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Aim high and achieve your personal career goals with Practitioner Development UK’s inspirational health care courses. There is no better way to keep up to date with ongoing developments in your field. All of our courses contain the latest clinical information, helping to keep you conversant with current practice guidelines. Each completed course provides CPD hours to help you meet revalidation targets.

There are three ways to learn:

**Scheduled Courses:**

- Ideal for individuals
- Centrally located
- Great for networking.

See pages 3 - 16.

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- Fit learning around your life
- Study in your own time, even when you’re on the move

See pages 17 - 19.

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- Courses can be tailored to suit you
- Convenient and cost-effective

See pages 20 - 26

**10% discount**

Book 4 or more people on the same scheduled course at the same time and receive a 10% discount

**Paying by instalments**

If you are making an individual rather than company booking, you can now pay for any PDUK course by instalments. If you wish to be considered for payment by instalments, please email info@pduk.net or call us on 02392 501428.

For further information or to book a scheduled course go to: www.pduk.net
Scheduled Courses

Help your health care staff be the best they can be with our scheduled events (which can also be delivered in-house)

Our scheduled events provide an excellent opportunity for individuals and small groups to keep abreast of current and future practice guidelines. As the popularity of these events demonstrates, learning while simultaneously networking with fellow health care professionals is highly stimulating and rewarding.

Basics of health assessment

A03 FIVE DAY PATIENT ASSESSMENT SKILLS WORKSHOP
5 days = ☑️ 35 hours’ CPD £625

This five-day programme provides practitioners with a springboard for diagnostic proficiency and clinical decision-making. After studying basic history-taking and physical examination techniques, you will have the opportunity to perform a complete physical examination that reflects clinical practice requirements and helps to develop all-round confidence. Covers essential skills for non-medical prescribers.

What’s included
- History taking & practice.
- Physical examination techniques
- Examination of skin, hair and nails.
- Assessment of face, neck and ENT/practice
- Respiratory system examination/practice
- Cardiovascular / peripheral vascular examination/practice
- Abdominal system examination/practice
- Examination of the eye/practice
- Mental health/Neurological assessment/practice
- Musculoskeletal examination/practice
- Documentation of findings
- Structured physical examination demonstration/practice
- Top to toe physical examination test outs

Where and when

London
30 January- 3 February 2017: Guy’s Hospital
3-7 April 2017: Guy’s Hospital
26-30 June 2017: Guy’s Hospital
11-15 September 2017: TBA

Required skills for non-medical prescribers and all advanced practice nurses

Quality Assurance

Hands-on workshop: maximum student to trainer ratio 12:1

Book 4 or more people on a scheduled course and receive a 10% discount.
This is an opportunity for those of you who are confident in taking a history and physical examination and want to focus on the common and not so common patient complaints seen in primary health care.

**What’s included**

- The red or painful eye
- Ear problems such as hearing loss and ear infections
- Upper & lower respiratory tract presentations to include painful sinuses, sore throat, cough and bronchitis
- Head, neck and back pain
- Skin conditions including examination principles, eczemas, psoriasis, infestations, bacterial, viral and fungal infections
- Acute abdominal pain covering diarrhoea, vomiting, constipation, indigestion, ectopic pregnancy and more.
- Gynae overview covering vaginal discharge, pelvic pain and the basics of emergency contraception
- Mental health- depression, assessment and management essentials

**Where and when**

**London**
3-5 May 2017: Guy’s Hospital
6-8 September 2017: TBA

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This interactive programme focuses on the needs of community practitioners who are now expected to include basic injury review and care.

