

## SHORTCOURSE IN HOMECARE MANAGEMENT

### Course Description

This short course is designed to provide basic knowledge and skills in running every task within a home environment. The course targets to train people who are entrusted with taking care of property and people in a home set-up such as private households, children's homes, and boarding institutions. Through the course, the learners will gain knowledge and practical skills to enable them to understand; Human nutrition and food hygiene, Food and beverage production, Food and beverage service, Housekeeping, Laundry, Child care, home nursing, and first aid operations.

Learners may opt to enrol for the 9-day program over the holidays or choose the Saturdays-only option for those busy with school or work during the weekdays.

### Course Objectives

Upon completion of the course, learners should be able to:

- i. Apply fundamental practical skills and knowledge in planning wholesome meals.
- ii. Enforce food hygiene and safety measures.
- iii. Understand and apply basic cleaning and laundry operations.
- iv. Understand and apply basic nursing and first aid techniques.

### Course Content

Session	Duration	Course Content
Day One	5 hours	<b>Human Nutrition and Food Hygiene</b> <ul style="list-style-type: none"><li>• Planning a balanced diet</li><li>• Nutritional requirements for different people</li><li>• Common dietary disorders</li><li>• Food storage and preservation</li></ul>
Day Two	5 hours	<b>Food and Beverage Production</b> <ul style="list-style-type: none"><li>• Cooking methods</li><li>• Basic domestic kitchen equipment's</li></ul>
Day Three	5 hours	<b>Food and Beverage Service</b> <ul style="list-style-type: none"><li>• Basic dining set up</li><li>• Methods of service</li><li>• Dining Etiquette</li></ul>
Day Four	5 hours	<b>Housekeeping</b> <ul style="list-style-type: none"><li>• Fire safety</li><li>• Cleaning equipment's and agents</li><li>• General House organization</li><li>• Cleaning surface finishes</li><li>• Cleaning Methods</li><li>• Pest control</li></ul>
Day Five	5 Hours	<b>Laundry</b> <ul style="list-style-type: none"><li>• Laundry work tools and equipment's</li><li>• Laundry of articles</li></ul>

		<ul style="list-style-type: none"> <li>• Stain removal</li> <li>• Finishing of articles.</li> </ul>
Day Six	5 hours	<b>Child Care</b> <ul style="list-style-type: none"> <li>• Safe and healthy child environment</li> <li>• Handling child behaviour</li> <li>• Preparation of meals for a child</li> <li>• Paediatric First Aid</li> <li>• Challenges in child care</li> </ul>
Day Seven	5 Hours	<b>Home Nursing and First Aid</b> <ul style="list-style-type: none"> <li>• Qualities of a home care nurse</li> <li>• Needs for homecare nursing</li> <li>• Tools and equipment's for homecare nursing</li> <li>• Handling Medication</li> </ul>
Day Eight	5 Hours	<b>Pets Care</b> <ul style="list-style-type: none"> <li>• Types of Pets</li> <li>• Importance of PETS</li> <li>• Care of Pets</li> <li>• Legal requirements in keeping Pets</li> </ul>
Day Nine	5 Hours	<b>Life Skills</b> <ul style="list-style-type: none"> <li>• Financial Budgeting</li> <li>• Interpersonal skills</li> <li>• Communication skills</li> <li>• Basic Ethics and values</li> <li>• Conflict resolutions</li> </ul>

\*All Child Care, Home Nursing and First Aid theory and practical sessions will be offered by staff from the School of Nursing.

### Entry Requirements

- 18 years of age and above
- No prior culinary experience is required
- No minimum academic requirements applicable
- English proficiency

### Mode of delivery

#### Weekday program

- Duration: 5 hours sessions for 9 days (45 Hours; Monday – Friday)
- Offered between April and August
- Application fee: Kshs 1,000
- Course Fee: Kshs 50,000.00 (inclusive of materials and Certificate of Achievement)

#### Weekend program

- Duration: 5 hours sessions for 9 days (45 Hours-Saturdays only)
- Offered throughout the year

- Application Fee: Ksh 1,000
- Course Fee: Kshs 50,000.00 (inclusive of materials and Certificate of Achievement)

**fees are Inclusive of:**

- Chuka University-branded apron
- All training equipment
- Certificate of Achievement

**Teaching methods**

- Class discussion, practical demonstrations, and participation

**References**

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3. Gibney, M. J., Lanham-New, S. A., Cassidy, A., & Vorster, H. H. (Eds.). (2013). *Introduction to human nutrition*. John Wiley & Sons.
4. Medeiros, D. M., & Wildman, R. E. (2022). *Advanced human nutrition*. Jones & Bartlett Learning.
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7. Foskett, D., Paskins, P., Rippington, N., & Thorpe, S. (2019, June 28). *Practical Cookery 14th Edition*. Hodder Education.
8. Markenson, D., Ferguson, J. D., Chameides, L., Cassan, P., Chung, K. L., Epstein, J., & Singer, A. (2010). Part 17: first aid: 2010 American Heart Association and American Red Cross guidelines for first aid. *Circulation, 122*(18\_suppl\_3), S934-S946.
9. Branson, J. C., & Lennox, M. (1988). *Hotel, hostel and hospital housekeeping*. 5th edition. Hodder and Stoughton Educational, Kent.
10. Jagmohan, N. (2013). *Housekeeping (Theory and Practice)*. S. Chand Publishing.

**List of Academic Staff**

Name	Qualification
Prof. Fwaya, E. O. (Ph.D.)	Ph.D. in Hotel Mgt, Masters in Hotel Mgt & Bachelors Hotel and Institutional Mgt, (Maseno University)
Dr. Muriuki, L.M. Ph.D.	Ph.D. in Tourism Mgt. (Chuka), MTM, BTM, Moi University
Ngacha, J. W.	MSc. in Hospitality Mgt, Kenyatta University, MBA (Mgt) Baraton, BSc. Hotel and Institutional Mgt, (Maseno University)

Musyoki, J. M.	Master of Hospitality Management, Bachelor of Hotels and Hospitality Mgt (Moi University),
Kinyua, C. W.	Masters in Hospitality Management, Bachelor of Hotels and Hospitality Mgt (Moi University)
Kihui, J.	Master in Hotel Management, Bachelor in Hotel and Catering Management
Ms. Judy Mwikali	Bsc. Hospitality and Tourism Management (KU); Diploma in Catering and Accommodation Management (TUK).