



University of Glasgow | College of Medical,
Veterinary & Life Sciences

Leading The Way In Life Long Learning

Short Course Training Service
in Health Related Topics 2011



www.glasgow.ac.uk



Short Courses in Health Related Topics 2011

We are pleased to bring you a selection of our short courses which are designed to update knowledge in a short space of time and provide practical information. All our courses are delivered by key experts who will make learning interesting and informative too.

To book any of our courses please fill in the registration form, or photocopy the form for multiple bookings or telephone the booking line on 0141 201 9353/9264/0674 or book online at www.glasgow.ac.uk/developmental/cpd/newcourses/. Spaces on our courses are limited so early booking is required.

Anyone who stops learning is old,
whether at twenty or eighty
- Henry Ford

CPD Service
College of Medical, Veterinary and Life Sciences
University of Glasgow
1st Floor, Tower Block
Queen Mother's Hospital
Glasgow, G3 8SJ



University
of Glasgow

childhood obesity

introductory level

Target Audience: Those who work with children or need knowledge of this area.

Like adults, children are becoming increasingly, and sometimes dangerously, overweight. Children who establish positive healthy eating and activity habits in childhood are more likely to carry them throughout adulthood.

This course examines the causes of childhood obesity and provides some practical solutions to help children achieve a healthier lifestyle. The course will be taught by a mix of presentations, practical activities, short quizzes and discussion.

Part 1. About obesity

- Causes of obesity
- Prevalence
- Health consequences
- Energy balance
- Diagnosis

Part 2. Recommendations

- Current best practice for the prevention and treatment of childhood obesity

Part 3. A behavioural approach to treating childhood obesity

- How to discuss the sensitive issues associated with obesity with children?

Date: Wednesday 25 May 2011
Time: 9.30 - 12.30pm
Location: Yorkhill Hospitals, Glasgow
Cost: £85.00

advanced level

Target Audience: Health professionals and others who require a clinical and more in-depth understanding of the topic area.

Part 1. About obesity

- Causes of obesity
- Prevalence
- Health consequences
- Energy balance

Part 2. Assessment

- Assessment of childhood obesity

Part 3. Lifestyle changes

- Lifestyle changes in diet, physical activity and behaviour
- Approaches in helping children and families implement these lifestyle changes
- We also offer the 'SCOTT' Programme in childhood obesity for health professionals, please call us for more information

Part 4. Evaluation

- Clinical evaluation, investigations and interventions

Date: Tuesday 7 June 2011
Time: 9.30 - 12.30pm
Location: Yorkhill Hospitals, Glasgow
Cost: £85.00



nutrition and health for pre-fives

Target Audience: This course has been designed for those who work with pre-five age children particularly in education and social care settings such as nursery staff, those working in children's homes, respite care workers, foster carers, caterers and others who have a professional interest in this area.

This course will cover important aspects of nutrition and health in the early years and will provide up to date information with practical ideas and advice on establishing healthy eating patterns.

Part 1. Why eating matters in the early years

- The importance of good nutrition and individual nutrients

Part 2. Health and good nutrition for children

- Nutrition and health issues of importance
- Growth and development
- Breast feeding and weaning
- Physical activity
- Childhood obesity
- Prevention of disease in later life
- Feeding difficulties and special diets

Part 3. Putting nutrition into practice

- Practical ways to apply healthy eating principles and nutrition guidelines

Date: Wednesday 25 May 2011
Time: 1.30 - 4.30pm
Location: Yorkhill Hospitals, Glasgow
Cost: £85.00

nutrition and health of older people

Target Audience: The course will be invaluable to those people who work with the elderly including staff and managers working in nursing homes as well as social workers, social care staff, home helps, caterers and nurses etc.

The elderly are the fastest growing segment of the population; currently in the UK about 20% of the population is over 65 years old. The elderly are the most susceptible to many health risks from a nutrient-poor diet, thus having a good diet can help the elderly to stay in good health. This course has been designed to provide participants with knowledge and skills in this area and the latest information on guidelines.