**What’s included**

- Principles of musculoskeletal history taking
- Basic assessment of the major joints including targeted history taking, anatomy, joint function and essential physical examination techniques. Hands on practice is encouraged! Joints covered include:
  - shoulder
  - elbow
  - wrist and hand
  - hip
  - knees
  - ankles and feet
- Common conditions
- Management and referral
- Practice scenarios
- Local analgesia
  - Types/safe levels
  - Local infiltration
- Wounds - including abrasions, cuts, burns and bites:
  - Classification/management
  - All forms of closure/deep sutures demo/practice
  - Removal of foreign bodies ear/eye nose/others
- Ingrown toenails
- Infections
  - Paronychia
  - Minor abscesses

**Where and when**

**London**
24-26 January 2017: Guy’s Hospital
28-30 March 2017: Guy’s Hospital
21-23 June 2017: Guy’s Hospital
4-6 October 2017: TBA
This workshop will provide you with basic instruction in common minor surgical techniques used in minor injuries units, general practice, urgent care and walk in centres. The emphasis is on emergency wound care. Hands on participation is encouraged, fostering your competence in developing these skills for use in the workplace.

**What’s included**
- Principles of analgesia.
- Wound assessment, closure & management
  - Basic suturing technique/practice
  - Application of topical skin adhesive
- Common surgical procedures
  - Incision and drainage of an abscess
  - Paronychia management
  - Release of subungual haematoma
  - Digital block-fracture reduction
  - Management of ingrown toenails
  - Foreign body removal

**Quality Assurance**
Hands-on workshop: maximum student to trainer ratio 12:1

**Where and when**
London
26 January 2017: Guy’s Hospital
30 March 2017: Guy’s Hospital
23 June 2017: Guy’s Hospital
6 October 2017: TBA

This course goes beyond the basics and looks at head injury in more depth. Learn what happens when a head injury occurs; gain a better understanding as to causes and forms of head injury and reasons behind clinical features of raised intracranial pressure. An important skill for all first contact practitioners.

**What’s included**
- Specific class requests
- Applied neuro anatomy
- MOI
- Forms of injury
- Intra cranial pressure
- An introduction to patient examination
- Clinical features
- Guidelines
- Guide to further study

**Where and when**
London
16 June 2017: Guy’s Hospital

**Also available:**
 iPDUK eLearning course
Assessing Minor Head Injuries: An Introduction
See page 18 for further details

10% discount for booking 4 or more people on a scheduled event!
This evidence-based course covers the physiological principles and practical considerations for assessing and managing common sports injuries. Participants will have the opportunity to apply these theoretical and practical concepts and techniques throughout the day. This will boost their confidence in the recognition, differentiation, diagnosis, management and return-to-sport guidelines of common sports-related injuries.

What’s included
• Review of basic anatomy of the spine and extremities.
• Physiological principles underpinning sports injuries, including healing and tissue response to loading.
• Overview of common sports injuries, including: mechanisms of injury; identification of signs and symptoms; clinical diagnosis and differentiation; considerations for management and return to sport.
• Practical application of clinical diagnostic techniques and assessment for return to sport.

Where and when
London
20 June 2017: Guy’s Hospital

Also available:
iPDUK eLearning course
An Introduction to Paediatric Minor Injuries
See page 18 for further details
**IH87-**  
**The ABC of ECGs**  
1 day = 8 hours’ CPD £165

This course provides practitioners with a practical step-by-step review of ECG interpretation. The emphasis is on understanding the basis of ECG interpretation, clinical pearls and potentially life-threatening problems.

**What’s included**

- The physiologic basis of the ECG
- How to record a 12 lead ECG.
- A step by step guide to reading an ECG.
- ECG interpretation and cardiac axis - What is normal?
- ECG interpretation- Common abnormal findings- to include:
  - Acute myocardial infarction and ischaemia ,
  - Sinus and atrial rhythm abnormalities,
  - Ventricular rhythm abnormalities,
  - Disorders of conduction
  - Bundle branch blocks

**Note:** Unknown test cases and participant questions are an integral part of this programme

**Where and when**

**London**  
13 June 2017: Guy’s Hospital

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**AR94**  
**RECOGNISING AND MANAGING ACUTE SKIN CONDITIONS IN PRIMARY CARE**  
1 day = 7 hours’ CPD £165

Designed for practitioners who need to improve their skills in assessing and managing acute skin conditions. Dermatological conditions are commonly seen in primary care but health care practitioners are often challenged by even the most common presentations. This course will give you more confidence in assessing and safely managing these conditions.

