



Republic of the Philippines

Department of Education

DepEd Complex, Meralco Avenue, Pasig City

STRENGTHENED SENIOR HIGH SCHOOL CURRICULUM
CAREGIVING (ADULT CARE)
Grade 11/12

Course Description:

This course is a detailed and practical course designed to equip learners in providing high-quality care for adults. Learners will develop abilities in giving personal care, mobility assistance, and medication management. Overall, learners will be prepared to create a safe and supportive environment for their patients. After completing the course, learners may obtain National Certification Level II in Caregiving (Elderly) and will open pathways for roles in the different home care setting, assisted living facilities, nursing homes, or hospitals and pursue higher education.

Elective: Technical Professional

Prerequisite: None

Time Allotment: In Grade 11, 320 hours for two semesters, 8 hours per week/In Grade 12, 320 hours for one semester, 16 hours per week

Schedule: First/Second Semester

QUARTER 1

| CONTENT STANDARD | The learners demonstrate understanding in the career opportunities, occupational health and safety, legal and ethical issues in adult care, therapeutic and non-therapeutic communication, care plan, infection control procedures, standard first aid, and basic life support. |
|--|--|
| PERFORMANCE STANDARD | The learners perform infection control procedures, standard first aid, basic life support in accordance with Philippine National Red Cross and care plan. |
| LEARNING COMPETENCIES | CONTENT |
| 1. Discuss career opportunities, occupational health, safety policies, and legal and ethical issues of adult care. | <p>Overview of Caregiving</p> <ul style="list-style-type: none"> • Career opportunities in caregiving • Legal and ethical aspect of healthcare • R.A. 11058: OSH Law • Patient’s Bill of Rights • Dying person Bill of Rights • R.A. 8344 • R.A. 10173: Data Privacy Act • R.A. 9995: Anti-Photo and Video Voyeurism Act of 2009 • House Bill 6396 – “Caregivers Welfare Act” |

| | |
|---|--|
| | <ul style="list-style-type: none"> • Common hazards in nursing Homes or day care. • COVID 19 infection control in your workplace • RA 9003 – Ecological Solid Waste Management |
| <p>2. Compare therapeutic with non-therapeutic communication.</p> | <p>Common therapeutic communication techniques</p> <ul style="list-style-type: none"> • Active listening • Open-ended questions • Clarification • Empathy • Silence • Reflection <p>Verbal communication</p> <ul style="list-style-type: none"> • One on one dialogue • Orientation • Meeting • Conference <p>Non-verbal communication</p> <ul style="list-style-type: none"> • Memorandum • Minutes of the meeting • Flyers • Billboards • Journals • Warning signs and devices <p>Common non-therapeutic communication techniques</p> <ul style="list-style-type: none"> • Giving advice • False reassurance • Changing the subject • Using medical jargon |

| | |
|--|---|
| | <ul style="list-style-type: none"> • Defensive responses • Judgmental statement |
| <p>3. Perform infection control techniques in accordance with industry practices.</p> | <p>Infection control procedures</p> <ul style="list-style-type: none"> • Handwashing • Donning and Doffing Personal Protective Equipment (PPE) <ul style="list-style-type: none"> ○ Gown (sterile and non-sterile) ○ Mask ○ Bouffant cap (surgical cap) ○ Sterile Gloves ○ Eye protection (goggles or face shield) • Sanitation Code of the Philippines(P.D. 856) • Environmental cleaning <ul style="list-style-type: none"> ○ Surface cleaning of client/patient’s room ○ Equipment disinfection • Waste Management (R.A. 9003) <ul style="list-style-type: none"> ○ Sharps disposal ○ Medical waste |
| <p>4. Demonstrate first aid and basic life support standards in accordance with Philippine Red Cross procedures.</p> | <p>First Aid and Basic Life Support Standards in accordance with Philippine Red Cross procedures</p> <ul style="list-style-type: none"> • Basic First Aid Skills • Emergency Action Principles • Use of First Aid Kits • Dressings and Bandages • CPR for Adult |

| | |
|--|--|
| | <ul style="list-style-type: none"> Automated External Defibrillator (AED) Usage Choking Management Emergency Response |
| 5. Create a caregiving plan using SMARTER (Specific, Measurable, Attainable, Realistic, Time-bound, Evaluate, Re-evaluate) approach. | Care Plan Specific, Measurable, Attainable, Realistic, Time-bound, Evaluate, Re-evaluate |

