

Care Home Staff Training Brochure

to support delivery of the
Enhanced Health In Care Home
Framework across BLMK

Summer 2024

Introduction

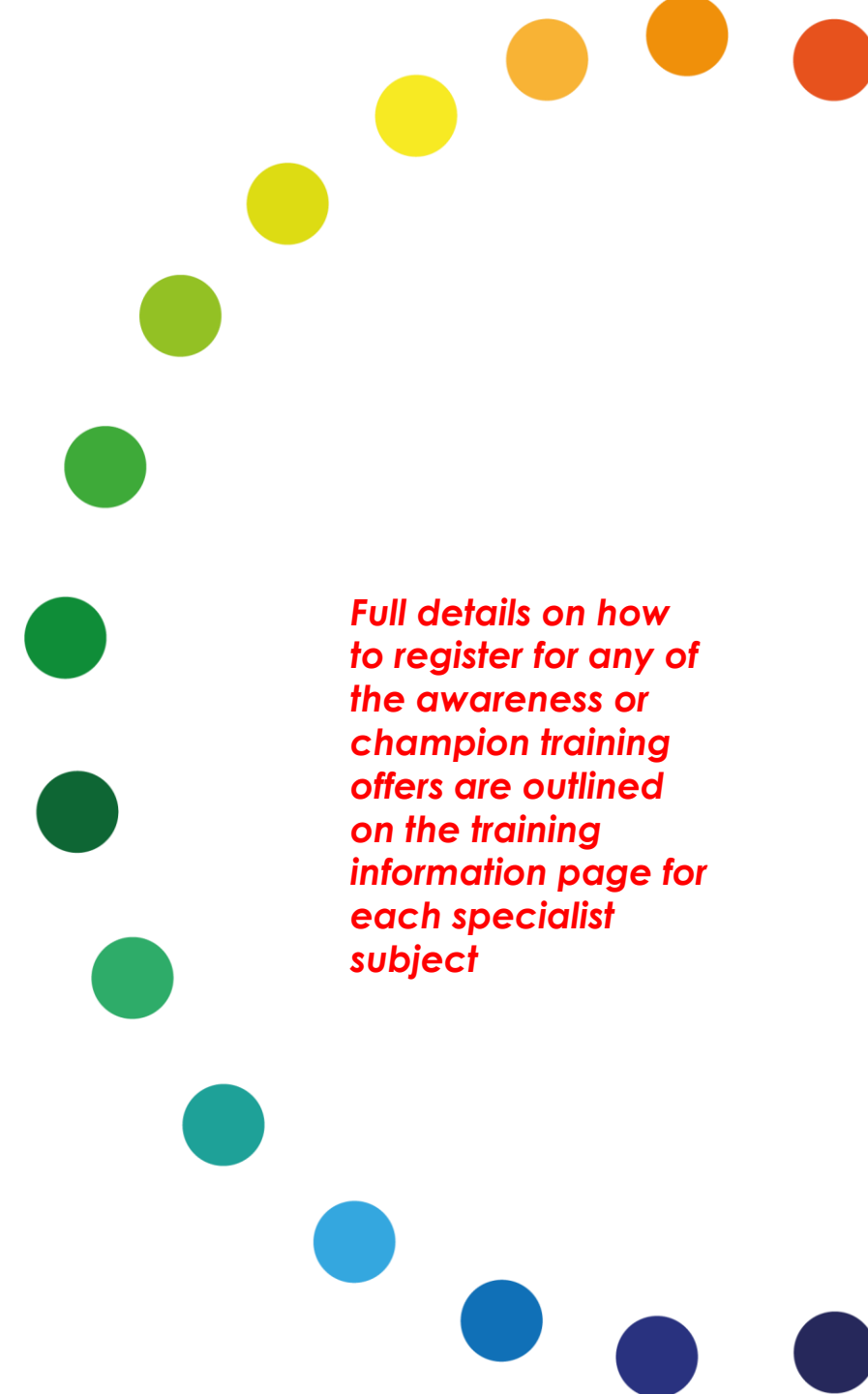
This pack has been produced to support Care Home Staff to have access to best practice training opportunities as outlined in the Enhanced Health in Care Homes Framework which was first published in March 2020.

This brochure offers 2 levels of training, awareness and champions across 13 specific subject areas 11 of which are defined in the framework referenced above and 2 which have been determined by the BLMK System.

The training offers within this pack have been developed with partners across the whole of BLMK to ensure that there is an equitable and sustainable offer to all care home staff working across Bedford Borough, Central Bedfordshire, Luton and Milton Keynes Care Homes.

There are some elements of this training brochure that are still in development, and we shall endeavour to have this information able for staff to access by the next publication, however we did not want to delay the publication as we are keen to share with staff what is currently available.

This brochure will hopefully be a useful tool for both managers and staff when planning personal development opportunities.