Part 1. Effect of ageing on the body and impact of ill health

- Effect of ageing on the body
- Reduced appetite
- Physical activity
- Health problems

Part 2. Nutrition related health problems among elderly people

- Malnutrition
- Nutrition and anaemia
- Nutrition and bone disease
- Constipation and bowel disease
- Diet and cancer
- Nutrition and vascular diseases
- Nutrition and dementia

Part 3. Good nutrition

- Nutritional needs of the elderly
- Importance of good nutrition and what is good nutrition
- Feeding difficulties
- Guidelines

Date: Friday 27 May 2011
Time: 9.30 - 12.30pm
Location: Yorkhill Hospitals, Glasgow
Cost: £85.00



adult weight management



introductory level

Target Audience: This course will be of interest to anyone who needs a good understanding of obesity and weight management.

Obesity is the most widespread nutritional disorder in adults worldwide, which results in a huge burden of ill health, and increased health care costs in most developed countries. The need to tackle the problem of obesity with some urgency also relates to the undisputed evidence that obesity is a risk factor for a variety of medical consequences.

Part 1. About obesity

- Prevalence, trends and scale of the problem
- Health risks/health benefits
- Costs of obesity
- Causes of obesity

Part 2. Nutrition and health

- Basic nutrition concepts for healthy living
- Nutrition and influence on health

Part 3. Successful weight management

- Diet and physical activity
- Other strategies
- Popular weight loss diets: facts, fats and fallacies

advanced level

Target Audience: This course has been designed for health professionals and others who require a more in depth knowledge and to update their skills in this area.

Part 1. About obesity

- Prevalence, trends and scale of the problem
- Health risks/health benefits
- Cost of obesity
- Causes of obesity

Part 2. Metabolic syndrome - risk factor management in obesity

- Diabetes and obesity
- Weight gain and cardiovascular risk factors
- Hypertension and obesity

Part 3. Weight management guidelines and success criteria

- Clinical guidelines for weight management, approaches to the treatment of obesity and what's new
- Weight loss and maintenance

Part 4. Treatment approaches

- Diet modification, behavioural modification, exercise management in the overweight, pharmacological perspectives, surgical approach to treatment.

Date: Thursday 9 June 2011
Time: 9.30 - 1.30pm
Location: Yorkhill Hospitals, Glasgow
Cost: £85.00

Date: Tuesday 7 June 2011
Time: 1.30 - 4.30pm
Location: Yorkhill Hospitals, Glasgow
Cost: £85.00

Live as if you were to die tomorrow.

Learn as if you were to live forever - Gandhi



challenging behaviour and learning disability

This course is designed to pass on knowledge and to demonstrate good practice positive behaviour support. Delegates will be able to share their experiences, initiatives, challenges and good practice.

The course will cover the following topics:

- Understanding challenging behaviour and why it happens
- Supporting challenging behaviour by exploring various methods and approaches to reduce challenging behaviour with short and long term strategies
- Supporting staff and reducing stress

Date: Monday 23 May 2011
Time: 1.30 - 4.30pm
Location: Yorkhill Hospitals, Glasgow
Cost: £85.00

suicide and self harm in children and young people

Target Audience: This course should be of interest to all professionals working with children and young people in all agencies and will explore current knowledge, encourage discussion and reflection on policy and best practice and will give you the confidence in dealing with this difficult subject.

The course will consider:

- Background information on suicidal behaviour
- Recognising the risk
- Prevention and helping children and young people
- Why children and young people self harm
- The relationship between suicide and self harm
- Cutting and other behaviours
- Strategies for working with children and young people and support

Date: Monday 23 May 2011
Time: 9.30 - 12.30pm
Location: Yorkhill Hospitals, Glasgow
Cost: £85.00

Short Courses in Health Related Topics 2011

REGISTRATION FORM

Either fill in this form or book online at
www.gla.ac.uk/departments/developmental/cpd/newcourses/

Please complete in **BLOCK CAPITALS**

Name
Position
Organisation
Address
Postcode
Tel Fax
Email
(Please add your email as confirmation will be sent by email)

I wish to attend the following training course

(Please tick)

Childhood obesity introductory level	Wednesday 25 May 2011	£85.00	<input type="checkbox"/>
Childhood obesity advanced level	Tuesday 7 June 2011	£85.00	<input type="checkbox"/>
Nutrition and health for pre fives	Wednesday 25 May 2011	£85.00	<input type="checkbox"/>
Nutrition and health of older people	Friday 27 May 2011	£85.00	<input type="checkbox"/>
Adult weight management introductory level	Thursday 9 June 2011	£85.00	<input type="checkbox"/>
Adult weight management advanced level	Tuesday 7 June 2011	£85.00	<input type="checkbox"/>
Challenging behaviour and learning disability	Monday 23 May 2011	£85.00	<input type="checkbox"/>
Suicide and self harm in children and young people	Monday 23 May 2011	£85.00	<input type="checkbox"/>

For group bookings telephone the CPD Office on 0141 201 9264/0674/9264 or photocopy the registration form.