QUARTER 2

| | | |
|---|---|--|
| CONTENT STANDARD | The learners demonstrate an understanding of the phases of aging process and of importance of taking vital signs. | |
| PERFORMANCE STANDARD | The learners perform taking vital signs. | |
| LEARNING COMPETENCIES | | CONTENT |
| 1. Discuss the phases of body system in relation to aging process | | Aging Process <ul style="list-style-type: none"> Process of aging Phases of aging Body System: <ul style="list-style-type: none"> Circulatory System Digestive and Excretory System Endocrine System Integumentary System Immune System and Lymphatic System Muscular System Nervous System Renal System and Urinary System Skeletal System Respiratory System |
| 2. Perform the procedure in taking the vital signs | | Vital Signs: <ul style="list-style-type: none"> Body Temperature Pulse Rate |

| | |
|--|--|
| | <ul style="list-style-type: none"> • Respiratory Rate • Blood Pressure • Oxygen Saturation (SPO2) • Pain scale |
|--|--|

QUARTER 3

| CONTENT STANDARD | The learners demonstrate an understanding of the food pyramid and therapeutic diet, feeding techniques, proper storage and disposal of left-over food, basics of toileting and elimination, bathing techniques, perineal/genital care, oral care procedure and bed making procedure. |
|--|--|
| PERFORMANCE STANDARD | The learners perform feeding techniques, left-over food storage and disposal, basics of toileting and elimination, bathing techniques, perineal/genital care, oral care procedure and bed making procedure. |
| LEARNING COMPETENCIES | CONTENT |
| 1. Perform feeding techniques | Fluid and Dietary Requirements <ul style="list-style-type: none"> • Food pyramid • Therapeutic diet • Well-balanced diet • Feeding tools, materials and equipment • Meal preparation • Feeding techniques • Storing and handling left-over food |
| 2. Perform basics of toileting and elimination procedure | Bowel Elimination <ul style="list-style-type: none"> • Basic toileting and elimination procedure • Urinal and bedpan management • Problems related to elimination and toileting • Proper positioning prior to elimination • Elimination and toileting devices |
| 3. Perform bathing techniques | Bathing Technique <ul style="list-style-type: none"> • Dressing and undressing techniques • Bathing tools and paraphernalia • Bathing techniques |

| | |
|---|---|
| 4. Perform perineal/genital care techniques | Perineal/Genital Care <ul style="list-style-type: none"> • Perennial/ genital care paraphernalia • Perennial/ genital care techniques <ul style="list-style-type: none"> ○ External female genitalia ○ External male genitalia |
| 5. Perform oral care procedure | Oral Care <ul style="list-style-type: none"> • Oral hygiene principles and procedures • Abnormal oral conditions and its mitigation measure • Dental/oral health tools, equipment and materials • Oral care procedures • Care of dentures |
| 6. Perform hospital bed making techniques | Bed Making <ul style="list-style-type: none"> • Hospital bed making tools, materials and equipment • Types and description of bed linen item • Types of hospital bed making • Hospital bed cleaning procedure • Hospital bed making techniques |

QUARTER 4

| | |
|--|---|
| CONTENT STANDARD | The learners demonstrate an understanding of safe ambulation and transfer techniques, basic wound care techniques, heat/cold therapy techniques, palliative care, and medication administration assistance. |
| PERFORMANCE STANDARD | The learners demonstrate safe ambulation and transfer techniques, basic wound care techniques, heat/cold therapy techniques, and medication administration assistance. |
| LEARNING COMPETENCIES | |
| 1. Perform safe ambulation and transfer techniques | Safe Ambulation and Transfer <ul style="list-style-type: none"> • Mobility/transfer tools and equipment • Bed mobility |

| | |
|---|---|
| | <ul style="list-style-type: none"> ○ supine position ○ prone position ○ Fowler's (low, semi & high) ○ side-lying/lateral position ○ Trendelenburg ○ reverse Trendelenburg ○ dependent roll ○ moving supine to/from sitting ○ scooting up/ down in bed ● Mobility/transfer equipment <ul style="list-style-type: none"> ○ Walkers ○ Canes ○ Crutches ○ Wheel chair ○ Trapeze ○ Transfer/gait belt ○ Mobility draw sheet ○ Transfer boards ○ Commode chairs ● Transfer techniques ● Lifting techniques ● Range of motion |
| 2. Perform basic wound care techniques | <p>Basic Wound Care</p> <ul style="list-style-type: none"> ● Types of wounds ● Wound healing process ● Types of dressings ● Wound care tools, materials and equipment ● Wound dressing techniques ● Bandaging techniques ● Safe disposal of used dressing procedure |
| 3. Perform heat/cold therapy techniques | <p>Heat/Cold Therapy</p> <ul style="list-style-type: none"> ● Heat and cold therapy principles and uses ● Heat and cold therapy tools, materials and equipment |

