

BASIC HOME HEALTH CARE

As the proportion and number of Singapore's elderly population increases, family physicians will find themselves in a position where they need to provide continuing care for their patients who have become homebound.

The College of Family Physicians Singapore (CFPS) and providers of home medical/nursing care* are jointly organising a basic training module that aims to equip family physicians with the basic knowledge and skills to provide health care to the elderly who is homebound.

This basic training module is aptly titled "Basic Home Health Care" and comprises 3 components:

- Distance Learning
- Workshop (1/2 day)
- Clinical attachment (1/2 day)

1. Distance Learning

The objective of the distance learning component is to introduce the concept of home health care to family physicians and to impart the basic skills needed to provide medical care to the homebound elderly patient.

There are 3 modules in the distance learning component. Each module comprises two study units which serve to collate the key points of the module and lead students through the development of relevant ideas and concepts. This will be followed by a set of assessment questions (MCQs) and a case discussion to evaluate the factual knowledge acquired in the module. Students are encouraged to further read up on the suggested references which will give them greater depth into the issues discussed in the article.

2. Workshop (1/2 day)

In this workshop, participating physicians will learn some important tips when conducting a home visit. This is a skills based course where participants learn how to:

- assess the patient's home environment for safety
- teach the family caregiver basic skills in caring, e.g. transfer, tube feeding & nutrition, bowel and urinary management, etc
- conduct basic health screening for homebound patients

The workshop will be conducted through bedside demonstrations and teaching, video presentations and group discussions. The cases discussed on pages 40-42 will be discussed during the workshop.

3. Clinical attachment (1/2 day)

In this module, participating physicians will go on a home visit with the physician of one of the home medical/nursing care organisations*. At the end of the visit, participating doctors will learn how to conduct a basic health screening for homebound patients and know where to source for community support services for the homebound elderly.

Participants will be awarded a total of 10 core FM CME points for completing all 3 components of the Basic Home Health Care.

Members of the teaching faculty for the Basic Home Health Care include professionals from the following service providers of home medical/nursing care* in Singapore:

(1)	CODE 4	6741 7444
(2)	Grace Home Care	6489 8161
(3)	Ren Ci Hospital and Medicare Centre	6358 0777
(4)	Touch Home Care	6258 6797
(5)	Tsao Foundation Ltd	6471 6007/6433 2740

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