Full details on how to register for any of the awareness or champion training offers are outlined on the training information page for each specialist subject

Enhanced Health In Care Homes Framework Training Areas

The table below lists 13 subject areas that are covered in this training brochure

Medication	Available Now	End of Life / Palliative Care	Available Now
Hydration	Available Now	Mental Health	Coming Soon
Nutrition	Available Now	Dementia	Awareness – Available Champion – In Development
Oral Health	Awareness Available Champion In Development	Personalised Care & Support Planning	Awareness – Available Champion – In Development
Wound Care (Skin)	Available Now	Digital Training	Awareness – Available Champion – Coming Soon
Falls	Available Now	Continence Training	Awareness – Available Now Champion - In Development
Flu & Covid	Coming Soon		

Not all the training offers are available at time of publishing this brochure, but this page shows what will be available to all care home staff throughout 2024/25.

Calendar View What's On When

Month	Training	Month	Training
July 2024	<ol style="list-style-type: none"> 1. Medication Tier 2 Bite Size 2. Hydration Champion 3. Falls Awareness 4. Palliative / End of Life Care Awareness 5. Palliative/End of Life Care Champion 6. Continence Awareness (Bedfordshire) 7. Drinkwell Hydration Champion 	December 2024	<ol style="list-style-type: none"> 1. Falls Awareness 2. Hydration Champion
August 2024	<ol style="list-style-type: none"> 1. Falls Awareness 2. Drinkwell Hydration Champion 3. Food First Nutrition Champion (BB,CBC,LTN) 	January 2025	<ol style="list-style-type: none"> 1. Medication Tier 2 Bite Size 2. Falls Awareness 3. Palliative / end of Life Care Awareness 4. Palliative / End of Life Care Champion
September 2024	<ol style="list-style-type: none"> 1. Medication Tier 2 Bite Size 2. Falls Champions 3. Palliative / End of Life Care Awareness 4. Palliative / End of Life Care Champion 5. Continence Awareness (Bedfordshire) 6. Wound Care Champion 7. Drinkwell Hydration Champion 	February 2025	<ol style="list-style-type: none"> 1. Falls Awareness
October 2024	<ol style="list-style-type: none"> 1. Falls Awareness 2. Wound Care Champion 	March 2025	<ol style="list-style-type: none"> 1. Medication Tier 2 Bite Size 2. Hydration Champion 3. Palliative / End of Life Care Awareness 4. Palliative/ End of Life Care Champion
November 2024	<ol style="list-style-type: none"> 1. Medication Tier 2 Bite Size 2. Medication Tier 3 Champion 3. Falls Awareness 4. Palliative / End of Life Care Awareness 5. Palliative / End of Life Care Champion 6. Continence Awareness (Bedfordshire) 7. Drinkwell Hydration Champion 		

Medication Training

(this training consists of 3 Tiers in total)

Tier 1 'Online' eLearning training by PrescQIPP



These training courses are delivered in multiple modules:

- **Medicines use in care homes course 1,2,and 3**
- **Managing medicines for adults receiving care in the community – courses 1 and 2**

Course Overview:

These eLearning modules (which carry a NICE endorsement statement and are Skills for Care endorsed) are designed to give learners a foundation knowledge in medicines management within social care and support the implementation of recommendations in the NICE guideline SC1 (Managing medicines in care homes) / NICE Guideline NG67 (Managing medicines for adults receiving social care in the community).

Who is the training for:

Adult social care staff working either in care homes or in the community

Dates Times Venue:

Online E-learning at individual's convenience

Key Learning Points:

Medicines use in care homes:

Course 1 – Safe use of medicines, medicines basics, Medicines Administration Records, general principles of medicines administration, the monthly medicines cycle and self-administration, as well as administration of PRN medicines, solid doses, liquids, inhalers, topical products, transdermal patches and eye drops.

Course 2 - refused and omitted doses, covert administration, controlled drugs, bulk prescribing, homely remedies and waste.

Course 3 - the use of certain 'high risk' or specialist medicines that require specific consideration and/or administration techniques.

Managing medicines for adults receiving social care in the community:

Course 1 – This course is based on NICE Guideline 67 and focuses on the medicine-related processes which social care providers need to consider in relation to medicines use.

Course 2 – This second course focuses on the practical issues relating to the provision of medicines administration support by social care providers

How long is the training:

Medicines use in care homes:

Course 1 – 5 hours

Course 2 – 3.5 hours

Course 3 – 2.5 hours

Managing medicines for adults receiving social care in the community

Course 1 – 2.5 hours

Course 2 – 4 hours

Please note: the above courses can be completed in stages - they do not have to be completed in one sitting

How to register/enrol:

For guidance on registering for this PrescQIPP eLearning, please follow the instructions on the Tier 1 Flyer and relevant logon guide which can be accessed via the link below.