| | |
|--|---|
| | <ul style="list-style-type: none"> • Variety of heat and cold therapy techniques |
| 4. Discuss palliative care | <p>Palliative Care</p> <ul style="list-style-type: none"> • Principles of palliative care • Benefits of palliative care |
| 5. Perform medication administration assistance | <p>Medication Administration</p> <ul style="list-style-type: none"> • Medication administration aids • Dispensing aid: <ul style="list-style-type: none"> ○ Dosettes ○ Dispensing spoon ○ Dispensing cup ○ Pill plots ○ Pill cutter • Ten (10) rights of drug administration • Principles in giving medication • Common forms of medication • Common routes in administering medication • Medical terminologies: <ul style="list-style-type: none"> ○ Medication ○ Drug ○ Prescription ○ Generic name ○ Trade name/brand name ○ Pharmacology ○ Therapeutic effect ○ Side effect ○ Adverse effect ○ Drug toxicity ○ Drug allergy • Types of medicine • Administering medication procedure • Safe medication storage guidelines |
| 6. Calculate the service cost in providing caregiving services | Service costing in providing caregiving services |

GLOSSARY

Activities of Daily Living (ADL) - basic self-care tasks such as brushing teeth, bathing, dressing, eating, and toileting

acute illness - a health condition that lasts for a short time

aging - a natural process to people as they get older

assistive devices - any device that aids an individual to perform a task like, canes, walkers, wheelchairs, etc.

capabilities - refers to an individual's abilities in doing a particular activity

care plan - a personalized plan developed by healthcare providers outlining the care and services required by a client, often involving input from the client and family

chronic illness - a long-lasting condition that usually requires ongoing medical attention and can affect daily living activities

communication - sharing of information between two or more individuals or groups to reach a common understanding

disease - a condition that may decrease the normal functioning of the body

geriatric - a branch of medicine that deals with the problems, diseases, and care of the elderly

handicap - disadvantage of an individual

housekeeping - management or maintenance of healthcare facilities

illness - a feeling of being unwell

impairment - loss of psychological and physiological function

jargon - a technical terminology that is not easy to understand

non-therapeutic communication - refers to interactions that hinder or block the development of a supportive and healing relationship between a caregiver (like a nurse) and a patient

palliative care - care for client with serious or chronic illness that is focused on improving the quality of life and relieve from symptoms

rapport - a relationship characterized by agreement, understanding that makes communication easy

rehabilitation - an integrated approach to individuals to reach the highest possible level of functional ability

therapeutic communication - communication technique used by healthcare providers to establish a positive and supportive relationships with the adult client

therapeutic diet - is a meal plan that specializes for certain medical condition that is prescribed by a physician and planned by dietitian

TOOLS, EQUIPMENT, AND MATERIALS

| TOOLS | EQUIPMENT | MATERIALS |
|---|-----------------------|------------------|
| Trash bin (Color coded for Solid Bio-Medical Waste: Black, Red, Yellow, Blue and White) | LCD projector | Liquid soap |
| Whiteboard | Audio-video equipment | Bar soap |

| | | |
|--|--|--|
| Clip Chart | Aneroid Type Blood Pressure Monitor | Hand towel |
| Stethoscope | Digital Blood Pressure Monitor | All Purpose Cleaner |
| Wall Clock | Pulse oximeter | Surgical face mask |
| Digital Thermometer | Overbed Bedside table Wheels | Disposable Tissues |
| Kidney basin | Hospital Bed | Disposable Clean Gloves |
| Denture container | Single Bed Frame | Sample nursing care plan template |
| Denture | Single bed mattress | Sample client clip chart |
| Bedpan with cover | Hospital emergency button with Signal Cord | Personal care support plan |
| Urinal | Wheelchair | Ballpoint Pen (Color: Red, Blue, Black) |
| Minor surgical instrument (Thumb forceps, Tooth forceps, Surgical scissors, bandage scissors, needle holder) | Walking cane | Tongue depressor |
| Clean Bed Linen (Flat sheet, Bottom Sheet, Rubber Sheet, Draw Sheet and Top Sheet) | Adult axillary crutches | Cotton Balls(100pcs) |
| Belt grip Transfer Belt | Standard 2-button walker without wheels | Cotton Balls canister |
| Gait belt | Electric air pot | 70 % Alcohol |
| Slippers (non-skid soles) | Water Dispenser | Water Soluble lubricant for lips |
| Shoes (non-skid soles) | Induction Cooker | Toothbrush |
| Robe | Electric Kettle | Toothpaste |
| Stockings | Refrigerator (Small) | Medicine Cup |
| Pillow | Linen Hamper | Gauze (Size: 10 cm x 10 cm) |
| Pillow case | Bedside Table | Mouthwash (500ml) |
| Dinnerware (Dinner plate, appetizer plate, under liner plate, soup bowl) | Bedside chair | Dental floss |
| Flatware (Dinner knife, spoon and fork, Salad spoon and fork, fish knife, soup spoon) | Medicine Cabinet | Air freshener |

