

ABS CARE TRAINING



Quality Health and Social Care Training



Contents

Training programmes

- Emergency First Aid
- People Moving and Handling
- Skills for Care (Induction)
- Basic Food Hygiene
- Health and Safety at work
- Dementia Awareness
- Autism Awareness
- Stress Awareness
- Protection of Vulnerable Adults
- Infection Prevention and Control
- Dealing with Challenging behaviour
- Medication (Safeguarding and Administration)

1. Emergency First Aid

Course content includes:

- ✚ Aims of First Aid
- ✚ Initial action in a health emergency
- ✚ Primary & Secondary survey
- ✚ Recovery position & monitoring
- ✚ Resuscitation techniques (CPR)
- ✚ Faints & Unconsciousness
- ✚ Controlling Bleeding & Bandages
- ✚ Burns and Scalds
- ✚ Choking and breathing difficulties
- ✚ Fractures
- ✚ Heart conditions
- ✚ Asthma, diabetes, anaphylaxis, epilepsy, stroke
- ✚ Evaluation and record keeping

Objectives

By the end of the course participants should be able to:

- ✚ Understand the basic principles of first aid
- ✚ Demonstrate the practical skills required for use of the recovery position and cardio-pulmonary resuscitation (CPR)
- ✚ Recognise and carry out basic stabilisation of common medical conditions
- ✚ Understand their legal responsibilities in reporting and recording accidents at work.
- ✚ Understand the contents of a First Aid Box

Who can benefit from this course?

- ✚ All First Aid Appointed persons in the workplace.
- ✚ Anyone looking to start a career in the caring profession
- ✚ People working within the community as support workers/carers

Duration of course

- ✚ 1 day

2. Moving and Handling People

Course Content Includes:

- ✚ Relevant Legislation/Law
- ✚ Identifying and assessing Risks
- ✚ Understanding the spine and reasons for back pain and injury
- ✚ Good practice and guidance for manual handling
- ✚ Safe use of equipment and small aids in Moving and Handling People (Practical)

Objectives

By the end of the course participants should be able to:

- ✚ Have a basic understanding of the law relating to moving and handling
- ✚ Identify and assess risks before action
- ✚ Recognise the need for personal safety
- ✚ Know the body systems involved in moving and handling
- ✚ Practically demonstrate safe moving and handling of people with and without equipment using small handling aids e.g Hoists

Who is this course suitable for?

- ✚ Anyone who needs to move and handle people as part of their role as a carer or support worker in all settings

Duration

- ✚ 1 day

3. Basic Food Hygiene

Course Content Includes

- ✚ Introduction to food safety
- ✚ Food Handlers responsibilities and fitness to work
- ✚ Essential facts about bacteria – sources and growth requirements
- ✚ Contamination and food poisoning
- ✚ Temperatures
- ✚ Refrigeration, chilling and cold holding of foods
- ✚ Cooking, hot holding and reheating of foods
- ✚ Pest Control
- ✚ Safe food storage
- ✚ Cleaning and disinfection
- ✚ Food Safety Laws and good practice
- ✚ HACCP & Record Keeping

Objectives

By the end of the course, participants should be able to:

- ✚ Describe how to prevent contamination and food poisoning
- ✚ Understand the need for a high standard of food hygiene wherever food is prepared, served and stored
- ✚ Recognise the need for high standards of personal hygiene, cleanliness and equipment
- ✚ Be aware of food safety laws and legislation

Who is this course suitable for?

- ✚ Anyone in any setting who is in a role where they handle food

Duration

- ✚ ½ a day

4. Skills for Care

Course content includes:

- ✚ Care principles
- ✚ Diversity and Equal Opportunities
- ✚ Personal and Professional relationship
- ✚ Health and Safety
- ✚ Risk Assessment
- ✚ Basic Food Hygiene
- ✚ Personal Care incorporating continence
- ✚ Infection control
- ❖ Care Plans
- ❖ Confidentiality
- ❖ Medication Awareness
- ❖ Personal and service user Security
- ❖ Effective Communication
- ❖ Record Keeping
- ✓ Basic Life Support
- ✓ Moving and Handling of people including personal Risk Assessment (Practical)

Objectives

By the end of the course participants should be able to:

- ✚ Have gained an overview of the basic skills important in the care sector.
- ✚ Describe culture and diversity, and how to promote anti-discriminatory practice
- ✚ Explain the theory behind Basic Life Support
- ✚ Practically demonstrate the skills involved in the safe moving and handling of people
- ✚ Recognise incidences of abuse
- ✚ Understand the importance of communication

Who is this course suitable for?

- ✚ Anyone wanting to venture into the field of Domiciliary Care
- ✚ Anyone who wants an extensive overview of the skills required in most care sectors.

Duration

- ✚ 2 day course

5. Understanding Dementia

Course Content Includes:

- ✚ What is dementia
- ✚ Types of dementia
- ✚ Potential causes of dementia
- ✚ Difference between dementia and Alzheimer's disease
- ✚ Stages, symptoms and effects
- ✚ Needs in late stage dementia
- ✚ How to support a person with dementia
- ✚ The benefits of reminiscence

Objectives

By the end of the course participants should be able to:

- ✚ Define dementia
- ✚ Describe the different types of dementia and how they may present
- ✚ Gain an awareness of the effects of dementia on those close to the person
- ✚ Explore strategies to manage the care of people with dementia
- ✚ Develop an understanding of how a person can live a fulfilled life with dementia

Who is this course suitable for?

