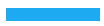




Health



Health

This specialised Health Bundle comes with all the necessary knowledge an individual needs to know about health in order to get health-conscious; not only that, professionals can enhance their knowledge who are working in the health sector. If you are looking for something to gain knowledge on health, this Health Bundle covers it all.

It's not an easy job to maintain your health, and we understand the hurdles you may face while attempting to manage your wellbeing. But not to fret! This exclusive and well-crafted Health bundle will guide you towards optimal health graciously!

From the basics of health, safety, and immunisation to the complexities of GDPR, hormone health, and nutrition, this premium Health bundle has everything you need to become the best version of yourself. On top of that, the skills you will gain from this bundle will also broaden your career opportunities, ensuring you achieve both personal and professional success in one! It's an absolute win-win situation and a bargain not to be missed!

Therefore, this comprehensive Health bundle will equip you with the best skills to create a better you.

CPD accredited Health bundle is the most comprehensive bundle on Health now available online, offered by Skill up to upskill you with core to advanced Health ideas for your utmost level proficiency in implying the newly gained knowledge efficiently wherever needed and escalate yourself as a peerless potential in the Health promising industry.

Sign up for the all-inclusive Health bundle, and experience relentless development of in-demand knowledge, skills and strategies within you!

Learning Outcomes of this Health Bundle:

- Gain an in-depth understanding of health and social care in the UK.
- Learn how to provide quality health efficiently.
- Gain awareness of diabetes and know how to deal with it appropriately.
- Know how to provide adequate mental health first aid.
- Familiarise yourself with GDPR in healthcare.

- Know all the crucial roles and responsibilities of a maternity care worker.
- Gain excellent English skills for the healthcare environment.
- Familiarise yourself with the importance of food, health, and nutrition.
- Enhance your knowledge on domiciliary care, palliative care, and end of life care.
- Raise awareness of COVID-19 on mental health and much more!

Health Bundle Specialities

- 57 hours of instant video lectures and downloadable resources.
- Affordable premium-quality E-learning content, you can learn at your own pace.
- You will receive 17 completion certificates upon completing the Health Bundle.
- Internationally recognised Accredited Qualification would boost up your resume.
- You will learn the researched and proven approach of Health adopted by renowned experts.

Assessment

After completing all the modules of the Health bundle, your learning will be assessed by an automated multiple-choice based exam. You may choose to participate in a Mock Exam before attending the course completion Final Exam with absolutely no extra cost.

Certificate

This premium Health bundle comes with FREE PDF & Hardcopy Certificates, PDF Transcripts & Student ID Card, and it makes this bundle the perfect value for money.

This self-paced Health bundle by Skill Up, loaded with up-to-date knowledge and techniques, is truly ideal for all aspiring professionals.

Let your eLearning experience meet the utmost satisfying level by enrolling in our premium Health bundle now!

This Health Bundle Consists of the Following Courses:

- Course 1: Hormone Health and Testosterone
- Course 2: Maternity Care Worker
- Course 3: Diabetes Awareness – Type 1 & Type 3
- Course 4: Palliative Care & End of Life Care
- Course 5: Diet and Nutrition Masterclass
- Course 6: Food, Health & Nutrition
- Course 7: Anxiety & Depression Management
- Course 8: Counselling Skills and Psychotherapy
- Course 9: Immunisation Nurse
- Course 10: Domiciliary Care
- Course 11: GDPR in Healthcare
- Course 12: Communication Skills in Medical Care
- Course 13: Boost Immune System to Resist Covid 19
- Course 14: Medical Terminology
- Course 15: English for Healthcare
- Course 16: Consent in Healthcare
- Course 17: Health & Safety Training for Homeworkers

Curriculum Breakdown of the Premium Courses:

➤ Hormone Health and Testosterone

- Introduction
- The Endocrine System Explained
- Individual Hormones Explained
- Optimizing Testosterone Levels: Introduction
- Diet Strategies To Boost Testosterone & Balance Hormones
- Setting Up Your Diet

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- Testosterone Boosting Workout
 - Rest & Sleep
 - Lifestyle Improvements
 - Supplements