[Adult Social Care Staff Only – BLMKICB Medicines Optimisation](#)

Medication Training

(this training consists of 3 Tiers in total)

Tier 2 Virtual Medication training via Microsoft Teams



This virtual training is delivered by the BLMK Medicines Optimisation Team and is a “step Up” from Tier 1 eLearning, focusing on 6 selected topics. More details can be found using the link:

[Adult Social Care Staff Only – BLMKICB Medicines Optimisation](#)

Course Overview:

The online medication training sessions are available for all adult social care staff. Each session will focus on a selected topic and will be a “step up” from Tier 1 eLearning. The sessions will be delivered by the BLMK ICB Care Home Medicines Optimisation team and will focus on local guidance and procedures.

Who is the training for:

Adult social care staff working either in care homes or in the community

How long is the training:

Each Session is 1 hour long

Key Learning Points:

- Homely Remedies* & Self-Care – covers general information, local guidance e.g., Homely Remedies toolkit and listed products, Self-Care Toolkit, case studies and quiz
- When Required (PRN) Medication – covers general information, local PRN guidance including PRN protocols, case studies and quiz
- Covert Administration of Medication – covers general information, legislation, 7-steps approach, case studies and quiz
- Medicines Reconciliation & Transfers of Care – covers general information, resources, case studies and quiz
- Controlled Drugs (CDs) & Regulations in Care Homes* - covers general information, controlled drugs legislation, case studies and quiz
- Medication Safety, Governance & Safeguarding – covers general information, local guidance on governance e.g., producing medicines policy, quality audits, case studies and quiz

* Please note – sessions marked with an asterisk may contain content less relevant to community-based care staff

Dates Times Venue:

Topic	Time
Homely Remedies & Self Care	Tues 21/05/24 14:30 -15:30
When required (PRN) Medication	Weds 10/07/24 14:30 – 15:30
Covert Administration of Medication	Tues 17/09/24 14:30 – 15:30
Medicines Reconciliation & Transfers of Care	Weds 13/11/24 14:30 – 15:30
Controlled Drugs (CDs) & Regulations in Care Homes	Tues 21/01/25 14:30 – 15:30
Medication Safety, Governance and Safeguarding	Weds 19/03/25 14:30 – 15:30

How to register/enrol:

Central Bedfordshire staff should book a place via the Learning Management System.

Bedford Borough, Luton & Milton Keynes staff can join via the codes on the Tier 2 flyer which is accessible via the link below (no booking required):

Adult Social Care Staff Only – BLMKICB Medicines Optimisation

Medication Training – Champion Tier 3

(this training consists of 3 levels in total)



Champions training is being delivered Face to Face in the 1st Quarter of 2024/25 and will be a “pilot to shape future events later in 2024/25. The training will be delivered in person by the BLMK ICB Medicine Optimisation Team

Course Overview: A Care Home Medication Champion is a named individual within the care home who promotes best practice and empowers members of staff, as well as acting as a point of contact for healthcare professionals/practices with regards to medicines. Medication Champions have a keen interest in medicines management.

The training day will be:

- Focussed on troubleshooting, how to implement guidance & best practice and leadership tips.
- Centred around a ‘resident journey’ and case studies.

Key Learning Points:

The training day will cover a workbook which is centred around a new resident joining a care home. It will cover the following sections:

- Introduction and background of new resident
- Changing needs
- Deterioration and increasing needs

Each section will have different scenarios which will promote discussions on how to deal with problems, troubleshooting, how to implement guidance and best practice and leaderships tips.

Dates Times Venue:

Upcoming Medication Champion Training Events 2024			
Locality	Date & Time	Venue	Information
Central Bedfordshire	Tuesday 16th April 09:00 arrival for a prompt 9:30 start. 15:00 finish.	Room PH14 (1st Floor- lift available), Priory House, Shefford SG17 5TQ	Free, on-site parking available. A light lunch will be provided. Tea, coffee and water will also be available.
Luton	Tuesday 23 rd April 09:00 arrival for a prompt 9:30 start. 15:00 finish.	Barton Lodge, 45 Birdsfoot Lane, Luton, LU3 2DN	Free, on-site parking available. A light lunch will be provided. Tea, coffee and water will also be available.
Bedford Borough	Tuesday 30th April 09:00 arrival for a prompt 9:30 start. 15:00 finish.	The Boardroom (2nd Floor - lift available), Bedford Charter House, 1B Kimbolton Road, Bedford, MK40 2PU	Parking available in St Peter's Street car park (paid) or free street parking available. A light lunch will be provided. Tea, coffee and water will also be available.
Milton Keynes	Tuesday 14 th May 09:00 arrival for a prompt 9:30 start. 15:00 finish.	Training Room (1st Floor- lift available), The Lindens, Stoke House, Milton Keynes, MK17 9BN	Free, on-site parking available. A light lunch will be provided. Tea, coffee and water will also be available.

Additional BLMK wide session planned for 7/11/2024
Venue TBC

Who is the training for:

Adult social care staff working in a care home setting. To become a BLMK ICB Care Home Medication Champion care home staff must complete the CORE medication training below:

Fully complete the Tier 1 PrescQIPP eLearning training
Attend the Tier 2 Virtual Medication Training sessions, where possible

How long is the training:

1 Full day training

09:00 – 15:00

How to register/enrol:

To enrol for this Training please contact the relevant care home team for the locality in which you work.

