



My Learning
Cloud



E-LEARNING COURSES

2023-2024

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Anxiety and Depression

Duration: 105 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Anxiety and Depression within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the differences and causes of depression and anxiety.
- To gain an understanding of the role that stress plays in the cause of emotional disorders.
- To gain an understanding of the different approaches and techniques including risk assessment and therapies.
- To gain an understanding of the importance of motivating and supporting daily activities and routines.
- To gain an understanding of the myths and prejudices that surround depression and anxiety.

Assisting and Moving People

Duration: 60 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Assisting and Moving People within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the legal obligations of the employee and the employers regarding Manual Handling.
- To gain an understanding of the consequences and danger of poor Manual Handling practises.
- To gain an understanding of the actions to be taken in the event of a Manual Handling manoeuvre being required within their work place.
- To gain an understanding of the correct manoeuvre for use on a range of different Manual Handling situation.

Autism Awareness

Duration: 110 minutes

Course Overview

This six-unit CPD Certified eLearning course has been designed to provide the learner with an understanding of Autism within Health and Social Care. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- An introduction to Autism.
- Person-centred approach to supporting autistic individuals.
- Communication and interaction.
- Sensory processing.
- Supporting positive behaviour
- Supporting healthy and fulfilled lives.

Basic Life Support

Duration: 70 minutes

Course Overview

This four-unit CPD Certified eLearning course has been designed to provide the learner with an understanding of Basic Life Support within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

This course has been written in conjunction with current guidance from the Resuscitation Council found in the 2021 Resuscitation Guidelines.

Learning Outcomes

- To gain an understanding of how to recognise and respond to an unresponsive individual who is not breathing normally.
- To gain an understanding of how to safely use an automated external defibrillator.
- To gain an understanding of how to recognise and respond to an individual experiencing anaphylaxis.
- To gain an understanding of how to recognise and respond to an unresponsive individual who is breathing normally.
- To gain an understanding of how to recognise and respond to an individual who is choking.

Behaviours that Challenge

Duration: 100 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Behaviours that Challenge within Health and Social Care. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what constitutes challenging behaviour.
- To gain an understanding of what might trigger challenging behaviour.
- To gain an understanding of the theory of de-escalation - why do we need this skill?
- To gain an understanding of the causes and signs of escalation.
- To gain an understanding of the right time to intervene.
- To gain an understanding of the benefits of various conflict management strategies within the Kilmann grid.
- To gain an understanding of additional communication and empathy skills.
- To gain an understanding of how non-verbal communication methods can affect the outcome.
- To gain an understanding of what impact your choices in intervention methods can have on the outcome.
- To gain an understanding of effective de-escalation techniques.
- To gain an understanding of the benefits of learning from conflict.

Behaviours that Challenge (Managers)

Duration: 130 minutes

Course Overview

This six unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Behaviours that Challenge for Managers within Health and Social Care. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what constitutes challenging behaviour.
- To gain an understanding of what might trigger challenging behaviour.
- To gain an understanding of the theory of de-escalation - why do we need this skill?
- To gain an understanding of the causes and signs of escalation.
- To gain an understanding of the right time to intervene.
- To gain an understanding of the benefits of various conflict management strategies within the Kilmann grid.
- To gain an understanding of additional communication and empathy skills.
- To gain an understanding of how non-verbal communication methods can affect the outcome.
- To gain an understanding of what impact your choices in intervention methods can have on the outcome.
- To gain an understanding of effective de-escalation techniques.
- To gain an understanding of the benefits of learning from conflict.
- To gain an understanding of the additional requirements and responsibilities for anyone in a management position.
- To gain an understanding of what is expected from members of your staff team when dealing with challenging behaviour.
- To gain an understanding of the approach to take when dealing with poor practice

Bipolar Disorder

Duration: 110 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Bipolar Disorder within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what is Bipolar Disorder.
- To gain an understanding of how to identify the different types of Bipolar.
- To gain an understanding of how to recognise different Bipolar mood states.
- To gain an understanding of the main causes of Bipolar.
- To gain an understanding of the diagnosis and treatment of Bipolar Disorder.
- To gain an understanding of the potential stigma around Bipolar Disorder.
- To gain an understanding of the support strategies available.

Catheter Care Awareness

Duration: 135 minutes

Course Overview

This six unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Catheter Care within Health and Social Care. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what catheterisation is.
- To gain an understanding of the reasons for catheterisation.
- To gain an understanding of the causes and types of incontinence.
- To gain an understanding of what risks are involved with catheterisation.
- To gain an understanding of the different types of catheters.
- To gain an understanding of the post procedure catheter positioning.
- To gain an understanding of the importance of record keeping.

Control of Substances Hazardous to Health (COSHH)

Duration: 55 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Control of Substances Hazardous to Health (COSHH) within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the principles of COSHH regulations and the responsibilities placed upon both the employer and the employee.
- To gain an understanding of the meaning of COSHH symbols.
- To gain an understanding of where to source safety data sheets and conduct and understand COSHH risk assessments.

Cybersecurity Awareness

Duration: 65 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Cyber Security within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the types of cyber-attack and malware.
- To gain an understanding of the impact of cybercrime.
- To gain an understanding of key cyber security legislation.
- To gain an understanding of your rights under cyber security legislation.
- To gain an understanding of cyber security practices.
- To gain an understanding of password management and access control.

Cybersecurity Awareness (Manager)

Duration: 80 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Cyber Security at a managers level within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the types of cyber-attack and malware.
- To gain an understanding of the impact of cybercrime.
- To gain an understanding of key cyber security legislation.
- To gain an understanding of your rights under cyber security legislation.
- To gain an understanding of cyber security practices.
- To gain an understanding of password management and access control.
- To gain an understanding of preparing, responding and recovering from a cyber-attack.

Data Protection and GDPR

Duration: 60 minutes

Course Overview

This four unit CPD Certified elearning course has been designed to provide the learner with an understanding of Data Protection and GDPR within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the main elements of laws and guidance that are in place to support with confidentiality and data protection.
- To gain an understanding of the rights and responsibilities of both the employer and employee in regards to confidentiality and data protection.
- To gain an understanding of the Caldicott Principles.
- To gain an understanding of the difference between personal and sensitive data.
- To gain an understanding of what a personal data breach is and how to respond.
- To gain an understanding of the importance of data protection in relation to social media and other forms of media.

