



TRAINING BROCHURE

Unlocking the power of a motivated, informed,
clinically up-to-date workforce



Visit Our Website
www.smarthealthsolutions.co.uk

"Education in the most powerful weapon which you can use to change the world."

Nelson Mandela

Introduction

The 2024 Darzi Report* tells us that prevention, early detection and re-engaging with staff are more essential than ever in these troubling times for the NHS. Since the COVID-19 pandemic, premature cardiovascular disease mortality has increased, and overall life expectancy has decreased as the health of the nation has deteriorated.

Unlocking the power of a motivated, informed, clinically up-to-date workforce to elevate patient care, improve population health and enhance achievement across neighbourhoods, places, and systems is key to improving patient outcomes and reducing the burden on the NHS.

Our team of national trainers are also expert practicing clinicians and are all too aware of the day-to-day challenges faced by many. We provide flexible and bespoke solutions to meet the needs of your health and Social Care teams, Practices, Primary Care Networks, Integrated Care Systems and Public Health.

Our Approach

Smart Health Solutions' main passion is the prevention and management of cardiovascular disease (CVD). We believe that improving knowledge, skills, and confidence will improve the detection and management of diabetes, hypertension, atrial fibrillation, familial hypercholesterolemia, chronic kidney disease and lifestyle issues, leading to improved outcomes for preventing heart disease, stroke, diabetes, and dementia. Alongside detection and management, prevention of these conditions is crucial to reducing the incidence and burden of cardiovascular disease.

To achieve this, we offer:

- A range of in-person and online courses both nationally and locally
- Interactive, fun and engaging training
- The opportunity to build on the foundations of core knowledge and reinforce them with practical examples to help learn and retain the important information needed to improve patient care and outcomes.

Keeping abreast and embracing new technologies ensures that our work is efficient and user-friendly for both our staff and customers. We use a single platform that enables registration, creating a unique learner journey that allows evaluation, access to handouts, and certification in a single place.



* <https://www.gov.uk/government/publications/independent-investigation-of-the-nhs-in-england>

Our Courses

Atrial Fibrillation and Stroke Prevention	Coronary Heart Disease	Heart Failure
Cholesterol and Familial Hypercholesterolemia	Dementia risk reduction	Hypertension
Chronic Kidney Disease	ECG	NHS Health Checks

We provide a range of training courses to support the delivery of the NHS Long-Term Plan. Underpinned by national guidance, we can also incorporate local protocols and pathways, making training more relevant. All courses can be provided as an ‘Introduction to’ for those new to primary care or the subject area or an ‘Update’ for those currently practicing in the subject area. All courses include a promotional flyer that gives an overview of the programme content, learning objectives, intended audience, and a structured programme.

Atrial Fibrillation and Stroke Prevention in Primary Care

Full Day Programme

Session One

- Objectives for the day
- The burden of Atrial Fibrillation (AF)
- Understanding AF and AF-related stroke
- What is the impact of AF and how to we identify those at risk

Session Two

- Detection and diagnosis of AF
- Classification of AF
- Assessing stroke risk
- Assessing bleeding risk

Session Three

- Managing stroke risk
- Measuring effectiveness
- Long term monitoring

Session Four

- Clinical case scenarios
- Round up & revisit objectives

Refresher Programme

Session One

- Objectives for the session
- The burden of Atrial Fibrillation (AF)
- Recap on the pathophysiology of AF
- Detection and diagnosis of AF
- Classification of AF

Session Two

- Assessing stroke & bleeding risk
- Managing stroke risk in AF
- Clinical case scenarios
- Round up & revisit objectives



Our Impact

Number of people trained		37,000
Number of courses delivered		1,100
Number of organisations we have worked with		88
Knowledge of topic	Before training	★ ★ ★ ☆ ☆
	After training	★ ★ ★ ★ ☆
Likelihood of using what was learned		★ ★ ★ ★ ☆

Testimonials

“Teaching session was excellent. It helps me understand the ECG reading and to escalate any abnormal readings. I have a much better understanding of it. Thank you.”

Nurse

“Trainer was very passionate about the subject and wanting us to deliver the best care we can to our patients, making sure we fully understood the CVD risk so we can explain to our pts confidently what this means, getting to grips with the BMI and GPPAQ too. Since the training I am now seeing and hoping to revise how I go about these checks with my patients in order to give them the best care so thank you for that.”

