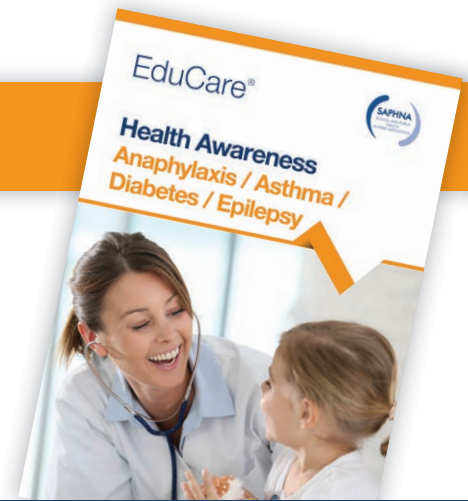


## Health Awareness

This set of courses will help you to understand important health issues including anaphylaxis, asthma, diabetes and epilepsy. At EduCare, we ensure that all of our training courses are written and endorsed by experts. This course has been endorsed by the School and Public Health Nurses Association.



### Course details

- Level 2 courses (as graded against the nationally accepted levels, equivalent to GCSE grades A\* - C)
- A set of four courses, each with their own multiple-choice questionnaire
- 1 CPD credit per course\*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificates
- 70% pass mark
- Printable modules for future reference

\*1 CPD credit equals up to 1 hour of learning

### Course content

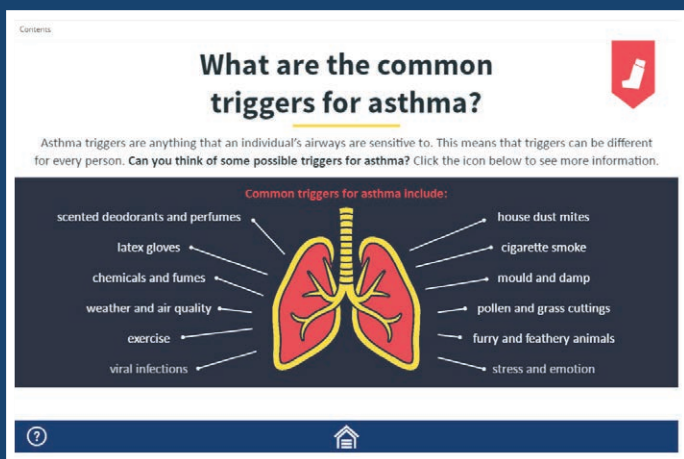
#### Understanding Anaphylaxis

- A look at what anaphylaxis is, along with the common causes like nuts, milk, eggs and medicines like aspirin, antibiotics and general anaesthetic.
- The possible signs and symptoms of someone suffering from an anaphylactic reaction, as well as the different ways that reactions can present themselves.
- Helpful information on dealing with anaphylaxis as well as a video and detailed information on what you should do if someone begins to have an anaphylactic reaction.
- Details on what you can do to reduce the risk of anaphylaxis.
- Information on alternative medication and the increased risk of anaphylaxis from poorly controlled asthma.
- Procedures for emergency medication including information on who you can administer it to and when to call the emergency services.



## Understanding Asthma

- A look at what asthma is, and the number of ways the airways react when someone is having an asthma attack.
- Information on symptoms a sufferer may experience during an asthma attack.
- Details on the common triggers for asthma, including house dust mites, cigarette smoke, stress and many more.
- A look at the different treatments for asthma, and medications used to treat the symptoms and reduce the likelihood of an asthma attack.
- Information on the two main types of inhaler, one for relieving symptoms, and the other for preventing the occurrence of symptoms.
- Information on other treatments that may be prescribed for asthma which includes tablets and injections.
- A helpful video that demonstrates the use of inhalers.
- Important information on first aid treatment to help reduce the effects of an attack, and procedures you should take if you suspect someone is having an asthma attack.
- Procedures for emergency medication including who you can use emergency medication on.
- Specific information for schools, including information on salbutamol inhalers which schools can purchase without a prescription and use in an emergency.



## Understanding Diabetes

- A look at the two types of diabetes, type 1 where the body is no longer able to produce insulin, and type 2 where the insulin produced doesn't work as well as it should.
- Information on the signs and symptoms of both diabetes type 1 and 2, with a helpful video explaining both.
- Useful information on the management and treatment of diabetes including information that's relevant for both children and adults.
- Further information that details a number of apps available on the NHS website that help with the management of diabetes.
- Specific first aid information for both adults and children suffering from the different types of diabetes including details on blood sugar levels and hypoglycaemic attacks.
- Important information on the treatment of a diabetic emergency, including details on checking blood glucose levels and what you can do to help them get glucose into their body.
- Procedures for emergency medication including information on the safe storage of insulin, and safe disposal of sharps.
- Further information for schools such as details on individual healthcare plans and staff who should be aware of symptoms and emergency procedures.

