

## **COURSE OUTLINE: PERSONAL CARE**

### **Course Overview:**

*Personal Care* educates participants about personal care activities, with a focus on helping individuals maintain personal hygiene and grooming routines.

### **Learning Objectives:**

After completing the course, participants will be able to:

- Define *personal care* and describe *personal hygiene* activities including those related to bladder care, peri-care and catheterization
- Recognize the general guidelines to follow when assisting in personal grooming routines, including hair care, nail care, and shaving
- Explain the step-by-step processes related to: handwashing, bed baths, peri-care, bowel routines, catheterization, dental care, and ROM exercises

### **Technical Requirements**

The course has a responsive design. This means that participants can take their training on a computer, mobile phone, or tablet. The only requirement is internet access.

### **The Online Learning Experience**

This online course is self-paced. Participants progress at the pace that best matches their learning style and previous knowledge. Participants can log-out whenever they like and log in later, returning automatically to the last viewed screen. Interactive screens break complex topics into smaller, more easily understood units of information, and scenario-based exercises allow participants to apply learned concepts in practical situations. All required learning materials are within the course. After completion of the course, participants continue to have full access to course content.

### **Evaluation**

This is a single-module course. To complete the training, participants must obtain 100% on the end-of-module test. Test questions are randomly selected from a bank of options to ensure that repeat tests will be unique. Participants who fail the test must review the materials and re-test as many times as necessary to obtain the passing grade (100%).

### **Certificate of Completion**

Upon successful completion of testing, participants will be able to download/print a *Certificate of Completion* which includes the date of training and the participant's full name.