**What’s included**

- Principles of dermatological assessment
- Common acute skin problems: diagnosis, differentials and management (e.g. bacterial, fungal and viral infections)
- When chronic skin conditions become acute, recognition and treatment.
- Assessment of skin lesions (benign lesions and skin cancers)
- Dermatological emergencies

**Where and when**

**London**  
9 May 2017: Guy’s Hospital

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**Also available:**  
iPDUK eLearning course  
Skin Infections Part 1  
See page 19 for further details.
**A106- LEG ULCERS: ESSENTIAL CARE GUIDE**

1 day = 7 hours’ CPD  £160

This course focuses on enabling both community and hospital staff to assess and manage patients with leg ulcers of differing aetiologies with confidence and skill.

**What’s included**
- Pathophysiology of the complicated wounds:
  - venous leg ulcers;
  - arterial leg ulcers.
- Wound assessment, including:
  - theory of ankle/brachial resting pressure index (ABPI);
  - assessment of circulation and of the lower leg.
- Management of wounds, including:
  - evidence-based guidance on wound cleansing and dressing selection;
  - compression therapy theory.
- Practice scenarios.

**Where and when**

London
7 June 2017: Guy’s Hospital

**Client testimonials**

“This has been the fourth consecutive year that we have used PDUK for nurse and HCA CPD. We have consistently found them to be well organised, easy to work with and professional in all respects. Their courses are of the highest standard and have always been relevant to practice.”

Nurse Manager & Education Lead, Kent

“One of the best study days I’ve ever been on: thank you.”

D. Fava, ANP, Brighton

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**A107- GUIDE TO COMPLEX WOUND CARE**

1 day = 7 hours’ CPD  £160

Assessing and managing complicated wounds can challenge even the most experienced practitioners. Both community and hospital staff will benefit from this course, which will improve your confidence and skills when caring for patients with difficult wound presentations.

**What’s included**
- Pathophysiology of complicated wounds:
  - chronic non-healing wounds;
  - diabetic wounds;
  - fungating wounds.
- Wound assessment.
- Evidence-based management, including:
  - wound cleansing;
  - dressing selection;
  - negative wound pressure therapy.
- Practice scenarios

**Where and when**

London
16 May 2017: Guy’s Hospital

**Client testimonials**

“The tutor was very clear, friendly, professional and knowledgeable. She easily switched between what was planned and other questions asked.”

Walk in Centre Nurse, London

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AR26  ENT “TOP TEN” - HOW TO TREAT AND MANAGE, WHAT TO REFER AND WHEN
1 day = ₤ 7 hours’ CPD ₤165

A large proportion of visits to general practitioners, minor injury units or accident and emergency departments are ear, nose and throat (ENT) related. Aimed at the experienced practitioner, this interactive course will examine ENT problems seen in primary care and first contact settings, looking at the most frequently seen conditions. It will explore appropriate treatments, common errors, which conditions can be managed safely out of hospital, and which conditions should be referred and when.

