



HEALTH AND SOCIAL CARE TRAINING COURSES

For Nursing Homes, Residential Homes,
Supported Living & Home Care



WE BELIEVE THAT BY EMPOWERING STAFF THROUGH KNOWLEDGE AND PRACTICAL SKILLS, WE ENABLE THEM TO UNDERSTAND AND EMPOWER THE PEOPLE THEY CARE FOR.



Natalie is a director of Enlight Physiotherapy. Natalie qualified as a Physiotherapist in 2005 and has specialised in long-term complex care, working in both the community and in specialist nursing homes. As well as her clinical work, Natalie has many years experience in management roles within social care and is committed to developing staff through training in order to improve standards of care. Natalie has an award in Education & Training and a QCF Level 7 Management qualification.

BScHons Physiotherapy
BScHons Sports Sciences
QCF Level 7 Strategic Management
Award in Education & Training



Suzy is a director of Enlight Physiotherapy. With a background in fitness consultancy, she began her Physiotherapy career in 2005. She has gained a wealth of experience in hospital settings as well as in specialist nursing homes. Suzy has an award in Education & Training and has a passion for sharing her knowledge with others. She has been delivering specialist training to staff and management in Health & Social Care environments for many years and is a true advocate for patient empowerment and choice - this comes across in all of her teaching.

BScHons Physiotherapy
Award in Education & Training
Level 3 Leading & Recognising Excellence in Care
RSA Exercise Instruction

Page 5 - COMPLEX CARE TRAINING

RESPIRATORY TRAINING

- Supporting Service-Users with COPD (Chronic Obstructive Pulmonary Disease)
- Basic Tracheostomy Management
- Advanced Tracheostomy Management
- Bespoke Tracheostomy Training and Workplace (real-life) Competency Assessment

ENABLEMENT TRAINING

- Skilful Care
- Caring for People with Neurological Conditions
- Stroke Awareness
- Bespoke Training

Page 10 - MANDATORY TRAINING

- Moving & Handling People
- Moving & Handling People (Refresher)
- Mental Capacity & Deprivation of Liberty Safeguards

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**WE ARE A HERTFORDSHIRE CARE PROVIDERS ASSOCIATION (HCPA)
APPROVED TRAINING PROVIDER**

You may be able to claim back up to £40 per person on certain courses
(see price list insert)

**SUPPORTING SERVICE-USERS WITH COPD
(CHRONIC OBSTRUCTIVE PULMONARY DISEASE)**

½ day theory and practical course for care workers and nurses.

Certification of attendance awarded to all learners.

Certificate of knowledge competency awarded to learners who successfully complete their theory test.

Course Summary:

- Prevention of hospital admission
- Lung anatomy and physiology
- Pathology of COPD
- Oxygen therapy for COPD (explaining CO₂ retention)
- Care and treatment options
- Care plan and Risk Assessments

BASIC TRACHEOSTOMY MANAGEMENT COURSE

1 day theory and practical course for care workers, nurses, physiotherapists, SLT's and OT's.

Certification of attendance awarded to all learners.

Certificate of knowledge competency awarded to learners who successfully complete their theory test.

Certificate of practical competency (on a model) awarded to learners who successfully complete their practical test.

Course Summary:

- Respiratory anatomy and physiology
- Basic respiratory assessment
- Types of tracheostomies
- Types of humidification
- Changing inner cannulas
- Checking cuff pressures
- Suctioning (oral suctioning and tracheal suctioning)
- Complications
- Emergency procedures
- Observation charts and documentation
- Theory and Practical Competency Assessment - practical competencies are practised on a model to enable the learner to develop or refine their skills and gain confidence for when they are working in real-life situations. Competencies are assessed at 2 different levels depending on the role of the participant (qualified professionals will always be assessed at level 2)

We strongly advise that workplace competencies are completed following the training (please see bespoke tracheostomy training).

ADVANCED TRACHEOSTOMY MANAGEMENT COURSE

1 day theory course for nurses, physiotherapists, SLT's and OT's (learners must have already completed the basic course).

Certificate of attendance awarded to all learners.

Certificate of knowledge competency to all learners who successfully complete their theory test.

Course Summary:

- Respiratory assessment
- Respiratory treatment options
- Clinical reasoning scenarios
- Avoiding hospital admissions
- Tracheostomy weaning
- Care plan writing and Risk Assessments

BESPOKE TRACHEOSTOMY TRAINING AND WORKPLACE (REAL-LIFE) COMPETENCY ASSESSMENT

(For staff who have attended our Basic or Advanced Courses)

Can include:

- Competency assessments for staff in real-life practice
- Specific patient clinical reasoning scenarios
- Specific patient Risk Assessment
- Tracheostomy tube changing training and competencies

Please call us to discuss your needs.

SKILFUL CARE

1 day theory and practical interactive course which focuses on dignity, wellbeing and empowerment (Chartered Society of Physiotherapy approved) for care workers, nurses and activities staff.

Certification of 'Skilful Care' awarded to all learners.

