

ASTHMA AWARENESS



Overview

This asthma awareness training course is open to anyone with an interest in asthma; this can be personal, professional or both. Delegates attending the course will gain a good general understanding of the condition, including its symptoms and treatments, how to react in an emergency, and how to support a person who is affected by asthma on a day-to-day basis. This course fulfils recommendations underlined by the CQC to improve the quality of care provided to asthma sufferers.

Outline of Programme

- Introduction and explanation.
- Understand what asthma is.
- Triggers and symptoms.
- Treating/managing symptoms.
- How to respond in the occurrence of an asthma attack.
- Inhalers and spacers.
- Daily support.
- Asthma's influence on exercise and activity.
- Individual Healthcare Plans (IHCs).
- Dealing with emergency situations.
- Keeping records of asthma attacks.

Assessment

The asthma 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. Certification valid for 12 months will be awarded upon completion of the course.

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.