What’s included
• Ears -
  - Otitis media, otitis externa, which is which and how do I treat?
  - When is a perforation safe?
  - Cholesteatomas - why all the fuss?
  - Wax and foreign bodies – is water ever dangerous?
  - Auricular haematoma
  - Hearing loss – is it serious?
• Nose
  - Epistaxis – why won’t it stop?
  - Fractured noses – when do they need to be treated?
  - Foreign bodies
• Throat
  - Tonsillitis or glandular fever – does it matter?
  - Quinsy
  - Foreign body/food bolus
• Red flags- what to refer and when
• Group discussions/Questions
• Patient scenarios

Where and when
London
23 May 2017: Guy’s Hospital
20 October 2017: TBC

A86 CONTRACEPTION AND SEXUAL HEALTH WORKSHOP FOR THE PRIMARY CARE PRACTITIONER
2 days = ₤ 14 hours’ CPD ₤270

This course had been designed to give participants an overview of the current methods of fertility control and the risks and benefits of different methods. The course will prepare clinicians to support appropriately qualified staff in monitoring women taking hormonal contraception and giving basic advice. Emergency contraception choices will also be discussed.

What’s included
• Oral methods of contraception
• Long acting reversible contraception
• Barrier and natural contraception methods
• Emergency contraception
• Working with young people, sex and the law
• Contraception for women over 40
• Post natal contraception
• Contraception services & Patient Group Directions: What’s out there
• Sexually transmitted infections an overview
• Chlamydia screening
• Practical session contraceptive workstations
• Discussion and evaluation

Where and when
London
11-12 May 2017: Guy’s Hospital
12-13 October 2017: TBA

Paying by instalments
If you are making an individual rather than company booking, you can now pay for any PDUK course by instalments. If you wish to be considered for payment by instalments, please email info@pduk.net or call us on 02392 501428
A80 GYNAE CORE SKILLS FOR FIRST CONTACT PRACTITIONERS
1 day = 7 hours’ CPD £165

This interactive one-day course is targeted at primary care practitioners involved in the management of and referral decisions for women presenting with gynaecological issues.

What’s included
• Review of anatomy and physiology of the female pelvic organs
• Overview of common gynaecological disorders
• Physical assessment, including:
  - Pelvic assessment
  - Bimanual exam
  - Speculum examination
  - Taking triple swabs
  - Assessing pelvic organ prolapse
  - Removal of foreign bodies.
• Diagnosis and management of common gynaecological disorders including PCOS, PID, endometriosis, adhesions, gynaecological cancer
• Managing common sexually transmitted infections
• Overview of emergency contraception: case scenario approach
• Fraser guidelines explored

Where and when
London
28 June 2017: Guy’s Hospital

Client testimonials
“...The lecturer was clear and concise...”
C Woodhouse, Practice Nurse, London

AR27- GETTING TO GRIPS WITH MENTAL HEALTH
1 day = 8 hours’ CPD £160

This mental health study day is for primary care nurses needing to recognise the signs and symptoms of common mental health conditions, such as stress, anxiety and depression. The course will focus on assessment, high risk behaviours and situations, and appropriate interventions including health promotion strategies and referrals. We will also look at specific issues related to high risk groups such as the homeless and refugees.

What’s included
• Common presentations – challenges for practitioners
• Assessing for signs and symptoms
• Exploring high risk groups/individuals
• Capabilities and limitations – when to refer on and to whom
• Basic interventions
• Working with other agencies
• Writing appropriate referral letters

Where and when
London
2 May 2017: Guy’s Hospital

Also available:
iPDUK eLearning course
Dementia: Understanding and Dealing with Challenging Behaviours
See page 19 for further details.
This course is an excellent practical guide for practice nurses, APs and HCAs who will be working with chronic disease and require grounding in assessment and current management trends for the patient with diabetes.

What’s included

- Diabetes- epidemiology- a global and national perspective.
- Understanding diabetes
  - How do we maintain blood glucose
  - Classification of diabetes with emphasis on type 1 and 2
  - Patho-physiology of diabetes
- Diagnosis of diabetes
  - Clinical signs and symptoms
  - Risk factors such as obesity
  - Diagnostic criteria
  - Understanding test results
- Complications associated with diabetes
  - Recognising and managing Hypo/Hyperglycaemia
  - Neuropathy
  - Nephropathy
  - Retinopathy
  - Risks of CVD
- Management of diabetes
  - Medicine and lifestyle management
  - Overview of insulin regimes
  - Driving
  - Employment
  - Empowerment model of care: The Alphabet Strategy
  - Concordance
- Diabetic emergencies- identification and immediate management. Case scenarios
- Review of national guidelines and key studies

Where and when

London
30 June 2017: Guy’s Hospital
This comprehensive course looks at different types of pain and various pharmacological approaches to effective pain management. It is ideal for first contact practitioners who deal with patients that present with either acute or chronic pain. Group participation including discussion, sharing of experiences, debate and practical workshops make this a stimulating and challenging experience.