➤ **Maternity Care Worker**

- Module 01: Introduction to Maternity Care
- Module 02: Terminology and Abbreviations for Maternity Care Assistant
- Module 03: Reproductive Anatomy & Physiology
- Module 04: Antenatal Care and Screening
- Module 05: Support in Labour: Intrapartum Care
- Module 06: Postnatal Care
- Module 07: Nurture and Nature: The Healthy Newborn
- Module 08: Infant feeding
- Module 09: Newborn Infection
- Module 10: Care During the Third Stage of Labour
- Module 11: Perinatal mental health
- Module 12: Supporting a Healthy Pregnancy
- Module 13: Effective Communication
- Module 14: Empathy and Comfort Skills
- Module 15: Team Working
- Module 16: Maternity Care Assistance as a Career

➤ **Diabetes Awareness - Type 1 & Type 3**

- Module 01: What is Diabetes
- Module 02: The Diabetes Challenge
- Module 03: The Cost of Diabetes in Social Care
- Module 04: Type 1 Diabetes

- Module 05: Type 2 Diabetes
- Module 06: Type 2 Diabetes Treatments
- Module 07: Prediabetes
- Module 08: Gestational Diabetes
- Module 09: Other Types of Diabetes
- Module 10: Hypoglycaemia
- Module 11: Hyperglycaemia and Hyperosmolar Hyperglycaemic State
- Module 12: Glossary of Diabetes Terms Glossary of Diabetes Terms

➤ **Palliative Care & End of Life Care**

- Module 1: Introduction to Palliative & End of Life Care
- Module 2: Identification of the Stage of Illness
- Module 3: Palliative Care Holistic Assessment
- Module 4: Advance Care Planning
- Module 5: Care at the End of Life
- Module 6: Care after Death
- Module 7: Further Support, Training and Development
- Module 8: Legal Issues
- Module 9: Glossary of Terms
- Module 10: Appendices

➤ **Diet and Nutrition Masterclass**

Introduction

- Welcome To The Course & What You Will Learn
- Get to Know Your Instructor

Meal Planning Basics

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- Meal Planning Explained
 - Calories Explained
 - Micronutrients Introduction
 - Protein Explained
 - How much protein do you need to consume per day
 - Fats explained
 - How Much Fat Should You Eat Per Day
 - Carbohydrate Explained
 - Macronutrients Explained
 - The Different Types of carbs
 - How Much Carbs should you eat per day
 - Meal Timing Intro 2 copy
 - Protein Timing
 - Carbohydrate Timing
 - Fat Timing
 - Pre-Workout Meal
 - Post Workout Meal
 - What About the Anabolic Window
 - Food Composition Introduction 2 copy
 - Protein Composition
 - Carbohydrate Composition
 - Fat Composition

Supplements

- Top 3 Beginner Supplements
- How to Use Protein Powder When, How Much & With What
- How to Use Creatine When,How Much & With What
- Other Supplements to consider

Setting Up Your Diet

- How To Determin Your Optimal Calorie Intake 2
- How to Track Calories
- Determining Protein Intake
- Determining Fat Intake

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- What About the Remaining Calories
 - Determining Meal Structure
 - Quality Protein Sources
 - Quality Carbs Sources
 - Quality Sources Of Fat

Adjusting Your Diet For Weigh Loss & Muscle Gains

- Adjusting You Diet For Weight Gain
- Adjusting Your Diet For Weight Loss
- Cheat Days and Cheat Meals
- Post Workout Shake

Healthy Dieting

- Healthy Dieting Intro copy
- Dieting myth #1 Carbs are bad for you
- Dieting Myth #2 Fat is bad for you
- Dieting Myth #3 Protein is bad for you
- Dieting Myth #5 Avoid Salt At All Cost
- Dieting Myth #6 Eat several small meals throughout the day to lose weight
- Dieting Myth #7 Diet Foods Will Lead To Weight Loss
- Red Meat Always Causes Cancer

Common Dieting Trends Explained

- Common Diets Intro Copy
- Gluten Free Diet Explained
- Paleo Diet Explained
- Low Carb Diet Explained
- Intermittend Fasting Explained
- Vegan Diet Explained

