ourselves and in those whom we take care of; there are only 3 concepts to work on towards psychological well-being: Know your strengths, create a flow of positive energy in what you do, and use your strengths to contribute to society. We also will focus our attention on how to build social connectedness, to leverage on active ageing and productive ageing principles. Being in an adult learning class, we would strongly encourage participants to share their thoughts, experiences and successes in class.

Elderly Health & Behaviour Management

This workshop is both on self-care and caring for elderly people. There are essentially two models that we can use in framing our end in mind which is a healthy older adult in mind, body, and spirit. One is the Singapore successful ageing model made up of 4 pillars: financial independence (which includes the ability to take care of oneself financially), ageing in place, productive ageing, and active ageing; the other is the comprehensive geriatric assessment framework to identify gaps to fill: physical health, mental health, social well-being, functional independence, and environmental safety. Behaviour management covers a healthy lifestyle to managing biopsychosocial disorders in people with cognitive impairment in the language that all of us can understand.

COURSE SYNOPSIS (Trainer: Ms Vignasweri Ratnam)

Introduction to Basic First Aid

This section will cover key topics on vital signs measurement which is key inpatient assessment. We will also cover how to manage respiratory system related injuries such as choking through the Heimlich manoeuvre, asthma attack management with a short cover on proper inhaler use as well as managing drowning through chest compressions.

Overview of CPR

Cardiopulmonary resuscitation (CPR) is an emergency procedure which combines both chest compressions and artificial ventilation to revive and resuscitate the affected person to manually preserve intact brain function until further measures can be taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. The key to effective resuscitation is early detection and intervention. Through this workshop, participants will understand the importance and basic practical knowledge on how to perform effective and efficient CPR on a person who is in cardiac arrest.

COURSE DATE

October 2020
24 (Sat)

INTEGRATED HEALTH SERIES – OPTIMISING HEALTH THROUGH NUTRITION

COURSE SYNOPSIS (Trainer: Ms Ashu Sharma)

Healthy Eating – Meals that Heals

As Hippocrates has said “Let Food be thy medicine, and let medicine be thy food”, there is a very good reason for us to believe this because you may not be able to control everything in your life but you can very well control what you put in your body.

The concept of healthy eating is not always about eating fruits & vegetables and skimping on foods you love; it is indeed all about the balance that we create while we eat. It is an art that we practice while making diverse and balanced food choices.

Be The Boss – Choose Foods Wisely

How many of us have that ‘positive relationship’ with food whereby we have felt comfortably satisfied after eating our favourite foods without feeling guilty? Balanced eating is a pattern that best supports our physical, mental and emotional state of mind in the healthiest way and this is what we would want to share with you.

This session will bring you closer to the concepts of Healthy eating in day-to-day life and you will be enlightened to bring balance in your daily eating. You will be more aware of what you have been eating and thus, will be empowered to make informed choices about the foods, portion sizes, nutritional labelling and diet trends. This opportunity will be an enabler for you to feel confident to transform your knowledge into ‘food-based’ actions.

COURSE SYNOPSIS (Trainer: Mr Chan Joy Seng)

What Am I Eating? – Basics of Nutrition

Understand what you eat by learning the basics of nutrition! By covering the food-based dietary guidelines for adult Singaporeans, the nutritionist will assist participants in understanding what nutrients they can get from a plate of chicken rice or a bowl of laksa, and what they should be eating to have a healthier and balanced diet.

Making Sense of Food Labels - Nutrition of Processed Foods

Sorbitol, Calcium Propionate, Corn Syrup and Tartrazine - we may see them on the ingredient lists but what are these things? How about 104kcal per serving and 200mg of calcium per 100ml on the food labels? How much do you understand these figures and how to make use of them correctly? Common food labels will be provided for this practical activity for participants to learn how to read food labels, and to apply the knowledge learnt in the selection of different processed foods.

COURSE DATE

October 2020
31 (Sat)