



**Superior  
Healthcare  
Group**

# **Training Brochure**

- Health and Social Care Training
- Clinical Skills Training

April 2024

## Our Training Offer

As a registered healthcare provider, we understand the challenging and changing nature of the healthcare sector and the importance of being able to access high-quality training opportunities which promote outstanding, compassionate, and safe care.

All our courses are designed by experienced healthcare and clinical L&D professionals and are mapped to the relevant standards, such as the Care Certificate or the National Occupational Standards for Health and Social Care and the Regulated Qualifications Framework (RQF), and all have been CPD accredited.

### Health & Social Care Training:

- The Care Certificate (eLearning theory followed by 1 day of practical and competency assessment session)
- Moving & Positioning People – ½ day
- Basic Life Support – ½ day
- Medication Administration Workshop – 1 day
- Safeguarding Adults and Children – Level 2 and Level 3 – ½ day each
- Autism and Learning Disabilities Awareness – 1 day
- Dementia Awareness – ½ day
- Positive Behaviour Support – 1 day
- Prevention & Management of Violence and Aggression (PMVA) Training – 2 days
- Ligature Rescue – 1 day

### Clinical Training:

- Adult & Paediatric Tracheostomy Awareness – 1 day
- Ventilation Awareness – ½ day
- Cough Assist (theory) – 2 hours
- Enteral Feeding – ½ day
- Epilepsy Awareness with Rescue Medication Administration – ½ day
- Spinal Injury and Acquired Brain Injury Awareness – 1 day
- Diabetes – ½ day

# **Health and Social Care**

## Training Offer

# The Care Certificate

## Course overview:

This course combined eLearning and Practical Skills Assessment course is designed for, community carers, support workers & healthcare assistants working or wishing to work in the healthcare industry who are looking to enhance their core skills and knowledge in caring for a client in the care industry.

Every individual new to health and social care, as well as those changing jobs within it, is required to undertake an induction programme that meets the Care Certificate standards and allows them to provide evidence of completed objectives.

Our Care Certificate course provides underpinning theory-based knowledge for the below 15 standards of Care Induction:

- Understand your role
- Your personal development
- Duty of Care
- Equality and Diversity
- Work in a person centred way
- Communication
- Privacy and dignity
- Fluids and nutrition
- Awareness of mental health, dementia and learning disability
- Safeguarding adults
- Safeguarding Children
- Basic Life Support
- Health and Safety
- Handling information
- Infection prevention and control
- Moving and Positioning of People
- Medication Awareness

This course also includes an access to a downloadable workbook for all 15 standards, holistic assessment sheets and workplace competency record sheets.

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- **Duration:** 2 days (1 day eLearning and 1 day practical skills training)
  - **CPD:** 12.5 hours
  - **Maximum number of delegates:** 12

# Moving and Positioning Training

## Course overview:

This moving and positioning training course aims to help reduce the risk of injury to both the team members and the service users when performing people moving & handling techniques in the workplace.

Its aim is to ensure team members recognise the principles of safe moving and assisting and the importance of risk assessment prior to any moving and assisting task.

## Learning outcomes:

- Awareness of Legislation including Health and Safety at Work Act, PUWER, LOLER, Manual Handling Regulations Operations (1992)
- Duties and Responsibilities of Employer and Employee
- Anatomy of Spine
- Risk Assessment using safe principles T.I.L.E.E.O
- Reducing risk and removing hazards
- Understanding R.I.D.D.O.R
- Safe use of correct equipment
- Knowledge of dangerous moves
- Ability Test
- Chair Moves to stand and chair to chair transfer
- Slings – inserting whilst in bed/in a wheelchair
- Hoist – bed to chair transfer

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- **Duration: 1/2 day**
  - **CPD: 3.5 hours**
  - **Maximum number of delegates: 12**

# Basic Life Support Training

## Course overview:

This training course aims to help teach team members a basic knowledge of first aid – covering CPR, recovery position, bleeding, choking and shock.

The course takes place over 3.5 hours and will teach the theoretical knowledge followed by the relevant practical “hands on” competency assessments to improve knowledge and skill.

## Learning outcomes:

- Recovery position
- Bleeding – causes, control measures and risk limitation
- Shock
- CPR Demonstration and practice D.R.S.A.B.C.
- Unconsciousness/head injuries
- Choking – responding effectively and practical demonstration

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- **Duration: 1/2 day**
  - **CPD: 3.5 hours**
  - **Maximum number of delegates: 12**

# Medication Administration Workshop

## Course overview:

This training course covers the core information required around medications and how they should be treated, prescribed, dispensed and administered. It will cover the information required for team members to undertake their role in the safe handling of medication. Other key information such as the law and terminology is also included to ensure that team members have a fully rounded awareness of medication.

