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Modules 2019

Intravenous Therapy for EN and ENA

The module Intravenous Therapy will discuss the following topics: purposes of IV Therapy, advantages and disadvantages, observation and documentation, anatomy and physiology, administration of intravenous fluids and medication, complications, infection prevention and control and healthcare worker safety.

Learning objectives:

- Observe and document findings accurately while the patient is in intravenous therapy.
- Know the anatomy and physiology of the arteries, the veins and the skin.
- Recognize and prevent complications related to intravenous therapy.
- Adhere to infection prevention control measures.
- Understand the risks that healthcare workers may be exposed to.

Timestamp: 2 hours (on average excluding time for exams)

Qualification Level: Enrolled Nurse and Enrolled Nurse Assistant

Work Place Assessment: Yes

Intravenous Therapy for RPN

The module Intravenous Therapy will discuss the following topics: purposes of IV Therapy, advantages and disadvantages, observation and documentation, anatomy and physiology, administration of intravenous fluids and medication, complications, infection prevention and control and healthcare worker safety.

Learning objectives:

- Observe and document findings accurately while the patient is in intravenous therapy.
- Know the anatomy and physiology of the arteries, the veins and the skin.
- Recognize and prevent complications related to intravenous therapy.
- Adhere to infection prevention control measures.
- Understand the risks that healthcare workers may be exposed to.
- Know how to insert a cannula.

Timestamp: 2 hours (on average excluding time for exams)

Qualification Level: Registered Nurse

Work Place Assessment: Yes

Basic Life Support - Adult

In this module you will cover the theory of Adult BLS and it is essential that you attend a workshop to practice the practical skills of Adult CPR, use of an AED and management of a choking patient. This BLS module is based on the latest international American Heart Association and Resuscitation Council of Southern Africa guidelines released at the end of 2015.

Learning objectives:

- Name and explain the links in the Out of Hospital Cardiac Arrest (OHCA) Chain of Survival
- Name and explain the links in the In Hospital Cardiac Arrest (IHCA) Chain of Survival
- Describe 4 life-threatening emergencies.
- Assess an unresponsive patient and know when to start CPR
- Perform 2 minutes of CPR both 1- rescuer and 2-rescuer;
- Explain why rapid defibrillation is critical
- Demonstrate the operation of an AED
- Explain what should be done when the AED gives a “no shock advised” message
- How to manage a choking in a responsive and unresponsive patient over 1 year of age.

Timestamp: 1 hour and 30 minutes (on average excluding time for exams)

Qualification Level: All qualification levels

Work Place Assessment: Yes

Basic Life Support - Paediatric

In this module you will cover the theory of Pediatric BLS and it is essential that you attend a workshop to practice the practical skills of Pediatric CPR, use of an AED and management of a choking patient. This BLS module is based on the latest international American Heart Association and Resuscitation Council of Southern Africa guidelines released at the end of 2015.

Learning objectives:

- Assess an unresponsive child and know when to start CPR;
- Perform two minutes of CPR both 1- rescuer and 2-rescuer;
- Explain why rapid defibrillation is critical
- Demonstrate the operation of an AED on a Child victim
- Explain what should be done when the AED gives a “no shock advised” message
- List and explain the steps of Infant CPR
- Perform the steps of Infant CPR
- Manage a conscious and unconscious choking Child and Infant.

Timestamp: 1 hour and 30 minutes (on average excluding time for exams)

Qualification Level: All qualification levels

Work Place Assessment: Yes

Urine Testing and Analysis

This module will enable you to perform a physical and chemical urine test and interpret the findings. Note: How to collect a mid-stream urine sample for MC&S is not covered in this module.

Learning objectives:

- To understand the indications for urine analysis
- To accurately perform the procedure of collecting and analysing a urine sample
- To identify and interpret any physical (visual) abnormalities present in the urine sample
- To identify and interpret any chemical (urine test strip) abnormalities present in the sample
- To prevent urine passage infections by means of relevant nursing interventions and health counselling
- To understand the advantages and limitations of urinalysis as a diagnostic tool.
- To understand the advantages and disadvantages of the dipstick/ urine test strip analysis.
- To limit medico-legal risks
- Enable legal, scientific record keeping

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: All levels of nurses, paramedics and a range of associated HPCSA registered Healthcare Professionals.

