



# Education Programme

April to June  
2021

E-LEARNING



Start

**UNISON**  
COLLEGE



To register for any of these courses, please email [educationni@unison.co.uk](mailto:educationni@unison.co.uk) with your name, course name, course dates and membership number (if you know it).

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## APRIL 2021

### **INTERVIEW SKILLS FOR THE OPEN UNIVERSITY PRE-REG NURSING PROGRAMME**

**(DATES WILL BE ADVERTISED WHEN INTERVIEWS ARE CONFIRMED)**

Over the past number of years UNISON has been supporting members to access the Open University pre-reg nursing initiative through the provision of the K102 health and social care module and our workshop programme. This workshop will help members prepare for the OU pre-reg nursing interview which is very competitive. It will help applicants identify relevant skills and convey them in an interview setting.

### **ADDICTION – UNDERSTANDING PRESCRIPTION / OVER THE COUNTER DRUGS MISUSE**

Friday 9 April from 10.00am – 1.00pm

This course will give participants an understanding of how prescription and over the counter medicines are misused. It will provide an overview of the types of medicines as well as information on the prevalence, effects, risks to the user, harm reduction methods and services available. It is relevant to anyone who works/volunteers with those with addiction issues, with young people and also may be of interest to parents.

### **INTRODUCTION TO PARKINSON'S**

Tuesday 13 April from 10.00am – 11.00am

This 1-hour course will give a solid introduction to Parkinson's for staff in nursing and care homes and home care agencies.

At the end of the course, staff will have had an introduction to Parkinson's and have:

- better knowledge and understanding of Parkinson's
- know the needs of people living with Parkinson's, particularly in a care or nursing home environment
- understand how best to care for people with Parkinson's
- recognise the resources available, including Parkinson's UK, to improve the quality of life of people with Parkinson's and their carers
- have evaluated their own practice and care of people with Parkinson's

The course is delivered by volunteer educators from Parkinson's UK.

## **LEG ULCER MANAGEMENT STUDY SESSION, MODULE 1 – ANATOMY AND PHYSIOLOGY OF THE LOWER LIMB**

Tuesday 20 April from 12.00 – 1.00pm

This module looks into the A&P of the lower limb, outlining the circulatory system, arterial and venous system and how our patients gain Chronic Venous Insufficiency (CVI). We also outline in the module who is at risk of CVI, including venous resting and working pressures. The module clinically outlines how CVI can result in our patients' gaining a venous leg ulceration. This will be delivered by Urgo Medical.

## **DIGNITY – PUTTING IT AT THE HEART OF HEALTH & SOCIAL CARE**

Thursday 22 April from 10.00am – 1.00pm

“Treat people as individuals and uphold their dignity” (NMC & NISCC Code). Improve your practice by developing your ability to articulate how what you do contributes to and upholds dignity. Dignity is at the heart of effective health and social care. But what does dignity mean? How does dignity relate to human rights obligations? People can identify with the notion of dignity and can tell when their dignity has been violated. Dignity is however notoriously difficult to articulate. And when health systems fail – an inability to uphold to dignity is usually at the centre. If a practitioner can't describe or explain what dignity means it is difficult if not impossible to 'uphold dignity'.

This training programme provides participants with a deep understanding of dignity and is aimed at contributing to RQIA goals. It begins with an historical overview of philosophical approaches to dignity and examines the reasons why it is accepted that all people, including their dead bodies should be treated with dignity. The training is very participative and draws on real life scenarios. It will be delivered by Dr Una Lynch from Sonrisa Solutions Ltd., a qualified nurse, midwife and health visitor - she has worked in academia, policy and practice for over thirty years and holds a doctorate in governance.

## **DEALING WITH BULLYING & HARASSMENT IN THE WORKPLACE**

Tues 27 April from 10.00am – 1.00pm

Bullying in a work environment can cause tremendous emotional distress as well as severely impacting on your capacity to carry out your role. Employers have a duty of care to employees and there are a number of remedies you can pursue if you believe you are being bullied. For managers, it is important to ensure that staff are able to work in a supportive environment which maximises their ability to contribute. This course will explore the employer's duty of care, what constitutes bullying, what remedies are available to someone who is experiencing it, and how managers should respond pro-actively. It will be delivered by Barbara Martin, ICTU Tutor.

## **COMMUNITY RESILIENCY MODEL**

Friday 30 April from 10.00am – 1.00pm

Community Resiliency Model® (CRM) has been designed to help individuals understand the biology of traumatic stress reactions and learn specific skills to return the body, mind and spirit back to balance after experiencing traumatic events. These skills can awaken the hope that has, for some, been lost after natural and human-made disasters.

## **MAY 2021**

### **LEG ULCER MANAGEMENT STUDY SESSION, MODULE 2 - LEG ULCER AETIOLOGY**

Monday 10 May from 12.00 – 1.00pm

This module looks deeper into the aetiology of leg ulceration. This includes Venous, Arterial and Mixed Leg Ulcerations. The module outlines, with EBP, what a leg ulcer is and how we, as HCP's, can identify factors that contribute to venous, arterial and mixed aetiology leg ulcers. The module also outlines the signs and symptoms of venous, arterial and mixed ulcerations. This will be delivered by Urgo Medical.