## Learning outcomes:

- Understand the legislation, policy and procedures relevant to the administration and safe handling of medicines
- Prescriptions & labels
- Classification of medication
- Refusal of medicines
- Drug storage and disposal
- Drug errors
- Common side effects and adverse reactions
- Paperwork including M.A.R. sheet
- Administration of medication
- Demonstration and practice of different administering techniques

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- **Duration: 1 day**
  - **CPD: 6.5 hours**
  - **Maximum number of delegates: 12**

# Safeguarding Adults and Children

## Course overview:

To ensure care and nursing teams can identify abuse and respond appropriately to situations where abuse may occur and work in a person centred way that promotes rights and inclusion.

## Learning outcomes:

### Adults

- Identify legislation and guidance relevant to safeguarding
- List types of abuse
- Identify signs, symptoms and risk factors of abuse
- Explain employer and employee responsibilities
- Who is vulnerable / at risk
- The role of dignity in safeguarding
- What to do should you have a concern
- How to respond to an individual should they disclose a concern

### Children

- Legislation & agreed ways of working
- Every child matters guidance
- Myths and statistics
- Effects on young people
- Leadership/worker skills
- Common indicators of abuse
- Reporting of abuse and potential abuse
- Barriers to reporting abuse

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- **Duration: 1 day**
  - **CPD: 6.5 hours**
  - **Maximum number of delegates: 12**



# Autism and Learning Disabilities Awareness

## Course overview:

This one-day training course is designed to enhance the communication skills of team members who work or live with individuals with Autism and/or other Learning Disabilities.

Throughout the course, participants will learn about the positive and negative effects of communication, how it can impact others and how to effectively communicate with people with Learning Disabilities.

## Learning outcomes:

### Autism Awareness

- What is Autism?
- What is Pervasive Development Disorder?
- How to support people with a disorder
- What is Asperger's syndrome?
- Facts and myths about autism
- Help and Medication

### Learning Disabilities Awareness

- Overview of different learning disabilities
- What effects a learning disability has on the service user and their families
- How to support those with learning disabilities
- The need for clear communication and ensuring it is person centred
- Managing the behaviour of people with learning disabilities
- Positive risk taking and empowering those with learning disabilities

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- **Duration: 1 day**
  - **CPD: 6.5 hours**
  - **Maximum number of delegates: 12**

# Dementia Awareness

## Course overview:

To provide an underpinning knowledge to care and nursing teams to support people living with dementia.

## Learning outcomes:

- Understanding dementia
- Common types of dementia
- How the brain is affected
- Causes and symptoms
- Person centred care
- Communication
- Learning about the persons past
- Care planning
- The role of friends and relatives
- Building relationships
- Equality and diversity in dementia
- Recognise and help prevent abuse
- Non-verbal communication

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- **Duration: 1/2 day**
  - **CPD: 3.5 hours**
  - **Maximum number of delegates: 12**

# Positive Behaviour Support Workshop

## Course overview:

This training is essential for teams to develop the right support skills, improve quality of life for people supported and reduce behaviours of concern. Positive and proactive, the training will empower delegates to develop individual PBS plans aimed at improving their clients' environment and wellbeing, thus decreasing the likelihood of disturbed behaviours.

## Learning outcomes:

- What is PBS?
- Understanding Behaviours that Challenge
- The framework of PBS strategies and interventions
- Proactive and Reactive Strategies
- The ABC system (the issue of control)
- Capable Environment
- Active Listening and Positive Interactions
- PBS Plans
- Breakaway techniques

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- **Duration: 1 day**
  - **CPD: 6.5 hours**
  - **Maximum number of delegates: 12**

# Prevention & Management of Violence and Aggression (PMVA) Training

## Course overview:

This two-day course is designed for registered nurses, community carers, support workers & healthcare assistants working in the healthcare industry who are looking to enhance their skills and knowledge in caring for a client expressing behaviours that challenge.

## Learning outcomes:

- Health and safety, human rights, criminal law, and how these runs alongside company policy and procedures
- De-escalation techniques including types of communication/body language
- Practical sessions including different types of restraint low and high impact
- Non-pain compliant methods of restraint and how to deal appropriately to different scenarios and the importance of teamwork
- Breakaway techniques
- The importance of clear robust de-briefing and report writing

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- **Duration: 2 days**
  - **CPD: 13 hours**
  - **Maximum number of delegates: 12**

# Ligature Rescue Training

## Course overview:

This one-day course is specifically designed for support team members who are supporting individuals who are at risk of attempting suicide or self-harm by a number of means including the application of a ligature. Learners will gain practical skills and knowledge to recognise self-harm and ligature injuries, treat a casualty and also to safely remove someone from suspension. They will be able to recognise and identify possible ligature points and will be able to implement control measures in order to support individuals who are at risk from Ligature.