**What’s included**
- The pain pathway
- Data on pain prescribing
- The patient
- Guidelines
- Acute pain management
- Chronic pain management
- Prescribing in palliative care
- Opioid prescribing
- Management of non-specific low back pain and sciatica
- NSAID prescribing
- Information about drugs NOT recommended as first line choice
- Evidence and role of rubefacients
- The role of glucosamine and chondroitin or other over the counter medication
- Neuropathic pain
- Key points in prescribing pain medication:
  - Children
  - The elderly patient
  - The patient with renal impairment
  - The patient with liver impairment
- Controlled drugs
- Understanding pain and anxiety and depression.
- Non-medical self-management and OTC pain management
- Other pain

**Where and when**
**London**
10 May 2017: Guy’s Hospital

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<table>
<thead>
<tr>
<th>Immunisation</th>
<th>Non-medical prescribing</th>
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<tbody>
<tr>
<td>AR51- IMMUNISATION AND ANAPHYLAXIS ESSENTIALS</td>
<td>A114 PRESCRIBING FOR PAIN MANAGEMENT</td>
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<tr>
<td>2 days = 8 hours’ CPD £275</td>
<td>1 day = 8 hours’ CPD £165</td>
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This course is for nurses new to immunisation or any current practitioner wanting to review the basics. It will help you develop a systematic and co-ordinated immunisation approach in line with the national minimum standards for immunisation.

**What’s included**
- Introduction to immunisation: aims, national and internal policy
- Immunity
- Types of vaccines
- Vaccine preventable diseases
- Cold chain
- Injection technique
- Cautions and contra indications
- Childhood immunisation programme
- Complex immunisation histories
- Scenarios

**Where and when**
**London**
23-24 May 2017: Guy’s Hospital
21-22 September 2017: TBA

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Immunisation

**AR51- IMMUNISATION AND ANAPHYLAXIS ESSENTIALS**
2 days = ₤ 14 hours’ CPD ₤275

This course is for nurses new to immunisation or any current practitioner wanting to review the basics. It will help you develop a systematic and co-ordinated immunisation approach in line with the national minimum standards for immunisation.

**What’s included**
- Introduction to immunisation: aims, national and internal policy
- Immunity
- Types of vaccines
- Vaccine preventable diseases
- Cold chain
- Injection technique
- Cautions and contra indications
- Childhood immunisation programme
- Complex immunisation histories
- Scenarios

**Where and when**
**London**
23-24 May 2017: Guy’s Hospital
21-22 September 2017: TBA

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- Childhood immunisation programme
- Complex immunisation histories
- Scenarios

**Where and when**
**London**
23-24 May 2017: Guy’s Hospital
21-22 September 2017: TBA

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Non-medical prescribing

**A114 PRESCRIBING FOR PAIN MANAGEMENT**
1 day = ₤ 8 hours’ CPD ₤165

This comprehensive course looks at different types of pain and various pharmacological approaches to effective pain management. It is ideal for first contact practitioners who deal with patients that present with either acute or chronic pain. Group participation including discussion, sharing of experiences, debate and practical workshops make this a stimulating and challenging experience.