Work Place Assessment: No

Spinal Motion Restriction

Spinal immobilisation is a common intervention in the pre-hospital patient following trauma. This was what we were taught as Pre-Hospital Practitioners and have done for the last 20 years. However, the research over the last 10 years compels us to take another look at what we have been doing and think before we routinely attempt to immobilise every possible trauma patient. The evidence shows that it is impossible to have complete "Spinal Immobilisation" and what we should be doing when necessary is "Spinal Motion Restriction". If we decide it is appropriate to apply SMR what equipment would be best suited for the purpose to minimise potentially harmful consequences for our patient.

Learning objectives:

- Identifying the spinal injured patient and who does not have a spinal injury
- Effects of "immobilisation"
- The decision to apply SMR
- How to apply SMR
- Future of SMR

Timestamp: 1 hour and 30 minutes (on average excluding time for exams)

Qualification Level: All healthcare providers and first aiders

Work Place Assessment: Yes

Injection

This module deals with the principles of administering subcutaneous and intramuscular injections.

Learning objectives:

- Define what a Safe Injection is
- Name the different routes that can be used to administer an injection
- Describe the two most common routes of injection
- Describe the anatomy and physiology of the skin and the muscle.
- Understand the physiologic process and effect of medication within the body.
- Describe each of the 4 steps of a safe injection process.
- List the potential complications of injection for the patient
- Describe how to prevent injection complications
- List the risks for healthcare workers during the injection process
- Explain the Z-Track technique for injection
- Name 3 subcutaneous injection sites
- List the 5 Rights of Injection

Timestamp: 1 hour and 30 minutes (on average excluding time for exams)

Qualification Level: All qualification levels

Work Place Assessment: No

Basic Drug Calculation

This module will give you information on how to do basic drug calculations.

Learning objectives:

- Understand basics of drug calculations
- The ability to do calculate oral doses
- The ability to calculate injectable doses
- The ability to calculate IV fluid and IV medications
- Have knowledge on how to calculate paediatric doses

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: Registered nurse

Work Place Assessment: No

Triage

This module deals with the guidelines of the South African Triage Scale in the hospital.

Learning objectives:

- Understand the purpose of triage and the benefits of implementing the South African Triage Scale (SATS).
- Be familiar with the requirements for standardized triage implementation.
- Understand the terminology and key concepts around triage.

Timestamp: 1 hour and 30 minutes (on average excluding time for exams)

Qualification Level: All qualification levels

Work Place Assessment: No

Vital Signs

It is of vital importance that medical professionals are able to take accurate manual observations of a patient's vital signs. Vital sign monitors are used by many organisations to measure vital sign observations. In addition to being extremely costly monitors, they are often not calibrated regularly and have other limitations such as battery life or need for direct current electricity. External disturbances can also lead to false readings.

In this module the observational signs of Blood Pressure, Pulse Rate, Respiratory Rate, Capillary Refill time and Haemoglucose testing will be explained and demonstrated.

Learning objectives:

- Evaluate your current knowledge
- Know why each observation is relevant
- Know what is the correct procedure to follow
- Perform a vital signs assessment

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: All qualification levels

Work Place Assessment: Yes

Catheter Care

Catheter Care teaches you how to care for indwelling catheters. The main focus is on how to care for urinary catheters. It is applicable for both female and male patients.

Learning objectives:

- List the indications and the frequency for Catheter Care
- List the risks involved in Catheter Care and urinary catheterisation in general
- Indicate preventative methods for acquiring urinary tract infections
- Indicate micro-organisms that commonly cause urinary tract infections

- To acquire adequate training to carry out the procedure of Catheter Care
- To minimize the trauma and infection risk associated with inserting and maintaining urinary catheters
- To minimize psychological trauma to the patient receiving Catheter Care

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: All qualification levels

Work Place Assessment: No

Management of a Patient on Enteral Feeding

Upon completion of this module you will be able to demonstrate the theoretical and practical skills involved in the care of a patient on Enteral Feeds.

Learning objectives:

- Understand the complications of Malnutrition
- Identify the Indications for Enteral Feeding
- Identify the Contra indications for Enteral feeding
- Understand the Complications of Enteral Feeding
- Understand the safety aspects of Enteral feeding
- Demonstrate the Correct procedure of commencement of an Enteral Feed
- Understand the Aspiration Protocol

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: Registered Nurse

Work Place Assessment: Yes

Management of Scheduled Drugs

This module will discuss the legal aspects of managing scheduled drugs and good practice guidelines. Note: This module is not intended to address specific clinical issues that relate to the therapeutic choice, efficacy, adverse effects or techniques to administer controlled drugs.

