

HOLOS

HEALTHCARE & TRAINING LTD

NEWSLETTER



0800 007 5248

NO 01 / 2011
MAY 2011

AND THIS STUFF REALLY WORKS

"The one thing I took away from my original course was how important it was to teach my family – lucky I did, since it probably saved my life.

After leaving the last course 3 years before, I went home and taught my wife the skills we had learnt on the course. The skill sheets were very useful. She was initially a little hesitant, but we practiced together.

About February this year I fell down our stairs at home. From tripping on the top stair I must have missed all the others before hitting the ground floor, since all I had was a stubbed toe and no injury to my torso at all.

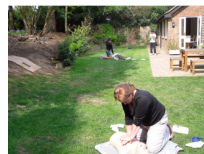
However, I tried to break my fall with my outstretched arms and ploughed into the ground floor. Apart from fracturing my forearms, as my head hit the ground I fractured my skull, had blood in my airway and was knocked out.

Fortunately my wife remembered what to do, and she managed my airway until the ambulance turned up.

Contd.

FIRST AID COURSE AT HOME CHEAPER THAN YOU MIGHT THINK

Your first aid certificate is up for renewal and you either have to go through your original college to see if they are holding any refresher courses, or to book on an open course at one of our venues (see below for details of current open courses).



The sun was shining, so all the practical sessions were undertaken, together with lunch, in the garden (whilst also increasing everyone's suntans!)

This may entail re-shuffling of work or taking a day off, and then travelling to the venue via car, train, bus or tube.

However, having trained with Holos before, you appreciate our style of training and would rather come back and undertake your refresher course with us, but would prefer a more hassle free approach.



This is what Jane O'BRIEN felt when her certificate was up for renewal. However, she also felt that knowledge of first aid would be useful for her husband and children, and would also look good on their children's cv.

Alex attended their home at a time that enabled Jane to pick up her daughter from a sleep over she attended the night before.



Once mentioned to friends, fellow work colleagues or family, there is often a general interest in undertaking a first aid course - it is just one of those things people "often haven't got around to doing!"

Prices start at £160 + VAT for the 4-hour course for up to 12 attendees or £280 + VAT for up to 7 people for the 1-day Appointed Person / HSE Approved Emergency First Aid at Work course (travelling to be calculated from either SE London, Malvern or Carlisle).

Therefore if 7 people attend a 1-day course, this would work out at £48 per person (including VAT), however **if even if only 5 people attended, this would still work out at only £67.20 (including VAT)!!** Apart from price, other benefits include:

- **Variable start time** to fit in with your personal schedule
- **Minimal travelling inconvenience**
- **Workplace certification** issued on completion of appropriate course
- **Family / friend inclusive event** – certificate of attendance issued to children for inclusion in their personal c.v.

HOLOS HEALTHCARE AND TRAINING LIMITED

HSE Approved to undertake First Aid at Work courses
INDIVIDUAL PLACES CAN BE BOOKED ON OUR OPEN COURSES

PRICE per person - 1 DAY AP/EFAW - £69 +VAT or 2 PLACES FOR £110+VAT

OPEN DATES	1- DAY EFAW COURSES			
	LONDON LONDON BRIDGE SE1	BRISTOL WESTBURY ON TRIM	MALVERN SCIENCE PARK	CHELTENHAM
JUN 11	15 th	11 th	-	-
JUL 11	15 th	22 nd	5 th	-
AUG 11	4 th	-	-	-
SEP 11	8 th	9 th	27 th	-

OTHER COURSE DATES & VENUES AVAILABLE – PLEASE CONTACT,
OR

GET 7 PEOPLE TOGETHER, WE COULD HOLD A 1-DAY APPOINTED PERSON / FIRST AID AT WORK OR SPECIALIST COURSE
ON-SITE AT YOUR PREMISES, **CHEAPER, AT OTHER, MUTUALLY CONVENIENT TIMES.**
FOR FURTHER DETAILS / INDIVIDUAL OR GROUP BOOKINGS CONTACT

0800 007 5248

www.holoshealthcare.co.uk

IF YOU FEEL YOU COULD RECOMMEND A FRIEND TO ATTEND AN OPEN COURSE, AS A THANK YOU WE WOULD LIKE TO GIVE YOU A £15 MONEY-OFF VOUCHER FOR YOU TO ATTEND ANY OF OUR FIRST AID COURSES, PROVIDED THE ATTENDEE INFORMS US ON BOOKING THEIR PLACE.