HCA

“The Trainer has an excellent way to captivate learner's attention. Using simple tools to make effective learning take place. This shows a very high level of expertise and intelligence, and I do not think I can add anything more.”

Trainee GPN

“I have to say this was the best course I have ever done throughout my time in the NHS, due to who presented it. She taught it in a unique and very visual way that did not make the content dry and helped me to retain the information we learnt that day.”

Phlebotomist

“Very informative training because it contains so much important information. This is very helpful in relation to how to deal with a patient and to develop your own knowledge.”

HCA

“I thought the course was perfect. The trainer was very knowledgeable and had a good teaching strategy. I felt she was passionate about the subject. It was very thorough and really built my confidence.”

Registered Nurse

“Brilliant trainer. Very good at explaining and holding learners' attention.”

Pharmacist

Atrial Fibrillation and Stroke Prevention in Primary Care

Programmes

Full Day

Session One

- Objectives for the day
- The burden of Atrial Fibrillation (AF)
- Understanding AF and AF-related stroke
- What is the impact of AF and how to we identify those at risk

Session Two

- Detection and diagnosis of AF
- Classification of AF
- Assessing stroke risk
- Assessing bleeding risk

Session Three

- Managing stroke risk
- Measuring effectiveness
- Long term monitoring

Session Four

- Clinical case scenarios
- Round up & revisit objectives
- Summary and evaluations

Refresher

Session One

- Objectives for the session
- The burden of Atrial Fibrillation (AF)
- Recap on the pathophysiology of AF
- Detection and diagnosis of AF
- Classification of AF

Session Two

- Assessing stroke & bleeding risk
- Managing stroke risk in AF
- Clinical case scenarios
- Round up & revisit objectives
- Summary and evaluation



Our Services

We understand that some areas have in-house administration to support training. Therefore, we have two levels of support to enable you to choose which you require.

Services	Standard Client Services	Enhanced Client Services
Diary Scheduling	•	•
Promotional flyer	•	•
Online booking facility		•
A dedicated page on our website, exclusively for your training, only accessible through a link shared with you		•
Bespoke communication collateral		•
Use of our Zoom or Teams platform		•
Regular registration updates		•
Attendee and DNA report		•
Comprehensive evaluation		•
Summary report for evaluations		•
Training materials provided for you to share with attendees	•	
Training materials made available directly to attendees		•
Certificates for all attendees who complete the evaluation		•

Course Content

Course Title	Atrial Fibrillation and Stroke Prevention in Primary Care
Course Summary	This interactive workshop is suitable for all members of the Primary Care clinical team, particularly Practice Nursing Teams and ARRS roles. The session will cover the pathophysiology of atrial fibrillation (AF) how this can lead to stroke; and the detection, diagnosis and management of AF with a particular focus on stroke prevention
Course Content	<ul style="list-style-type: none"> • What's the impact of AF? • Understanding AF and AF-related stroke • Practicalities of case finding and diagnosis • Assessing stroke and bleeding risk: CHA2DS2-VASc, HASBLED & ORBIT Scoring • Managing Stroke Risk: anticoagulant therapies including measuring effectiveness and switching therapies • Long term monitoring
Expected Learning Outcomes	<ul style="list-style-type: none"> • To appreciate the burden of AF • To recognise the pathophysiology of AF and AF-related stroke • To be familiar with the current evidence based diagnostic pathway • To be able to assess stroke and bleeding risk • To be familiar with and to evaluate treatment options • To appreciate the role of monitoring and clinical audit
Course Length	Full Day (6 hours)

Course Title	Cholesterol and Familial Hypercholesterolaemia in Primary Care
Course Summary	This interactive workshop is suitable for all members of the Primary Care clinical team, particularly Practice Nursing Teams and ARRS roles. The session will cover the pathophysiology, detection, diagnosis, and management of cholesterol and Familial Hypercholesterolaemia (FH).
Course Content	<ul style="list-style-type: none"> • What is cholesterol, why do we need it and how does it cause problems? • What do the numbers mean, and what should they be? • What is FH and when should we be suspicious? • How is it diagnosed? • Does lifestyle really matter? • Supporting behaviour change • Clinical case studies
Expected Learning Outcomes	<ul style="list-style-type: none"> • To appreciate the burden of cholesterol and familial hypercholesterolemia • To understand the pathophysiology of cholesterol and • To understand the pathophysiology of familial hypercholesterolemia • To be familiar with the current evidence based diagnostic pathway • To be able to identify who needs testing • To be familiar with both medication and lifestyle treatment options for cholesterol
Course Length	Full Day (6 hours)

