

Courses for healthcare assistants

Skills Academy

Apply for a free account in <https://learning.unison.org.uk/skills-academy/> for UNISON to cover the cost of this vast online course platform. The courses carry CPD or Complementary Medical Association (CMA) accreditation. The weblinks below are purely for the description of the course content.

Type	Course	Duration	
Health care CPD or CMA approved	ADHD awareness	12 hrs	
	Anxiety awareness	15 hrs	
	Bipolar awareness	3 hrs	
	Dangers of sleep deprivation	3 hrs	
	Depression awareness	15 hrs	
	Diabetes awareness	3 hrs	
	Blood-borne pathogens & exposure control plan	3 hrs	
	End of life care	3 hrs	
	Mental health awareness	3 hrs	
	Mindfulness	10 hrs	
	Safe handling of medicines	3 hrs	
	Understanding autism	10 hrs	
	Health care	Assessing mental capacity	1.75 hrs
		Dementia awareness	4 hrs
Eating disorder awareness		0.75 hrs	
Epilepsy awareness		2.25 hrs	
Infection control		3 hrs	
Nutrition for diabetes		3 hrs	
Preventing falls in older people		2.5 hrs	
Privacy and dignity		0.75 hrs	
Safeguarding adults		3 hrs	
Sepsis awareness		0.5 hrs	
Sharps injuries awareness		3 hrs	
Stroke awareness		0.75 hrs	
The Care Certificate		12 hrs	
Trauma awareness		5 hrs	
UTI sepsis		2.5 hrs	
Mental health and stress		How to improve your mental health	0.75 hrs
		How to improve your physical health	0.75 hrs
	Mental health first aid	2.5 hrs	
	Mental wellbeing in children and young people	2.5 hrs	
	Reducing stress (techniques to relax)	3 hrs	
	Reducing stress with meditation and visualisation	2.5 hrs	
	Stress management (employees)	2 hrs	
	Suicide prevention	3 hrs	
	The self-care	4 hrs	
Workplace CPD or CMA approved	Alcohol at work	3 hrs	

	Dangers of working at night	3 hrs
	Dealing with difficult people and situations	7 hrs
	Dealing with stress, anxiety, depression and violence in the workplace	1 hr
	Disability awareness	3 hrs
	Drug and alcohol addiction awareness	15 hrs
	Equality, diversity & discrimination awareness	2 hrs
	Working in teams	8 hrs
Workplace	Dealing with workplace violence	1 hr
	Health and wellbeing	4 hrs
	Managing emotions at work	0.75 hrs
	People handling	2.5 hrs
	Preventing workplace discrimination	3 hrs
	Promoting positive behaviour	2.5 hrs
	Self-harm awareness	0.75 hrs
	Tackling sensitive workplace conversations	0.75 hrs
Personal	Assertiveness skills	5 hrs
	Benefits of Tai Chi	0.75 hrs
	Building your confidence and self-esteem	0.75 hrs
	Decoding direct/indirect messages	0.75 hrs
	Handling conflict in high-value relationships	2.5 hrs
	How to build resilience	0.75 hrs
	How to improve your sleep	0.75 hrs
	How to stop smoking	0.75 hrs
	Identifying causes of conflict	2.5 hrs
	Improve your assertiveness	0.75 hrs
	Mindful listening	0.75 hrs
	Unconscious bias	2.5 hrs
	Personal safety	2.5 hrs
	The art of persuasion	0.75 hrs
English, maths and BSL	Basic maths	0.75 hrs
	British Sign Language	2 hrs
	Advanced English spelling	3 hrs
	English grammar – improve your English	1.25 hrs
	Introduction to maths	2 hrs
	Punctuation mastery	0.75 hrs

The Skills Platform

[The Skills Platform](#) has both free and low-cost courses for health and care especially in e-learning options. Search from low to high price and check for CPD accreditation.

OpenLearn

OpenLearn online courses are free to attend and come with a certificate of participation. Some of the courses are CPD Standards Office supported.

On our website you can also find out more about the ways UNISON works with the [Open University](#).

OpenLearn		
Type	Course	Duration
Health care	Exploring issues in women's health	3 hrs – intermediate
	An introduction to death, dying and grief	7 hrs – intermediate
	Infection and immunity	12 hrs - introductory
	Introducing healthcare improvement	3 hrs – advanced
	Medicine transformed: on access to healthcare	15 hrs – intermediate
	So, you want to be a nurse? A brief introduction to nursing	6 hrs – introductory
	Supporting children's mental health and wellbeing	24 hrs – introductory
	The MMR vaccine: Public health, private fears	20 hrs – advanced
	The science of nutrition and healthy eating	24 hrs – introductory
Mental health and stress	Challenging ideas in mental health	7 hrs – intermediate
	Exercise and mental health	2 hrs – intermediate
	Making sense of mental health problems	10 hrs – intermediate
	Understanding depression and anxiety	8 hrs – intermediate
	Work and mental health	5 hrs – intermediate
Workplace	Difference and challenge in teams	2 hrs – introductory
	Working in diverse teams	24 hrs – introductory
	Working in groups and teams	8 hrs – advanced
	Making decisions	4 hrs – advanced
English and maths	English: skills for learning	24 hrs – introductory
	Essay and report writing skills	15 hrs - introductory
	Numbers, units and arithmetic	5 hrs – introductory
	Succeed with maths – Part 1	24 hrs – introductory
	Succeed with maths – Part 2	24 hrs – introductory