

## Target Audience

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Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

This course has been developed for care and support staff working with people who through age, or specific conditions, need support to ensure the correct prevention and management of pressure sores. The course aims to improve the understanding of the causes of pressure sores and methods of preventing them. Learners will explore methods of good practice and examine the role of the care worker in the prevention and healing of pressure sores.

**This course is delivered using a range of methods and resources including:**

- ◆ Face to Face tutor facilitation, group discussions, questionnaires, scenarios for breakout groups, questioning and participation, videos and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ NICE Guidelines: Pressure Ulcers: Prevention and Management

## Course Content

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- ◆ Anatomy and physiology of the skin
- ◆ How a pressure sore develops
- ◆ Intrinsic and extrinsic risk factors
- ◆ Prevention and management of pressure ulcers
- ◆ Health and safety

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Describe the anatomy and physiology of the skin in relation to pressure area care
- ◆ Explain how a pressure sore develops
- ◆ List the intrinsic and extrinsic risk factors
- ◆ Explain how to prevent a pressure sore from occurring and how to manage one that has been identified
- ◆ Describe the health and safety implication when delivering pressure area care

**Duration: 3 Hours**