Evidence will be required that Tier 1 (PrescQIPP) has been completed before registration is confirmed

Bedford and Central Bedfordshire: blmkicb.bedsnocarehometeam@nhs.net

Luton: blmkicb.lutoncarehometeam@nhs.net

Milton Keynes: blmkicb.mkcarehomespharmacy@nhs.net

Nutrition & Hydration Awareness

This training has been co-produced by colleagues from Food First Teams across BLMK together with Bedfordshire Hospitals Drink Well Hydration Team

Course Overview:

The course aims to provide an overview on managing the nutrition and hydration needs of care home residents

Who is the training for:

All adult social care staff working in Care Home Settings. It will be particularly beneficial to “new starters”.

How long is the training:

It will take approximately 30 minutes to complete this online awareness module

Key Learning Points:

- Principles of a healthy diet
- Malnutrition in older adults
- A food first approach
- Swallowing difficulties (Dysphagia)
- Hydration

Dates Times Venue:

On-line learning to be completed at own convenience

How to register/enrol:

To participate in this training please click here to access the online video on the BLMK ICB YouTube Channel.

Drinkwell Hydration Champion



Bedfordshire Hospitals Trust are commissioned to deliver this training across Bedford Borough, Central Bedfordshire and Luton care homes.

Discussions are underway to develop an offer for Milton Keynes in 2024/25

Course Overview:

This course provides additional detailed training on the management of hydration in care homes to improve fluid intake and decrease incidences of UTI's and Falls.

Key Learning Points:

- Why hydration is important
- Understand the causes and effects of hydration
- Recognise the signs and symptoms of dehydration
- Understanding how to improve hydration for your residents
- Be aware of monitoring tools and some products available to help with hydration.

Who is the training for:

All adult social care staff working in Care Home Settings

How to register/enrol:

To register for this training please email Bhn-tr.drinkwell@nhs.net

How long is the training:

1 hour 30 minutes

Dates Times Venue:

Exact times will be communicated with delegates once enrolled

Date	Type	Venue
18/07/2024	In Person	Limes Residential Henlow
15/08/2024	In Person	Capwell Grange Luton only
12/09/2024	Virtual Champion Refresher	Online
19/09/2024	Virtual	Online
21/11/2024	In Person	TBC
05/12/2024	In Person	Capwell Grange Luton only
12/12/2024	Virtual Champion Refresher	Online
16/01/2025	Virtual	Online
13/03/2025	Virtual Champion Refresher	Online
20/03/2025	In Person	Bedford Charter House



Food First Nutrition Champion

Bedfordshire Hospitals Trust and Cambridge Community Services are commissioned to deliver this training across Bedford Borough, Central Bedfordshire and Luton care homes.

Discussions are underway to develop an offer for Milton Keynes in 2024/25

Course Overview:

This course provides additional detailed training on the identification and management of malnutrition in care home residents.

Who is the training for:

All adult social care staff working in Care Home Settings including Kitchen Staff

How long is the training:

2 hours

Key Learning Points:

- Overview of malnutrition
- Setting nutritional aims
- Food first principles
- Completing nutritional care plans
- Using food and fluid charts
- Challenges with specific conditions (dysphagia, dementia, diabetes, end of life care)

How to register/enrol:

For homes in Luton, Dunstable, Houghton Regis & Leighton Buzzard:

To enquire about training contact food.first@nhs.net or 0333 4053156

For homes in the rest of Central Beds & Bedford:

To enquire about training contact bhn-tr.foodfirst.northbeds@nhs.net

For homes in Milton Keynes:

TBC once team are in place

Dates Times Venue:

Training session vary according to place please see below details for your area.

For homes in Luton, Dunstable, Houghton Regis & Leighton Buzzard:

Training provided at the care home or via MS Teams as preferred.

For homes in the rest of Central Beds & Bedford:

Training provided quarterly via MS Teams and is delivered in 2 parts (you must attend both parts)

Day	Date	Part
Friday	24/05/2024	One
Friday	31/05/2024	Two
Friday	23/08/2024	One
Friday	30/08/2024	Two

For homes in Milton Keynes

TBC once team are in place (Summer Edition)

Oral Health Awareness – Improving Mouth Care

This e-learning enables the implementation of effective oral hygiene measures to help avoid oral complications and the need for dental treatment. Health Education England working across the South East has developed this e-learning package to support the training of all health and care professionals involved in mouth care.

Course Overview:

There are 3 courses available depending on your prior knowledge.

Introduction to Mouth Care – Aimed at new staff or those with little knowledge of mouth care. This level has simple, retainable advice on mouth care.

Mouth Care for Adults – Aimed at carers and covers systemic diseases and how to support individuals. Suitable for staff responsible for assessment and care planning.

