



## **National Caregivers Training Program Summary and Core Competencies**

The National Caregiver Training Program (NCTP) is a certified training program that is offered by the Public Authority throughout San Diego County. It has been designed to help Providers learn the skills and knowledge they need to provide safe and confident home care. The course is a total of 18 hours (two classes a week, three hours a day, over a three week time-period).

The course, which was created by Medifecta Healthcare Training, includes DVD instruction, lectures, demonstrations by the class instructor, and hands-on practice. Handouts include Key Points and Definitions, Reducing Personal Stress, Course Evaluations and a Course Completion Certificate. Class participants are also given a textbook, "Quick Tips for Caregivers", that is used throughout the course.

The NCTP core competencies include:

### **Creating Healthy Home Care Conditions: Infection Control**

1. How Germs are spread
2. How to perform correct hand washing
3. How and when to use protective barriers
4. Methods of disinfection in the home

### **How to Care for Someone on Bed Rest**

1. Proper posture and the principles of body mechanics when standing, lifting, and moving objects
2. How to recognize and prevent pressure ulcers
3. The different bed rest positions and how to move someone from one position to another using proper body mechanics

### **Personal Care**

1. The importance of personal hygiene and infection control
2. The procedures for oral hygiene and denture care
3. The procedure for giving a bed bath
4. How to make an occupied bed

### **Vital signs & How to Manage Medications**

1. The definitions of temperature, pulse, respiration, and blood pressure
2. General guidelines for taking temperature, pulse, respirations, and blood pressure
3. The normal range of vital signs for adults
4. The warning signs of improper medication use
5. How aging changes the way the body responds to medications
6. Safe practices for assisting with or administering medications
7. Proper storage of medications.

### **Safe Wheelchair Use**

1. Proper wheelchair set-up
2. How to transfer someone in a wheelchair using a stand pivot transfer
3. The principles of body mechanics

4. How to assist someone to walk

### **Nutrition**

1. What foods are in each category of the Daily Food Guide
2. The recommended serving portions of each food group
3. Nutrition and the elderly and the dietary recommendations for the elderly
4. The importance of water to the human body
5. How to feed someone who cannot feed him/herself

### **Fall Prevention & Fire Safety**

1. The ability to recognize hazards that may contribute to falls
2. How to prevent falls
3. How to report a fall
4. Fire safety and the prevention of fires
5. Recognize the four components necessary for a fire to start
6. The reasons aging or older persons may not smell smoke or hear a smoke alarm
7. The PASS technique
8. How to dial 911 for emergencies

### **Understanding Alzheimer's Disease**

1. How Alzheimer's affects language
2. Techniques to help communicate more effectively with someone who has Alzheimer's
3. How understanding the disease helps to develop positive attitudes and more effective communication