

## *course objectives*

On completing this qualification candidates will:

- have achieved the underpinning knowledge to understand what a stroke is and its causes
- have a basic knowledge of the anatomy and physiology of the brain
- be able to identify the signs and symptoms of a stroke
- be able to understand and demonstrate the “FAST” test
- be able to demonstrate the correct first aid treatment of a stroke victim
- have an awareness of the personal, family and social impact of a stroke

## *who is the course for?*

The course is suitable for any person working in a health and social care environment. However, as strokes can affect over 150,000 people each year in the UK this course is relevant to all first aiders/responders and members of the general public.

## *duration / format / assessment*

4 hours - half day

## *instructor / trainee ratio*

**Min** 1: 6      **Max** 1:15

## *awarding body / certification*

Certificate of Attendance

## *course content*

- What is a stroke
- Basic brain anatomy and physiology
- Signs and symptoms
- Transient Ischemic Attacks
- First aid treatment
- Stroke - The facts

## *course requirements / notes*

This course does not require any prior qualifications however an emergency first aid qualification is recommended.

## *further information / contact us*

Cognet Limited  
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### ***training timetable***

<b>Time</b>	<b>Activity</b>	<b>Duration</b>
09:00 – 09:10	Domestics, Review timetable for the training session	10 mins
09:10 – 09:15	State SMART Aims and Objectives for the day	5 mins
09:15 – 10:00	Anatomy and physiology of the brain	45 mins
10:00 – 10:45	What is a stroke?	45 mins
10:45 – 11:00	<b>Break</b>	15 mins
11:00 – 11:30	What are the risk factors	30 mins
11:30 – 12:15	Introduction to recovery	45 mins
12:15 – 12:45	FAST including practical session	30 mins
12:45 – 13:00	Review aims and Objectives, questions and feedback	15 mins
	Course close	

Please note that the above is for guidance only. Actual course timings may differ.

### ***pre-course reading***

None.

### ***awarding body contact details***