Mouth Care for People with Additional Needs – Suitable for staff looking after people with more challenging oral health issues and/or behaviour that makes oral care difficult

Who is the training for:

All adult social care staff working in Care Home Settings with direct care responsibilities.

Key Learning Points:

The 3 modules will:

- Improve understanding of the importance of oral health and the causes of poor oral health
- Demonstrate how to include mouth care in care planning
- Show how to make an oral health needs assessment for each individual using a dedicated assessment tool
- Show how to check a mouth, follow a mouth care plan and what it may include
- Provide up to date information on techniques and products for effective mouth care for natural teeth and dentures
- Show how to help people with their oral hygiene needs if they require support and how to develop strategies for individuals for whom mouth care is challenging.
- Demonstrate how to keep records of mouth care delivered.
- Describe when and how to escalate an oral health problem

How to register/enrol:

<https://www.e-lfh.org.uk/programmes/improving-mouth-care/>

How long is the training:

The format is interactive, and each module contains links to additional resources

Introduction to Mouth Care – 25 mins

Mouth Care for Adults – 45 mins

Mouth Care for People with Additional Needs – 45 mins

Dates Times Venue:

Online option to be undertaken at a time that suits

Oral Health Champion

Coming soon

Course Overview:

Key Learning Points:



In 2024/25

How long is the training:

How to register/enrol:

Who is the training for:

Dates Times Venue:

Wound Care (Skin) Awareness

This training video has been produced by Luton Cambridge Community Services Tissue Viability Team and has been agreed by the Tissue Viability teams in Bedfordshire (ELFT) and Milton Keynes (CNWL) to be adopted as the awareness training for all Care Homes across BLMK.

Course Overview:

PRIMES VIDEO

Preventing and Reducing risk, Injury and Maintaining Elderly Skin

Key Learning Points:

1. How skin changes through aging
2. Recognition and Management of pruritus (including how to apply emollients)
3. Preventing skin tears
4. Moisture associated skin damage; identifying, preventing and treating
5. Pressure ulcers risk assessment; the aSSKINg bundle.
 - a. assessment
 - b. Surface
 - c. Skin
 - d. Keep Moving
 - e. Incontinence
 - f. Nutrition
 - g. get help/ give advice

How long is the training:

1 hour 10 minutes

Dates Times Venue:

Online eLearning at individual's convenience

Who is the training for:

All adult social care staff working in Care Home Settings

How to register/enrol:

Follow link below to access the online webinar

<https://vimeo.com/882996616/a3552ced57>

Wound Care (Skin) Champion



You have a choice of either completing a series of eLearning modules or attending a series of virtual sessions in September & October 2024

Course Overview:

eLearning - Tier 1 – Training is suitable for staff working in care settings and will provide you with the knowledge and skills to champion wound care for your residents.

Virtual – Attendance at all 4 sessions will provide you with knowledge and skills to be a champion on wound care for your residents

Who is the training for:

All adult social care staff working in Care Home Settings

Dates Times Venue:

Online eLearning at individual's convenience

Virtual- September 2024 and October 2024

Key Learning Points:

eLearning Tier 1

- Essentials of Skin Care – Skin anatomy, function and assessment.
- Essentials of Wound Assessment – Different types of wounds and assessments.
- Essentials of Leg Ulceration – Causes, types and their management.
- Essentials of the Foot at Risk – Anatomy, foot assessment and making referrals.
- Essentials of Pressure Ulcer Prevention – Using the aSSKINg framework
- Nutrition and lifestyle considerations – Nutrition and lifestyle on wound healing

Virtual Programme

- Moisture Associated Skin Damage
- Wound Infection
- Skin Tear Prevention & Management
- Prevention of Pressure Ulcers

Key Contacts:

Area	Contact Details
Bedfordshire	Wound.care@nhs.net 0345 6026064
Luton	Ccs-tr.tvnluton@nhs.net 0333 4053127
Milton Keynes	cnwl.mk.tvn@nhs.net

How long is the training:

The eLearning consists of 7 modules with each module taking 30 to 60 minutes to complete.

The virtual programme consists of 4 one-hour webinars to attend

How to register/enrol:

E-learning link below

[Wound Care Education for the Health and Care Workforce - elearning for healthcare \(e-lfh.org.uk\)](https://www.healthcare.org.uk/wound-care-education)

Virtual Programme booking link with dates in September & October 2024

Bedfordshire Community Complex Care Team Virtual Education Programme Tickets, Mon 10 Jun 2024 at 08:00 | Eventbrite



Falls Awareness

All sessions will be run via MS Teams by a Falls Practitioner from the Bedfordshire, Luton or Milton Keynes falls services.

Course Overview:

Falls prevention Training- To identify falls risks and how to manage them within a care home setting

Attendees can join individually or as a group – but if you want to join as a group, you **MUST** still register individually, or you will not be recorded as attending.