Dementia Awareness

Duration: 60 minutes

Course Overview

This three unit CPD Certified elearning course has been designed to provide the learner with an understanding of Dementia Awareness within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the meaning of the term dementia, the 4 main types and their causes.
- To gain an understanding of the symptoms of 4 types of dementia.
- To gain an understanding of how dementia is diagnosed and why early diagnosis is important.
- To gain an understanding of the factors that may increase the risk of dementia and how to reduce them.
- To gain an understanding of how dementia may be treated.
- To gain an understanding of how to support those with dementia and best practices.

Diabetes Awareness

Duration: 165 minutes

Course Overview

This seven unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Diabetes within Health and Social Care. The seven units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what diabetes is and the different types.
- To gain an understanding of the signs and symptoms of diabetes.
- To gain an understanding of what blood glucose monitoring is and how important this is to a person's management of diabetes.
- To gain an understanding of the terms and be able to identify the causes of hypoglycaemia and hyperglycaemia, recognise the signs and symptoms and how to prevent dangerous situations from occurring.
- To gain an understanding of how different factors can affect diabetes and complicate the management of the condition.
- To gain an understanding of the types of diabetes medication and treatment available.
- To gain an understanding of the importance of nutrition and weight management and how this can affect the person with diabetes.
- To gain an understanding of the 15 Healthcare essentials for people with Diabetes.
- To gain an understanding of organisations who can assist with advice and management of diabetes.

Dignity Through Action

Duration: 145 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Dignity Through Action within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what dignity is and why it is central to the support and care of an individual.
- To gain an understanding of what respect is and what it looks like.
- To gain an understanding of The Dignity Challenge and how to put it into practice.
- To gain an understanding of the importance of dignity and why it matters.
- To gain an understanding of the legislation and regulations surrounding dignity and respect.
- To gain an understanding of how to practice dignity and respect and the tools that can be utilised.

Disability Awareness

Duration: 125 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Disabilities within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the definition of disability and what this means in practice.
- To gain an understanding of the historic approach to supporting those with disabilities.
- To gain an understanding of the difference and impact of medical and social models.
- To gain an understanding of the range of disabilities.
- To gain an understanding of the legal duties and laws that govern the fair treatment of people with a disability.

Display Screen Equipment

Duration: 40 minutes

Course Overview

This two unit CPD Certified elearning course has been designed to provide the learner with an understanding of Display Screen Equipment (DSE) within Health and Social Care. The two units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what is meant by the term 'Display Screen Equipment' (DSE).
- To gain an understanding of what is the purpose of having DSE regulations.
- To gain an understanding between DSE and other items you may find in your workstation.
- To gain an understanding of a DSE user, the circumstances where DSE regulations apply, and homeworking.

Document and Record Keeping

Duration: 50 minutes

Course Overview

This three unit CPD Certified elearning course has been designed to provide the learner with an understanding of Document and Record Keeping within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of identifying what constitutes good practice in relation to document and Record-Keeping.
- To gain an understanding of the purpose of care records.
- To gain an understanding of the types of records you are required to complete.
- To gain an understanding of how to complete care records, avoiding the common errors.
- To gain an understanding of the legislation that underpins information management processes.

Document and Record Keeping (Manager)

Duration: 50 minutes

Course Overview

This three unit CPD Certified elearning course has been designed to provide the learner with an understanding of Document and Record Keeping within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of identifying what constitutes good practice in relation to document and Record-Keeping.
- To gain an understanding of the purpose of care records.
- To gain an understanding of the types of records you are required to complete.
- To gain an understanding of how to complete care records, avoiding the common errors.
- To gain an understanding of the legislation that underpins information management processes.

Domestic Abuse Awareness

Duration: 80 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Domestic Abuse within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the term 'Domestic Abuse'.
- To gain an understanding of the prevalence of Domestic Abuse.
- To gain an understanding of misconceptions surrounding Domestic Abuse.
- To gain an understanding of how national policy and strategy in relation to Domestic Abuse has changed over time.
- To gain an understanding of the law and legislation in place to protect against Domestic Abuse.
- To gain an understanding of how to report and respond to suspected Domestic Abuse.

Domestic Abuse Awareness (Manager)

Duration: 85 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Domestic Abuse within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the term 'Domestic Abuse'.
- To gain an understanding of the prevalence of Domestic Abuse.
- To gain an understanding of misconceptions surrounding Domestic Abuse.
- To gain an understanding of how national policy and strategy in relation to Domestic Abuse has changed over time.
- To gain an understanding of the law and legislation in place to protect against Domestic Abuse.
- To gain an understanding of how to report and respond to suspected Domestic Abuse.

Duty of Candour

Duration: 115 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Duty of Candour within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the meaning and importance of Duty of Candour.
- To gain an understanding of what a notifiable safety incident is.
- To gain an understanding of statutory and professional Duty of Candour.
- To gain an understanding of the responsibilities and the processes that should be followed.
- To gain an understanding of how Duty of Candour protects individuals.
- To gain an understanding of guidelines that support Duty of Candour.

Dysphagia Awareness

Duration: 50 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Dysphagia and how it affects those with it. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the complications that can arise from Dysphagia.
- To gain an understanding of how to utilise the IDDSI framework and how it can benefit the client.
- To gain an understanding of how best to reduce the risk of choking and assist with eating.
- To gain an understanding of the importance of a multi-disciplinary team when assisting a client with Dysphagia.

Eating Disorders Awareness

Duration: 80 minutes

Course Overview

This five unit CPD Certified eLearning course has been designed to provide the learner with an understanding of Eating Disorders within the health and social care sector. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what is meant by the term Eating Disorder.
- To gain an understanding of the different varieties and severities of Eating Disorders.
- To gain an understanding of the signs and symptoms of Eating Disorders.
- To gain an understanding of how to best support an individual with an Eating Disorder.
- To gain an understanding of therapies and treatments for individuals with an Eating Disorder.

Effective Communication

Duration: 60 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Effective Communication within Health and Social Care. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the importance of Effective Communication at work.
- To gain an understanding of how to meet the communication and language needs, wishes and preferences of individuals.
- To gain an understanding of how to promote Effective Communication.
- To gain an understanding of the principles and practices relating to confidentiality.
- To gain an understanding of how to use appropriate verbal and non-verbal communication.
- To gain an understanding of how to support the use of appropriate communication aids/ technologies.

