

**RasaCare Training Content**  
**Palliative Care – Adding Life to Days**  
**Home based**



**Introduction**

- Understanding of Palliative Care
- Options available in End of Life Care
- Benefits of Home Care
- Roles of Caregiver

**Physical Care**

- 1. Proper Hand Washing Techniques**
  - Infection Control
- 2. Importance of Oral Hygiene**
- 3. Personal Hygiene Management**
  - Toilet / Bed bath assistance
  - Grooming
  - Skin Care
- 4. Waste Management**
  - Different methods of excretion
  - Handling and disposing waste
- 5. Transfer & Movement Massage**
  - Ambulation assistance
  - Transfer techniques
  - Passive exercise / massage
- 6. Nutrition & Oral / NGT Feeding**
  - Types of diet & preparation
  - Feeding techniques
  - How to recognize / prevent aspiration
- 7. Safety and Fall Prevention**
  - Identify fall risk
  - Home Safety
  - Managing incidents of Fall

**Symptoms Management**

1. Explore the causes and management of symptoms
  - Eg. Breathlessness / Fever / Restlessness / Swelling of lower limbs / Constipation
2. How to manage Emergency Situations Vs Last Hours

**Emotional / Spiritual Care**

1. The 'Realization'
2. Importance of Communication
3. Coping Strategies
4. The Last Moments