

All About ...

PRACTICAL SKILLS FOR NHS HEALTH CHECKS



Course Overview

Attending our half day course will allow you to learn and practice the practical skills needed to deliver an NHS Health Check.

Course Content

Understanding how to do it right and what can happen if it's done wrong:

- > Blood pressure
- > Pulse
- > Height
- > Weight
- > Waist Circumference
- > Audit C and GPPAQ
- > Blood glucose and cholesterol testing (available upon request)
- > Case Studies

“

I loved the visual aspects, I am a visual learner and was immediately interested in “fun” learning, I enjoyed Michaela’s entire presentation ”

Learning Outcomes

- > Be able to explain why each measurement needs to be taken
- > Understand how to perform each skill accurately
- > Able to state factors that influence results being inaccurately measured
- > Be able to describe the agreed process when a physiological measurement falls outside of normal levels
- > Understand how all materials and equipment to be used are appropriately prepared

Who should attend?

- > Anyone who delivers NHS Health Checks including:
 - o Health Care Assistants
 - o Health Trainers
 - 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 2-6 Boundary Row, London, SE1 8HP



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.

“

The practical on taking a good BP was great - also how to take an accurate manual pulse to check for AF”

“

I found GPPAQ training pointless before but now it has been explained it all makes a lot more sense”

Please contact the office on

0330 124 1966 or email

info@smarthealthsolutions.co.uk

to discuss your requirements in more detail.