Learning objectives:

- Be aware of current legislation pertaining to the storage and administration of controlled drugs within a hospital environment
- Apply good practice and procedure when handling controlled drugs at ward level
- Manage potential pitfalls regarding controlled drug storage and administration, including measures to increase the security of controlled drug management

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: Registered nurse

Work Place Assessment: No

Hand Hygiene

This module will teach you how and when hand hygiene should be performed and why it is important. It will also provide some information on the products frequently used for hand hygiene, types of hand hygiene and a brief overview of skin anatomy and microbiology relevant to hand hygiene.

Learning objectives:

- Why hand hygiene is important
- When to perform hand hygiene
- Guidelines regarding gloves
- This module will highlight the 5 moments for hand hygiene and provide explanations around some hand hygiene concepts.
- Products used for hand hygiene
- Overview of anatomy of skin

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: All healthcare workers, of all qualifications, involved with patient care

Work Place Assessment: No

Urinary Catheterisation

The concept of sterility, especially in the urinary catheterisation environment, catheterisation of both male and female patients.

Learning objectives:

- Refreshed your knowledge on Genito-Urinary Anatomy (Male and Female)
- Refreshed the concept of Sterile Technique and the use of sterile fields
- **Female** patient: reviewed the indications, contra-indications and process of urinary catheterisation
- **Male** patient: reviewed the indications, contra-indications and process of urinary catheterisation

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: Enrolled Nurse and Registered Nurse

Work Place Assessment: Yes

Asepsis and Sterile Technique

Typical situations that call for aseptic, and sometime sterile, measures include surgery and the insertion of intravenous lines, taking blood for growing cultures, urinary catheters and drains.

Learning objectives:

- Completed a self-test
- A brief history of the evolution and application of aseptic principles
- Understand potential sources of microbial contamination
- Read and understand terminology associated with the principles of Aseptic /Sterile technique

- The principles of clean, aseptic and sterile technique.

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: All healthcare workers that are required to work with surgical or invasive procedures

Work Place Assessment: No

Introduction to ECG

This module will introduce the basics of interpreting an ECG.

Learning objectives:

- Refresh cardiac conduction system
- Understand the principles for taking an accurate ECG
- Know lead placement
- Know how to interpret ECG
- Know when an ECG is abnormal
- Understand common abnormalities and dysrhythmia

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: Registered nurse as well as Advanced Life Support Paramedics

Work Place Assessment: No

ECG Interpretation: Simple Abnormalities and Management

This module will introduce the basics of interpreting an ECG.

Learning objectives:

Abnormalities

- P-wave abnormalities
- T-wave abnormalities
- ST abnormalities

Arrhythmias/ Dysrhythmias

- Conduction system abnormalities – AV blocks and bundle branch blocks
- Supraventricular tachycardia, atrial flutter, atrial fibrillation
- Ventricular tachycardia, premature ventricular contraction, ventricular fibrillation

Three lead monitoring and the defibrillator

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: Registered nurse as well as Advanced Life Support Paramedics

Work Place Assessment: No

Complex ECG Interpretation and Management

This module will introduce the more complex ECG interpretations and clinical management thereof.

Learning objectives:

- Identifying the symptomatic and shocked patient
- Axis deviation and relevance
- Making diagnosis on clinical and interpretational judgement
- Managing the clinical findings in conjunction with the ECG analysis

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: Registered nurse as well as Advanced Life Support Paramedics

Work Place Assessment: No

Blood Gas Analysis

This module serves to assist the participant in identifying the various components of arterial blood gasses as well as the abnormalities that may exist.

Learning objectives:

- Define an arterial blood gas
- List an indication for performing an arterial blood gas
- Name the two systemic components of an arterial blood gas
- Describe factors affecting arterial blood gas sampling/readings
- Identify the various components of an arterial blood gas
- Describe each component of arterial blood gas including normal values
- Identify the various components of an arterial blood gas
- Classify the pH correctly
- Interpret PaCO₂ correctly
- Interpret HCO₃ correctly
- Interpret PaO₂ correctly
- Determine compensation of arterial blood gas

Timestamp: 1-2 hour (on average excluding time for exams)

Qualification Level:

Work Place Assessment: No

Methoxyflurane

This module will provide you with sufficient information regarding the assessment of pain as well as the correct and appropriate use of Pentrop®.

