

All About ...

# DEMENTIA IN NHS HEALTH CHECKS



## Workshop Overview

Do you want to have a better understanding of dementia risk reduction?

Did you know dementia awareness and risk reduction is now for everyone who has an NHS Health Check?

Our dementia prevention and risk messaging workshop course is underpinned by the Best Practice Guide December 2017 where Dementia awareness and sign posting and Dementia risk reduction messaging remain key components of the NHS Health Check.

We will provide delegates with the knowledge and understanding to support them carrying out dementia risk reduction messaging in the NHS Health Check.

Each workshop will be led by either Michaela Nuttall or Joanne Loades, both highly experienced trainers and recognised experts in the prevention and management of CVD

## Workshop Content

Big Fat Dementia quiz!

The burden of dementia

Understanding dementia

NHS Health Checks: why & where does it fit?

What can be done?

What can't be done?

How blood pressure, diabetes, obesity and high cholesterol impact on dementia

Risk reduction of dementia through lifestyle changes

Signposting into Local and National services

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*'The Dementia Workshop was delivered in a way that inspired our Nurses and HCA's to engage, contribute and get the most learning out of the day. This means they now feel more confident and knowledgeable in the communication of Dementia Risk and Risk reduction.'*

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**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

## Learning Outcomes

After taking part in this course you will be able to:

- Understand the burden of dementia on people, their families and the wider population
- Explain why dementia risk reduction is being included in NHS Health Checks and where it fits in the spectrum of cardiovascular disease prevention
- Recognise the impact of high blood pressure, high cholesterol and obesity on an individuals' risk of developing dementia
- Provide information and support to people receiving an NHS Health Check in order for them to reduce their risk of dementia through lifestyle changes where appropriate
- Be able to signpost people to sources of support both Locally and Nationally

## Who should attend?

Anyone who delivers NHS Health Checks including:

- Practice Nurses
- Nurse Practitioners
- Health Care Assistants
- Health Trainers
- GP's
- Pharmacists
- Health Champions
- Healthy Lifestyle Professionals
- Allied Health Care Professionals

### Workshop Details



**Venue:** Online Webinar



**Course Timings:** 9.30am – 12.30pm or 1.30pm – 4.30pm



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



**Cost Includes:** All necessary materials, comprehensive delegate packs and certificate of attendance.

### Training at your site

- Want to have a full 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 £125 + vat.

Call our office on 0330 124 1966 or email [info@smarthealthsolutions.co.uk](mailto:info@smarthealthsolutions.co.uk) to discuss your requirements in more detail.