

**Post-registration Certificate Course in Primary Health Care Nursing
(District Health Centre Module 2020)**

(10.10.2020-06.02.2021)

at Room AG101, The Hong Kong Polytechnic University, Hung Hom, Kowloon

TIMETABLE

Date/Venue/Time	09:00 - 10:00		10:15 - 12:15		13:15 - 15:15		15:30 - 17:30
Day 1 10/10/2020 09:00-17:30 (Saturday)	Course introduction	B R E A K	Fundamental Concept of Primary Health Care and Primary Health Care Nursing Practice	LUNCH	The Omaha System Role of care coordinators in center-based primary health care (1)	B R E A K	The Omaha System Role of care coordinators in center-based primary health care (2) Referrals – initiation, documentation and follow up
	09:00 - 11:00		11:15 - 13:15		14:15-16:15		16:30-17:30
Day 2 24/10/2020 09:00-17:30 (Saturday)	Health literacy	B R E A K	Community health and social resources & Health – social partnership	LUNCH	Prevention and promotive health service across life-span	B R E A K	Outcome measures and evaluation of primary health care service
	09:00 - 10:00		11:15 - 13:15		14:15-16:15		16:30-17:30
Day 3 07/11/2020 09:00-17:30 (Saturday)	Chronic Disease Care model and management Risk Assessment and Management (RAMP-DM & HT) in primary health care	B R E A K	Smoking Counselling and Cessation	LUNCH	Community nursing service and outreach service home visiting	B R E A K	Patient Empowerment programme (PEP)

	09:00 - 11:00		11:15 - 13:15		14:15-16:15		16:30-17:30
Day 4 21/11/2020 09:00-17:30 (Saturday)	Motivational Interviewing (1)	B R E A K	Motivational Interviewing (2)	LUNCH	Health Communication and Health Counselling skills	B R E A K	Tutorial (1) Group project Discussion and Preparation
	09:00 - 11:00		11:15 - 13:15		14:15-16:15		16:30-18:30
Day 5 05/12/2020 09:00-18:30 (Saturday)	Comprehensive health risk assessment and care planning (1)	B R E A K	Comprehensive health risk assessment and care planning (2)	LUNCH	Multidisciplinary approach in primary health care (1) Occupational therapy Relaxation exercise (14:15 - 15:15) Physiotherapy Exercise Prescription (15:15-16:15)	B R E A K	Multidisciplinary approach in primary health care (2) Dietitian Intervention (16:30-17:30) Pharmacist (17:30-18:30)
	09:00 - 11:00		11:15 - 13:15		14:15-16:15		16:30-18:30
Day 6 19/12/2020 09:00-18:30 (Saturday)	Update Management on Diabetic and Hypertension	B R E A K	Management of musculoskeletal disorder and pain management in primary health care	LUNCH	Traditional Chinese Medicinal Nursing Approach in primary health care	B R E A K	Use of technology in primary health care (e-health resources, strategies including apps, tele-health, big data)
	09:00 - 11:00		11:15 - 13:15		14:15-16:15		16:30-17:30
Day 7 09/01/2021 09:00-17:30 (Saturday)	Mental Health in Primary Health Care Common Mental Health problem in community setting	B R E A K	Mental Health in Primary Health Care Nursing Management of Common mental health problem in primary health care	LUNCH	Health promotion, Health Education: theories and practice; Healthy lifestyle and change of unhealthy behaviors	B R E A K	Tutorial (2) Group project Discussion and Preparation

	09:00 - 11:00		11:15 - 13:15		14:15-16:15		16:30-17:30
Day 8 23/01/2021 09:00-17:30 (Saturday)	Community Rehabilitation Service and Hip Fracture Rehabilitation (1) Rehabilitation Service from Hospital to Community Update management on Hip Fracture	B R E A K	Community Rehabilitation Service and Hip Fracture Rehabilitation (2) Physiotherapy for Hip Fracture Rehabilitation in Community Occupational Therapy for Hip Fracture Rehabilitation in Community	LUNCH	Update management on stroke rehabilitation and Post AMI rehabilitation (1)	B R E A K	Update management on stroke rehabilitation and Post AMI rehabilitation (2)
	09:00 - 10:00		10:15 - 13:15				
Day 9 06/02/2021 09:00-13:15 (Saturday)	Quiz	B R E A K	Group Project Presentation				