



# ASTRAMEDIC INSTITUTE OF HEALTH ADMINISTRATION

## Holistic Approach to Health

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### Skilled Caregiver Course (SCC-016)

#### Introduction

This course will provide a concise yet essential foundation for individuals aspiring to excel in the field of caregiving. This course is meticulously designed to equip participants with the fundamental skills needed to offer compassionate and effective care to those in need, whether in a home care setting or healthcare facility. Participants learn about patient communication, assistance with daily living activities, infection control, and safety protocols, enabling them to provide quality care while ensuring the well-being and comfort of patients or clients.

Furthermore, this short-term caregiver course is particularly valuable for individuals seeking to quickly enter the caregiving profession. It offers an expedited path to gain essential caregiving knowledge and certification, making it accessible for those looking to make a meaningful difference in the lives of individuals who require assistance. The skills acquired in a 1-month skilled caregiver course are highly transferable and in-demand, making it an ideal starting point for a rewarding career in healthcare or home care services.

#### Course Objectives:

- To equip participants with fundamental caregiving skills, including assistance with activities of daily living (ADLs), such as bathing, dressing, feeding, and mobility, ensuring they can provide essential care to patients or clients.
- To teach participants crucial safety protocols and infection control measures to maintain a safe and hygienic caregiving environment, reducing the risk of accidents and the spread of infections.





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- To foster effective communication and empathy skills, enabling caregivers to build strong rapport with patients or clients, understand their needs, and provide emotional support during challenging times.
- To provide an understanding of legal and ethical considerations in caregiving, including patient rights, confidentiality, and documentation, ensuring that caregivers adhere to professional standards and maintain patient dignity and privacy throughout their care.

### Course Schedule:

#### 1<sup>st</sup> Month:

Weeks	Course content
Week 1	<ul style="list-style-type: none"> <li>• Introduction to Caregiving</li> <li>• Activities of Daily Living (ADLs)</li> <li>• Personal Hygiene and Grooming</li> <li>• Mobility Assistance and Transfer Techniques</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• Nutrition and Meal Preparation</li> <li>• Medication Management and Safety</li> <li>• Infection Control and Hygiene Practices</li> <li>• Communication and Patient Empathy</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Dementia and Cognitive Care</li> <li>• Palliative and End-of-Life Care</li> <li>• Legal and Ethical Considerations</li> <li>• Care Documentation and Record Keeping</li> </ul>





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Week 4	<ul style="list-style-type: none"><li>• Emergency Response and First Aid</li><li>• Specialized Care: Pediatric or Geriatric</li><li>• Cultural Competence and Sensitivity</li><li>• Final Practical Assessments and Certification</li></ul>
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*Note: Each week will consist of a combination of theoretical concepts, practical work, and assignments to reinforce learning. Students will have access to resources, examples, and instructor feedback throughout the course.*

### Schedule:

Timings	Days
Will be scheduled upon mutual Cooperation	Saturday - Sunday

**Fee: Rs.25,000 PKR.**

**Address:** Office No.11, pak land, City Centre, markaz, I-8 Markaz , Islamabad,

For Further Detail Please contact.

**Director / Program Coordinator**

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