Course Summary:

- Skilful handling
- Positioning and posture for optimal comfort and pressure relief
- Seating and wheelchairs
- Promoting activity and functional independence
- Mobility and falls
- Incorporating the Mental Capacity Act into everyday care

STROKE AWARENESS

1 day theory and practical course available for all staff.

Certificate of attendance awarded to all learners.

Course Summary:

- Understanding the different types of stroke
- Understanding the different areas of the brain and how damage in each area affects people who have had a stroke
- Complexities of care
- Practical solutions for caring for someone who has had a stroke, taking into consideration the physical, cognitive, behavioural/emotional and sensory impairments
- Promotion of healthy lifestyles

CARING FOR PEOPLE WITH NEUROLOGICAL CONDITIONS

1 day theory courses available for all staff.

Certificate of attendance awarded to all learners.

Course Summary:

- Understanding neurological conditions such as Brain Injury, Multiple Sclerosis, Parkinsons Disease, Stroke and Spinal Cord Injury
- Key care points for people with neurological conditions including tone and spasticity, respiration, pressure sore prevention, continence, handling, cognition, behaviour, mobility and seating, communication, nutrition and swallow

BESPOKE COMPLEX CARE TRAINING

½ day, 1 day and 2 day bespoke courses available to meet your Service's needs.

Can include:

- Tone & contracture management
- Positioning
- Wheelchairs & seating
- Handling complex service-users
- Caring for service-users in minimally conscious states

Please call us to discuss your requirements.

MOVING & HANDLING PEOPLE

1 day theory and practical course for carers, nurses, physiotherapists, SLTs, OTs and activities staff.

Certificate of attendance awarded to all learners.

Certificate of knowledge competency awarded to learners who successfully complete their theory test.

Certificate of practical competency (on a life model) awarded to learners who successfully complete their practical test.

Course summary:

- Legislation
- Bio-mechanics of the spine, importance of good posture
- Moving and Handling best practice
- Practical application of moving and handling techniques
- Assessment of appropriate aids and strategies for assisting people with mobility problems
- Risk assessments and care plan writing
- Knowledge and practical competency assessments

MOVING & HANDLING PEOPLE REFRESHER

½ day refresher theory and practical course for carers, nurses, physiotherapists, SLTs, OTs and activities staff. Certificate of attendance awarded to all learners.

Course summary:

- Changes in legislation
- Bio-mechanics of the spine, importance of good posture
- Changes in Moving and Handling best practice
- Problem solving/scenarios
- Practical application of new/ appropriate moving and handling techniques
- Risk assessments and care plan writing
- Theory competency test

Please note the ½ day Moving & Handling People Refresher course is available to provide an update on new developments and to update Moving and Handling skills. (Proof of attendance at a full day Moving & Handling People course within the past 12 months will be required for each learner).

MENTAL CAPACITY ACT AND DEPRIVATION OF LIBERTY SAFEGUARDS

1 day interactive course for all staff.

Certificate of attendance awarded to all learners.

Certificate of knowledge competency awarded to learners who successfully complete their theory test course.

Course summary:

- Legislation underpinning decision making, including the Care Act 2014
- Key principles of the Mental Capacity Act
- Capacity assessment
- Case examples and discussion
- Understanding the Deprivation of Liberty Safeguards
- ACID test

CONSULTANCY SERVICES FOR CARE PROVIDERS

We believe that our Physiotherapy skills, combined with over 18 years' experience working in specialist nursing homes, give us the ability to support your service to raise standards of care and ultimately to improve the lives of the people you care for.

Our consultancy services are available to all care environments, whether your service is a nursing home, residential home, supported living or home care company.

We can offer you support to develop and improve your service by offering a practical, solution-based approach regarding difficult issues that fall within our areas of expertise, such as wheelchairs and seating, mobility and falls prevention, moving and handling, pressure sore prevention, positioning, pain management, health promotion, improving activity levels and enablement, tone and contractures, as well as respiratory care.

This service is underpinned by our knowledge of safeguarding, mental capacity and deprivation of liberty safeguards. We are therefore also able to help you ensure you are meeting the legal requirements where there are any potential safeguarding concerns arising from the types of issues mentioned above.

We offer:

- Single-case service for individual service-users (to problem solve difficult issues)
- Audits – wheelchairs & seating, moving & handling, mobility aids & falls
- Prevention & Wellbeing 'MOT' Clinics (for postural assessment, seating and wheelchair assessment, pain management, tone and contracture management, splinting management and improving activity levels)
- Post CQC inspection support - providing you with a responsive and patient-centred service to support you to improve your service and ensure that you are compliant with the Care Act (2014) and CQC regulations.

For full details, please call us, refer to our Consultancy brochure or visit our website www.enlightphysiotherapy.com



CONTACT

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Courses can be held at your facility in
Hertfordshire, Essex and surrounding areas



www.enlightphysiotherapy.com

Chartered Society
of Physiotherapy



Association
of Chartered
Physiotherapists
in Neurology



Health and Care
Professions Council



www.hcpc-uk.org

HCPA Approved
Training Provider

