

July 2016

News about the pilot course „Nursing assistant Spitex“

First „Nursing assistant Spitex“ course that has been held

Experiences and achievements

On 13th June 2016 the first „Course for nursing assistant Spitex“ started with 19 participants. 11 attendees already visited Module 1 at Migros Klubschule and started directly with Module 2.

The group was very heterogenic concerning gender, age, occupational and educational background and different care experiences. 3 men and 16 women from all over Switzerland started the first pilot course “Nursing assistant Spitex” together at the campus facilities of Goldstück in Aathal and they were excited about what to expect. Ursula Wegmann and Barbara Radtke have been the main instructors. Both are long-term lecturers with proven expertise, practical orientation and didactical training. Guest lecturers for introductory presentations accompanied them.

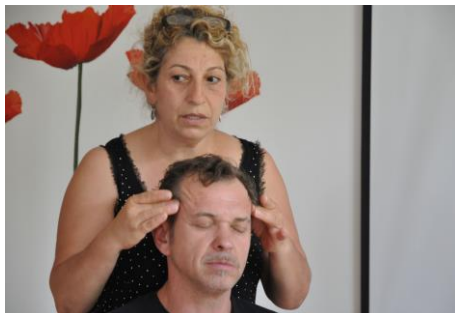
The participants spent 15 days with 8 hours each (120 lessons) in Aathal and benefited from a great mixture of practice and theory. As the training facilities at the campus are arranged like the apartment of an elderly person, authentic and practically-oriented learning was possible. The following topics have been covered in the NA course:

Module 1: (Focus on care) = “Basis course for care” / 5 days

- Closeness distance / communication
- Eating and drinking / housekeeping
- Body care 1
- Finding meanings of life and death 1
- Addiction in older days / do something good for yourself
- Emergency aid and reanimation 1
- Legal aspects of care
- Final exam 1

Impressions and experiences from Module 1 (“Basic course for care”)

“Basic course for care” / Module 1 of “Nursing assistant Spitex”



We were very curious to find out if the knowledge transfer of “Basic course for care”, which we offer throughout Switzerland with our cooperation partner Migros Klubschule, has now also been performed by all lecturers in the same manner and if the participants now have the same level of prior knowledge. We were positively surprised and started with an adequate level of knowledge into Module 2.



Impressions and experiences from Module 2 (Focus on care and nursing)

Module 2 of “Nursing assistant Spitex”

After attending Module 1 (100% compulsory presence and successful completion of the final exam) the participants had the opportunity to directly start with Module 2.

Module 2: Focus on care and nursing

- Biography / documentation
- Dementia
- Excretion / body care 2
- Feeling as a man or woman
- Movement / kinaesthetics



The importance of carefully recording the biography and objectively documenting was heavily emphasised. In discussions about role models and main points in the individual life phases precious findings have been gathered.

The delicate issue of „incontinence“ was theoretically and practically approached and the participants exercised the transfer from a bed to a commode as well as the use of chamber pots, permanent catheters and incontinence material.

Ursula Wegmann discussed the topic of interacting with dementia patients in a sensitive way and also included inputs concerning “basal stimulation”. The participants also gained valuable experiences about validation and activation possibilities.



A very interesting day with a touching topic – in any aspect – was the dealing with “feeling as a man or woman”.



How versatile sexuality can be lived in old age described our guest lecturer Jacqueline Stamm, who already helped a lot of elderly or impaired persons as a “toucher” to experience their bodies in a sensual way and feeling closeness again.

Mrs. Stamm informed us in a very humorous and respectful manner about her work as a sexological bodyworker and showed us an entirely new view of “touching”. This speech was for sure one of the highlights in Module 2 and gave us new inputs about how “sexuality in old age” can be constructively addressed in the daily nursing routine.

Impressions and experiences from Module 3 (Focus on care and nursing)

Module 3 of “Nursing assistant Spitex”

After attending Module 2 (90% compulsory presence) the participants had the opportunity to directly start with Module 3.

Module 3: Focus on care and nursing

- Caring for safety
- Emergency aid and reanimation 2
- Finding meanings of life and death 2
- Activation and resting
- Interdisciplinary cooperation
- Final exam Module 2 and 3

„Caring for safety “ approached among others the topics of tripping hazards, safety of elderly people at home and also the personal safety.



With Robert Thein we had a guest lecturer from the field of gerontological psychiatry, who instructed our participants about “aggressions in nursing” with an exciting concept in theory and practice.

By subjecting the topics of emergency situations at home and reanimation in an extensively manner (in total 12 lessons), the participants had the opportunity to strengthen their knowledge in a way that all received the federal first aid pass (“eidgenössischer Nothelferausweis”) by the end

of the day. The pass is an official document in the field of emergency aid throughout Switzerland.

Another fascinating highlight was a panel discussion about the topic „Death and finding meanings” with the protestant pastor Yves L’Eplattenier from Uster and Muris Begovic, who works as Imam and secretary of the Islamic Association of Bosnia in Schlieren and as secretary of the Association of Islamic Organisations Zurich (VIOZ).

Fascinating questions about the topics of cultures, death, God, finding meanings and also about critical issues such as violence, extremists, homosexuality and the question about what comes after death were very impressive.

The discussion showed some very different attitudes, but in the end it was clear that in all cultures it is important that people have the chance to die with dignity.



And what was also important: Despite the differences it was essential for both pastoral workers that the person with its qualities and current needs is always in the centre of attention.

Impressions and experiences in general

Module 1,2 and 3 of “Nursing assistant Spitex”

After a profound written and oral evaluation we have the impression that our curriculum developed from practical experiences is really creating additional value.

The division into 3 modules as one-week courses of 5 days each brought a good feedback, as the participants created strong group cohesion. Also the 2-day focus on certain topics such as body care, reanimation and death helped many participants to get deeper involved in part 2.



It became obvious that learning needs to be versatile today. This can be realised with fundamental theory inputs of lecturers, the inclusion of new electronic media, practical learning but also the integration of life experience of the participants.

Continuingly the participants are expected to finish their 15-day nursing internship in order to successfully complete the course with the certificate “Nursing assistant Spitex”.

Goldstück is negotiating with all relevant partners concerning the acceptance at the tariff list of santésuisse and a positive commitment is given. We thank all involved persons for their confidence and willingness to try new things.

And ultimately learning should also make fun and broaden one’s personal horizon.

But above all it should convince people that it is worth to further develop and stay curious about life.



Warm regards,
Barbara Radtke, Treasurer
Goldstück AG