Breast Awareness Training: Half day sessions

Course overview

This half day breast awareness training session was developed in 2011, after it was identified that although interested, practice nurses and healthcare assistants were unable to attend a full day Train the Trainer course. The half day training aims to update primary health care staff on the breast awareness message and the move away from breast self-examination. Group discussion and interactive exercises will provide a forum for them to discuss and explore the barriers their patients may have to any element of the breast awareness message and help them to understand the emotional impact of finding a sign or symptom.

The course is co-ordinated either internally by a BHP Officer, or externally by the lead of a specific external group (i.e. practices nurse training lead co-ordinating training for practice nurses).

Courses can be held in-house or at external locations. If external locations are required, the cost of this is attributed to the external co-ordinator.

Only one trainer is needed to deliver this training, however, if two back to back sessions are required, two trainers will be required for delivery.

This course is costed based on number of trainees, trainer time and travel/accommodation if applicable.

Recommended exercises (For Trainers)

- Learning objectives at the beginning of each day (Recap at end)
- Expectations for trainees at the beginning of each day (Recap at end)
- Agreed behaviours at beginning of each day
- Icebreaker/Energizer beginning of day
- Recap of learning at end of session
- Timed breaks

Learning objectives.

- Identify and discuss attitudes to and perceptions of breasts
- Understand what breast awareness is and its importance
- Understand the importance of early diagnosis
- Understand and discuss the move from breast self examination to breast awareness
- Discuss normal and life-cycle changes of the breast
- Identify and describe unusual signs and symptoms
- Explain what to do if someone finds an unusual change
- Explain the NHS breast screening programme and processes
- Identify who is eligible for breast screening
- Identify the 3 main risks for breast cancer (Breast Cancer Care)
- Identify the range of barriers to breast awareness
- Understand the emotional impact of finding a sign/symptom
After Training

- Delegates to complete BCAM questionnaire prior to the session *(amended version without the option to be contacted in 6 weeks).*
- Delegates to complete training evaluation at the end of session.
- 4-6 weeks after the training delegates to be contacted with BCAM follow up questionnaire
- 3 months following training delegates to be contacted with monitoring form to measure how many and type of people have they spoken to about breast awareness.

Cost of course

This course is £60pp (cost includes delivery by qualified trainer, travel for trainer and access to resources).