Effective Communication (Manager)

Duration: 60 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Effective Communication within Health and Social Care. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the importance of Effective Communication at work.
- To gain an understanding of how to meet the communication and language needs, wishes and preferences of individuals.
- To gain an understanding of how to promote Effective Communication.
- To gain an understanding of the principles and practices relating to confidentiality.
- To gain an understanding of how to use appropriate verbal and non-verbal communication.
- To gain an understanding of how to support the use of appropriate communication aids/ technologies.

End of Life Care Awareness

Duration: 205 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of End of Life Care within Health and Social Care. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the legislation that underpins end of life care.
- To gain an understanding of the importance of clear, concise communication when caring for someone facing the end of life taking into account circumstances, needs and abilities of the person and their family and friends.
- To gain an understanding of the notion of informed consent, best interest and advance decisions.
- To gain an understanding of the importance of collaboration with other services and providers who also work with the person facing end of life.
- To gain an understanding of what end of life care plans are including advance care plans (ACPs), what their functions are and how to apply them when required.

Epilepsy Awareness

Duration: 120 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Epilepsy within Health and Social Care. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what Epilepsy and the history of it.
- To gain an understanding of the types, effects and diagnosis of Epilepsy.
- To gain an understanding of treatments available for Epilepsy.
- To gain an understanding of SUDEP.
- To gain an understanding of how to support an individual with Epilepsy.

Equality, Diversity, and Inclusion

Duration: 50 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Equality, Diversity, and Inclusion practices within the workplace. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the concept of Equality.
- To gain an understanding of the concept of Diversity.
- To gain an understanding of the concept of Inclusion.
- To gain an understanding of Labelling, Stereotyping, Prejudice, Discrimination and Oppression.
- To gain an understanding of what constitutes individual identity and group identity.
- To gain an understanding of which Laws and Legislation support Equality and Diversity.

Fire Prevention and Awareness

Duration: 80 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Fire Prevention and Awareness within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how fires are caused.
- To gain an understanding of the Fire Tetrahedron.
- To gain an understanding of how to identify fire hazards.
- To gain an understanding of the behaviour of fire.
- To gain an understanding of fire detection and raising alarm.
- To gain an understanding of means of escape.
- To gain an understanding of fire equipment.
- To gain an understanding of your and your employer's responsibilities.
- To gain an understanding of Fire Risk Assessments.
- To gain an understanding of fire wardens.

Fluids and Nutrition Awareness

Duration: 90 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Fluids and Nutrition within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the legislation regarding the management of fluids and nutrition in health and social care settings.
- To gain an understanding of why fluids and nutrition management is essential in health and social care settings.

Food Hygiene Awareness

Duration: 50 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Food Hygiene Awareness within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how individuals can take responsibility for food safety.
- To gain an understanding of the importance of practising good personal hygiene.
- To gain an understanding of the importance of keeping the work areas clean and hygienic.
- To gain an understanding of the importance of keeping food safe.

Health and Safety Awareness

Duration: 55 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Health and Safety, which your responsibilities to safety within health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of your responsibilities and the responsibilities of others relating to health and safety in the workplace.
- To gain an understanding of how to move and assist safely.
- To gain an understanding of hazardous Substances, fire safety and security.
- To gain an understanding of how to manage stress.

Infection Control

Duration: 75 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Infection Control, which covers PPE, and how to limit infection within the health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of common Healthcare-Associated Infections (HCAI's) and the chain of infection in health and care.
- To gain an understanding of the importance of correct hand washing procedures for infection prevention and control.
- To gain an understanding of the principles of Personal Protective Equipment (PPE) used in infection prevention and control.
- To gain an understanding of Personal Protective Equipment and when it is to be used.
- To gain an understanding of how to manage linen.
- To gain an understanding of the decontamination process in health and care.

LGBTQ+ Awareness

Duration: 70 minutes

Course Overview

This five unit CPD Certified elearning course has been designed to provide the learner with an understanding of Supporting LGBTQ+ Clients within Health and Social Care. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of LGBTQ+.
- To gain an understanding of the key moments in LGBTQ+ history.
- To gain an understanding of legislation relevant to LGBTQ+.
- To gain an understanding of Homophobia and other challenges faced by the LGBTQ+ community.
- To gain an understanding of how positive role models can support the progression of LGBTQ+ rights.

Learning Disabilities

Duration: 65 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Learning Disabilities, which covers how to support an individual with Learning Disabilities, and how to promote inclusion within the health and social care sector. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the nature and characteristics of Learning Disability.
- To gain an understanding of the historical context of Learning Disability.
- To gain an understanding of the basic principles and practice of advocacy, empowerment, and active participation in relation to supporting individuals with Learning Disabilities and their families.
- To gain an understanding of how to promote communication with individuals with Learning Disabilities.
- To gain an understanding of how views and attitudes impact the lives of individuals with Learning Disabilities and their family carers.
- To gain an understanding of the legislation and policies that support the human rights and inclusion of individuals with Learning Disabilities.

Lone Working and Personal Safety

Duration: 45 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Lone Working and Personal Safety, which covers keeping yourself safe when working alone within the health and social care sector. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the definition of Lone Working.
- To gain an understanding of the risk and hazards related to Lone Working.
- To gain an understanding of best practice when Lone Working.
- To gain an understanding of employer and employee responsibilities in regards to Lone Working.
- To gain an understanding of the legislation that supports and protects lone workers.

Managing Continence

Duration: 140 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Managing Continence, which covers causes, regulations, and guides for manage continence within the health and social care sector. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the factors that affect continence.
- To gain an understanding of the common causes of incontinence and the effect that problems of continence can have on an individual.
- To gain an understanding of how to support an individual to manage their own continence.
- To gain an understanding of the ways that lifestyle can affect continence.
- To gain an understanding of the different types of continence equipment.
- To gain an understanding of how to identify risks when Managing Continence and outline how to manage continence in a safe way.
- To gain an understanding of how to gain a greater understanding of the regulations relevant to Managing Continence.

Managing Stoma Care

Duration: 40 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Managing Stoma Care, which covers the complications of and caring for a stoma. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how to change and empty stoma products.
- To gain an understanding of basic knowledge of the digestive system.
- To gain an understanding of the different types of stoma and why they are fitted.
- To gain an understanding of the dietary requirements for people with different types of stoma.
- To gain an understanding of and abnormalities which may be recognised with a stoma.
- To gain an understanding of how to recognise when to refer to healthcare professional.

