

CENTRE FOR
MEDICAL EDUCATION
AND TRAINING

Nursing Practice Refresher Course



COURSE SYNOPSIS:

This 5-day refresher course is tailored for internationally qualified nurses transitioning into new clinical environments. It reinforces core clinical competencies, builds confidence in documentation and communication, and familiarises nurses with standard practices in multidisciplinary care settings. One full day is dedicated to hands-on training with the Hospital Information System (HIS), ensuring digital readiness. Through simulation, peer discussion, and practical skills sessions, participants will emerge confident, competent, and ready to deliver safe, patient-centred care.



TARGET GROUP:

- Internationally qualified nurses preparing to practise in a new healthcare environment
- Nurses returning to clinical practice after a career break
- Nurses seeking to refresh core clinical skills and update professional competencies
- Candidates preparing for licensing or registration processes in local healthcare systems
- Employers or recruitment agencies supporting onboarding of foreign-trained nurses

Course Duration: 5 Days

Methodology

Lectures, practical stations, group work, HIS demo, and simulation

Venue

Centre of Medical Education and Training;
UCSI Hospital

Tuition Fee

RM 4950 (inclusive of training materials, meals, accommodation and certificate)

BY THE END OF THIS COURSE, NURSES WILL BE ABLE TO:

1. Carry out basic nursing procedures such as vital signs, wound care, and hygiene.
2. Use clear and structured communication with patients and healthcare teams.
3. Give medications safely and follow correct handling steps.
4. Record nursing notes accurately, including using the HIS system.
5. Follow legal, ethical, and culturally respectful nursing practices

Course Outline



Day 1: Healthcare Orientation & Professional Adaptation

Time	Topic
9:00 – 9:30 AM	Overview of public and private healthcare structures
9:30 – 10:00 AM	Scope and responsibilities of a registered nurse
10:00 – 10:30 AM	Morning Break
10:30 – 11:00 AM	Introduction to clinical workflows and SOPs
11:00 – 11:30 AM	Patient-centred care principles
11:30 – 12:00 PM	Cultural competency in clinical practice
12:00 – 1:00 PM	Shift patterns and multidisciplinary coordination
1:00 – 2:00 PM	Lunch Break
2:00 – 2:30 PM	Communication expectations and team collaboration
2:30 – 3:00 PM	Overview of infection control in facility-based care
3:00 – 3:30 PM	Introduction to documentation standards and formats
3:30 – 4:00 PM	Tea Break
4:00 – 5:00 PM	Reflective discussion: challenges of clinical transition

Day 2: Core Nursing Practice Refresher

Time	Topic
9:00 – 9:30 AM	Principles of Infection Control & Hygiene
9:30 – 10:00 AM	Wound assessment and dressing techniques
10:00 – 10:30 AM	Morning Break
10:30 – 11:00 AM	Pressure injury staging and prevention
11:00 – 11:30 AM	Personal hygiene care: assisted bathing and grooming
11:30 – 12:00 PM	Accurate measurement and interpretation of vital signs
12:00 – 1:00 PM	Mobility support and safe patient transfer techniques
1:00 – 2:00 PM	Lunch Break
2:00 – 2:30 PM	IV cannulation: principles and precautions (theory)
2:30 – 3:00 PM	Oxygen therapy: nasal prongs and face mask use
3:00 – 3:30 PM	Monitoring fluid balance: intake/output
3:30 – 4:00 PM	Tea Break
4:00 – 5:00 PM	Nutrition support and assisted feeding methods