Key Learning Points:

- To understand what is a fall and why it is important
- To understand why residents, fall and the risks
- To identify ways of reducing the risk of falls
- To know what your home should be doing to react to falls
- Who would be appropriate for an onward referral/ how to contact your local service

Who is the training for:

All adult social care staff working in Care Home Settings

How to register/enrol:

Contact the **BLMK Care Home Champion Co-Ordinator Lisa Balderson** to register your interest Lisa@bedscaregrouppltd.co.uk

A link will then be shared with you to join the sessions you have enrolled on.

Dates Times Venue: MS TEAMS

Day	Date	Time
Thursday	23/05/2024	13:45 – 15:00
Thursday	20/06/2024	13:45 – 15:00
Thursday	25/07/2024	13:45 – 15:00
Thursday	22/08/2024	13:45 – 15:00
Thursday	24/10/2024	13:45 – 15:00
Thursday	21/11/2024	13:45 – 15:00
Thursday	12/12/2024	13:45 – 15:00
Thursday	23/01/2025	13:45 – 15:00
Thursday	20/02/2025	13:45 – 15:00

How long is the training:

1.25 hours

Falls Champion

Bedfordshire Luton Milton Keynes (BLMK) Champion Sessions will be led by a Falls Practitioner from the Bedfordshire, Luton or Milton Keynes falls services.

Course Overview:

A face-to-face course looking in greater depth on how to manage residents who have an identified high risk of falls, and how to put care plans in place to meet their needs.

Who is the training for:

All staff working in a care home setting who have completed the Falls Awareness Training.

How long is the training:

1 Day

9.30am to 3.00pm

Key Learning Points:

- Positive risk taking/ Promoting physical activity with your residents
- Falls risk assessments, tools and proactive strategies to manage any identified risk and managing risk assessment reviews
- Care and support plans for those who have fallen
- Methods of dealing with falling and retrieving uninjured clients – practical session

Elements of the Falls Champion session will be practical and involve activity such as moving on and off the floor, so please attend the training in appropriate clothing.

Dates Times Venue:

Date	Time	Venue
Thursday 19/09/2024	9:30 – 3:00	TBC
Thursday 20/03/2025	9:30 – 3.00	TBC

How to register/enrol:

Contact the BLMK Care Home Champion Co-Ordinator **Lisa Balderson** to register your interest
Lisa@bedscaregrouppltd.co.uk

Palliative/End of Life Care Awareness

This offer is open to all care staff in Bedford Borough, Central Bedfordshire, Luton and Milton Keynes. A Carers Induction in Palliative and End of Life Care (PEoLC)

Course Overview:

The course examines the basics around caring for patients who are dying and their relatives.

Who is the training for:

All care staff who have no basic training in Palliative and End of Life Care.

How long is the training:

2.5 hours

Key Learning Points:

- You will be able to understand some of the Terminology used in PEoLC and differentiate between Palliative and End of Life Care
- You will be able to describe the Advance Care Planning Process
- You will understand what the 'normal' dying process looks like and have an explanation for most of the common symptoms
- You'll identify common fears and apprehensions throughout the session and begin to address them
- You'll know what support is available to you and how to access it
- You'll know how to access further training

Dates Times Venue: Zoom Online

Day	Date	Time
Wednesday	19/06/2024	2 – 4.30pm
Wednesday	24/07/2024	2 - 4.30pm
Wednesday	25/09/2024	2 – 4.30pm
Wednesday	06/11/2024	2 – 4.30pm
Wednesday	22/01/2024	2 – 4.30pm
Wednesday	12/03/2024	2 – 4.30pm

How to register/enrol:

Contact the BLMK Care Home Champion Co-Ordinator Lisa Balderson to register your interest Lisa@bedscaregroupLtd.co.uk

Palliative/End of Life Care Champion



This offer is open to all care staff in Bedford Borough, Central Bedfordshire, Luton and Milton Keynes

Course Overview:

This course is aimed at equipping care staff with the knowledge, skills and attitudes to become champions, promoting best practice for end-of-life patients within their work environments.

Who is the training for:

All adult social care staff

How long is the training:

2 full days - outlines in key learning points

How to register/enrol:

Contact the **BLMK Care Home Champion Co-Ordinator Lisa Balderson** to register your interest Lisa@bedscaregrouppltd.co.uk

Key Learning Points:

Day 1 is the Principles of Palliative Care Course and includes the following:

Principles of Palliative Care What is Palliative Care? How does it differ from EOLC or other types of care? How should I interact with these patients? What do these patients want from me? Are there principles that can help me?

Principles of Essential Communication Conversations with palliative/dying patients are often perceived as 'difficult'. Is this true? What do I need to consider? Are there principles that can help me engage effectively with this patient group? This session will build your confidence in your communication skills.

Principles of Advance Care Planning What is Advance Care Planning? Is it important? When should it be done? How should it be approached? Who should commence these conversations?

Principles of care in the last days How to recognise the dying patient, what care in the last days looks like, principles of managing the patient at end of life, recognition of aftercare.

Principles of Loss & Bereavement. How to recognise loss and bereavement and gaining understanding of helping those affected during their loss.