**What’s included**
- The pain pathway
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- The patient
- Guidelines
- Acute pain management
- Chronic pain management
- Prescribing in palliative care
- Opioid prescribing
- Management of non-specific low back pain and sciatica
- NSAID prescribing
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- Evidence and role of rubefacients
- The role of glucosamine and chondroitin or other over the counter medication
- Neuropathic pain
- Key points in prescribing pain medication:
  - Children
  - The elderly patient
  - The patient with renal impairment
  - The patient with liver impairment
- Controlled drugs
- Understanding pain and anxiety and depression.
- Non-medical self-management and OTC pain management
- Other pain

**Where and when**
**London**
10 May 2017: Guy’s Hospital
This course will review essential prescribing practice for a range of common long term conditions (LTCs) including COPD, chronic heart failure, renal disease and diabetes.

What’s included
Interactive learning is a key feature of this course. You will look at case studies and real situations that have been encountered.

The day will start with establishing your familiarity with the following principles which will be used in the case studies.

• An understanding of what medicines optimisation means and how this plays an important role in each of the conditions.
• What is a medication review and the different levels of medicines reviews.
• How often should you review a patient’s medication
• What is medicines reconciliation and why this is particularly important in long term conditions.
• Why is patient experience and involvement essential
• Consider drug –drug interactions when prescribing new medicines
• Be aware of black triangle medicines

Renal Disease
• Renal disease: stages and monitoring of the disease.
• Prescribing and dose alterations for different stages.
• Acute kidney injury (AKI) including prevention and awareness of medications that often place patients at risk.
• The importance of hydration

COPD
• Which inhalers and when to prescribe.
• Prescribing other oral medicines in COPD; what is the evidence.
• Prescribing in advance of exacerbation including patient education.
• High dose steroid cards.

Chronic Heart Failure
• A brief overview of the medicines prescribed in CHF
• Maximising doses in chronic heart failure
• How to manage side effects including medication alterations.

Diabetes
• When to treat type II diabetes
• Current prescribing guideline recommendations
• Insulin and its management
• Blood glucose monitoring – when, why and is it necessary?
• Risk factors and prescribing preventative medicines.
• Practical problems such as:
  - Diabetes treatment and the patient fasting for religious reasons
  - Hypoglycaemic attacks: patient or partner recognition.
  - Long distance flights and time changes: how and when to take diabetes medication.

Where and when
London
23 June 2017: Guy’s Hospital

For further information or to book a scheduled course go to: www.pduk.net
This workshop will benefit nurses from community or acute settings who are new to IV therapy and blood administration or who need a refresher. This is an ideal course for those who need to meet mandatory requirements for developing proficiency in these areas.

**What’s included**
- Definition and purpose of IV therapy
- Professional, legal, and ethical issues of IV therapy
- Methods for delivering IV therapy (continuous, intermittent, bolus injection)
- Peripheral venous access devices
- Preparation of IV therapy
- Drug calculations
- Drug compatibility and instability
- Administration of IV therapy including pump devices
- Nursing responsibilities for the IV site and maintaining line patency
- Potential complications and problems associated with IV drug administration including anaphylaxis
- Blood groups and compatibility
- Blood transfusions: preparation and administration
- Review of workplace competencies.

An IV therapy & blood administration workbook is provided as supplementary learning and an essential part of the course. Attendees are required to complete this along with the workplace competencies at the end of the workbook.

**Where and when**
London  
26 May 2017: Guy’s Hospital

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This interactive study day provides participants with practical tools and techniques to conduct safe and effective telephone triage. The programme is flexible and can be adapted to workplace requirements.

**What’s included**
- Why telephone triage, pros and cons
- Managing a triage call, including
  - Establishing a helpful relationship and active listening.
  - Different questioning techniques
  - Structuring the call
  - Dos and don’ts
- Legal implications, including documentation.
- Overview of common triage calls—covering main body systems: a problem based approach
- Case scenario practice covering minor and major ailments and long-term health conditions as required by participant’s area of practice.
- Support systems; principles of writing protocols, audit and a discussion of what is needed in individual areas.