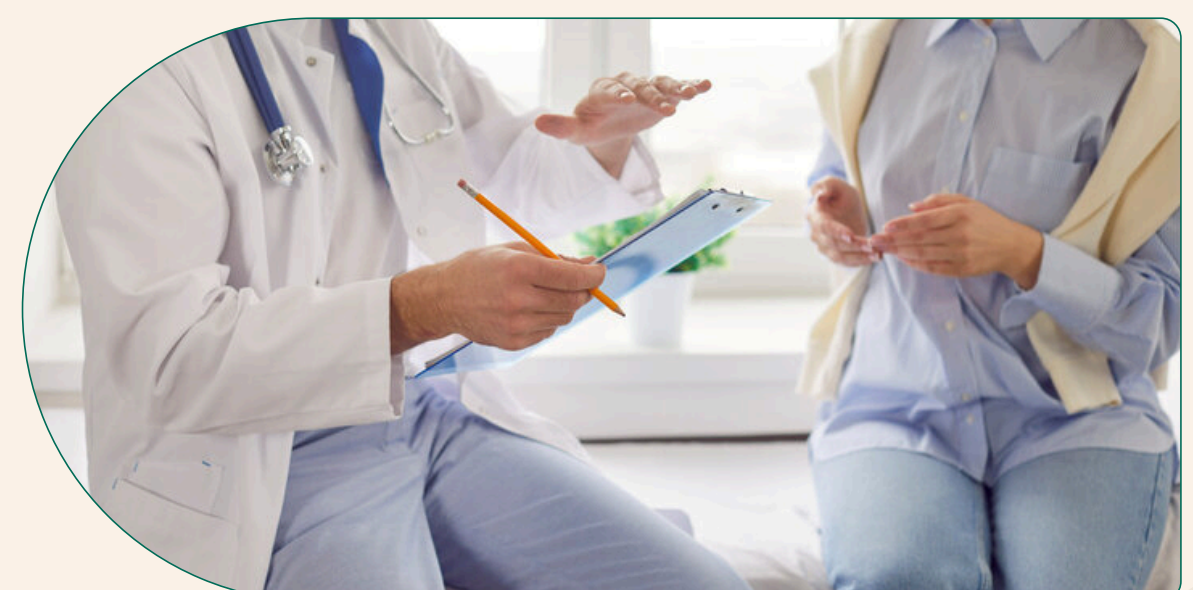
Course Outline

Day 3: Medication Management & Patient Safety

Time	Topic
9:00 – 9:30 AM	Principles of Medication Administration
9:30 – 10:00 AM	Identifying and preventing medication errors
10:00 – 10:30 AM	Morning Break
10:30 – 11:00 AM	Handling of narcotics and controlled substances
11:00 – 11:30 AM	Overview of high-alert medications
11:30 – 12:00 PM	Reading prescriptions and drug labels
12:00 – 1:00 PM	Patient education on medication use and adherence
1:00 – 2:00 PM	Lunch Break
2:00 – 2:30 PM	Side effects and adverse drug reactions: what to do
2:30 – 3:00 PM	Role of nurses in medication reconciliation
3:00 – 3:30 PM	Incident reporting protocols related to medication
3:30 – 4:00 PM	Tea Break
4:00 – 5:00 PM	Group case discussions on real-world medication issues

Day 4: Hospital Information System (HIS) & Documentation

Time	Topic
9:00 – 9:30 AM	Introduction to HIS: structure, access, and confidentiality
9:30 – 10:00 AM	Electronic patient registration and chart overview
10:00 – 10:30 AM	Morning Break
10:30 – 11:00 AM	Inputting nursing observations and vital signs digitally
11:00 – 11:30 AM	Documenting nursing notes and progress reports
11:30 – 12:00 PM	Using eMAR (electronic medication administration record)
12:00 – 1:00 PM	Preparing care plans within the HIS platform
1:00 – 2:00 PM	Lunch Break
2:00 – 2:30 PM	Discharge summary basics and nurse responsibilities
2:30 – 3:00 PM	Data accuracy and audit readiness in digital documentation
3:00 – 3:30 PM	Legal aspects of digital records and privacy compliance
3:30 – 4:00 PM	Tea Break
4:00 – 5:00 PM	Hands-on HIS practice session: Guided walkthrough



Day 5: Communication Skills, Ethics in Nursing Care:

Time	Topic
9:00 – 9:30 AM	Communication skills for Nursing staff
9:30 – 10:00 AM	Effective interdisciplinary handover practices
10:00 – 10:30 AM	Morning Break
10:30 – 11:00 AM	Managing difficult conversations with patients/families
11:00 – 11:30 AM	Legal responsibilities of nurses in clinical care
11:30 – 12:00 PM	Code of conduct and ethical decision-making
12:00 – 1:00 PM	Patient rights and dignity in diverse settings
1:00 – 2:00 PM	Lunch Break
2:00 – 2:30 PM	Time management and task prioritisation in nursing
2:30 – 3:00 PM	Role-play scenarios: from admission to discharge
3:00 – 3:30 PM	Post-Course Quiz & Feedback
3:30 – 4:00 PM	Tea Break
4:00 – 5:00 PM	Certificate Ceremony & Closing Remarks