Key learning Points:

Day 2 will focus on:

EOLC Core Skills

Community Skills Development – Compassionate Communities

Working in Partnership – Multidisciplinary Team

Highlight and signpost: Communication; Networking; Palliative Team Members

Symptom Control – Pain; N&V; Breathlessness; Secretions; Terminal Restlessness

The role of a Champion

Leadership skills to accomplish the role

Dates Times Venue:

10 – 4.30pm

Full venue address details will be shared once your registration has been accepted.

Date	Venue	Date	Venue
30 & 31 May 24	St Johns Hospice	28 & 29 Nov 24	Keech Hospice
25 & 26 July 24	Keech Hospice	30 & 31 Jan 25	Willen Hospice
26 & 27 Sept 24	Willen Hospice	27 & 28 Mar 25	St Johns Hospice



Mental Health - Awareness

Course Overview:

Key Learning Points:



COMING

SOON!

For Autumn 2024

Who is the training for:

Dates Times Venue:

How long is the training:

How to register/enrol:

Mental Health Champion

Course Overview:

Key Learning Points:

How long is the training:



For Autumn 2024

Who is the training for:

All adult social care staff working in
Care Home Settings

Dates Times Venue:

Online E-learning at individual's
convenience

How to register/enrol:

Dementia Awareness

This training is in accordance with the Dementia Training Standards Framework developed in collaboration by Skills for Health and Health Education England (HEE). Tier 1 and 2 are the recommended awareness programmes for the social care workforce

Course Overview:

Tier 1 (Introduction to Living with Dementia)

Raising dementia awareness in knowledge, skills and attitudes for all those working in health and care settings. Relevant to all the workforce including ancillary staff. Suitable for new staff.

Tier 2 (Enabling People to Live Well With Dementia) – (Optional) Knowledge, skills and attitudes for roles that have regular contact with people living with dementia.

How long is the training:

Tier 1 will take approx 40 mins

Tier 2 has 13 modules of up to 40 mins each

Key Learning Points:

- be aware of the prevalence of dementia in the UK population
- be able to recognise signs of dementia and also be aware that these signs may be associated with other conditions or circumstances
- know what actions individuals can take to reduce their risk of dementia, or to delay onset e) know why early diagnosis of dementia is important
- know the actions that people affected by dementia can take in order to live as well as possible after diagnosis
- understand the importance of recognising a person with dementia as a unique individual
- be aware of the impact of dementia on individuals, families and society
- be aware of the central role that their home, housing conditions and immediate community play in enabling a person with dementia to live well
- be able to communicate effectively and compassionately with individuals who have dementia
- understand reasons why a person with dementia may exhibit signs of distress and how behaviours seen in people with dementia may be a means for communicating unmet needs
- be able to signpost individuals, families and carers to dementia advice, support and information.

Who is the training for:

Tier 1 all social care staff including those not providing direct care and support such as catering, maintenance or administration staff.

Tier 2 all social care staff directly providing care and support.

Dates Times Venue:

Online E-learning at individual's convenience

How to register/enrol:

<https://www.e-lfh.org.uk/programmes/dementia/>

Dementia Champion

Course Overview:

Who is the training for:

All adult social care staff working in
Care Home Settings

Dates Times Venue:

Online E-learning at individual's
convenience

Key Learning Points:



New for 2024/25

How long is the training:

How to register/enrol:

Personalised Care & Support Planning Awareness



Delivered by the Primary Care Institute, this eLearning outlines the importance of having a different kind of conversation, focussing on what matters to the person as well as their clinical and general support needs, which leads to the development of a PCSP owned by the individual but accessible to all involved in providing their care.

Course Overview:

Getting Personalised Care and Support Planning right is essential for people to gain more choice and control over their life and the support they are receiving.

This eLearning module will give a definition and overview of the criteria for a good PCSP and highlight - through a range of case studies - the key steps of the planning process

Who is the training for:

All adult social care staff

Dates Times Venue:

Online eLearning at individual's convenience

Key Learning Points:

- Understanding the 5 key elements for a good personalised care and support plan;
 - People are central in developing and agreeing their personalised care and support plan and who is involved in it
 - People have proactive personalised conversation which focus on "what matters to them" paying attention to their needs and wider health and wellbeing
 - People agree the health and wellbeing outcomes they want to achieve in partnership with the relevant professionals
 - Each person has a shareable, personalised care and support plan which records what matters to them and their outcomes and how they will be achieved.
 - People are able to formally and informally review their Personalised care and support plan.
- Know the key stages of a personalised care planning process
- Be able to see some of the changes you may need to make in order for your planning to be personalised

How long is the training:

45 minutes

How to register/enrol:

The Primary Care Institute

Course: Personalised Care and Support Planning | PCI
(personalisedcareinstitute.org.uk)

Personalised Care & Support Planning Champion.

Course Overview:

Key Learning Points:



COMING

SOON!

