



## 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 to promote an understanding of COPD and how it affects the people on a day-to-day basis. This will support staff to help people they are working with to manage their COPD.

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

- ◆ Live tutor facilitation, interactive polls, knowledge checks, use of drawing tools, scenarios for breakout groups, questioning, participation 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 on COPD

## Course Content

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- ◆ What is COPD?
- ◆ Types of COPD
- ◆ Basic anatomy in relation to COPD
- ◆ The function of the lungs
- ◆ Statistics
- ◆ Symptoms
- ◆ Triggers for exacerbations
- ◆ Methods used to diagnose
- ◆ Treatments available
- ◆ Management and self-management options

## Learning Outcomes

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

- ◆ State what COPD means
- ◆ Name types of COPD
- ◆ Identify basic anatomy in relation to COPD
- ◆ State the function of the lungs
- ◆ Identify statistics
- ◆ List COPD symptoms
- ◆ List triggers for exacerbations
- ◆ State methods of diagnosis
- ◆ List treatments available
- ◆ Identify management and self-management option

**Duration: 3 Hours**