



CBAT
THE HEART OF CARE EDUCATION

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CHAMPs

Champions in Home Care (CHAMPs)
Course Brochure 2024

www.cbassociatetraining.co.uk



CBAT

THE HEART OF CARE EDUCATION

Welcome to our Champions in Home Care Programme

CBAT is delighted to welcome you to our well-loved Champions in Home care Programme (CHAMPs). This will be provided through blended learning whether face to face or virtual classroom pathway.

Our CHAMPs programme is constantly being evolved and refined to maximise your experience whilst utilising technology to enhance learning. Learners will not only develop CHAMPs skills but also technological ability.

The CHAMPs virtual classroom pathway offers the opportunity to engage, interact and thrive in an environment with other remote attendees culminating in a full skills day.

CBAT is highly regarded for bringing life to real classrooms throughout the UK, having expert trainers delivering subjects and working with lead accreditation boards.

CBAT values quality and recognition, that's why for every attendee who successfully completes and passes this programme, we will issue an accredited certificate setting out the areas and topics of achievement.

New for 2024 we have developed a CHAMPs register. Upon successful completion of the CHAMPs programme the newly qualified CHAMPs will be added to this register. To maintain their registration they will need to complete the annual masterclass.

We have agreed an amnesty for all previous CHAMPs graduates that upon completion of the CHAMPs Masterclass in 2024 they are eligible to join the CHAMPs register. The learner will also receive a CHAMPs Registration Card.

We have learnt from experience that to maximise the benefits of the CHAMPs programme, you need well educated, informed and up to date mentor's. Therefore, we are now offering our Mentor's Masterclass which all CHAMPs mentors should attend. This will ensure they fully understand their roles and responsibilities and embrace the CHAMPs role fully. It also ensures they have current evidence based best practice in all the skills covered. If any of the subjects are new to them they will need to complete the full course for that subject.

Before your programme commences, each learner must complete the Learning Agreement, VAK and Honey and Mumford and the three eLearning courses (Pressure Ulcer Prevention, Wound Care and Diabetes). This will allow them to commence CHAMPs and complete the programme efficiently and effectively.

Cheryl Angco

Head of Clinical



If you have any further questions please don't hesitate to contact me at clinical@cba-training.co.uk.

What is Champions in Home Care Training?

Organisations and businesses in the health and social care sector are currently facing several key challenges including staff shortages, funding cuts, and an aging population. Demand for Health and Social care is already high and rapidly growing in quantity, complexity and expectations.

Our Champions in Home Care Training (CHAMPS) has been a popular method to upskill care staff and provide greater support to nurses in a Home Care setting.

We believe now is the time to ensure that the Home Care setting can also benefit and ensure you are not disadvantaged in this very competitive marketplace. You don't have to say goodbye to your beloved clients when their needs increase.

Champions in Home Care (CHAMPS) Programme progresses the careers of existing staff to develop their skills and provide individuals with the highest level of care. This will also aid your recruitment and retention as valuable individuals are able to enjoy personal growth and development within your organisation rather than seek it elsewhere.

You can be assured that your workforce is providing the excellent service you desire and can evidence this to the regulators with ease.

What skills will CHAMPS develop?

Pre-Course

Learning Agreement

eLearning Courses

(including assessment)

- Pressure Ulcer Risk Assessment
- Wound Care Management
- Diabetes

Self Assessment

- VAK
- Honey & Mumford

“Very good information, I enjoyed it”

LEARNER FEEDBACK

Five Virtual or Face to Face Classroom Days

- Infection Prevention, ANTT, Clinical Observations and Self-Care
- Medication Management and T34, T34/ BodyguardT syringe driver, Oxygen, CPAP and Nebulizers
- Pressure Injury Prevention and Tissue Viability
- Dysphagia & IDDSI, Enteral Management, Stoma & Catheter Care
- Blood Sugar Monitoring, Emergency Care, Insulin Administration, Epilepsy and Buccal Midazolam

Skills Day for Virtual Pathway

Independent Study

- eBook

Day 1

- Infection Control eCompetency

Day 2

- Medications eCompetency

Day 3

- Question & Answer Sheets
- SMART Action Plan

Day 4

- Question & Answer Sheets

Day 5

- Question & Answer Sheets

Day 1 - 5

- Reflective Practice
- Evidence of Practice Improvement
- Workplace Competency

Certification

PLEASE NOTE:

Pre Course must be completed successfully to progress to the CHAMPs programme. Any person who does not complete all requirements of the course will automatically fail the programme. This includes not attending any of the classroom sessions but excludes workplace competencies which remain the responsibility of the employer.

