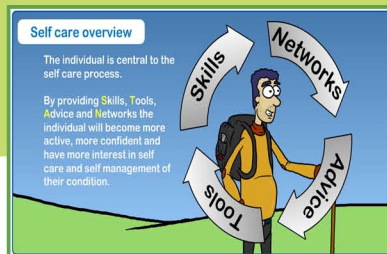
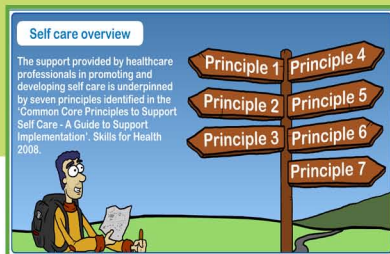




Self Care

For self care to be a successful strategy it needs to be promoted by healthcare professionals, who also need to offer support to individuals. Healthcare professional must work to create an environment for self care, which starts with recognising the importance of self care activities at all stages of the care planning process. Healthcare professionals can also provide support and resources to assist individuals in managing these activities.



Who is this course for?

This module is aimed at the Healthcare professionals and support workers as well as community nurses.

What will you learn?

- Have a broad knowledge of what self care is
- Be aware of ways in which healthcare professionals can offer guidance and support to individuals
- Have a basic knowledge of the seven "Common Core Principles to Support Self Care"
- Be able to offer examples of how each of the STAN elements can support self care activities

To self-register for these courses, please go to this link:
<https://northwaleslscb.virtual-college.co.uk>