Timestamp: 2 hour s(on average including time for exams)

Qualification Level: Minimum of a BAA (HPCSA)

Work Place Assessment: No

Incubator Use

This module will provide you with sufficient information regarding the practical use of an Incubator. We need you to be a great team player in a high stress situation - the care of a sick neonate.

Learning Objectives;

- Background to the use of incubators
- Preparation of an incubator
- Preparing the neonate for transfer

Timestamp: 2 hours (on average including time for exams)

Qualification Level: (Minimum of a BAA(HPCS))

Work Place Assessment: No

Asthma Management - BAA – available soon

This module will provide you with sufficient information to correctly manage an acute event.

Learning Objectives;

- Epidemiology and Pathophysiology of Asthma
- Treatment Protocol

Timestamp: 2 hours (on average including time for exams)

Qualification Level:

Work Place Assessment: No

Asthma Management - AEA– available soon

This module will provide you with sufficient information to correctly manage an acute event.

Learning Objectives;

- Epidemiology and Pathophysiology of Asthma
- Treatment Protocol

Timestamp: 2 hours (on average including time for exams)

Qualification Level:

Work Place Assessment: No

Obstetric Management BAA – available soon

Learning Objectives;

- Identify structures of the female's reproductive system and physiology
- Identify pre-delivery emergencies.



- State indicators of imminent birth
- The difference between true and false labour
- State the steps to assist in the delivery and the equipment needed
- Stages of labour
- Clamping of the Cord
- Placental separation
- Describe procedures for abnormal deliveries
- Differentiate the special considerations for multiple births
- Describe special considerations of a premature baby.
- Foetal demise
- Describe special considerations of meconium
- Post-Partum Haemorrhage
- Trauma in Pregnancy
- Cardiac Arrest in Pregnancy

Timestamp: 2 hours (on average including time for exams)

Qualification Level:

Work Place Assessment: No

Obstetric Management AEA – available soon

Learning Objectives;

- Identify structures of the female's reproductive system and physiology
- Identify pre-delivery emergencies.
- State indicators of imminent birth
- The difference between true and false labour
- State the steps to assist in the delivery and the equipment needed
- Stages of labour
- Clamping of the Cord
- Placental separation
- Describe procedures for abnormal deliveries

- Differentiate the special considerations for multiple births
- Describe special considerations of a premature baby.
- Foetal demise
- Describe special considerations of meconium
- Post-Partum Haemorrhage
- Trauma in Pregnancy
- Cardiac Arrest in Pregnancy

Timestamp: 2 hours (on average including time for exams)

Qualification Level:

Work Place Assessment: No

Basic Computer Skills - Windows 7

This module will discuss the following topics: Windows interface, keyboard and mouse skills, basic knowledge of Microsoft Word and Internet Explorer. The focus is on Windows 7.

Learning objectives:

- How to turn on and off a computer
- Mouse skills
- Keyboard skills
- Open and close programs
- Microsoft Word
- Internet Explorer
- Computer vocabulary

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: All individuals who have no experience with working on computers or have a basic understanding how computers work and operate.

Work Place Assessment: No

Basic Computer Skills - Windows 8

This module will discuss the following topics: Windows interface, keyboard and mouse skills, basic knowledge of Microsoft Word and Internet Explorer. The focus is on Windows 8.

Learning objectives:

- How to turn on and off a computer
- Mouse skills



- Keyboard skills
- Open and close programs
- Microsoft Word
- Internet Explorer
- Computer vocabulary

Timestamp: 1 hour (on average)

Qualification Level: All individuals who have no experience with working on computers or have a basic understanding how computers work and operate.

Work Place Assessment: No

Intermediate Computer Skills

In this module you will learn some computer fundamentals such as creating new folders, moving a window, keyboard shortcuts and more. You will also learn how to create a presentation with PowerPoint and a document with Word.

Learning objectives:

- Move, adjust, close and change the size of windows
- Use buttons, bars and menus
- Use folders and files
- Use Microsoft Word
- Use Microsoft PowerPoint

Timestamp: 1 hour (on average excluding time for exams)

Qualification Level: Individuals with a basic computer literacy level.

Work Place Assessment: No

How to email

In this module you will learn how to create an E-mail account. E-mail is a communication resource with lot of options.

- Learning Objectives
- Create an E-mail account
- Use your E-mail account
- Ways of using E-mail for
- Install E-mail on your phone

Timestamp: 1 hour 30 minutes

Qualification Level:

Work Place Assessment: No