DAY ONE**CLINICAL OBSERVATIONS**

- **What are observations?**
- **Using your senses**
- **Consider skin tone**
- **Communication & Dignity**
- **Infection Control Procedures**
- **Aseptic Non Touch Technique**
- **Temperature**
 - > How body temperature works
 - > Affecting factors
 - > Temperature ranges
- **Blood pressure**
 - > What is BP?
 - > Affecting factors
 - > Accurate measurement of BP using digital and manual devices, including lying and standing
 - > Hypertension
- **Pulse**
 - > What is Pulse?
 - > Where to find pulses?
 - > How to measure a pulse
 - > Affecting factors
 - > Stop measuring pulse when administering digoxin
- **Respiration**
 - > What is respiration?
 - > How to measure
 - > Affecting factors
 - > Cyanosis
- **Pulse Oximetry**
 - > Peripheral oxygen levels
 - > Affecting factors
 - > Silent hypoxia
- **Recording Clinical Signs on NEWS2 Chart**

DAY TWO**MEDICATION MANAGEMENT**

- What is a medicine?
- Prescribing, dispensing, administration, storage and disposal
- Types of prescriptions
- Contents of prescriptions
- Pharmacy medication labels
- The laws regarding the administration of medicines
- Understanding administration directions
- Policies for administration
- Drug crushing and covert medications
- Routes and forms of administration
- Safe administration including MARs or eMARs
- Homely (non-prescriptive) medicines
- Contraindications, side effects and anaphylaxis
- The rights of administration
- Maintaining safety and preventing harm
- Common and high risk medications
- Emergency supplies and Interims
- Self-administration and the levels of assistance
- Audit and Incident reporting

T34/BODYGUARD T SYRINGE DRIVER

- What is a syringe driver?
- Advantages and disadvantages
- Safe use

OXYGEN, CPAP AND NEBULISERS

- Safe delivery and use of respiratory medication

DAY THREE

PRESSURE INJURY PREVENTION, TISSUE VIABILITY

- The anatomy of the skin
- What causes pressure injuries?
- Intrinsic and extrinsic risks
- Consider skin tone
- How to prevent
- Categorising pressure injury
- Holistic wound assessment
- Natural wound healing
- aSSKINg bundle
- Tissue type
- Wound care formularies
- Documentation and care planning
- SMART Action plan
- Mid course review



LEARNER FEEDBACK

"This was an enjoyable course, it encouraged lots of interaction between learners. I believe I am now more knowledgeable."

DAY FOUR

DYSPHAGIA AND IDDSI

- Causes of dysphagia
- The anatomy of swallowing
- Recognising difficulty swallowing
- Privacy, dignity and respect
- International Dysphagia Dietary Standardisation Initiative (IDDSI)
- Emergency care for the choking individual

ENTERAL MANAGEMENT

- Distinguishing enteral from parenteral
- Reasons for enteral tubes
- Where are the stomach, duodenum and jejunum?
- Types of tubes and related risks
- Methods of administration
- Dumping syndrome
- Buried buttons
- Why flushing is so important

CATHETER & STOMA CARE

- The anatomy of the urinary and digestive systems
- What is a catheter
- Types of urinary catheter
 - > Indwelling
 - > Suprapubic
 - > External
- Catheter care
- Complications and solutions
- Distinguishing various ostomies
- Stoma care
- Stoma appliances
 - > One piece
 - > Two piece