Course Title	Managing Chronic Kidney Disease in Primary Care
Course Summary	This interactive workshop is suitable for all members of the Primary Care clinical team, particularly Practice Nursing Teams and ARRS roles. The session will cover the pathophysiology of chronic kidney disease (CKD); and the detection, diagnosis and management of CKD including who to test and how to improve quality of CKD care in Practice
Course Content	<ul style="list-style-type: none"> • Understanding the burden and pathophysiology of CKD • Testing for CKD: eGFR, uACR and Kidney Failure Risk Equation • Management strategies • What's required in Primary Care: registers and annual review • Clinical case studies • Quality improvement of CKD in practice
Expected Learning Outcomes	<ul style="list-style-type: none"> • To appreciate the burden of CKD • To recognise how the kidneys work and what is CKD • To recognise who may be at higher risk of CKD and who to test • To be able to apply the diagnostic classification criteria for CKD • To be familiar with and evaluate treatment options for CKD • To know when to refer
Course Length	Full Day (6 hours)

Course Title	Managing Coronary Heart Disease in Primary Care
Course Summary	This interactive workshop is suitable for all members of the Primary Care clinical team, particularly Practice Nursing Teams. The session will cover the pathophysiology of coronary heart disease (CHD), initial management and long-term care.
Course Content	<ul style="list-style-type: none"> • Understanding risk factors and atheroma progression • Basic mechanisms of treatments • What's required in Primary Care: Registers & Annual Review • Does lifestyle really matter? • Supporting behaviour change • Clinical case studies
Expected Learning Outcomes	<ul style="list-style-type: none"> • To be familiar with the pathophysiology of atheroma and CHD • To appreciate the importance of rapid assessment for patients presenting with signs and symptoms of CHD • To be familiar with relevant policy and guidance • To recognise the importance of effective annual reviews • To be familiar with pharmacological and non-pharmacological management of CHD • To recognise the importance of supporting self-management strategies
Course Length	Full Day (6 hours)

Course Title	Dementia Risk Reduction
Course Summary	This interactive workshop is suitable for all members of primary and social care teams along with public health and the wider council workforce. This session will cover why dementia is a growing issue, steps that can be taken to reduce dementia risk and improve early detection.
Course Content	<ul style="list-style-type: none"> • The importance of dementia and reducing its inequalities • Who is more at risk of developing dementia • Different types of dementia • Modifiable and non-modifiable risk factors and reducing dementia risk • Signs and symptoms to encourage early diagnosis • What is a Dementia Friend (Alzheimer's Society initiative)
Expected Learning Outcomes	<ul style="list-style-type: none"> • To understand the burden of dementia and recognise the different types • To be aware of the lesser recognised risk factors for dementia, being female, ethnicity, lower education, and sight & hearing loss • To appreciate how blood pressure, diabetes, obesity, and high cholesterol impact on the risk of dementia • To be familiar of risk reduction for dementia through lifestyle changes • To become a Dementia Friend
Course Length	Full Day (6 hours)

Course Title	ECG Skills for Primary Care
Course Summary	This interactive workshop is suitable for all members of the Primary Care Clinical Team involved in the recording and analysis of the 12-lead ECG and will include patient preparation, lead placement, rhythm analysis, ischaemia and myocardial infarction.
Course Content	<ul style="list-style-type: none"> • Preparing the patient for ECG • Correct lead placement • Understanding the normal ECG • Common arrhythmias • Heart Blocks • The ischaemic ECG • Myocardial Infarction on the ECG
Expected Learning Outcomes	<ul style="list-style-type: none"> • To be aware of the steps required to prepare patients for ECG recording • To be able to correctly position ECG leads and understand its importance • To be familiar with the steps required to analyse cardiac rhythm on the ECG • To recognise normal sinus rhythm • To be familiar with common abnormalities on the ECG and their significance
Course Length	Full Day (6 hours)

Course Title	Managing Heart Failure in Primary Care
Course Summary	This interactive workshop is suitable for all members of the Primary Care Clinical Team. The aims is to help healthcare professionals to understand the different types of heart failure and pathway from initial presentation to end of life.
Course Content	<ul style="list-style-type: none"> • What is the impact of heart failure? • Understanding the classification of heart failure • Diagnosing heart failure • Treatment options for heart failure – pharmacological and lifestyle interventions • What’s required in Primary Care: registers and annual review • Monitoring and recognising deterioration • End of life care considerations
Expected Learning Outcomes	<ul style="list-style-type: none"> • To appreciate the burden of heart failure • To recognise the different types of heart failure • To be familiar with the diagnostic pathway and investigations • To be familiar with and evaluate treatment option • To appreciate the importance of regular review • To recognise the importance of effective personalised and End of Life care
Course Length	Full Day (6 hours)