For Autumn 2024

How long is the training:

Who is the training for:

Dates Times Venue:

How to register/enrol:

Digital Training Awareness

Course Overview:

To support adult social care staff to develop their knowledge and confidence in using digital technology, Skills for Care was commissioned by the NHS Transformation Directorate to develop a suite of free-to-access 'bitesize' digital skills eLearning modules, in line with the [Digital Skills Framework](#).

Each module has a set of three learning chapters and objectives.

They may each take longer to complete if wider learning materials and resources are accessed within each module

Who is the training for:

All adult social care staff working in Care Home Settings

Dates Times Venue:

Online eLearning to be undertaken at individual's convenience

Key Learning Points:

The modules are designed to support people working in adult social care to gain knowledge and understanding on how digital, data and technology is used in the sector.

The topics covered in the Digital Skills 7 Bundle Module Bundle Offer are:

- using technology to support person-centred care
- technical skills in using technology
- communicating through technology
- using and managing data
- being safe and secure online
- ethical use of technology
- digital learning, development and wellbeing.

How long is the training:

Each module consists of:

- A pre evaluation module
- The Module itself
- Post Evaluation Module
- Certificate

The average time to complete each of the seven modules is 30 minutes and each module can be completed independently

How to register/enrol:

Follow the link below to access this skills for care e-learning

<https://www.skillsforcare.org.uk/Support-for-leaders-and-managers/Managing-a-service/Digital-technology-and-social-care/Digital-Skills-eLearning.aspx>

From the Virtual Learning Environment Tab select Digital Skills 7 module bundle offer

Digital Training Champion

Training is in development by Skills for Care and will be published as soon as this is available

Course Overview:

TBC

Key Learning Points:



New for 2024/25

How long is the training:

TBC

Who is the training for:

Dates Times Venue:

Online eLearning at individual's convenience

How to register/enrol:

TBC

Continence Awareness

Bedfordshire Continence Service is available to the whole of Bedfordshire and Luton.
Milton Keynes in development – coming soon

Course Overview:

This training aims to provide care staff with a basic understanding of the anatomy and physiology of the urinary tract and bowels. Providing practical advice on how to fit and use continence products as well as support on promoting continence and managing incontinence.

Who is the training for:

All adult social care staff

How long is the training:

3 hours – via MS Teams

Key Learning Points:

- Continence service background/team.
- Anatomy & Physiology of the urinary and large intestines.
- Types and causes of urinary and faecal incontinence.
- Fluid advice, dietary advice.
- Rationale for urinalysis.
- Basic catheter care.
- Pads from Attends training.
- Sheaths form Jade-Euro-Med.

Dates Times Venue: MS Teams

Date

Weds 15 May 2024

Weds 17 July 2024

Weds 18 Sept 2024

Weds 13 Nov 2024

How to register/enrol:

Expressions of interest should be emailed to:

lisa@bedscaregrouppltd.co.uk

Full details for joining the training will then be shared with attendees ahead of the training session

Continence Champion

Course Overview:

To be finalised

Key Learning Points:



How long is the training:

TBC

Who is the training for:

All adult social care staff working in
Care Home Settings

How to register/enrol:

TBC

Dates Times Venue:

TBC

Flu & Covid Awareness

Course Overview:

To be finalised

Key Learning Points:



How long is the training:

TBC

Who is the training for:

All adult social care staff working in
Care Home Settings

How to register/enrol:

TBC

Dates Times Venue:

TBC

Flu & Covid Champion

Course Overview:

To be finalised

Key Learning Points:



To be published Autumn 2024

How long is the training:

TBC

Who is the training for:

All adult social care staff working in
Care Home Settings

How to register/enrol:

TBC

Dates Times Venue:

TBC

Acknowledgements

All training offers within this brochure have been co-produced by delivery partners working across Bedford Borough Central Bedfordshire, Luton and Milton Keynes to show a true collaboration and commitment to deliver sustainable training opportunities at scale for care home staff across BLMK


Organisation	Directorate (Team)
BLMK ICB	Medicines Optimisation Team
Cambridge Community Services (CCS)	Food First Falls Tissue Viability
East London Foundation Trust (ELFT)	Food First Falls Tissue Viability Complex Care Team
Central North West London (CNWL)	Falls Tissue Viability
Keech Hospice	Palliative and End of Life Care
Bedfordshire Hospitals Trust	Dietetics Team – Drink Well Hydration Team
Milton Keynes University Hospital	Dietetics Team (Community)
Bedfordshire Community Health Service (ELFT)	Continence

THANK YOU

*To all colleagues who
have collectively
supported the
co-production of this
training brochure for care
home staff to meet the
training needs
highlighted in the
Enhanced Health in Care
Homes Framework*

Key Contacts & Resources

Additional Resources

Subject Matter	Resource
Learning Disabilities Care Home Staff Resource Pack	<p>Click on icon to open file</p>  <p>Care Home Staff Resource Pack V4.doc</p>

Comments/Feedback

Name	Role	Organisation	Email
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