DAY FIVE

EPILEPSY AND BUCCAL MIDAZOLAM

- Explain what epilepsy is
- Identify the different types of seizure
- Review treatments for epilepsy
- Demonstrate how to use the rescue medication Midazolam
- Describe the first aid given following a seizure
- Discuss the importance of the protocol and the individual care plan

DIABETES

- Not just Type 1 and type 2
- The importance of monitoring blood sugar, blood pressure and weight
- Short and long term effects
- Hypo and hyperglycaemia
- Ketoacidosis and hyperosmolar hyperglycaemic state
- Impaired awareness
- Insulin types and safe administration
- Lipohypertrophy
- Respecting individual choices

DAY SIX (Virtual Pathway)

ALL CLASSROOM COMPETENCIES

DAY SEVEN THEORY EXAMINATION

- Final Certification Exam

COURSE MATERIALS

For the purpose of this programme, all electronic course materials and competency assessments will be provided as part of course cost, but remain the intellectual property of CBAT.

ATTENDANCE

Any person who does not complete all requirements of the programme will automatically fail. This includes not attending any of the classroom sessions.

COURSE PRE-REQUISITE

Learners will need Level 2 (or equivalent) in Maths and English with basic computer literacy skills. Also, effective internet access and a desktop or laptop for individual use.

CHAMPs ANNUAL MASTERCLASS

**2 DAY****1 YR****12****£ 1850****COURSE CODE: C018**

Any learners who have already successfully completed the CBAT CHAMPs programme are eligible to attend the annual update (Previously known as HAPs Home Care Assistant Practitioner)

In 2024 only we are offering an amnesty to anyone who has never completed the annual update before. Upon successful completion of the 2 Day annual update in 2024, you will be added to the CBAT CHAMPs register. To maintain registration learners will complete this course each year ensuring they stay current and safe in their practice.

CHAMPs Annual MASTERCLASS

Pre-Course

- Reflection since completing CHAMPs (R.E.F.L.E.C.T)
- Evidence of Practice Improvement since completing CHAMPs (NMC Reflection)
- Six Human Needs self-assessment
- 7 Areas on the Wheel of Life self-assessment
- Prepare a 5 minute microteach on any subject related to CHAMPs
- Medication eCompetency
- Infection Control eCompetency

Homework

- 5 Step Action Plan-What's most important on your Wheel of Life?

Day 2 Skills Day

(Face to Face)

- All Classroom Competencies

Day 1

(Face to Face or Virtual)

- Recognise the importance of self-care
- Learn breathing and meditation skills to improve self care and team culture
- Explore the 6 Human Needs
- Experience one to one reflective practice discussions
- Evaluate positive and negative experiences of being a CHAMPs
- Establish the benefits of one to one and group reflective practice discussions
- Practice delivering a 5 minute microteach
- Discover how you can apply your learning to improve the quality of life of the individuals you support
- Discuss where you want to go from here.



CHAMPs MENTOR MASTERCLASS

**2 DAY****1 YR****12****£ 1850****COURSE CODE: C022**

AIM

To effectively mentor CHAMPs and maintain competent skills

LEARNING OUTCOMES

DAY 1

- Discuss the CHAMPs programme
- Explore learning styles and maximising learning in the workplace
- Recognise the role and responsibilities of the CHAMPs Mentor
- Consider own reflective practice
- Inspire and support CHAMPs delegates effectively
- Manage difficult conversations

DAY 2

CHAMPs SKILLS DAY

If any subject is new to the mentor a whole course must be attended first.

- Observation of Vital Signs including Manual BP
- Medication Administration, T34/BodyguardT, Oxygen, CPAP and Nebulizers
- Pressure Injury Prevention
- Applying a dressing using ANTT
- IDDSI and thickening fluids correctly
- Enteral management
- Stoma care
- Catheter Care
- Epilepsy and Buccal Midazolam
- Blood sugar monitoring and insulin injections



CBAT works in Partnership with the UK's Leading awarding bodies.



We are able to deliver bespoke courses to suit the needs of your organisation. Please contact us to discuss.

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