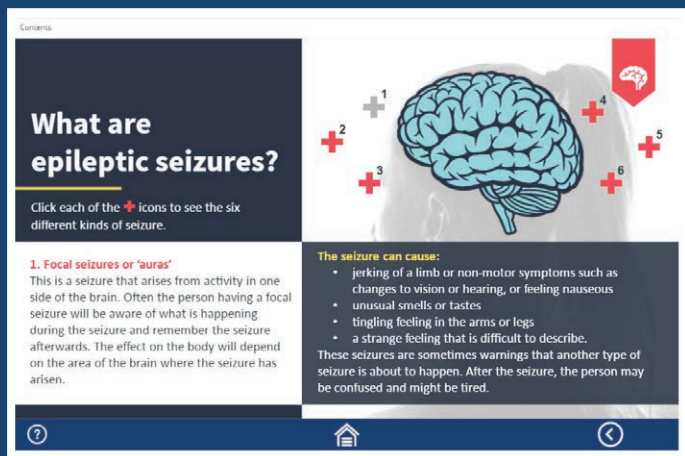


**This course is suitable for**

Anyone who comes into contact with children and young people up to the age of 25.

## Understanding Epilepsy

- A look at what epilepsy is and how it affects the electrical activity in the brain, and information on how epilepsy can start at any age and is usually a lifelong condition.
- Details on what epileptic seizures are and important information on the several different kinds of seizures which includes focal, tonic-clonic, tonic, atonic, absence and myoclonic seizures.
- Information on the common triggers for epilepsy, including missing medication, stress, lack of sleep and many more.
- Information on other treatments for epilepsy including surgery to remove part of the brain that causes the seizures, a special diet called ketogenic, and implanting a small electrical device that links directly to the brain.
- Important information on first aid treatment to help reduce the risks when someone is experiencing a seizure, examples of when you should call an ambulance and procedures for emergency medication and who the medication can be used for.

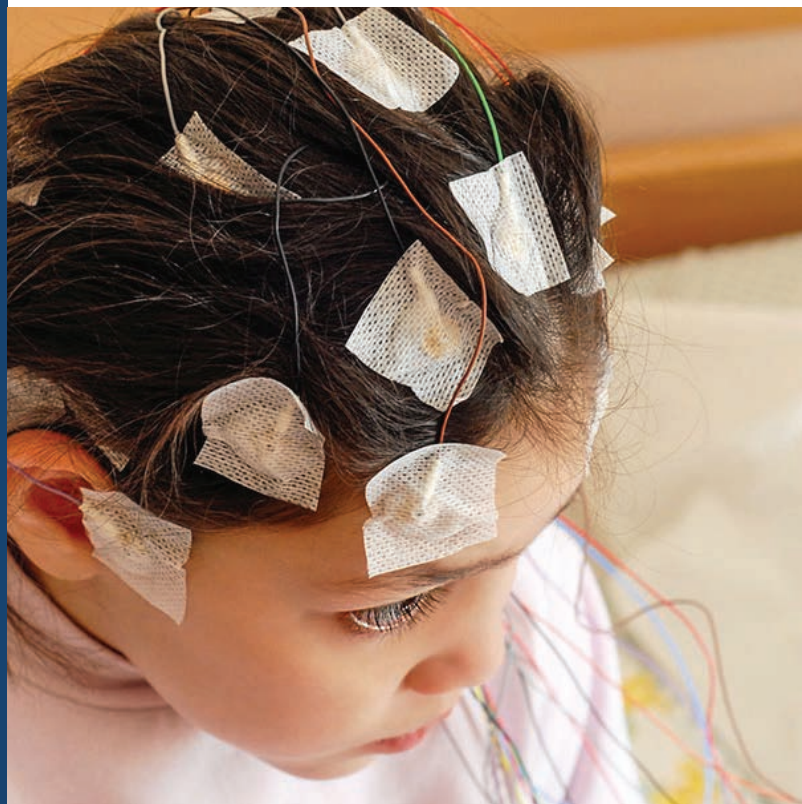


## Key features

- Visually engaging and highly interactive
- Videos to highlight key learning points
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning

## Pricing options

1. The Health Awareness package is available to EduCare customers who can purchase as an addition to any of our training packages. The four individual courses can also be bought online separately.



## Why choose us?



“SAPHNA are delighted to have supported EduCare with the development of these four new courses. Offering practical advice and guidance to schools on medical issues, and giving staff the confidence to act, is very important as more and more schools are losing access to school nurses.”

Sharon White OBE  
CEO, School And Public Health Nurses Association

www.educare.co.uk  
01926 436 211  
online@educare.co.uk