## Learning outcomes:

- We will explore ligature risk assessments and discuss environmental risk assessments.
- Review the organisation's current policy, process and procedures on the use of the cutters.
- Identify types of ligatures and ligature points.
- Recognise and describe the signs and symptoms of ligature injuries.
- Demonstrate the safe removal of ligatures using cutters.
- Demonstrate safe removal from suspension and incomplete suspension.
- Describe how to safely store, maintain, dispose and replace cutters.
- Explore anti ligature devices
- Explore ligature risk assessments and environmental risk assessments.
- Discuss First Aid actions following strangulation or attempted strangulation.
- Course Assessment and Certification

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- **Duration: 1 day**
  - **CPD: 6.5 hours**
  - **Maximum number of delegates: 10**

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# **Specialist Clinical Skills**

## Training Offer

# Adult & Paediatric Tracheostomy Awareness Training

## Course overview:

This one-day course is designed for registered nurses, community carers, support workers, and healthcare assistants working in the healthcare industry who are looking to enhance their clinical skills and knowledge in complex care and who have limited tracheostomy experience.

Learn about caring for clients with a tracheostomy in the community and gain practical experience in simulated practice learning, which replicate situations in tracheostomy care you are likely to encounter in practice. The aim is to improve care, enhance patient safety and optimise outcomes in a safe and controlled environment. All aspects of training include guidelines from the National Tracheostomy Safety Project (UK).

## Learning Outcomes:

- Overview of Anatomy & physiology of the respiratory system
- Awareness of Indications for a tracheostomy
- Understanding of types and characteristics of adult tracheostomy including, tracheostomy tubes, fenestrated/infenestrated, cuffed/uncuffed, & subglottic tracheostomies. Paediatric tubes including neonatal and paediatric Shiley tubes and Bivona flexextend
- Caring for a client with a tracheostomy including:
  - Awareness of safe suction technique
  - Awareness of tracheostomy tape/tie changes.
  - Awareness of rationale for humidification and nebulization
  - Awareness of speaking valves
  - Awareness of routine tracheostomy tube changes
  - Awareness of tracheostomy emergencies including what to do if a tracheostomy becomes blocked or displaced
- Simulated practice stations including, suction, tape/tie changes, tracheostomy tube change and emergency one person technique tracheostomy tube change

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- **Duration: 1 day**
  - **CPD: 6.5 hours**
  - **Maximum number of delegates: 12**

# Ventilation Awareness

## Course overview:

This half day course is designed for registered nurses, community carers, support workers and healthcare assistants working in the healthcare industry who are looking to enhance their clinical skills and knowledge in complex care who have limited ventilation experience.

Learn about caring for clients on a ventilator and gain practical experience in simulated practice learning which replicate situations in ventilatory care you are likely to encounter in the community. The aim is to improve care, enhance patient safety and optimise outcomes in a safe controlled environment.

## Learning Outcomes:

- To understand rationale for ventilation
- Ventilation at home and indications for treatment
- Overview on sleep and ventilation
- Overview of invasive and non-invasive ventilation
- Overview of modes of ventilation including CPAP and BiPAP
- Care of a client on a ventilator in the community including safety checks at the beginning of the shift.
- Overview of common ventilators and controls in the community
- Troubleshooting ventilator alarms
- Setting up wet and dry circuits

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- **Duration: 1/2 day**
  - **CPD: 3.5 hours**
  - **Maximum number of delegates: 12**



# Cough Assist Training

## Course overview:

This half-day course is designed for registered nurses, community carers, support workers & healthcare assistants working in the healthcare industry who are looking to enhance their clinical skills and knowledge in complex care who have limited cough assist machine experience.

Learn about caring for clients who require the use of a cough assist machine to keep them safe in the community. The aim is to improve care, enhance patient safety and optimise outcomes in a safe controlled environment.

## Learning Outcomes:

- Understand why we cough
- Understand why we need to assist clients to cough
- Contra-indications of cough assist
- Checks prior to use of cough assist
- Cleaning and maintenance
- Understand safety precautions

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- **Duration: 1/2 day**
  - **CPD: 3.5 hours**
  - **Maximum number of delegates: 12**

# Enteral Feeding Training

## Course overview:

This half day course is designed for registered nurses, community carers, support workers & healthcare assistants working in the healthcare industry who are looking to enhance their clinical skills and knowledge in caring for a client with a gastrostomy/jejunostomy.

Learn about caring for clients requiring enteral feeding in the community and gain practical experience in simulated practice learning which replicate situations in peg care you are likely to encounter. The aim is to improve care, enhance patient safety and optimise outcomes in a safe controlled environment.