**Where and when**
London  
25 May 2017: Guy’s Hospital

10% discount for booking 4 or more people on a scheduled event!
This course equips health care providers in hospitals and the community with the skills and knowledge to competently and sensitively care for patients who need palliative or end-of-life care.

What’s included
• Practical systematic history taking with attention to its vital importance to good care for the palliative care/end-of-life care patient and their family, via role play and group work.
• The physical signs of the dying patient and how to systemically identify these, with case studies.
• The main symptoms presented by the palliative care patient and how to systemically identify these, plus the required symptom control, including pain, nausea and vomiting, shortness of breath and constipation.
• Approaches to nutrition and hydration interventions in the palliative care terminally ill patient. Discussion and debate including ethical issues.
• The role of spiritual care at end of life.
• The importance of good communication skills when breaking bad news, with role play and case studies.
• Identifying signs and symptoms of palliative care emergencies, including hypercalcaemia and spinal cord compression, with case studies.

Where and when
London
20-21 June 2017: Guy’s Hospital

A power packed course that concentrates on childhood minor illnesses from infancy to late teen years. Ideal for the practitioner who is confident with basic assessment skills and wants to explore a variety of paediatric conditions in an evidence based context. A chance to share your experience and build on your expertise.

What’s included
• Age appropriate history taking & physical exam techniques
• Anatomical & physiological differences in children
• Recognition of the ill child
• The febrile child
• The child with a skin problem
• ENT conditions
• The child with an abdominal complaint
• The child with a respiratory problem
• The child with an eye complaint
• Reinforcers

Where and when
London
7-9 March 2017: Guy’s Hospital
5-7 July 2017: Guy’s Hospital
Child health

This is an ideal course for practitioners who see critically ill children in the community. It is aimed at experienced health care providers who want to refresh and expand their skills and knowledge in this challenging area. A range of key topics will be covered. These include spotting the acutely ill child, dealing with emergencies in children, acute mental health issues, cardio-respiratory and abdominal conditions.

What’s included
- Recognising the ill child
- Safe referrals: hospital and A&E?
- Basic paediatric life support
- Assessment & management of:
  - Cardio-respiratory emergency presentations
  - Abdominal emergencies/Surgical emergencies
  - Infectious disease related emergencies
  - Mental health crises

Where and when
London
6 March 2017: Guy’s Hospital
4 July 2017: Guy’s Hospital

Child health

This course will prepare those of you planning on offering the 8 week infant check as part of your primary care service. It is informed by the examination requirements as outlined by Public Health England and lays the foundations towards developing competency in the work place.

What’s included
- Brief review of national standards
- Taking a screening history
- Physical examination techniques
- Assessment of HENT and eyes
- Respiratory assessment
- Cardiac assessment
- Abdominal assessment including male and female genitalia
- Detection of developmental dysplasia of the hip (DDH)
- Putting it all together

Where and when
London
3-4 May 2017: Guy’s Hospital

P35- EMERGENCY PAEDIATRICS FOR THE PRIMARY CARE PRACTITIONER
1 day = 7 hours’ CPD £159

P45- SIX- EIGHT WEEK BABY CHECK
2 days = 14 hours’ CPD £295
Earn CPD credits in just two hours with iPDUK’s effective online health care courses

When you’re giving 100 per cent at work, you need to know that any extra-curricular input will be worth your while. So what’s the best way to boost your CV, improve your confidence and competence at work and progress your accredited continuing professional development (CPD)? iPDUK’s online learning courses are the business: check them out online at www.pduk.net.

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Qualified to deliver quality

All PDUK courses are devised by industry experts and reviewed by a panel of esteemed academics to ensure they meet the highest UK standards, thus enabling you to move forward in your career.
Dr Debra Sharu explains how to assess the severity of illness in the sick child. This course provides a foundation upon which further practitioner skills and confidence can be developed. It covers common symptoms and the diagnostic examination methods with which to study them.

