



إدارة شاملة للحساسية: تعرف على أفضل الطرق للتحكم في الحساسية

Duration: 5 Days

Language: ar

Course Code: IND5 - 142

Objective

:Upon completion of this course, participants will be able to

- Understand the fundamental mechanisms underlying allergic diseases.
- Develop skills in diagnosing and managing various allergic conditions.
- Explore innovative approaches to allergy prevention and management.
- Integrate conventional and modern strategies for comprehensive allergy care.
- Enhance their ability to educate patients about allergy management and prevention.

Audience

:This course is intended for

- Medical professionals
- Allergists and immunologists
- General practitioners
- Nurses and healthcare providers
- Health practitioners
- Nutritionists and dietitians

- Graduate students in medicine and life sciences

Training Methodology

The course employs a blend of instructional methods, including

- Interactive lectures
- Practical diagnostic and management sessions
- Group discussions and case studies
- Expert-led Q&A sessions
- Comprehensive course materials and resources

Summary

This comprehensive course provides a thorough approach to understanding and managing allergies. Participants will explore the scientific basis of allergic diseases, gain practical skills in diagnosing and treating allergies, and learn to integrate innovative practices into their allergy management strategies. This course emphasises a balanced approach that combines scientific knowledge with contemporary health principles to address allergic conditions effectively.

Course Content & Outline

Section 1: Fundamentals of Allergy & Immunology

- Definition and types of allergic reactions
- Epidemiology of allergic diseases
- The immune system and allergic responses
- Role of IgE and other immune mediators

- Influence of genetics on allergy susceptibility
 - Environmental triggers and their impact

Section 2: Diagnosis of Allergic Conditions & Diagnostic Techniques

- Patient history and physical examination
- Identifying symptoms and potential allergens
 - Skin prick tests
 - Serum-specific IgE tests
 - Provocation tests
- Differentiating between allergic and non-allergic conditions
 - Comprehensive patient evaluation

Section 3: Management of Allergies and types of treatment

Pharmacological treatments

- Antihistamines, corticosteroids, and immunotherapies
 - Indications and contraindications

Non-pharmacological interventions

- Allergen avoidance strategies
- Environmental control measures

Modern management approaches

- Nutritional interventions and dietary modifications
- Mind-body practices: stress management, meditation, and yoga

Section 4: Specialized Allergy Topics (Food, Respiratory & Skin)

- Common food allergens and cross-reactivity
- Diagnosis, management, and prevention strategies
 - Allergic rhinitis and asthma
- Treatment approaches and lifestyle modifications
 - Atopic dermatitis and contact dermatitis
- Management strategies and comprehensive care

Section 5: Practical Applications and Case Studies

- Performing and interpreting skin prick tests
- Developing personalised management plans and
 - Real-world scenarios and problem-solving
 - Integrative approaches to complex cases
 - Summary of key concepts
 - Q&A session with experts

Certificate Description

Holistique Training. عند إتمام هذه الدورة التدريبية بنجاح، سيحصل المشاركون على شهادة إتمام التدريب من (e-Certificate) وبالنسبة للذين يحضرون ويكملون الدورة التدريبية عبر الإنترنت، سيتم تزويدهم بشهادة إلكترونية من Holistique Training.

وخدمة اعتماد التطوير المهني (BAC) معتمدة من المجلس البريطاني للتقييم Holistique Training شهادات ISO 29993 أو ISO 21001 أو ISO 9001 كما أنها معتمدة وفق معايير، (CPD) المستمر.

لهذه الدورة من خلال شهادتنا، وستظهر هذه النقاط على شهادة إتمام (CPD) يتم منح نقاط التطوير المهني المستمر واحدة عن كل ساعة CPD يتم منح نقطة، CPD وفقاً لمعايير خدمة اعتماد Holistique Training. التدريب من الألي دوره واحدة نقدمها حالياً CPD حضور في الدورة. ويمكن المطالبة بحد أقصى قدره 50 نقطة.

Categories

الصحة والسلامة والبيئة، الرعاية الصحية والصيدلانية، التكنولوجيا

Related Articles

Vaccines and Allergic Reactions: Understanding the Risks and How to Manage Them

Vaccines protect against serious diseases, but some people may experience allergic reactions. This blog explains why vaccines can cause allergies, the symptoms to watch for, which vaccines pose higher risks, and what to do if a reaction occurs—helping you stay informed and safe.

