

AIM

To have a grounding in common chronic conditions, their causes, and their health risks

DURATION

Full Day Course (6 Hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Understand what a chronic condition is
- Know the causes and symptoms of diabetes
- Be aware of the causes and symptoms of COPD
- Know the causes and symptoms of Heart Disease and Heart Failure
- Know the types, causes, and symptoms of a stroke
- Understand what counts as obesity, what may cause it, and related illnesses
- Know the 2 key forms of arthritis, and their symptoms
- Know what it is, and its symptoms
- Understand what counts as Hypertension, and the associated health risks
- Know the common forms of treatment and what they do for many of the chronic conditions

LESSONS AND TOPICS

Chronic Conditions

- What are Chronic Conditions?
- Examples of Chronic Conditions

Diabetes

- What is Diabetes?
- Types
- Symptoms
- Complications of Diabetes
- Hypoglycaemia – Signs and Symptoms
- Hyperglycaemia – Signs and Symptoms

Chronic Obstructive Pulmonary Disease

- What is COPD?
- Emphysema
- Chronic Bronchitis
- Treatment

Stroke

- What is a Stroke?
- Types
- Symptoms
- Risks and Prevention
- Treatment
- Recovery

Obesity

- What Counts as Obesity?
- BMI
- Causes
- Obesity Related Illnesses

Arthritis

- What is Arthritis?
- Osteoarthritis
- Rheumatoid Arthritis
- Symptoms
- Treatment

Chronic Kidney Disease (CKD)

- What is Chronic Kidney Disease?
- Symptoms
- Causes
- Treatment

Heart Disease and Heart Failure

- Heart Disease
- Heart Failure
- Treatment

Hypertension – High Blood Pressure

- What counts as High Blood Pressure?
- Risk Factors
- Risks

Lifestyle and Medication for Heart and Circulation Issues

- Lifestyle Changes
- Medication