

ARTHRITIS AWARENESS

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This Arthritis Awareness course provides delegates with a practical understanding of the different types of arthritis and how they affect individuals in daily life. The course covers key symptoms, risk factors, complications, and available treatments, with a focus on supporting individuals in health and social care settings. Delegates will explore both rheumatoid and osteoarthritis and consider how to promote comfort, mobility, and independence. This course is suitable for carers, support workers, and healthcare staff supporting individuals with arthritis.

Introduction

- Introduction and course overview

Course Programme

- Understanding arthritis and its main types
- Signs, symptoms, and complications
- Treatment options and risk factors
- Supporting individuals in daily life
- Summary and course evaluation

Suitable for:

Care



"There are thought to be 10 million people with some form of arthritis in the UK. It is the most common cause of disability in the UK and can affect people of all ages, not just older people." Arthritis Action