## **DEMENTIA – AN INTRODUCTION**

Wednesday 19 May from 2.00pm – 5.00pm

A reflection of the growing numbers of older people in the population is an increase in the number of people living with dementia. In Northern Ireland it is estimated there are currently 21,000 people living with dementia and it is predicted that this figure will increase to 60,000 by 2052. Learning about dementia and how to best respond to someone with dementia is essential for all health & social care staff and family carers. Improved understanding of dementia should improve the quality of the health and social care interaction as well as care received by a person living with dementia. This short course will highlight what is meant by the term dementia, understanding conditions that cause dementia, know why receiving a diagnosis is important, recognise that each individual is unique, as well as touching on issues such as communication, behaviour, stress and distress. The workshop supports the outcomes of the Dementia Learning & Development Framework.

It will be delivered by Dr Una Lynch from Sonrisa Solutions Ltd., a qualified nurse, midwife and health visitor for over thirty years who has worked in academia, policy and practice and is a senior associate with the University of Stirling's Dementia Services Development Centre.

## **MANAGING CHALLENGING BEHAVIOUR IN THE CLASSROOM**

Thursday 20 May & Thursday 27 May from 10.00am – 1.00pm

This programme looks at how the principles of restorative practice can be incorporated into an educational setting to better engage pupils whose behaviour may be having a disruptive and negative effect on the classroom dynamic. Its aim is to equip education professionals to gain a new perspective into how an alternative view of teacher-pupil relations can create the context for increased participation and attainment.

## **JUNE 2021**

### **PARKINSON'S FOUNDATION**

Tuesday 8 June from 9.00am–1.00pm (self-directed learning), then live webinar from 2.00pm-3.00pm

This is a blend of learning with self-directed learning as part of the course taken in the morning and a 1-hour live webinar in the afternoon. Self-directed learning (9am-1pm) then live webinar (2pm-3pm).

This is a self-directed interactive course, by Parkinson's UK, which will help any health and social care professional increase their knowledge and understanding of Parkinson's, so they can improve their practice. As this is self-directed learning you will work through the learning units and complete all of the course before you attend the discussion and Q&A webinar which you join at 2pm. The webinar will last an hour.

You will be given a link and can complete the self-directed learning from 9am-1pm, then sent a link also for the webinar from 2pm-3pm to complete the full course.

What will participants learn?

The learning units focus on the following areas:

- What is Parkinson's?
- How can I help people with Parkinson's manage their symptoms?
- What communication challenges may people with Parkinson's have?
- How is Parkinson's managed?

These will enable participants to:

- recognise and appreciate key Parkinson's symptoms
- improve their practice in caring for people with Parkinson's
- improve their practice in the management of Parkinson's
- identify and reflect on their existing knowledge of Parkinson's and its management
- develop the knowledge and confidence to recommend changes to practice in their workplace.

Participants will finish the course with a good overview of Parkinson's and the knowledge to support improvement of their practice and that of their colleagues.

## **SUICIDE FIRST AID**

Friday 11 June from 10.00am – 1.00pm

Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, this programme is delivered over 3-hours as a suicide prevention awareness session. We use only the most experienced suicide prevention trainers to deliver this unique learning experience: for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide.

The Suicide First Aid Lite (Virtual) course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive

### **LEG ULCER MANAGEMENT STUDY SESSION, MODULE 3 - INTRODUCTION TO COMPRESSION BANDAGING**

Monday 14 June from 12.00 – 1.00pm

This module looks into how compression works, where compression originated, the theory of compression and why it is deemed as the 'Gold Standard' to healing and managing our patients with VLU and CVI. The module outlines the differences in short stretch and long stretch bandages and why leg shaping is so important. We then discuss leg shaping hints and tips. This will be delivered by Urgo Medical.

### **DEMENTIA – UNDERSTANDING STRESS AND DISTRESS**

Thursday 17 June from 10.00am – 1.00pm

This training will help you to understand what we mean by stress and distress, identify the factors which can contribute to people with dementia feeling stressed or/and distressed and improve your skills in working with people who experience this. It will cover understanding behaviour as a means of communication of needs & identifying those needs; the impact of changes in the brain and the environment on behaviour; recognise the social and emotional needs of people with dementia; Identify the triggers for distressed behaviour; developing strategies and interventions for distressed clients. The workshop supports the outcomes of the Dementia Learning & Development Framework. It will be delivered by Dr Una Lynch from Sonrisa Solutions Ltd., qualified nurse, midwife and health visitor for over thirty years who has worked in academia, policy and practice and is a senior associate with the University of Stirling's Dementia Services Development Centre.

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### **Some further learning resources:**

Unison Learning and organising offer a range of courses and e learning modules free to members.

<https://learning.unison.org.uk>

Learn My Way is a website of free online courses for beginners, helping you develop digital skills to make the most of the online world.

<https://www.learnmyway.com>

Health and safety advice for returning to work safely. Video guide on returning to work safely and how Health and Safety legislation can protect you.

<https://www.facebook.com/unison.northernireland/videos/254919762405193>

Google Digital Garage - Discover a range of free learning content designed to help grow your business or jump-start your career. You can learn by selecting individual modules, or dive right in and take an entire course end-to-end <https://learndigital.withgoogle.com/digitalgarage/courses>

OpenLearn - The Open University's OpenLearn offers in excess of 800 free courses in a wide range of different subjects with various courses lengths. Many courses are an introduction to a longer Open University course.

<https://www.open.edu/openlearn>