

EXCEL TRAINING

Dr. Essa Al-Ahmad

Saudi Family Physician · Healthcare Educator & Trainer

COURSE SYLLABUS · HEART DISEASE CARE

Heart Disease and Care

Spot the signs, support prevention, and act fast when chest pain strikes.



FORMAT

5 focused modules

STYLE

Practical & hands-on

AWARD

Certificate of completion

ABOUT THIS COURSE

Course Description

The Heart Disease and Care course explains the causes, prevalence, and impact of heart attacks and heart failure. Caregivers learn to identify common signs, symptoms, and risk factors.

The course also covers preventative tools that help reduce the risk of heart disease through lifestyle changes, and emergency response — including the correct steps a caregiver must take when a person complains of chest pain.

Who This Course Is For

Family caregivers — Those supporting a loved one living with or at risk of heart disease.

Home health aides & CNAs — Caregivers managing daily routines and watching for warning signs.

Care & community staff — Anyone who wants to support heart health and respond to emergencies.

What You Will Learn

1. Describe the causes, prevalence, and impact of heart attacks and heart failure.
2. Identify common signs, symptoms, and risk factors of heart disease.
3. Use preventative tools to reduce risk through lifestyle modifications.
4. Support day-to-day habits that protect heart health.
5. Take the correct emergency steps when a person complains of chest pain.

Course Modules

MODULE 01

Understanding Heart Disease

Explains the causes and prevalence of heart disease and the impact of heart attacks and heart failure on a person's health and daily life.

MODULE 02

Signs, Symptoms & Risk Factors

Helps caregivers identify the common signs and symptoms of heart problems and the risk factors that make them more likely.

MODULE 03

Prevention & Lifestyle Modifications

Covers preventative tools and lifestyle changes — diet, activity, and habits — that help reduce the risk of heart disease.

MODULE 04

Daily Support for Heart Health

Practical ways to support the person day to day, encouraging the routines and choices that protect the heart.

MODULE 05

Emergency Response & Chest Pain

Teaches the correct steps a caregiver must take when a person complains of chest pain, and how to respond quickly and calmly in an emergency.

About the Instructor



Dr. Essa Al-Ahmad

Saudi Family Physician · Healthcare Educator & Trainer

Dr. Essa Al-Ahmad is a Saudi family physician, healthcare transformation leader, educator, and investor in innovation, based in Al-Ahsa, Saudi Arabia. He earned his Bachelor of Medicine and Surgery from King Faisal University and completed his Family Medicine Diploma in 2015.

He spent more than five years in frontline patient care and chronic disease management, helping patients navigate complex, long-term conditions. He directed Al-Qurain Health Center (2016–2018) and Al-Shuqaiq Primary Health Care

Center (2018–2019), which achieved CBAHI accreditation under his leadership, and in 2019 was appointed Director of the Anti-Osteoporosis Program in Al-Ahsa.

Today he is a trainer of doctors and nurses and a passionate advocate for clinician wellbeing, teaching healthcare professionals to build sustainable careers and care for themselves with the same dedication they bring to their patients. He is a member of the Saudi Physicians' Association and sits on the Board of Directors of Alam Holding Company.

EDUCATION

MBBS, King Faisal University

Bachelor of Medicine & Surgery

QUALIFICATION

Family Medicine Diploma

Awarded 2015

EXPERIENCE

5+ years frontline care

Chronic-disease management

LEADERSHIP

3 health centers directed

One CBAHI-accredited

Testimonials

"[SAMPLE TESTIMONIAL — replace with a real quote.] The training was clear and practical. I left feeling far more confident caring for someone with heart disease."

[Name]

Family caregiver

"[SAMPLE TESTIMONIAL — replace with a real quote.] Short modules that respected my time, taught by someone who has actually done the work. Highly recommended."

[Name]

Home health aide

"[SAMPLE TESTIMONIAL — replace with a real quote.] Exactly the kind of hands-on guidance our staff needed. The emergency-response section was especially valuable."

[Name]

Care team lead

Sample testimonials shown — to be replaced with verified learner quotes.

Bring this course to your team. Email training@dressalahmad.com or book a meeting to scope a custom program for your facility.