Manual Handling

Duration: 45 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Manual Handling, which covers safe ways to move objects within the health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the legal definitions and limitations of Manual Handling regulations.
- To gain an understanding of the responsibilities of employers and employees with regard to Manual Handling.
- To gain an understanding of how to assess and reduce risks associated with Manual Handling.
- To gain an understanding of how to apply best practice in Manual Handling.
- To gain an understanding of how to keep yourself safe when handling loads and objects.

Medication Awareness

Duration: 55 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Medication Awareness, which covers how to manage medication supplies within the health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the legal framework for the use of medication in social care settings.
- To gain an understanding of common types of medication and their use.
- To gain an understanding of the different roles and responsibilities in the use of medication in social care settings.
- To gain an understanding of techniques for administering medication.
- To gain an understanding of how to receive, store and dispose of medication supplies safely.
- To gain an understanding of how to promote the rights of the individual when managing medication.
- To gain an understanding of how to support the use of medication.
- To gain an understanding of how to record and report on the use of medication.

Mental Capacity Act with (DoLS)

Duration: 60 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of The Mental Capacity Act (MCA) with Deprivation of Liberty Safeguards (DoLS) within the health and social care sector. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what the Mental Capacity Act is and how has it impacted the area of mental health and decision-making capacity.
- To gain an understanding of the ways in which individuals can be supported to make decisions.
- To gain an understanding of what a capacity assessment is and how to carry one out.
- To gain an understanding of what a best interest's decision is and the important factors that need to be considered when making best interest's decisions.
- To gain an understanding of what constitutes a "reasonable belief" when making a best interest's decision.
- To gain an understanding of why best interest decisions and capacity assessment should be recorded and the importance of this.
- To gain an understanding of when it is important to carry out a formal capacity assessment and why it is required.
- To gain an understanding of what do when a best interest's decision is challenged
- To gain an understanding of what Deprivation of Liberty Safeguards (DoLS) are and how they protect vulnerable individuals.
- To gain an understanding of what a Deprivation of Liberty standard authorisation is and the process of how an application is made.
- To gain an understanding of the importance of supervising bodies and the role that assessments have in ensuring a deprivation of liberty is legal and necessary.

Mental Health Awareness

Duration: 120 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Mental Health Awareness within the health and social care sector. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the definition of mental health.
- To gain an understanding of how to identify the main causes of common mental health conditions.
- To gain an understanding of how to identify early warning signs, symptoms and triggers of common mental health conditions.
- To gain an understanding of the impacts of poor mental health.
- To gain an understanding of treatments available for common mental health conditions.

Multiple Sclerosis Awareness

Duration: 35 minutes

Course Overview

This two unit CPD Certified elearning course has been designed to provide the learner with an understanding of Multiple Sclerosis Awareness within the health and social care sector. The two units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what Multiple Sclerosis is.
- To gain an understanding of the signs and symptoms of Multiple Sclerosis.
- To gain an understanding of how Multiple sclerosis is diagnosed and treated.
- To gain an understanding of how to best support an individual with Multiple Sclerosis.

Obsessive-Compulsive Disorder Awareness

Duration: 125 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Obsessive-Compulsive Disorder Awareness which covers causes and treatments of OCD, within the health and social care sector. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how to recognise what Obsessive-Compulsive Disorder is.
- To gain an understanding of how to define the difference between obsessions and compulsions.
- To gain an understanding of how to recognise the different types of Obsessive-Compulsive Disorder.
- To gain an understanding of how to identify the causes of Obsessive-Compulsive Disorder.
- To gain an understanding of Anxiety.
- To gain an understanding of who is affected by Obsessive-Compulsive Disorder.
- To gain an understanding of how to identify the treatment options for Obsessive-Compulsive Disorder.

Oral Health: Caring for Natural Teeth and Dentures

Duration: 65 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Oral Health, which covers caring for natural teeth and dentures, within the health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how to check a mouth, follow a mouth care plan and what it may include.
- To gain an understanding of how best to ensure natural teeth and dentures are cleaned thoroughly.
- To gain an understanding of when a referral to a dentist is necessary.
- To gain an understanding of the links between poor oral health and general health.
- To gain an understanding of how to complete a mouth care assessment.

Pain Management

Duration: 50 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Pain Management which covers recognising and responding to pain within the health and social care sector. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how to define and classify pain, and know methods of assessing pain.
- To gain an understanding of pharmacological and non-pharmacological Pain Management options.
- To gain an understanding of the pain relief priorities for those with cancer and at end of life care.
- To gain an understanding of how best to follow a Pain Management programme.
- To gain an understanding of how chronic pain may affect clients in their everyday life.

Parkinson's Awareness

Duration: 45 minutes

Course Overview

This three unit CPD Certified e-learning course has been designed to provide the learner with an understanding of Parkinson's which covers the impact and managing Parkinson's within the health and social care sector. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of Parkinson's Disease.
- To gain an understanding of the causes and Symptoms of Parkinson's.
- To gain an understanding of how best to support individuals with Parkinson's.
- To gain an understanding of the diagnosis and treatments available for individuals with Parkinson's.

Person-Centred Support

Duration: 120 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Person-Centred Support within the health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what person-centred support is and why it is central to decision making and planning in the care of an individual.
- To gain an understanding of the importance of choice and consent for the person receiving care.
- To gain an understanding of the legislation and regulations surrounding Person-Centred Support.
- To gain an understanding of the legislation and regulations surrounding Person-Centred Support.
- To gain an understanding of what person-centred values are.
- To gain an understanding of the ways in how to put Person-Centred Support into practice.
- To gain an understanding of what a person-centred support plan looks like, the process of the plan and how this is implemented.
- To gain an understanding of different approaches and features to person-centred support and the impact this can have on the well-being of the individual.
- To gain an understanding of what risk enablement is and how these factors within person-centred support.
- To gain an understanding of tools that can be used within person-centred support, understanding how to use them and when to use them.
- To gain an understanding of the importance of your role in making personalisation happen.

Positive Behaviour Support

Duration: 55 minutes

Course Overview

This four unit CPD Certified elearning course has been designed to provide the learner with an understanding of Positive Behaviour Support within the health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the principles of behaviours that challenge.
- To gain an understanding of the principles of behaviour management.
- To gain an understanding of how to implement a PBS plan and support an individual with this.
- To gain an understanding of other forms of positive behaviour support training and aids.
- To gain an understanding of the legislation and policies in place to support PBS.