Micronutrients

- Micronutrients Introduction
- Vitamin B
- Vitamin C
- Vitamin D

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- Vitamin E
 - Vitamin K
 - Calcium
 - Magnesium
 - Phosphorus
 - Potassium
 - Sodium
 - Copper
 - Iron
 - Zinc
 - Water

More Dieting Tips & Strategies

- Intro Specific dieting tips and strategies
- 5 Best Supplements to Boost Your Immune System
- How to Read a Nutrition Label
- How to Do Your Own Research

➤ **Food, Health & Nutrition**

Overview

- Introduction to Basic Health
- Overview of Nutritional Terms
- Understanding Food Labels and Claims
- The Science of Nutrition & Professionals

Nutritional Details

- Carbohydrates – Sugar
- Carbohydrates – Starch
- Carbohydrates – Fiber
- Protein
- Fat – Omega 3, 6, 9 & Cholesterol

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- Minerals Starting With Iron & Zinc
 - More Minerals – Calcium, Phosphorus, Magnesium
 - Vitamins – Starting with B's
 - Vitamins A, C, E, K – the Antioxidants
 - Couple More Minerals – Sodium & Potassium
 - Trace Minerals, B12 & Vitamin D

What to Avoid & Problem Areas

- Nutritional Deficiencies & Food Allergies
- Organic vs Toxic Chemicals – Finding Balance
- Fads, Trends, and Extremes in Diet

Beyond Food

- Exercise Unlocks Nutrients
- Water
- Rest

Putting It All Together

- Calorie Intake & Menu Development
- Practical Application & Summary

➤ **Anxiety & Depression Management**

- Module 01: Neurotransmitters
- Module 02: GABA
- Module 03: Emotional Freedom Technique for Anxiety Relief
- Module 04: NLP Anchoring for Anxiety Relief
- Module 05: Meal Plans

➤ **Counselling Skills and Psychotherapy**

- Module 1: Counselling and Counsellors
- Module 2: Theories and Models of Counselling (Part 1)
- Module 3: Theories and Models of Counselling (Part 2)
- Module 4: Legal, Cultural and Ethical Issues in Professional Counselling
- Module 5: Forms of Psychotherapy
- Module 6: Engaging and Assessing the Patients
- Module 7: Helping the Client in Crisis
- Module 8: Crisis Intervention
- Module 9: Low Intensity CBT Treatment
- Module 10: Medication and Therapy in the Treatment of Mental Illness
- Module 11: Communication Skills and Empathy in Counselling

➤ **Immunisation Nurse**

- Module 1: Introduction to Nursing
- Module 2: Immunology and Immunisation
- Module 3: Understanding Immune System in Nursing
- Module 4: Vaccine and Vaccination
- Module 5: Types of Vaccine
- Module 6: Vaccine Safety
- Module 7: Working in Different Healthcare Settings
- Module 8: Effective Communication in Nursing
- Module 9: Health and Safety in Nursing
- Module 10: Hygiene in Nursing
- Module 11: Infection Control

➤ Domiciliary Care

- Module 01: Introduction to Domiciliary Care
- Module 02: Health and Safety for Domiciliary Carers
- Module 03: CSTF Infection Prevention and Control
- Module 04: CSTF Resuscitation - Basic Life Support
- Module 05: Medication Management and Administration
- Module 06: CSTF Information Governance
- Module 07: CSTF Conflict Resolution
- Module 08: Mental Health Care

➤ GDPR in Healthcare

- Module 01: Introduction to GDPR
- Module 02: GDPR and Healthcare Setting
- Module 03: General Data Protection Regulations Explained
- Module 04: Lawful Basis for Preparation
- Module 05: Responsibilities and Obligations
- Module 06: Electronic Medical Records
- Module 07: Rights and Breaches

➤ Communication Skills in Medical Care

- Module 1. Introduction to Health and Social Care
- Module 2: Communication and its Relevance
- Module 3: Importance of Communication in Healthcare
- Module 4: Professional Communication and Behaviour

