

# IMA-AFHI Training Calendar 2026

## Schedule of CMEs, CNEs, Workshops and Network Meetings — Kerala State

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| <b>Issued by:</b> | IMA Kerala State Branch · Committee for Healthy Ageing |
| <b>Version:</b>   | Working Document 2026                                  |
| <b>Status:</b>    | For IMA-AFHI Network Use                               |

### Introduction

The IMA-AFHI Training Calendar outlines the planned capacity-building activities for the Kerala State Network of Age-Friendly Hospitals and Healthcare Institutions. Training is organised by staff cadre and event type, covering all districts through a zone-based implementation model.

### Training Cadres and Modules

| Cadre                                     | Module Focus  | Duration | Format                 |
|---|---|----------|------------------------|
| Management and administrators             | AFHI framework, level criteria, evidence documentation, reporting and committee management      | 3 hours  | Workshop               |
| Nursing coordinators and nurses           | Fall-risk assessment, delirium awareness, safe mobility, caregiver communication, priority care | 3 hours  | CNE                    |
| Doctors and physician coordinators        | Frailty assessment, polypharmacy review, delirium, cognitive screening, discharge planning      | 3 hours  | CME                    |
| Front office and reception staff          | Respectful communication, queue priority, navigation support, wheelchair, anti-ageism           | 2 hours  | Sensitisation workshop |
| Quality managers and documentation leads  | Domain scoring, evidence folder, quarterly and annual reporting, dashboard                      | 2 hours  | Workshop               |
| Physiotherapists and rehabilitation staff | Fall prevention, safe mobility, exercise for older persons, home-exercise guidance              | 2 hours  | CNE                    |
| Social workers and counsellors            | Caregiver support, discharge counselling, community service linkages, elder abuse awareness     | 2 hours  | Workshop               |

## Planned Training Events — 2026

Dates are indicative. Confirmed dates will be communicated by district IMA branches. All events carry CME/CNE credit as applicable.

| Qtr | Month | Type            | Title   | Target Cadre                      | Zone / Venue                     |
|-----|-------|-----------------|---|-----------------------------------|----------------------------------|
| Q1  | Jan   | CME             | Age-Friendly Care — Introduction for Physicians                   | Doctors                           | South — Thiruvananthapuram       |
| Q1  | Feb   | CNE             | Fall Prevention and Safe Mobility for Older Patients              | Nurses                            | Mid — Ernakulam                  |
| Q1  | Feb   | Workshop        | AFHI Evidence Documentation and Quarterly Reporting               | Administrators, Quality Managers  | North — Kozhikode                |
| Q1  | Mar   | Network Meeting | AFHI Q1 District Coordinator Review                               | District coordinators, Evaluators | All zones / virtual              |
| Q2  | Apr   | CME             | Geriatric Frailty and Comprehensive Assessment                    | Doctors                           | South — Thiruvananthapuram       |
| Q2  | May   | CNE             | Delirium and Dementia Awareness for Nursing Staff                 | Nurses                            | Mid — Thrissur                   |
| Q2  | May   | Workshop        | Front Office and Reception Sensitisation                          | Front office, Support staff       | North — Malappuram               |
| Q2  | Jun   | Network Meeting | AFHI Q2 Network Review and Good Practice Sharing                  | All hospital AFHI teams           | Ernakulam or virtual             |
| Q3  | Jul   | CME             | Polypharmacy, Medication Safety and Prescribing in the Elderly    | Doctors, Pharmacists              | South — Kollam                   |
| Q3  | Aug   | CNE             | Caregiver Communication and Discharge Support                     | Nurses, Social workers            | Mid — Ernakulam                  |
| Q3  | Aug   | Workshop        | Physiotherapy and Fall Prevention in AFHI Hospitals               | Physiotherapists, Rehab staff     | North — Kozhikode                |
| Q3  | Sep   | Network Meeting | AFHI Q3 District Coordinator Review                               | District coordinators, Evaluators | All zones                        |
| Q4  | Oct   | CME             | Cognitive Decline, Dementia and Behavioural Issues in the Elderly | Doctors                           | South — Thiruvananthapuram       |
| Q4  | Nov   | CNE             | Nutrition, Hydration and Oral Health in Older Patients            | Nurses, Dieticians                | Mid — Thrissur                   |
| Q4  | Nov   | Workshop        | AFHI Annual Self-Evaluation Workshop                              | All hospital AFHI teams           | All zones — district level       |
| Q4  | Dec   | Network Meeting | AFHI Annual Network Review and Good Practice Awards               | All members, IMA leadership       | Thiruvananthapuram — State level |

## Suggested 60-Minute CME Outline — Doctors

| Topic                            | Time   | Key Message   |
|----------------------------------|--------|---|
| Why age-friendly care matters    | 10 min | Older persons present with functional, cognitive and social complexity beyond their primary diagnosis |
| Falls and mobility               | 10 min | Prevention begins with recognition, a simple trigger checklist and safe systems                       |
| Delirium                         | 10 min | Sudden confusion is often preventable or reversible and should not be dismissed as senility           |
| Medication safety                | 10 min | Polypharmacy review and high-risk medication awareness reduce avoidable harm                          |
| Care planning and discharge      | 10 min | Older persons and caregivers need understandable discharge instructions and a follow-up plan          |
| AFHI reporting and documentation | 10 min | Clinical improvements should be documented for domain scoring and quarterly reporting                 |

## Suggested 3-Hour CNE Outline — Nursing Staff

| Session                          | Duration | Topics Covered   |
|----------------------------------|----------|--|
| Why age-friendly nursing matters | 30 min   | Kerala's ageing population, elder care challenges, dignity and anti-ageism principles        |
| Fall risk and safe mobility      | 40 min   | Fall-risk trigger checklist, safe movement, call bell, footwear and assistive devices        |
| Delirium awareness               | 30 min   | Recognition of acute confusion, CAM-ICU basics, escalation pathway, non-pharmacological care |
| Medication safety                | 20 min   | Polypharmacy red flags, high-risk drugs in elderly, pill burden and pharmacy coordination    |
| Caregiver communication          | 20 min   | Discharge instructions, caregiver guidance, follow-up and homecare linkage                   |
| Documentation for AFHI           | 20 min   | Nursing evidence, training records, feedback forms and quarterly report contributions        |

## Registration and Contact

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|---------------------------------|--|
| <b>For CME/CNE registration</b> | Contact your district IMA branch                       |
| <b>For AFHI network events</b>  | Contact your district AFHI coordinator                 |
| <b>State-level queries</b>      | IMA Kerala State Branch — Committee for Healthy Ageing |
| <b>Website</b>                  | <a href="http://www.afhi.in">www.afhi.in</a>           |

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