Positive Behaviour Support (Manager)

Duration: 65 minutes

Course Overview

This four unit CPD Certified elearning course has been designed to provide the learner with an understanding of Positive Behaviour Support for Managers within the health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the principles of behaviours that challenge.
- To gain an understanding of the principles of behaviour management.
- To gain an understanding of how to implement a PBS plan and support an individual with this.
- To gain an understanding of other forms of positive behaviour support training and aids.
- To gain an understanding of the legislation and policies in place to support PBS.

Pressure Area Care Awareness

Duration: 75 minutes

Course Overview

This seven unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Pressure Area Care Awareness within the health and social care sector. The seven units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the anatomy and physiology of the skin in relation to pressure area care.
- To gain an understanding of how to be aware of best practice in relation to the role of the carer when undertaking pressure area care.
- To gain an understanding of the need for good pressure care management.
- To gain an understanding of the resources available for pressure care management and how to access them.
- To gain an understanding of key messages when preventing pressure ulcers.
- To gain an understanding of the ethical and legal implications around client care.
- To gain an understanding of a holistic approach to pressure area care.

Respiratory Management

Duration: 50 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Respiratory Management within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how environmental factors can impact those with respiratory issues and how best to manage them.
- To gain an understanding of how to assess, plan, implement and evaluate the specific needs of those with respiratory issues.
- To gain an understanding of the signs and symptoms of respiratory issues.
- To gain an understanding of which treatments are most effective for differing respiratory needs.

Safeguarding Adults

Duration: 90 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Safeguarding Adults within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the principles of Safeguarding Adults.
- To gain an understanding of how to recognise signs of abuse.
- To gain an understanding of how to respond to signs and symptoms of suspected or alleged abuse.
- To gain an understanding of the national and local context of safeguarding and protection from abuse.
- To gain an understanding of how to reduce the likelihood of abuse.
- To gain an understanding of how to recognise and report unsafe practices.
- To gain an understanding of the online principles for safety.

Safeguarding Adults (Manager)

Duration: 100 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Safeguarding Adults (Managers) within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of principles of Safeguarding Adults.
- To gain an understanding of how to recognise signs of abuse.
- To gain an understanding of principles for online safety.
- To gain an understanding of the national and local context of Safeguarding and protection from abuse.
- To gain an understanding of how to respond to suspected or alleged abuse.
- To gain an understanding of how to recognise and report unsafe practices.
- To gain an understanding of ways to reduce the likelihood of abuse.

Safeguarding Children and Young People

Duration: 90 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Safeguarding Children and Young People within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how to safeguard and protect children and young people in the workplace.
- To gain an understanding of how to recognise signs of abuse.
- To gain an understanding of how to respond to evidence or concerns that a child or young person has been abused.
- To gain an understanding of the principles for online safety.
- To gain an understanding of the national and local context of safeguarding and protection from abuse.

Safeguarding Children and Young People (Manager)

Duration: 95 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Safeguarding Children and Young People (for managers) within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how to safeguard and protect children and young people in the workplace.
- To gain an understanding of how to recognise signs of abuse.
- To gain an understanding of how to respond to evidence or concerns that a child or young person has been abused.
- To gain an understanding of the principles for online safety.
- To gain an understanding of the national and local context of safeguarding and protection from abuse.

Self-Harm Awareness

Duration: 90 minutes

Course Overview

This four unit CPD Certified elearning course has been designed to provide the learner with an understanding of Self Harm Awareness within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what is meant by self-harm.
- To gain an understanding of the different varieties and severities of self-harm.
- To gain an understanding of the reasons why people self-harm and common misconceptions about self-harm
- To gain an understanding of how to best support an individual who self-harms.
- To gain an understanding of relapse and remission in self-harm.

Sepsis Awareness

Duration: 45 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Sepsis Awareness: Early Detection and Care within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the early warning signs of sepsis.
- To gain an understanding of who is most at risk of sepsis and how to reduce this risk.
- To gain an understanding of the steps to take once sepsis is suspected.
- To gain an understanding of how to care for someone once treated for sepsis.

Slips, Trips and Falls

Duration: 45 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Slips, Trips and Falls within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the common Slips, Trips, and Fall hazards.
- To gain an understanding of how best to prevent any future falls.
- To gain an understanding of the best practice and health and safety legislation surrounding Slips, Trips and Falls.
- To gain an understanding of the appropriate action to take should someone fall.
- To gain an understanding of the potential consequences of a fall.

Stroke Awareness

Duration: 70 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Stroke Awareness within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the different types of stroke.
- To gain an understanding of how to identify the symptoms of a stroke and how to respond in an emergency stroke incident.
- To gain an understanding of the risk factors and causes of stroke.
- To gain an understanding of how to most effectively support the rehabilitation for someone after they have had a stroke.

Suicide Awareness

Duration: 130 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Suicide Awareness within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what constitutes suicidal thoughts and feelings.
- To gain an understanding of how talking about suicidal thoughts and feelings can be beneficial.
- To gain an understanding of how to spot the signs in someone who may have suicidal thoughts.
- To gain an understanding of how to communicate with the person who is experiencing suicidal thoughts and feelings.
- To gain an understanding of how to support someone who is feeling suicidal.
- To gain an understanding of recognising actions to take with someone who is feeling suicidal including being aware of external organisations who can assist.

Understanding MAPPA

Duration: 65 minutes

Course Overview

This six unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Understanding MAPPA within Health and Social Care. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of Multi Agency Public Protection Arrangements (MAPPA).
- To gain an understanding of who is involved in MAPPA.
- To gain an understanding of who we are protecting, and from what.
- To gain an understanding of the legislation that drives MAPPA.
- To gain an understanding of your responsibilities under MAPPA.

Venepuncture

Duration: 40 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Venepuncture within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of potential complications surrounding the technique of venepuncture and how to prevent them.
- To gain an understanding of good and safe practice for venepuncture.
- To gain an understanding of the veins of the arm and sites to be avoided.
- To gain an understanding of how to prevent and control the risk of infection.

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The Care Certificate Standards 1-15

Duration: Various

Course Overview

Our CPD certified Care Certificate is an amazing learning tool for all new members of staff. All 15 e-Learnings are fully compliant with the Care Certificate standards written by Skills for Care and Skills for Health. This course enables new staff to learn about the basic needs and requirements of their new role within the Health and Social Care sector. Made up of 15 individual e-Learning courses the learner is able to complete at their own pace, ensuring it fits with your organisations induction programme.

