

All About ...

AFTER THE NHS HEALTH CHECK



Course Overview

A half day course exploring the “what next” element of the NHS Health Check including activation of the filters, lifestyle advice, referral into lifestyle services and follow-up of high risk patients.

Course Content

- > When a filter is activated, what to do next:
 - o Hypertension
 - o Diabetes
 - o CKD
 - o FH
 - o 10% - 19% CVD Risk
 - o $\geq 20\%$ CVD Risk
- > Making the most of lifestyle:
 - o Smoking
 - o Physical activity
 - o Diet
 - o Weight Management



It was all superb, Michaela was an excellent trainer and it was all simple to follow which made the information memorable”

Learning Outcomes

- > Understand what to do if a filter in the NHS Health Check Programme has been activated.
- > State how the diseases can be diagnosed.
- > State how hypertension, CKD, and Familial Hypercholesterolaemia should be effectively managed along with latest targets
- > State how the management of risk at 10% - 19% has changed
- > Know what to do if risk $\geq 20\%$
- > Understand impact lifestyle has on risk factors and CVD risk
- > Understand how an individual can be supported in developing strategies enabling them to make lifestyle or health behaviour changes

Who should attend?

- > Anyone who delivers NHS Health Checks including:
 - o Practice Nurses
 - o Nurse Practitioners
 - o Health Care Assistants
 - o Health Trainers
 - o GP's
 - o Pharmacists
 - o Health Champions
 - o Healthy lifestyle professionals
 - o Allied Health Care Professionals

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

Course Details



Venue Golden Cross House, 8 Duncannon Street, London WC2N 4JF



Course Timings Morning & afternoon *Please enquire for next available slot*



Course Style An interactive session with a mixture of breakout exercises and group discussion.



Cost Includes Refreshments, all necessary materials, comprehensive delegate packs and certificate of attendance.

Discounts

The following discounts can be applied to multiple bookings of single day courses and also apply when more than one person from an organisation attends a single course.

- > 2-5 places 5%
- > 6 - 10 places 10%

Training at your own site...

- > Want to have a skills session totally tailored to your programme?
- > Want to have staff save traveling time?
- > Want to train more of your staff at once?

Take advantage of these benefits and let our trainers come to you.

Cost and booking information

Cost per person £99 + VAT Call our office on 0330 124 1966 and we will arrange for a pro forma invoice to be raised.



I found the whole training day enjoyable and useful as I didn't know any of this before, and I now have a lot more confidence moving forward ”

Please contact the office on
0330 124 1966 or email

info@smarthealthsolutions.co.uk

to discuss your requirements in more detail.