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- Module 5: Interviewing Techniques
 - Module 6: Adapting Communication to a Patient's Ability to Understand
 - Module 7: Confidentiality in a Medical Environment
 - Module 8: Human Body Vocabulary with Pictures
 - Module 9: Equipment, Instrument and Lab Tests
 - Module 10: Legal aspects and Ethics
 - Module 11: Medical Jargon and Terminology
 - Module 12: Acronyms and Abbreviation

➤ **Boost Immune System to Resist Covid 19**

Section 1: Introduction, Key Threats to Immune Health and How to Detoxify Your Body

- Module 1: COVID-19, My Health Journey, and the Importance of Immune Health
- Module 2: The Top Five Threats to the Immune System and How to Overcome Them
- Module 3: How to Detoxify Your Body to Support Immune Health

Section 2: The Key Nutrients Which Power Up Your Immune System to Resist Viruses

- Module 4: How an Organic Plant-Based Diet Supercharges Your Immune System
- Module 5: How Vitamin D Strengthens Your Immune System
- Module 6: How High-Dose Vitamin C Supercharges Your Immune System
- Module 7: How Garlic Enhances Your Immune Health
- Module 8: How Zinc Bolsters Your Immune System

Section 3: How Mind Power and Changing Your Beliefs and Emotions Support Your Immune Health

- Module 9: How to Use the Power of Your Mind to Support Your Immune Health
- Module 10: How Changing Your Beliefs and Emotions Supports Your Immune System



➤ Medical Terminology

- Module 1 : Human Body Vocabulary with Pictures
- Module 2 : Equipment, Instruments and Lab Tests
- Module 3 : Acronyms and Abbreviation
- Module 4 : Digestive System
- Module 5 : Cardiovascular System
- Module 6 : Blood and Immunity System
- Module 7 : Respiratory System
- Module 8 : Musculoskeletal System
- Module 9 : Central Nervous System
- Module 10: Professional Communication and Behaviour
- Module 11: Interviewing Techniques
- Module 12: Adapting Communication to a Patient's Ability to Understand

➤ English for Healthcare

Part-1: Basic Vocabulary

- Human Body Vocabulary with Pictures
- Equipment, Instruments and Lab Tests
- Acronyms and Abbreviation

Part 2- Medical Terminology

- Digestive System
- Cardiovascular System
- Blood and Immunity System
- Respiratory System
- Musculoskeletal System
- Central Nervous System



Part 3- Medical Communication Skills and Strategies

- Professional Communication and Behaviour
- Interviewing Techniques
- Adapting Communication to a Patient's Ability to Understand

➤ Consent in Healthcare

Covid-19 Awareness for General People and Healthcare

- Module 1: Introduction to Covid-19
- Module 2: Understanding of Covid-19 as a Pandemic and How It Is Related to Zoonotic Diseases Like SARS and MERS
- Module 3: The Strike of Pandemic Around the World and Great Britain
- Module 4: Effects of Covid-19 on Human Life
- Module 5: Diagnoses and Treatments
- Module 6: Preventions and Social Measures to Be Taken
- Module 7: Artificial Intelligence, Data Science and Technological Solutions against Covid-19

Consent Training in Healthcare Course

- Module 1: An Introduction to Consent
- Module 2: Information Regarding Consent
- Module 3: Consent Training in Healthcare Course
- Module 4. Best Interest Decision Making
- Module 5: Assessing Capacity
- Module 6. Providing Care or Treatment to People Who Lack Capacity
- Module 7. Public Bodies and Services Created by MCA Act 2005
- Module 8: UK Acts in Relation to Consent
- Module 9: Handling Complaints Regarding Consent.



➤ Health & Safety Training for Homeworkers

- Module 1. Introduction to Homeworkers
- Module 2. Occupations Carried Out by Homeworkers
- Module 3. Health and Safety for Homeworkers
- Module 4. Supporting Mental Health for Homeworkers
- Module 5. Health & Safety Hazards
- Module 6. Risk Assessment for Work from Home
- Module 7. Legal Responsibilities for Homeworkers
- Module 8. Monitoring Homeworkers