## Learning Outcomes:

- Anatomy of the gastrointestinal system
- Overview of gastrostomies including low profile feeding devices and PEG tubes
- Understand indications for gastrostomy
- Care of the client and your responsibilities with a gastrostomy & jejunostomy
- Stoma care and infection control
- Complications of a PEG
- Feeding via a gastrostomy tube, including bolus, intermittent gravity and continuous pump feeds
- Overview of medication administration via G-Tube
- Demonstration in simulated practice setting up feed extension tube for low profile feeding tubes
- Setting up a feed in simulated practice

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- **Duration: 1/2 day**
  - **CPD: 3.5 hours**
  - **Maximum number of delegates: 12**

# Epilepsy Awareness with Rescue Medication Administration

## Course overview:

This half day course is designed for registered nurses, community carers, support workers & healthcare assistants working in the healthcare industry who are looking to enhance their clinical skills and knowledge in caring for a client with epilepsy.

The course will provide an awareness of epilepsy covering the various types of epilepsy and seizures, the causes and triggers of a seizure and will also explain what to do in the event of a seizure.

It will cover the administration of rescue medication, Buccal Midazolam (and Rectal Diazepam if required) and provide participants an opportunity to practice scenario's to gain confidence in using these medications during a seizure.

## Learning Outcomes:

- Overview of epilepsy and how to recognize seizure activity
- Overview of how epilepsy is diagnosed and treated
- Overview of epilepsy triggers
- Overview of anti-epilepsy medications and treatments including, vagal-nerve stimulation, & keto-genic diet
- Have an understanding of SUDEP
- Have an understanding of what to do in an emergency
- Have an understanding of status epilepticus
- Have an understanding of the types of emergency treatments including administration of buccal midazolam and rectal paraldehyde (in children)

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- **Duration:** 1/2 day
  - **CPD:** 3.5 hours
  - **Maximum number of delegates:** 12

# Spinal Injury & Brain Injury Awareness

## Course overview:

This one-day course is designed for registered nurses, community carers, support workers & healthcare assistants working in the healthcare industry who are looking to enhance their clinical skills and knowledge in caring for a client with spinal injury and brain injury.

This course will help delegates understand the causes and consequences of spinal injury and the care to prevent Autonomic Dysreflexia. It will cover the awareness course material as well as further knowledge about nutrition, respiratory care and the support networks to help client to adjust to life with a spinal or brain injury.

## Learning Outcomes:

### Spinal Injury:

- Anatomy of the spine & central nervous system (CNS)
- What is Autonomic Dysreflexia
- Advantages/disadvantages of urinary catheters
- Importance of effective infection control
- How to handle, empty and change catheter bag
- Awareness of fluid balance
- Effective record keeping
- Privacy, dignity and respect
- Suppositories, manual evacuation & enemas

### Brain Injury:

- Define brain injury & brain facts
- How does the brain work
- Severities of the injuries
- Brain injury symptoms
- Recovery
- Strategies for living with a brain injury

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- **Duration:** 1/2 day
  - **CPD:** 3.5 hours
  - **Maximum number of delegates:** 12

# Diabetes Awareness Training

## Course overview:

This course aims to improve delegates' knowledge and understanding of diabetes. It is recommended for any care and nursing teams working with clients and patients with diabetes.

The course will give a clear understanding of how to identify the signs of a diabetic attack and will teach best practise in dealing with an emergency, including insulin administration.

## Learning Outcomes:

- What is diabetes and types of diabetes
- Recognising diabetes
- Blood glucose monitoring
- Insulin administration
- Treatment of diabetes
- The different types of diabetes medication
- How we manage diabetes in vulnerable people
- Health and foot care
- High risk conditions
- The difference between hypoglycaemia and hyperglycaemia
- Management and treatments of diabetes
- Management of unwell diabetic patients
- Management, treatment and prevention of emergency situations

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- **Duration: 1/2 day**
  - **CPD: 3.5 hours**
  - **Maximum number of delegates: 12**

## Our Training Hubs

### Whitstable, Kent

Gazette House  
5-8 Estuary View Business Park  
Boorman Way  
Whitstable, Kent  
CT5 3SE

T: 01227 771122

### Maidstone, Kent

Hermitage Court  
Hermitage Lane  
Maidstone, Kent  
ME16 9NT

T: 01622 230800

### Folkestone, Kent

Suite 6 & 7  
Folkestone Enterprise Centre  
Shearway Business Park  
Shearway Road  
Folkestone  
CT19 4RH

T: 01303 221666

### Brighton, Sussex

Unit 60  
The Sussex Innovation Centre  
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East Sussex  
BN1 9SB

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### Gosport, Hampshire

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Aerodrome Road  
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### Chelmsford, Essex

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## Our Services

### Training

T: 01227 771133  
E: [training@superiorhealthcare.co.uk](mailto:training@superiorhealthcare.co.uk)  
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### Temporary Agency Staffing

T: 01622 230800  
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### Complex Care Services

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