

ARTHRITIS AWARENESS



Overview

Despite common misconception, arthritis is a condition which can affect people of any age. Over 9 million people in the UK suffer from arthritis with there being no clear cause or cure. There are two main types of arthritis; Osteoarthritis (most common form) and Rheumatoid arthritis (less common, yet more severe). This arthritis awareness training course aims to provide an understanding of the different types of arthritis and is ideal for people working in the care sector. This course fulfils recommendations underlined by the CQC to help improve care services in the UK.

Outline of Programme

- Introduction to arthritis.
- Learning how joints work.
- Differentiating between Osteoarthritis and Rheumatoid arthritis.
- Emotional and physical implications of having arthritis and how to deal with them.
- Diagnosing arthritis or other causes of joint pain.
- Support for sufferers.
- Treatment: medication, therapy, supplements, etc.

Assessment

The arthritis awareness course runs over 3 hours and delegates will be expected to engage in several group activities. Our experienced trainers will be on hand to help guide participants through these sessions and a certificate will be awarded upon completion.

Cost

Our courses are competitively priced, and we aim to beat any equivalent training quote.

Important Information

- The training venue should be quiet and undisturbed.
- Staff should not be expected to be on duty.
- Staff attending should remain for the entire length of the session.
- Flexible dates available.
- Call to book a day that suits you.