

EXCEL TRAINING

Dr. Essa Al-Ahmad
Saudi Family Physician · Healthcare Educator & Trainer

COURSE SYLLABUS · MEDICATION SAFETY

Medication Management and Safety

Give the right medication, the right way — safely, on time, every time.



FORMAT

5 focused modules

STYLE

Practical & hands-on

AWARD

Certificate of completion

ABOUT THIS COURSE

Course Description

The Medication Management and Safety course gives caregivers the knowledge to support medications safely and confidently. It covers how medications work, how to read labels and instructions, and how to build reliable routines that prevent errors.

Caregivers also learn to recognize side effects and interactions, document what they observe, and respond correctly to a medication emergency such as a missed dose or an adverse reaction.

Who This Course Is For

Family caregivers — Anyone helping a loved one manage several medications at home.

Home health aides & CNAs — Frontline staff who support safe medication routines.

Care & community staff — Teams who want fewer errors and safer medication practices.

What You Will Learn

1. Understand common types of medication and how to read labels and instructions.
2. Apply the rights of safe medication administration.
3. Build dependable schedules and organization systems that prevent missed or double doses.
4. Recognize side effects and interactions, and know what to monitor and report.
5. Store and dispose of medications safely and respond correctly in an emergency.

Course Modules

MODULE 01

Medication Basics

Introduces common types of medication and their purposes, and how to read labels and instructions accurately. Builds the foundation for safe support.

MODULE 02

Safe Administration

Covers the rights of medication administration — right person, medication, dose, route, and time — so support is consistent and safe.

MODULE 03

Schedules & Organization

Practical systems for reliable routines, including pill organizers and tracking, to prevent missed doses and double doses.

MODULE 04

Recognizing Side Effects & Interactions

Teaches caregivers to watch for side effects and interactions, document what they observe, and know what should be reported and when.

MODULE 05

Storage, Disposal & Emergency Response

Covers safe storage and disposal of medications and the correct steps to take in a medication emergency, such as a missed dose or an adverse reaction.

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 complex medications."

[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.