The Care Certificate Standards include:

1. Understand Your Role
2. Your Personal Development
3. Duty of Care
4. Equality and Diversity
5. Work in a Person-Centred Way
6. Communication
7. Privacy and Dignity
8. Fluids and Nutrition
9. Awareness of Mental Health, Dementia and Learning Disabilities
10. Safeguarding Adults
11. Safeguarding Children
12. Basic Life Support
13. Health and Safety
14. Handling Information
15. Infection Prevention and Control

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Office Suite

Duration: Various

Course Overview

This CPD certified suite of courses has been produced to ensure the office workers within an organisation can gain tailored e-Learning within certain mandatory subjects.

Courses included:

1. Cyber Security
2. Equality, Diversity and Inclusion
3. Fire Prevention
4. Safeguarding
5. GDPR



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SCOTTISH COURSE LIST

A

Adult Support and Protection
Adults with Incapacity

B

Behaviours that Challenge

D

Domestic Abuse Awareness
Duty of Care

E

Equality, Diversity and Inclusion

F

Fire Prevention and Awareness

H

Health and Safety Awareness

P

Person-Centred Support
Positive Behaviour Support

S

Safeguarding Children and Young People

Adult Support and Protection

Duration: 90 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Adult Support and Protection within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of principles of Safeguarding Adults.
- To gain an understanding of how to recognise signs of harm.
- To gain an understanding of how to respond to suspected or alleged harm.
- To gain an understanding of the national and local context of safeguarding and protection from harm.
- To gain an understanding of ways to reduce the likelihood of harm and neglect.
- To gain an understanding of how to recognise and report unsafe practices.
- To gain an understanding of principles for online safety.

Adults with Incapacity

Duration: 120 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Adults with Incapacity within Health and Social Care. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the definition of capacity.
- To gain an understanding of relevant regulations that support individuals with incapacity.
- To gain an understanding of the assessment process for Adults with Incapacity.
- To gain an understanding of the roles and responsibilities of professional within the assessment process.

Behaviours that Challenge

Duration: 100 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Behaviours that Challenge within Health and Social Care. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what constitutes challenging behaviour.
- To gain an understanding of what might trigger challenging behaviour.
- To gain an understanding of the theory of de-escalation - why do we need this skill?
- To gain an understanding of the causes and signs of escalation.
- To gain an understanding of the right time to intervene.
- To gain an understanding of the benefits of various conflict management strategies within the Kilmann grid.
- To gain an understanding of additional communication and empathy skills.
- To gain an understanding of how non-verbal communication methods can affect the outcome.
- To gain an understanding of what impact your choices in intervention methods can have on the outcome.
- To gain an understanding of effective de-escalation techniques.
- To gain an understanding of the benefits of learning from conflict.

Domestic Abuse Awareness

Duration: 80 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Domestic Abuse within Health and Social Care in Scotland. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the term 'Domestic Abuse'.
- To gain an understanding of the prevalence of Domestic Abuse.
- To gain an understanding of misconceptions surrounding Domestic Abuse.
- To gain an understanding of how national policy and strategy in relation to Domestic Abuse has changed over time.
- To gain an understanding of the law and legislation in place to protect against Domestic Abuse.
- To gain an understanding of how to report and respond to suspected Domestic Abuse.

Duty of Care

Duration: 30 minutes

Course Overview

This two unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Duty of Care within Health and Social Care. The two units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the meaning of Duty of Care.
- To gain an understanding of how Duty of Care contributes to safe practice within my role.
- To gain an understanding of the conflicts that may arise between the Duty of Care and an individual's rights.
- To gain an understanding of how to support and advice if conflicts occur.
- To gain an understanding of how to respond to comments and complaints in line with legislation and agreed ways of working.

Equality, Diversity, and Inclusion

Duration: 50 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Equality, Diversity, and Inclusion practices within the workplace. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the concept of Equality.
- To gain an understanding of the concept of Diversity.
- To gain an understanding of the concept of Inclusion.
- To gain an understanding of Labelling, Stereotyping, Prejudice, Discrimination and Oppression.
- To gain an understanding of what constitutes individual identity and group identity.
- To gain an understanding of which Laws and Legislation support Equality and Diversity.

Fire Prevention and Awareness

Duration: 80 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Fire Prevention and Awareness within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how fires are caused.
- To gain an understanding of the Fire Tetrahedron.
- To gain an understanding of how to identify fire hazards.
- To gain an understanding of the behaviour of fire.
- To gain an understanding of fire detection and raising alarm.
- To gain an understanding of means of escape.
- To gain an understanding of fire equipment.
- To gain an understanding of your and your employer's responsibilities.
- To gain an understanding of Fire Risk Assessments.
- To gain an understanding of fire wardens.

Health and Safety

Duration: 55 minutes

Course Overview

This four-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Health and Safety, which your responsibilities to safety within health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of your responsibilities and the responsibilities of others relating to health and safety in the workplace.
- To gain an understanding of how to move and assist safely.
- To gain an understanding of hazardous substances, fire safety and security.
- To gain an understanding of how to manage stress.

Person-Centred Support

Duration: 120 minutes

Course Overview

This four-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Person-Centred Support within the health and social care sector in Scotland. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what person-centred support is and why it is central to decision making and planning in the care of an individual.
- To gain an understanding of the importance of choice and consent for the person receiving care.
- To gain an understanding of the legislation and regulations surrounding Person-Centred Support.
- To gain an understanding of the legislation and regulations surrounding Person-Centred Support.
- To gain an understanding of what Person-centred values are.
- To gain an understanding of the ways in how to put Person-Centred Support into practice.
- To gain an understanding of what a Person-centred support plan looks like, the process of the plan and how this is implemented.
- To gain an understanding of different approaches and features to person-centred support and the impact this can have on the well-being of the individual.
- To gain an understanding of what risk enablement is and how these factors within person-centred support.
- To gain an understanding of tools that can be used within person-centred support, understanding how to use them and when to use them.
- To gain an understanding of the importance of your role in making personalisation happen.

Positive Behaviour Support

Duration: 55 minutes

Course Overview

This four unit CPD Certified elearning course has been designed to provide the learner with an understanding of Positive Behaviour Support within the health and social care sector in Scotland. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the principles of behaviours that challenge.
- To gain an understanding of the principles of behaviour management.
- To gain an understanding of how to implement a PBS plan and support an individual with this.
- To gain an understanding of other forms of positive behaviour support training and aids.
- To gain an understanding of the legislation and policies in place to support PBS.

