



End of Life Care

RHA Academy

RHA Academy is a wholly owned subsidiary of RHA International Holdings Pte Ltd and focuses on the delivery of Aged Care Education and Training programmes.

At RHA Academy, we believe in applied learning and have designed our facilities to support collaborative learning. RHA Academy seeks to nurture both healthcare and non-healthcare professionals who will, in turn, contribute towards Singapore's development.



Program Objective

The aim of this course is to provide participants with the basic knowledge of end-of-life care so that they may actively support patients or loved ones with life limiting conditions.

Program Outline

- Understanding Palliative Care and the dying process
- Give personal care and comfort in a Palliative Care setting

Who Should Attend?

This one-day course is suited to anyone who is interested to learn more about the End-of-Life Care or currently caring for one. It is about deciding on how you want to live the last days of your life.

Why Should You Attend?

Supporting someone who may be approaching the end of their life can be some of the most challenging process that anyone faces. This means that you need to have the right knowledge and mentally prepared as you are involved and respect your care recipient in deciding how to live his/her last days.

It is important to prepare by asking the care recipient wishes also the concerns of other related family members, which can span from the physical medical care, financial and legal matters, and family issues.

Mode of Delivery

This course will be delivered in an interactive and participative manner through lectures, role plays, group discussions and case studies.



Programme Validation

The Curriculum for this course has been validated by the Kalandra Education Group, a registered training establishment with the New Zealand Qualifications Authority. This gives the course an international perspective.

Programme Duration: 1 day (9am - 4pm)

Programme Fees: \$299.00 (inclusive of 7% GST)

RHA Academy will be offering Corporate Rates for this training programme. The date, time and location of the training can be planned in accordance to your company's needs.

For more details on corporate rates and customised training times for trainees, please send your enquiries to Mdm Eileen Chua at rha@rha.com.sg

Certification

Participants will be issued with a certificate of participation by RHA Academy.



认识临终关怀

睿意学院

睿意学院是睿意国际控股有限公司的全资子公司，专注于提供老年护理教育和培训项目。

在睿意学院，我们信奉对实用技术的学习，并为此设计和配备了专门的教学设施，营造互动学习、共同学习的氛围。睿意学院致力于培养专业医护及非专业医护人员，受训人员将为新加坡的发展做出贡献。



课程目标

本课程的目的为参与者提供临终关怀的基本知识，以便他们积极帮助和支持患者或生命已面临期限的患者。

课程概述

- 了解姑息治疗和死亡过程
- 姑息治疗如何提供个性化护理和帮助患者减轻痛苦

谁该参加?

这个为期1天的课程适合任何有兴趣了解相关临终关怀知识与技能的人。这是一个关乎你想如何度过生命最后一段时光的学习课程。

为什么要参加?

面对和帮助即将结束生命的人，可能是任何人面临的最具挑战性的过程。这意味着您需要拥有正确的知识，并在面临上述情况时做好心理准备，并尊重您的护理对象，帮助他/她度过最后的日子。

其中的一个要点是，需要通过征询受护理人的意见，看他/她是否希望其他相关家庭成员的关注与参与。这可能涉及医疗、财务、法律以及家庭问题。

授课方式

本课程将通过讲座、角色扮演、小组讨论和案例研究，以互动和参与的方式进行。



课程验证

本课程已经过Kalandra 教育集团的认证，该集团是新西兰资格认证局的注册教育机构。上述认证确保了该课程具备痴呆症护理认知的国际视角。

课程时间: 1日(上午9点至下午4点)

课程费用: \$299.00 (包含7%消费税)

睿意学院将为团体组织报名参加的培训提供优惠，培训的日期、时间和地点可根据贵公司的需求进行规划。

有关团体培训的优惠政策和定制规划的更多详情，请联络蔡锦燕女士。

(邮件地址: rha@rha.com.sg)

认证

参加者将获睿意学院颁发的证书。



Dementia Awareness & End of Life Care

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Dementia Awareness

One in ten Singaporeans over the age of 60 suffers from Dementia. With an ageing population, the number of seniors with Dementia is increasing rapidly. This short workshop will focus on a basic introduction to Dementia and learning about the behaviours associated with Dementia.

Attendees will learn:

- What is Dementia?
- The behaviours associated with Dementia

The workshop will be delivered using group discussions and activities. It is suitable for anyone who would like to know more about this disease.

End-of-Life Care

The aim of this course is to provide participants with the basic knowledge of end-of-life care so that they may actively support patients or loved ones with life limiting conditions.

Attendees will learn to:

- Understanding Palliative Care and the dying process
- Give personal care and comfort in a Palliative Care setting

The workshop will be delivered using group discussions and activities. It is suitable for anyone who would like to know more about the End-of-Life Care or currently caring for one.



Programme Validation

The Curriculum for this course has been validated by the Kalandra Education Group, a registered training establishment with the New Zealand Qualifications Authority. This gives the course an international perspective.

Programme Duration: 1 day (9am - 5pm)

Programme Fees: \$388.00 (inclusive of 7% GST)

RHA Academy will be offering Corporate Rates for this training programme. The date, time and location of the training can be planned in accordance to your company's needs.

For more details on corporate rates and customised training times for trainees, please send your enquiries to Mdm Eileen Chua at rha@rha.com.sg

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痴呆症护理 & 临终关怀

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认识痴呆症

据媒体报道，60 岁以上的新加坡人中有十分之一患有老年痴呆症。随着人口老龄化，患有痴呆症的老年人数量正在迅速增加。这个半天的课程将介绍痴呆症的基本知识，帮人们了解与痴呆症相关的行为。

参与者将学习：

- 什么是痴呆症？
- 与痴呆症相关的行为

课程还将通过小组讨论和课堂互动进行，适合任何想了解这种疾病的人士。

临终关怀护理

本课程的目的是让参与者了解临终关怀的基本知识，以便他们可以有一定的能力支持患者或生命已面临期限的人士。

参与者将学习：

- 姑息治疗和濒死过程
- 通过姑息治疗提供个性化护理、减轻患者痛苦

课程将通过小组讨论和课堂互动进行，适合任何想了解关于临终关怀知识与技能的人士。



课程验证

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课程时间: 1日(上午9点至下午5点)

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