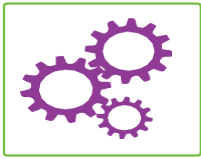


# All About ... NHS HEALTH CHECKS



## Course Overview

*Are you about to start delivering NHS Health Checks and not sure how or why to do it?*

*Have you ever wondered why you are asking certain questions during an NHS Health Check or what some of the answers mean?*

*Do you want to have a better understanding of cardiovascular risk?*

Our full day training course is underpinned by the NHS Health Check Competence Framework and will provide delegates with the knowledge and understanding to support them carrying out an NHS Health Check.

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

## Course Content

- > National Guidance
- > Competency Framework
- > Call & Recall/ Invitations
- > Risk factors and atheroma
- > CVD Risk assessment
- > Communication of Risk
- > Dementia
- > Audit C and GPPAQ
- > Filters:
  - o Diabetes
  - o CKD
  - o Hypertension
  - o Familial Hypercholesterolaemia
  - o Atrial Fibrillation
- > Introduction to lifestyle change
- > Case Studies



The course was very interactive with great visual aids and the group work was great, Michaela is a great trainer ”



## Learning Outcomes

Understand how the NHS Health Check uses key indicators to assess an individual's risk of cardiovascular disease by being able to meet the following assessment criteria:

- o State why NHS Health Checks are important.
- o Identify non-modifiable risk factors for cardiovascular disease.
- o Identify modifiable risk factors for cardiovascular disease.
- o Know the NHS Health Check filters

Understand the procedures for carrying out an NHS Health Check by being able to meet the following assessment criteria:

- o Identify the legal, ethical and professional requirements for carrying out an NHS Health Check.
- o State how an NHS Health Check should be conducted.
- o Identify how an NHS Health Check can assess and interpret the risk of cardiovascular disease.
- o State how the risk of cardiovascular disease and opportunities for reducing this risk may best be communicated to clients.

**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

## 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

## Course Details



**Venue:** 2-6 Boundary Row, London, SE1 8HP



**Course Timings:** 9.15am - 4.00pm



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



**Cost Includes:** Lunch and 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 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 £175 + VAT Call our office on 0330 124 1966 and we will arrange for a proforma invoice to be raised.

“

Jo was excellent – informative and everything was relevant to clinical practice!”

“

Now I understand what a Health Check does, I feel empowered and confident when talking to patients”

Please contact the office on  
0330 124 1966 or email

[info@smarthealthsolutions.co.uk](mailto:info@smarthealthsolutions.co.uk)

to discuss your requirements in more detail.