

# Health Care Assistant Training Forums

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## Personalised Care – Jo McGoldrick

19 April, 14:00 – 15:30hrs

The patient as a person.

Personalised Care within the NHS requires us to always see the patient as a person. In this training we will look at the 6 elements of Personalised Care that helps people feel more empowered and influential, alongside a few suggestions on how to communicate the information we need to give, so that people are more willing to act upon it.

## Hypertension – Beverley Bostock

7<sup>th</sup> May, 12:00 – 13:30hrs

High blood pressure is linked to a range of conditions including cardiovascular disease, renal complications and dementia. This webinar reminds delegates of the importance of accurate measurement, including home blood pressure monitoring, and explains the importance of cardiovascular risk assessment in determining what happens next. The importance of lifestyle interventions to underpin drug treatments is also addressed.

## Asthma – Joanne Hamilton

15<sup>th</sup> June, 12:00 – 13:30hrs

An overview of:

- Anatomy of physiology of the lungs
- What is asthma?
- How is asthma diagnosed?
- Peak flow and spirometry
- Treatment of asthma
- Inhaler delivery of systems workshop
- Management of asthma and asthma action plans



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