Invoice payment

If you would like an invoice, please provide a contact name for the person to whom the invoice should be sent and the address (please provide an organisation address as we cannot accept a personal address for invoices)

Purchase order no:

Name
Position
Organisation
Address
Postcode
Tel Fax

Payment by cheque

If you would like to pay by cheque, please enclose a cheque for the appropriate amount payable to "The University of Glasgow"

Please send completed registration form with cheque/s (where appropriate) to:

Carolyn Fraser, CPD Manager, Queen Mothers Hospital, Glasgow G3 8SJ
Tel 0141 201 9264 / Fax 0141 201 0674

Please return form asap. It is advisable to book early as places are restricted.

Confirmation and further information will be sent on to you by email on receipt of the completed registration form and payment details.

The personal data that you supply during the registration of these courses will be entered into a database and used by the University of Glasgow or its agents to manage your registration for and attendance. Unless you advise to the contrary, in writing and in advance to the Course Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the event. The personal data in the database will be retained by the University, unless requested in writing to the Course Organiser, and may be used to inform you about other appropriate services and events that may be organised by or in conjunction with the University.

Cancellation policy: Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before 15 March 2011. After this date the full fee is payable, regardless if the delegate attends or not. Substitutions can be made at anytime. The organisers reserve the right to change the speakers and venue as required.

tailormade training to meet your needs

The College of Medical, Veterinary and Life Sciences within the University of Glasgow is one of the leading health research and teaching centres in Europe. The College has an innovative Short Course Training Service specialising in training in health related subjects where we can tailor a course to meet your organisation's requirements.



what makes our training service different to all the others?

1 Leading the way in lifelong learning:

We have an outstanding track record in CPD (Continuous Professional Development) training. In the past 14 years, we have worked very hard to become one of the largest and leading suppliers of CPD training in the area of health, nutrition and physical activity to education, social care and health professionals and others. We have provided training for over 20,000 professionals during this period, many of whom are repeat customers.

2 We don't provide just anyone to deliver your course:

Each course will be developed and delivered by leading experts from the University of Glasgow and other specialists.

We can guarantee your staff will have the most up to date information - so you can be assured of quality. Not only do our tutors know how to teach, they are also passionate about transferring their knowledge and practical advice. Most importantly they make learning FUN!

3 Tailored:

Do you need a course on a particular area which we haven't listed? Then please get in touch and we can discuss your requirements.

We can even come to you – **YOU DECIDE** where and when you want the course to be held.

4 Certificates:

All course participants will receive a Certificate of Attendance from the University of Glasgow.

5 Value for money:

We work to your budget.

People are your organisation's most important assets and their training and development is vital to ensure you get the best out of them....



The College of Medical, Veterinary and Life Sciences at the University of Glasgow promotes lifelong learning for health and related professionals, those in education, social care and many other groups including the general public.

An extensive range of conferences and training courses, including tailor made courses are available to suit your organisation's needs.

For further details contact either:

Carolyn Fraser, CPD Manager

Tel: 0141 201 9264, e-mail: Carolyn.Fraser@glasgow.ac.uk
or

Riikka Gonzalez, Event Marketing Executive

Tel: 0141 201 0674, e-mail: Riikka.Gonzalez@glasgow.ac.uk

Address: CPD Service, University of Glasgow,
Tower Block, 1st Floor, Queen Mother's Hospital, Glasgow, G3 8SJ

To get full details of our conference programme, you can log onto:
<http://www.gla.ac.uk/developmental/cpd/NewCourses.html>

Make lifelong learning
part of your working life!

Comments from previous course delegates:

"Course content most valuable, thought provoking and motivational"

"For me all the sessions were useful – I could relate many of the ideas to the people I work with"

"Well organised and informative and tutors certainly knew how to teach"

"Good balance of knowledge update and practical information"



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