Safeguarding Children and Young People

Duration: 90 minutes

Course Overview

This four-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Safeguarding Children and Young People within Health and Social Care in Scotland. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how to safeguard and protect children and young people in the workplace.
- To gain an understanding of how to recognise signs of abuse.
- To gain an understanding of how to respond to evidence or concerns that a child or young person has been abused.
- To gain an understanding of the principles for online safety.
- To gain an understanding of the national and local context of safeguarding and protection from abuse.



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H

Health and Safety

Health and Well-Being (Adults)

Health and Well-Being (Children and Young People)

P

Principles and Values (Adults)

Principles and Values (Children and Young People)

Professional Practice as a Health and Social Care Worker

S

Safeguarding Individuals

Health and Safety

Duration: 160 minutes

Course Overview

This five-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of the All Wales Induction Framework Section 7, which covers health and safety within the health and social care sector. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain and understanding of the legislative that underpins health and safety in the workplace.
- To gain and understanding of the importance of risk assessments.
- To gain and understanding of how to promote fire safety in work settings.
- To gain and understanding of the principles of moving and handling and moving and positioning.
- To gain and understanding of how and when emergency first aid can be applied.
- To gain and understanding of the main routes to infection.
- To gain and understanding of how to prevent the spread of infection in the workplace.
- To gain and understanding of how to implement food safety measures.
- To gain and understanding of how to store, use and dispose of hazardous substances safely.
- To gain and understanding of how to recognise risks to, and maintain, security in the workplace.
- To gain and understanding of how to manage stress.

Health and Well-Being (Adults)

Duration: 180 minutes

Course Overview

This six-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of the All Wales Induction Framework Section 3, which covers the health and well-being of adults for the health and social care sector. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain and understanding of what well-being means in the context of health and social care.
- To gain and understanding of the factors that impact the health and well-being of individuals.
- To gain and understanding of how to support individuals with their personal care and continence management.
- To gain and understanding of good practice in relation to pressure area care.
- To gain and understanding of how to support good oral health care and mouth care.
- To gain and understanding of the importance of foot care.
- To gain and understanding of the roles and responsibilities related to the administration of medication.
- To gain and understanding of the importance of nutrition and hydration.
- To gain and understanding of how to support falls prevention.
- To gain and understanding of factors that affect end of life care.
- To gain and understanding of how assistive technology can be used to support individuals.
- To gain and understanding of how sensory loss can impact the health and well-being of individuals.
- To gain and understanding of how living with dementia can impact the health and well-being of individuals.
- To gain and understanding of the impact of mental ill-health on the health and well-being of individuals.
- To gain and understanding of the impact of substance misuse.

Health and Well-Being (Children and Young People)

Duration: 160 minutes

Course Overview

This six-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of the All Wales Induction Framework Section 4, which covers the health and well-being of children and young people for the health and social care sector. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what well-being means for children in the context of health and social care.
- To gain an understanding of the factors that impact the health and well-being of children and young people.
- To gain an understanding of environments that support health, well-being and development of children.
- To gain an understanding of how to support the use of play for the health, well-being and development of children.
- To gain an understanding of speech, language and communication development.
- To gain an understanding of how to recognise and support additional support needs children may have.
- To gain an understanding of how to provide advice, guidance and support to children and young people and their families.
- To gain an understanding of the roles and responsibilities related to the administration of medication.
- To gain an understanding of how to support children and young people with their personal care.
- To gain an understanding of the importance of nutrition and hydration.

Principles and Values (Adults)

Duration: 130 minutes

Course Overview

This six-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of the All Wales Induction Framework Section 1, which covers the values and principles for adults within the health and social care sector. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the legislation, national policies and Codes of Conduct and Practice that underpin health and social care.
- To gain an understanding of how rights-based approaches relate to health and social care.
- To gain an understanding of how to use person-centred approaches.
- To gain an understanding of how to promote equality and diversity and inclusion.
- To gain an understanding of how positive risk-taking supports well-being, voice, choice and control.
- To gain an understanding of how to develop positive relationships with clients and their families and carers in the context of 'professional boundaries'.
- To gain an understanding of the importance of Effective Communication in health and social care.
- To gain an understanding of the importance of the Welsh language and culture for the adults you support.
- To gain an understanding of positive approaches to reduce restrictive practices.
- To gain an understanding of how change and transitions impact upon those in Health and Social Care.
- To gain an understanding of how own beliefs, values and life experiences can affect attitude and behaviour towards adults.

Principles and Values (Children and Young People)

Duration: 135 minutes

Course Overview

This six-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of the All Wales Induction Framework Section 2, which covers the values and principles for children and young people within the health and social care sector. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the legislation, national policies and Codes of Conduct and Practice that underpin health and social care.
- To gain an understanding of how rights-based approaches relate to health and social care.
- To gain an understanding of how to use child-centred approaches.
- To gain an understanding of how to promote equality and diversity and inclusion.
- To gain an understanding of how positive risk-taking supports well-being, voice, choice and control.
- To gain an understanding of how to develop positive relationships with children and young people and their families and carers in the context of 'professional boundaries'.
- To gain an understanding of the importance of Effective Communication in health and social care.
- To gain an understanding of the importance of the Welsh language and culture for children and young people.
- To gain an understanding of positive approaches to reduce restrictive practices.
- To gain an understanding of how change and transitions impact upon children and young people.
- To gain an understanding of how own beliefs, values and life experiences can affect attitude and behaviour towards children and young people.

Professional Practice as a Health and Social Care Worker

Duration: 115 minutes

Course Overview

This six-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of the All Wales Induction Framework Section 4, which covers the health and well-being of children and young people for the health and social care sector. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the roles, responsibilities and accountabilities of health and social care workers.
- To gain an understanding of how to develop and maintain effective partnerships working with others.
- To gain an understanding of how effective team working supports good practice.
- To gain an understanding of how to handle information.
- To gain an understanding of the importance of upholding the health and social care profession.
- To gain an understanding of how continuing personal development contributes to professional practice.

Safeguarding Individuals

Duration: 120 minutes

Course Overview

This three-unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of the All Wales Induction Framework Section 6, which covers safeguarding individuals within the health and social care sector. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain and understanding of the legislation, national policies and Codes of Conduct and Professional Practice in relation to the safeguarding of individuals.
- To gain and understanding of how to work in ways that safeguard individuals from harm, abuse and neglect.
- To gain and understanding of the factors, situations and actions that could lead to or contribute to harm, abuse or neglect.
- To gain and understanding of how to respond, record and report concerns, disclosures or allegations related to safeguarding.



