

A&L Healthcare
Training & Consultancy

Evidence-based cost-effective clinical skills training

Courses for Hospitals, Nursing Homes, GP Surgeries,
Prison Services and Care Centres.

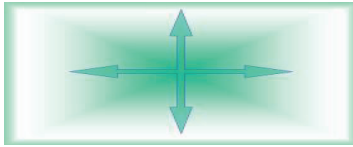
Suitable for Nurses, Doctors, ODP's, Physiotherapists,
Dieticians, Healthcare Assistants, Carers and speech therapists.

For more information or to make a booking / discuss your requirements

Contact: LEE, KATE or CHRISTINE

07789 792599 enquiries@al-healthcare.co.uk

www.al-healthcare.co.uk



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Tracheostomy Training

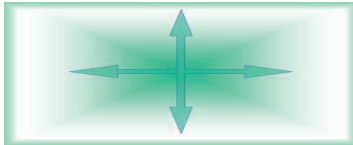
**Are you looking for effective Tracheostomy Training at your workplace?
We are offering a one day course in the care of adolescences / adults
with a short / long term tracheostomy.**

Course suitable for Nurses, Doctors, Healthcare Assistants, Speech Therapists, Physiotherapists, Carers, Dieticians and anyone who cares for tracheostomies.

Duration - 6 ½ hours

Course Includes:

- Anatomy & Physiology of upper respiratory tract
- What is a Tracheostomy
- Types of insertion
- Receiving a patient with a Tracheostomy into your care
- Essential equipment
- Types of tubes
- Humidification
- Care of cuffed tubes
- Care of tubes with inner cannula
- Tracheostomy dressings
- Eating & Drinking
- Suctioning / Weaning
- Decannulation / Changing a tube
- Complications-immediate, delayed, late
- Resuscitation
- Communication / Documentation
- Individual care discussions / problem solving and practical sessions



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Venepuncture & Cannulation

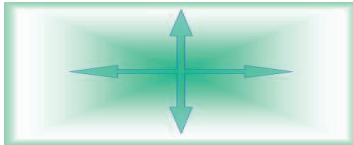
Are you looking for effective venepuncture & cannulation training at your workplace? We are offering a ½ day course tailored to your organisations needs in these important clinical skills.

Suitable for all Healthcare Professionals.

Duration - 4 hours

Course Includes:

- Legal / Professional Issues
- Basic A & P of the veins of the arm
- Consent
- Infection control
- Health & Safety
- Types of equipment
- Vein selection
- Demonstration of Venepuncture
- Demonstration of Cannulation
- Practical session using manikin
- Complications
- Troubleshooting / Difficult clients
- Achieving competency
- Evaluation



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Urinary Catheterisation & Care Training

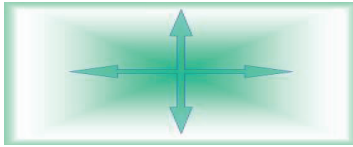
For this course we use an advanced catheterisation model so that delegates can practice their skill level in all aspects of catheter care.

Course suitable for Nurses, Doctors, Healthcare Assistants & Carers.

Duration: 4 -6 hours

Course Includes:

- Related anatomy
- Professional issues
- Accountability
- Consent
- Saving lives agenda
- Indications
- Catheter selection
- Catheter materials
- Meatal Cleansing
- Troubleshooting
- Male Catheterisation (Demonstration)
- Female catheterisation (Demonstration)
- Care of a Supra-pubic catheter
- Practical sessions
- Competency framework
- Documentation



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Wound Management including wound closure

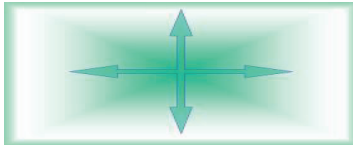
**Do your staff require an evidenced-based update on wound management?
Do they need to develop skills in wound closure and local anaesthetic
administration? Do you need help to develop a cost-effective formulary?**

Course suitable for Nurses & healthcare assistants.

Duration: 4 -7 hours

Course Includes:

- Functions of the skin
- Phases of wound healing
- Types of wound
- History-taking
- Triage skills
- Cleansing
- Infiltration
- Wound closure, steristrips, glue, sutures
- Wound dressings – the evidence-base
- Developing a wound care formulary
- Discussion of different types of dressing
- Leg ulcers
- 4 layer bandaging



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Patient Group Directives

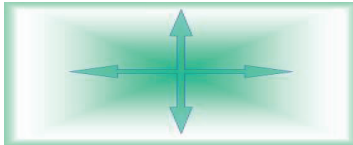
Are your staff working within legal frameworks with regard to prescription only medicines ? Is there a need for them to be able to supply and administer medicines in certain clinical situations?

Course suitable for Nurses & Healthcare Assistants.

Duration: 7 hours

Course Includes:

- Definition
- Context and legalities
- Guidance from the NMC
- Guidance from National Prescribing Centre
- Developing PGDs
- The 9 Competencies
- Developing the competency framework
- Discussion and development of PGDS particular to the delegates place of work



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Diabetes Awareness

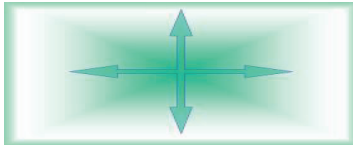
**This course will give your staff an up-to-date knowledge of diabetes.
We will also discuss the treatment of clients in their care.**

Course suitable for Nurses & Healthcare Assistants.

Duration - 4 hours

Course Includes:

- Definition
- Symptoms
- Aims of treatment
- Diet
- Monitoring
- HbA1C
- Management of hypos
- Treatment options – diet, tablets & insulin
- Discussion of cases



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Basic Clinical Assessment Skills

This course equips staff with the knowledge to effectively assess and triage clients so they can make informed decisions on as to whether clients require hospital treatment or a GP visit.

Course suitable for Nurses working in nursing homes, out-of-hours centres, walk in centres. Good adjunct to Patient Group Directives Course,

Duration - 7-14 hours

Course Includes:

- History-taking
- Observations
- How to triage problems
- Assessing in minor illness
- Ear, Nose & Throat
- Eye problems
- Common skin conditions
- General Assessment
- Basic cardio-vascular assessment
- Basic Respiratory Assessment
- Assessment of bowels, bladder & UTIs
- Basic Neurological Assessment
- Utilising a Modified Early Warning Scoring System