

Foundations of Asthma and COPD for HCAs

A course designed for Health Care Assistants working in Primary Care

Key Information



Who training is for
Health Care Assistants



Length of course
1 day



Per delegate cost
£160



Format of course
Live via Zoom



Dates of course
TBC



CPD Hours
7 hours

Course Summary



Our 'Foundations of Asthma and COPD' course provides HCAs with the essential knowledge and skills needed to effectively support RHCs in conducting respiratory reviews in primary care settings.

Course Content



Introduction to Asthma and COPD



Diagnosis Tools and Techniques



Patient Education and Self Management



Accountability and Professional Development



Putting it all Together in Practice



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Detailed Course Description



The 'Foundations of Asthma and COPD for HCAs' course aims to equip healthcare support assistants and health care support workers with the knowledge and skills required to effectively support registered practitioners in conducting respiratory reviews for patients with Asthma and Chronic Obstructive Pulmonary Disease (COPD) in primary care. The course will cover the basics of Asthma and COPD, including an overview of anatomy and physiology, diagnosis tools and techniques, inhaler devices, self-management strategies and patient education. The course emphasises the role of HCAs in supporting respiratory clinics including boundaries, accountability, and offers practical integration through case studies and discussions.

Developed in line with current UK National Standards and Guidelines (including those in England, Wales, Scotland and Northern Ireland) and guidance from the NHS, NICE and the British Thoracic Society/Scottish Intercollegiate / Scottish Intercollegiate Guidelines Network [BTS/SIGN].

Foundations of Asthma for HCAs: Core Modules

- **Introduction to Asthma and COPD**
 - Definition, prevalence, and impact of asthma and COPD in primary care
 - Exploring the basics of respiratory anatomy and physiology
 - Risk factors and common triggers for exacerbations
 - The impact to those living with respiratory conditions
 - Role of HCAs in supporting asthma and COPD care
- **Diagnosis Tools and Techniques**
 - Identifying common signs and symptoms of asthma and COPD
 - Overview of tools used for diagnosis including peak flow and spirometry
 - Overview of commonly used inhaler devices and techniques
 - Recognising red flags and knowing when to refer to a senior clinician
- **Patient Education and Self Management**
 - National guidelines and standards for asthma and COPD management
 - Strategies for trigger identification and environmental control
 - Importance of patient education
 - Signposting patients to relevant resources and services
- **Accountability and Professional Development**
 - Role boundaries and accountability for HCAs supporting respiratory clinics
 - Continuing professional development opportunities for HCAs in respiratory care
- **Putting it all Together in Practice**
 - Case studies and practical examples
 - Q&A session and discussion

(A 'Foundations of Asthma and COPD for HCAs' certificate will be allocated on successful completion of the course).

Course Alignment

This course has been developed in line with the following guidelines:

British Thoracic Society/Scottish Intercollegiate Guidelines Network [BTS/SIGN]
<https://www.brit-thoracic.org.uk/quality-improvement/guidelines/asthma/>

NICE guideline [NG80] Asthma: diagnosis, monitoring and chronic asthma management
<https://www.nice.org.uk/guidance/ng80>

NICE guidelines [NG115] Chronic obstructive pulmonary disease in over 16s: diagnosis and management
<https://www.nice.org.uk/guidance/ng115>

Global Initiative for Asthma [GINA]
<https://ginasthma.org/>

Global Initiative for Chronic Obstructive Lung Disease [GOLD]
<https://goldcopd.org/>