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IRISH COURSE LIST

A

Autism Awareness

C

Catheter Care Awareness

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Dementia Awareness

Document and Record Keeping

E

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Lone Working and Personal Safety

M

Managing Continence

Managing Stoma Care

P

Person-Centred Support

Autism Awareness

Duration: 175 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Autism within Health and Social Care in Ireland. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the autism spectrum.
- To gain an understanding of the causes, symptoms and diagnosis.
- To gain an understanding of the autism triad of impairments.
- To gain an understanding of how best to plan and provide support to individuals with autism.
- To gain an understanding of the legal duties, responsibilities and legislation that governs the fair treatment of people with autism.
- To gain an understanding of the different communication approaches within autism spectrum conditions.

Catheter Care Awareness

Duration: 135 minutes

Course Overview

This six unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Catheter Care within Health and Social Care in Ireland. The six units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what catheterisation is.
- To gain an understanding of the reasons for catheterisation.
- To gain an understanding of what risks are involved with catheterisation.
- To gain an understanding of the different types of catheters.
- To gain an understanding of the post procedure catheter positioning.
- To gain an understanding of the importance of record keeping.

Dementia Awareness

Duration: 100 minutes

Course Overview

This eight unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Dementia Awareness within Health and Social Care in Ireland. The eight units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what is meant by the term dementia.
- To gain an understanding of the key features of the theoretical models of dementia.
- To gain an understanding of the most common types of dementia and their causes.
- To gain an understanding of the factors relating to an individual's experience of dementia.

Document and Record Keeping

Duration: 75 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Document and Record Keeping within Health and Social Care in Ireland. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the range of standards that might apply in your workplace and what you need to do to comply with these.
- To gain an understanding of the legislation that underpins information management processes.
- To gain an understanding of what constitutes good practice in relation to document and record keeping.
- To gain an understanding of the implications of poor practice for yourself, your clients, your organisation and commissioners.

Equality, Diversity and Inclusion

Duration: 50 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Equality, Diversity, and Inclusion practices within the workplace. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the concept of Equality.
- To gain an understanding of the concept of Diversity.
- To gain an understanding of the concept of Inclusion.
- To gain an understanding of Labelling, Stereotyping, Prejudice, Discrimination and Oppression.
- To gain an understanding of what constitutes individual identity and group identity.
- To gain an understanding of which Laws and Legislation support Equality and Diversity.

Fluids and Nutrition Awareness

Duration: 90 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Fluids and Nutrition within Health and Social Care. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the legislation regarding the management of fluids and nutrition in health and social care settings.
- To gain an understanding of why fluids and nutrition management is essential in health and social care settings.

Food Hygiene

Duration: 50 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Food Hygiene Awareness within Health and Social Care. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how individuals can take responsibility for food safety.
- To gain an understanding of the importance of practising good personal hygiene.
- To gain an understanding of the importance of keeping the work areas clean and hygienic.
- To gain an understanding of the importance of keeping food safe.

Infection Control

Duration: 75 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Infection Control within the health and social care sector. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of common Healthcare-Associated Infections (HCAI's) and the chain of infection in health and care.
- To gain an understanding of the importance of correct hand washing procedures for infection prevention and control.
- To gain an understanding of the principles of Personal Protective Equipment (PPE) used in infection prevention and control.
- To gain an understanding of Personal Protective Equipment and when it is to be used.
- To gain an understanding of how to manage linen.
- To gain an understanding of the decontamination process in health and care.

Lone Working and Personal Safety

Duration: 45 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Lone Working and Personal Safety, which covers keeping yourself safe when working alone within the health and social care sector. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the definition of Lone Working.
- To gain an understanding of the risk and hazards related to Lone Working.
- To gain an understanding of best practice when Lone Working.
- To gain an understanding of employer and employee responsibilities in regards to Lone Working.
- To gain an understanding of the legislation that supports and protects lone workers.

Managing Continence

Duration: 140 minutes

Course Overview

This five unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Managing Continence, which covers causes, regulations, and guides for manage continence within the health and social care sector in Ireland. The five units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of the factors that affect continence.
- To gain an understanding of the common causes of incontinence and the effect that problems of continence can have on an individual.
- To gain an understanding of how to support an individual to manage their own continence.
- To gain an understanding of the ways that lifestyle can affect continence.
- To gain an understanding of the different types of continence equipment.
- To gain an understanding of how to identify risks when Managing Continence and outline how to manage continence in a safe way.
- To gain an understanding of how to gain a greater understanding of the regulations relevant to Managing Continence.

Managing Stoma Care

Duration: 40 minutes

Course Overview

This three unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Managing Stoma Care, which covers the complications of and caring for a stoma. The three units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of how to change and empty stoma products.
- To gain an understanding of basic knowledge of the digestive system.
- To gain an understanding of the different types of stoma and why they are fitted.
- To gain an understanding of the dietary requirements for people with different types of stoma.
- To gain an understanding of and abnormalities which may be recognised with a stoma.
- To gain an understanding of how to recognise when to refer to healthcare professional.

Person-Centred Support

Duration: 120 minutes

Course Overview

This four unit CPD Certified e-Learning course has been designed to provide the learner with an understanding of Person-Centred Support within the health and social care sector in Ireland. The four units can be undertaken in any order and the learner must successfully pass the knowledge check to gain certification.

Learning Outcomes

- To gain an understanding of what person-centred support is and why it is central to decision making and planning in the care of an individual.
- To gain an understanding of the importance of choice and consent for the person receiving care.
- To gain an understanding of the legislation and regulations surrounding Person-Centred Support.
- To gain an understanding of the legislation and regulations surrounding Person-Centred Support.
- To gain an understanding of what person-centred values are.
- To gain an understanding of the ways in how to put Person-Centred Support into practice.
- To gain an understanding of what a person-centred support plan looks like, the process of the plan and how this is implemented.
- To gain an understanding of different approaches and features to person-centred support and the impact this can have on the well-being of the individual.
- To gain an understanding of what risk enablement is and how these factors within person-centred support.
- To gain an understanding of tools that can be used within person-centred support, understanding how to use them and when to use them.
- To gain an understanding of the importance of the your role in making personalisation happen.



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