- ✚ Anyone working within the community as either a support worker or carer
- ✚ People caring for someone with dementia

Duration

- ✚ ½ a day

6. Protection of Vulnerable Groups

Course Content includes

- ✚ Relevant legislations
- ✚ Definitions – Vulnerable Groups (Which groups are vulnerable)
- ✚ What is abuse & various forms of abuse
- ✚ In what circumstances may abuse occur
- ✚ Who may be the abuser
- ✚ Signs and indicators of abuse
- ✚ Patterns of abuse
- ✚ Prevention of abuse
- ✚ Procedures for responding to reported or sighted cases of abuse
- ✚ Available support
- ✚ Your role in reporting abuse
- ✚ Good practice guidelines
- ✚ I.S.A. Barring

Objectives

By the end of the course participants should be able to:

- ✚ Understand the legal framework
- ✚ Describe vulnerability factors
- ✚ Define and describe abuse and types
- ✚ Identify signs and indicators of abuse
- ✚ Understand the essential elements of the law in POVA and the reporting of suspected or actual abuse.

Who is this course suitable for?

- ✚ Anyone working with vulnerable groups in the community care setting
- ✚ Any support worker/carer who during their discharge of duties gets in contact with vulnerable groups including adult service users.
- ✚ Anyone working in a nursing, residential care home, hostel or a hospital ward .

Duration

- ✚ 1 a day

7. Infection Prevention and Control

Course Content includes:

- ✚ Bacteria, Virus and other communicable diseases
- ✚ What is cross infection?
- ✚ Causes and signs of infection
- ✚ Care of a client with infection
- ✚ Precautions
- ✚ Handling Linen
- ✚ Hand washing and universal procedures in relation to infection control
- ✚ Disposal of clinical waste and sharps
- ✚ Legislation

Objectives

By the end of the course participants should:

- ✚ Have an understanding of the importance of infection prevention and control and its effects to the service user
- ✚ Understand the chain and routes of infection
- ✚ Have an understanding of the signs and symptoms of common infections experienced whilst working in a care environment
- ✚ Be aware of current legislation in relation to infection control policies and procedures

Who is this course suitable for?

- ✚ Anyone working in a residential or nursing care setting as a support worker
- ✚ People working within the community as either Support Worker or Carer
- ✚ Anyone aspiring to work in the above settings.

Duration

- ✚ ½ day

8. Challenging Behaviour Awareness

Course Content Includes

- ✚ Definitions of Challenging Behaviour
- ✚ Common Causes
- ✚ Environmental and personal factors that influence behaviour
- ✚ How communication affects behaviour
- ✚ Five stages of emotional arousal
- ✚ Key skills in dealing with a range of typical scenarios
- ✚ Assessing, planning and implementing effective interventions
- ✚ Self-protection skills that are non-abusive

Objectives

By the end of the course participants should be able to:

- ✚ Define 'challenging behaviour'
- ✚ Identify behaviour that may be viewed as challenging and possible causes
- ✚ Discuss how environmental and personal factors may influence behaviour
- ✚ Examine how our own attitudes and responses can either calm or inflame a situation
- ✚ Describe the five stages of emotional arousal
- ✚ Explain the role of communication in behaviour change
- ✚ Suggest and discuss suitable de-escalation techniques and ways of promoting non-challenging behaviour

Who is this course suitable for

- ✚ Anyone working in the residential or nursing care environment with older people
- ✚ People working in health and social care community setting where they interact with people viewed as having challenging behaviour.
- ✚ People working or aspiring to work in a mental health, learning disability or young adults care setting
- ✚ Anyone working in other residential institutions like prisons.

Duration of course

- ✚ ½ day

9. Medication (Safeguarding and administration)

Course Content Includes

- ✚ Definitions – medicines and drugs
- ✚ The Law
- ✚ Company policies and procedure
- ✚ Roles and responsibilities
- ✚ Service User privacy, dignity, independence and right to choice (self-administration)
- ✚ Classes, forms and routes of medicines
- ✚ Receiving, storing and disposing of medicines
- ✚ Procedures for safe administration
- ✚ Medication errors
- ✚ Reporting and Recording procedures
- ✚ The MAR sheet and the MDS

Objectives

By the end of the course participants should:

- ✚ Be aware of the legislation surrounding medication
- ✚ Understand the importance of familiarising with the organisation's medication policies and procedures
- ✚ Identify different classes, forms, and routes of medicines
- ✚ Realise the importance of the service user's privacy, dignity, independency and choice.
- ✚ Understand their role and correct procedures in prompting, assisting and administering medication.
- ✚ Explore the correct reporting and recording procedures

Who is this course suitable for?

- ✚ Anyone who prompts, assists and/ or administers Service User's medication in any setting
- ✚ Anyone who needs to update their knowledge and skills in this area

Duration

- ✚ 1 day

10. Health and Safety in the workplace

Course content includes:

- ✚ Legislation and Good Practice
- ✚ Roles and Responsibilities
- ✚ Recording and Reporting
- ✚ Assessing and Managing Risk
- ✚ Fire Safety
- ✚ Principles of Food Hygiene
- ✚ Introduction to Infection Control
- ✚ HB, LOLER, PUWER ,PPE

Objectives

By the end of the course participants should be able to:

- ✚ Familiarise themselves with legislation surrounding H&S in the workplace
- ✚ Describe their roles and responsibilities in ensuring a safe environment in their care setting environment/ any other setting
- ✚ Understand good practice in risk assessment and management
- ✚ Have a basic knowledge of fire precautions, evacuation procedures and their role in an emergency
- ✚ Recognise the need for high standards of personal and food hygiene in order to control infection.

Who is this course suitable for?

- ✚ Anyone working or aspiring to work in any social or health care setting
- ✚ The course is adaptable to any workplace

Duration

- ✚ ½ day