| | | |
|--|--------------------------|----------------------------------|
| Glassware (Water goblet, white and red white glass) | Automatic Hand dryer | Bath towels |
| Food Storage | Portable Lavatory | Urine bag |
| Dish rag dryer | Hand Sanitizer Dispenser | Foley Catheter for Adults |
| Tablecloth | | Flexible measuring cup for urine |
| Placemat | | Povidone Iodine Solution |
| Rectangular tray | | Alcohol swab |
| Round Tray (for glassware) | | Micropore tape or plaster tape |
| Adult nebulizing kit | | Urinary Foley Catheter for Adult |
| Dosettes | | Drapes |
| Dispensing cups | | Upper and lower garments |
| Pre-filled syringes | | Hospital gown |
| Pill pots | | Bath Blanket |
| Pill cutter | | Face towel |
| Dispensing spoons | | Basin |
| | | Adult soap |
| | | Adult shampoo |
| | | Adult conditioner |
| | | Adult lotion |
| | | Adult cologne |
| | | Linen bag |
| | | Pail |
| | | Shampoo trough |
| | | Nail cutter |
| | | Comb or hair pick and brush |
| | | Pitcher (small) |
| | | Waterproof pad |
| | | Disposable Gown |
| | | Body lotion |
| | | Sterile gauze 4x4 |

| | | |
|--|--|------------------------------|
| | | Antibiotic cream |
| | | 10 cc Syringe |
| | | Chamois cloth |
| | | Bond Paper |
| | | Paracetamol 500mg tablet |
| | | Mefenamic acid scored tablet |
| | | Antacid chewable tablet |
| | | Sublingual tablet |
| | | Antidiabetic drugs |
| | | Antihypertensive drugs |
| | | Cholesterol lowering drugs |
| | | Diuretic drugs |
| | | Antacid suspension 60ml |
| | | Multivitamin syrup 60ml |
| | | Paracetamol drops 15ml |
| | | Analgesic Ointment |

REFERENCES

- Bowers, B. A., & Esmond, S. (2014). **Caregiving in the elderly: A guide to best practices.** Springer Publishing Company.
- Coughlin, J. F., & D'Ambrosio, L. A. (2016). **Caregiving in the 21st century: A global perspective.** Routledge.
- Fitzgerald, J. C., & Mann, W. C. (2014). **Assistive technology in the care of older adults.** Springer Publishing Company.
- Hawes, C., & Phillips, C. D. (2017). **Long-term care for the elderly: A policy perspective.** Johns Hopkins University Press.
- Hoffman, J. (2017). **The handbook of family caregiving: A comprehensive guide.** SAGE Publications.

Kirk, S. A., & Baird, M. A. (2013). *Family caregiving: A guide for caregivers of elderly persons.* American Medical Association.

McAuley, W. J., & McCarthy, J. F. (2015). *Aging and long-term care: The role of family caregivers.* Cambridge University Press.

National Institute on Aging. (2018). *Caregiving for older adults.* [<https://www.nia.nih.gov>](<https://www.nia.nih.gov/>)

Parker, M. G., & Thorslund, M. (2015). *The elderly in Sweden: Care and service delivery.* Swedish National Board of Health and Welfare.

Stone, R. I., & Hurd, M. D. (2012). *The economics of aging and long-term care: A review of key issues.* Urban Institute Press.

Technical Education and Skills Development Authority. (2020). *Training regulations for caregiving (elderly) NC II.* TESDA.

World Health Organization. (2016). *World report on ageing and health.* WHO Press.