AND THIS STUFF REALLY WORKS - contd

So simply I owe my life to my wife and to the skills that you taught me to pass on. MANY THANKS

Anthony DICKENSON

At a recent conference, I was approached by Lorna WITHERS, an acupuncturist who had attended one of our courses 3 years ago with her story

A few months before she had gone for a meal with some friends. Suddenly one of them started choking on a bit of steak. They stood up suddenly, started drooling at their mouth and turning a funny colour.

No one else was doing anything, so she felt she had to try something. After a few backslaps, she then attempted some abdominal thrusts. These still didn't work, fortunately an off duty paramedic who was sitting nearby stepped in to give her a hand.

After a few more rounds, finally the steak came out and they started to breathe properly.

"I was surprised that no one was able to give a hand, I just couldn't sit by and do nothing"

Well done Lorna.

NEW TRAUMA COURSE TO BE RUN BY HOLOS

Many are aware that Holos have, over a number of years, been undertaking first aid courses for HM Armed Forces (see newsletter dated June 08 with comments from Lt Col Clements re our courses).

Since then we have been asked by many clients to undertake courses utilising this expertise.

With this in mind, we have introduced 2 new courses.

The first course is a 1-day course geared towards existing first aiders as an introduction on how to deal with a major incident, with multiple trauma patients, until the professional services arrive. This would be ideal for those who feel that they may be involved in a multi casualty incident.

The second is a 5-day course, targeted at service personnel coming towards the end of their service requiring a civilian certification, together with a revision on how to deal with a multiple casualty situation.

This course would also be useful to those working in or wishing to go into the security industry

This 5 day course includes:

- **The 3 day HSE Approved First Aid at Work course;**
- **Automatic External Defibrillation (AED);**
- **Airway Management (including OP airway and Bag Valve Mask BVM);**
- **Triage and dealing with multiple casualties;**
- **Massive bleeding control including tourniquets & haemostatic dressings use.**



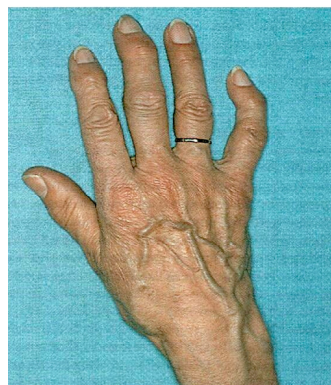
The course relies heavily on practical situations, utilizing mock wounds, hands-on and interactive training methods. There is a maximum of 12 students per instructor and the on-site costs are as follows:

- 1 day course, £700 + VAT for up to 7 attendees, £100 + VAT per person thereafter;
- 5 day course £1,750 + VAT for up to 7 attendees, £250+VAT per person thereafter

Prices do not include travelling.

BONE-REPAIRING STEM CELLS INJECTION

Michelle Roberts from the BBC recently reported about a team at Keele University testing injectable stem cells, used to treat injuries like fractures or conditions like arthritis.



The stem cells, harvested from the patient's own bone marrow, are then treated with a coating of magnetic particles. These cells can then be guided by strong magnetic fields.

Prof Alicia El Haj from the Keele university team said "the ultimate aim is to repair cartilage and bone. We have been able to grow new bone in mice, we are now looking to see if we can repair damaged sites in goats – we should be able to move to human trials within 5 years"

Meanwhile experts from Southampton University, led by Professor Richard Oreffo, have treated four patients with hip joint problems using stem cell technology.

NOTES FROM MEDICAL SECRETARIES

On a final light note, here are some notes from medical secretaries:

- Patient has left her white blood cells at other hospitals;
- She has no rigors or shaking chills, but her husband states she was very hot in bed last night;
- On the second day the knee was better and on the third day it disappeared;
- Discharge status – alive, but without my permission;
- While in the ER, she was examined, x-rated and sent home;
- Patient was alert and unresponsive;
- Rectal examination revealed a normal sized thyroid;
- She stated that she had been constipated for most of her life, until she got a divorce;
- Occasional, constant infrequent headaches;
- She is numb from her toes down
- The skin was moist and dry