Course Title	Managing Hypertension in Primary Care
Course Summary	This interactive workshop is suitable for all members of the Primary Care clinical team, particularly Practice Nursing Teams, covering the detection, diagnosis and management of hypertension.
Course Content	<ul style="list-style-type: none"> • What’s the impact of high blood pressure? • Understanding blood pressure – what’s going on inside? • What do the guidelines say? • Diagnosing Hypertension: Clinic Vs Home readings? • Assessing target organ damage: What do we need to know? • Managing Hypertension: reaching targets with lifestyle and medicines • Annual review – more than a blood pressure check
Expected Learning Outcomes	<ul style="list-style-type: none"> • To recognise the burden of high blood pressure in the population • To be familiar with related policy and guidelines • To understand the current evidence based diagnostic pathway • To be able to assess for target organ damage • To be familiar with the current evidence-based treatment pathway • To know when to refer
Course Length	Full Day (6 hours)

Course Title	NHS Health Checks
Course Summary	This interactive workshop is suitable for anyone involved in the commissioning, delivery, or governance of NHS Health Checks.
Course Content	<ul style="list-style-type: none"> • Why are NHS Health Checks needed • NHS Health Check Competency Framework & Delegates Workbook • Addressing inequalities • Understanding Call & Recall and data governance • How CVD Risk is calculated • Communicating CVD Risk • What next after the check • GPPAQ (Physical Activity Questionnaire) • Audit C (Alcohol Questionnaire) • Dementia Awareness
Expected Learning Outcomes	<ul style="list-style-type: none"> • State why NHS Health Checks are important. • Know the NHS Health Check filters • State how the risk of cardiovascular disease and opportunities for reducing this risk may best be communicated. • Appreciate the different risk communication strategies • Appreciate the complexity of GPPAQ and Audit C • Know what is needed for Dementia prevention and awareness within a health check
Course Length	Full Day (6 hours)

Our Team



Michaela Nuttall RGN MSc

Michaela is a Cardiovascular Nurse Specialist, Director at Smart Health Solutions and founder of Learn With Nurses. She is the former Head of CVD Prevention for Public Health England and Clinical Advisor at OHID. She is the Chair of the Heart UK Health Care Committee and a member of the Nurses and AHP & The Guidelines and Information Working Party of the British and Irish Hypertension Society.



Joanne Haws RN MSc

Joanne is an independent nurse consultant and specialist in cardiovascular disease. She is the Clinical Director of Smart Health Solutions and Learn With Nurses. Joanne also is a member of the Nurses and AHP Special Interest Group of The British and Irish Hypertension Society and a Faculty Member of The National Association of Primary Care.



Una O'Connor RGN MSc FHEA

Una is an Independent Nurse Consultant. Education is a priority for her, having achieved PGCE, PG Dip and Master of Science Degree in Medical and Healthcare Education and she is a Fellow of the Higher Education Academy. Her passion for promotion and delivery of teaching led to the role of Communications and Engagement Lead for Learn With Nurses and Una is currently the Operations Manager for both Smart Health Solutions and Learn With Nurses.



Naomi Stetson RGN Dip N FBIHS

Naomi is a hypertension and cardiovascular disease specialist nurse. She has been part of the British and Irish Hypertension Society for 20 years and developed training modules on their behalf. She was a member of the NICE CG127 Hypertension Guidelines and the Topic Expert Group. She has delivered education programmes in Europe and Africa.



Mark Jones Managing Director

Mark is an experienced business leader and healthcare consultant. In a career spanning 35 years, he has built up an extensive portfolio of work. As Managing Director, he always seeks to build and develop close relationships with Smart Health customers and associate companies, working in partnership to achieve mutual goals.



Accreditations:



**Royal Society for Public Health
Accredited Training Centre**



**Our NHS Health Check training is supported
by HEART UK**



**Our nurses are winners of :
The Burdett Trust for Nursing Award for Supporting Resilience**



www.smarthealthsolutions.co.uk



info@smarthealthsolutions.co.uk



0203 714 3903



2-6 Boundary Row, London, SE1 8HP

