



Ultima Careskills
Training Academy

Training Brochure 2024

- ✔ Health and Social Care Training
- ✔ Clinical Skills Training



Introduction

Here at Ultima Careskills Training Academy we pride ourselves on the continued development of people, to enable them to perform their work duties to the best of their ability, and maintain high standards within the workplace.

We encourage and support all of our candidates in their personal development by providing high quality, focused training that will add genuine value to their daily work lives.

Our Courses



Prevention and Management of Violence and Aggression (PMVA)

Page 2



Safeguarding of Children

Page 3



Safeguarding of Adults at Risk

Page 4



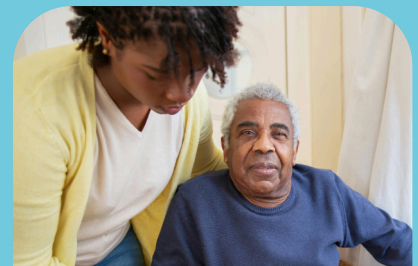
Epilepsy Awareness

Page 5



First Aid

Page 6



Manual Handling and People Movers Handling

Page 7



Medication Awareness

Page 8



Prevention and Management of Violence and Aggression (PMVA)

Course Overview

This two-day course is designed for registered nurses, community carers, support workers & healthcare assistants working in the healthcare industry who are looking to enhance their skills and knowledge in caring for a client expressing behaviours that challenge.

What you'll learn

- ✔ Health and safety, human rights, criminal law, and how these runs alongside company policy and procedures
 - ✔ De-escalation techniques including types of communication/body language
 - ✔ Practical sessions including different types of restraint low and high impact
 - ✔ Non-pain compliant methods of restraint and how to deal appropriately to different scenarios and the importance of teamwork
 - ✔ Breakaway techniques
 - ✔ The importance of clear robust de-briefing and report writing
-

Course Details

Duration
2 Days

CPD
14 Hours

Maximum Delegates
8



Safeguarding of Children

Course Overview

To ensure care and nursing teams can identify abuse and respond appropriately to situations where abuse may occur and work in a person centred way that promotes rights and inclusion.

What you'll learn

- ✔ Legislation & agreed ways of working
 - ✔ Every child matters guidance
 - ✔ Myths and statistics
 - ✔ Effects on young people
 - ✔ Leadership/worker skills
 - ✔ Common indicators of abuse
 - ✔ Reporting of abuse and potential abuse
 - ✔ Barriers to reporting abuse
-

Course Details

Duration
1/2 Day

CPD
3.5 Hours

Maximum Delegates
8



Safeguarding of Adults at Risk

Course Overview

To ensure care and nursing teams can identify abuse and respond appropriately to situations where abuse may occur and work in a person centred way that promotes rights and inclusion.

What you'll learn

- ✔ Identify legislation and guidance relevant to safeguarding
- ✔ List types of abuse
- ✔ Identify signs, symptoms and risk factors of abuse
- ✔ Explain employer and employee responsibilities
- ✔ Who is vulnerable / at risk
- ✔ The role of dignity in safeguarding
- ✔ What to do should you have a concern
- ✔ How to respond to an individual should they disclose a concern

Course Details

Duration
1/2 Day

CPD
3.5 Hours

Maximum Delegates
8



Epilepsy Awareness

Course Overview

This half-day course is for registered nurses, community carers, support workers, and healthcare assistants who want to improve their skills in caring for clients with epilepsy.

It covers the types of epilepsy and seizures, their causes and triggers, and appropriate actions during a seizure. Participants will learn to administer rescue medications, including Buccal Midazolam and, if necessary, Rectal Diazepam, and will practice scenarios to build confidence.

What you'll learn

- ✔ Overview of epilepsy and how to recognise seizure activity
 - ✔ Overview of how epilepsy is diagnosed and treated
 - ✔ Overview of epilepsy triggers
 - ✔ Overview of anti-epilepsy medications and treatments including, vagal-nerve stimulation, & ketogenic diet
 - ✔ Have an understanding of SUDEP
 - ✔ Have an understanding of what to do in an emergency
 - ✔ Have an understanding of status epileptics
 - ✔ Have an understanding of the types of emergency treatments including administration of buccal midazolam and rectal paraldehyde (in children)
-

Course Details

Duration
1/2 Day

CPD
3.5 Hours

Maximum Delegates
12



First Aid

Course Overview

This half-day training course aims to provide team members with basic first aid knowledge, including CPR, the recovery position, bleeding control, choking response, and shock management.

It combines theoretical instruction with practical, hands-on competency assessments to enhance both knowledge and skills.

What you'll learn

- ✔ Recovery position
 - ✔ Bleeding – causes, control measures and risk limitation
 - ✔ Shock
 - ✔ CPR Demonstration and practice D.R.S.A.B.C.
 - ✔ Unconsciousness/head injuries
 - ✔ Choking – responding effectively and practical demonstration
-

Course Details

Duration
1 Day

CPD
6.5 Hours

Maximum Delegates
8



Manual Handling and People Movers Handling

Course Overview

This moving and positioning training course aims to reduce the risk of injury to both team members and service users when performing people moving and handling techniques in the workplace.

It ensures that team members understand the principles of safe moving and assisting, as well as the importance of conducting risk assessments before any moving and assisting tasks.

What you'll learn

- ✔ Awareness of Legislation including Health and Safety at Work Act, PUWER, LOLER, Manual Handling Regulations Operations (1992)
- ✔ Duties and Responsibilities of Employer and Employee
- ✔ Anatomy of Spine
- ✔ Risk Assessment using safe principles T.I.L.E.E.O
- ✔ Reducing risk and removing hazards
- ✔ Understanding R.I.D.D.O.R
- ✔ Safe use of correct equipment
- ✔ Knowledge of dangerous moves
- ✔ Ability Test
- ✔ Chair Moves to stand and chair to chair transfer
- ✔ Slings – inserting whilst in bed/in a wheelchair
- ✔ Hoist – bed to chair transfer

Course Details

Duration
1 Day

CPD
6.5 Hours

Maximum Delegates
8



Medication Awareness

Course Overview

This training course covers the core information required around medications and how they should be treated, prescribed, dispensed and administered. It will cover the information required for team members to undertake their role in the safe handling of medication.

Other key information such as the law and terminology is also included to ensure that team members have a fully rounded awareness of medication.

What you'll learn

- ✔ Understand the legislation, policy and procedures relevant to the administration and safe handling of medicines
 - ✔ Prescriptions & labels
 - ✔ Classification of medication
 - ✔ Refusal of medicines
 - ✔ Drug storage and disposal
 - ✔ Drug errors
 - ✔ Common side effects and adverse reactions
 - ✔ Paperwork including M.A.R. sheet
 - ✔ Administration of medication
 - ✔ Demonstration and practice of different administering techniques
-

Course Details

Duration
1/2 Day

CPD
3.5 Hours

Maximum Delegates
8



Our Training Facilities

Step into our cutting-edge training facilities, where every detail is meticulously crafted to enrich your learning journey. From our expansive 75-inch interactive screen to the ample space designed for collaboration, we've curated an environment that fosters growth and engagement.

At our centre, we extend a warm invitation to all candidates, ensuring they feel embraced and empowered during their time with us. Our commitment to facilitating meaningful face-to-face interactions enhances the learning experience, fostering deeper connections and insights.

Beyond our scheduled courses, our versatile space is available for hire, providing you with the flexibility to host your own training sessions, whether in-person or remotely. Reach out to us via the button below to discover how you can utilise our facilities to elevate your training initiatives.

