

# Fitech Cholesterol & Diabetes Testing Course

## For Point of Care Testing using the CardioChek – accredited by the NPA

The course is designed to show how to conduct professional blood testing using the CardioChek machine and Fitech Software (where applicable). The one day course is half theory and half practical and covers testing protocols and taking an efficient blood finger stick sample.

The day begins with the basics and therefore is suitable for all levels of experience. Medical expertise is not necessary. The course is now accredited by the National Pharmacy Association, and participants receive a certificate on completion of the course.

### Course Content

#### Theory

- Cardiovascular Disease
- What is Cholesterol
- Understanding lipoproteins- HDL, LDL, Triglycerides
- Demonstration and practical (demonstrate competency and best practice)
- Diabetes theory and management

#### Using the CardioChek PA

- Performance & Expectations
- Checking the Equipment
- Testing Protocols
- Conducting a finger stick test in an accurate and safe manner
- Clinical Waste Disposal
- Health and Safety

#### Support

- Referring to GP's where appropriate i.e. Signposting
- Providing lifestyle counseling and advice
- Software Implementation (where applicable)
- Q & A + Summary