About the author
Dr Debra Sharu DPhil, ANP, RSCN, has worked as a practising clinician and educator in both the USA and the UK for more than three decades. As a former senior lecturer on the RCN Nurse Practitioner programme she helped pioneer the advanced practitioner role in the United Kingdom.

ASSESSING MINOR HEAD INJURIES: AN INTRODUCTION
2.5 hours’ CPD £30.00

David Bradley draws on his many years of experience in A&E to explain how you should assess patients who may have suffered a minor head injury. You’ll learn which common signs and symptoms to look out for as well as the skills and physical examinations that will enable you to start effectively managing minor head injuries.

About the author
David Bradley was formerly a senior lecturer at Liverpool John Moores University and has developed and run distance-learning programmes in A&E nursing, ENP, ECP and minor injuries.

PAEDIATRIC MINOR INJURIES: AN INTRODUCTION
2.5 hours’ CPD £30.00

Lorrie Lawton explains how some of the most common paediatric minor injuries seen in Urgent Care, Minor Injury Units and Emergency Departments should be assessed and managed. Providing a brief overview of minor injuries commonly presented in children, this course covers the fundamentals of history taking and documentation, examination techniques, management of foreign bodies and the most common minor injuries including burns, head, face and hand injuries.

About the author
Lorrie Lawton RN, RN (Child) MSc, PGCTHE, NMIP, BSc (Hons), BA has worked in emergency nursing for more than 26 years and has practised as an ENP since 1994.
ESSENTIAL OPHTHALMIC ASSESSMENT IN PRIMARY CARE
2.5 hours’ CPD £30.00

Margaret Gurney’s course for primary care health professionals provides a basic understanding of the eye, its function and the assessment of common sight- and non-sight threatening eye problems.

About the author
Margaret Gurney MSc, BSc (Hons) ENB346 INP – Has worked in Ophthalmology for 24 years and trained at Moorfields Eye Hospital, London.

SKIN INFECTIONS (Part one)
2.5 hours’ CPD £30.00

Rebecca Davis introduces common bacterial, viral and fungal skin conditions and investigates the main causative agents, including those from the staph, herpes and tinea groups.

About the author
Rebecca Davis MSc, BSc, RN. Rebecca is an independent dermatology nurse consultant and chair of the British Dermatological Nursing Group’s Non-Medical Prescribing Sub-Group.

DEMENTIA: UNDERSTANDING AND DEALING WITH CHALLENGING BEHAVIOURS
2.5 hours’ CPD £30.00

Jane Gordon looks at the most common forms of challenging behaviour seen in patients with dementia. The course will help you understand why this behaviour occurs and give you the tools to attempt to prevent and manage it. Examining real-life case studies will help you put what you have learnt into practice. This iPDUK programme is suitable for practitioners who have some experience of dealing with patients with dementia.

About the author
Jane Gordon RMN, BSc MH, MA is a former senior lecturer and course director at London South Bank University.

IMMUNISATION UPDATE
(Complies with the Public Health England National Minimum Standards for Immunisation Training.)
1.5 hours’ CPD £21.00

Liz Sherlock covers immunisation for adults and children. As well as the legal and professional issues surrounding immunisation. Suitable for practitioners who are qualified to immunise and already do so, this course is ideal for meeting yearly update CPD requirements

About the author
Liz Sherlock, RGN, PG cert, DMS, NMP, is a practice nurse, nurse prescriber and practice educator.
Set your staff on the right course
Our progressive in-house health care training courses will enable your staff – from nurses to doctors and CPNs to ward clerks – to practise what we teach and give their patients the best possible care.
Tell us what you require and we’ll create an itinerary that will help your health care professionals to develop their skills and competence.
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PDUK works with the NHS and the public and private health care sectors, both within the UK and abroad.
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- PATIENT DETERIORATION: THE ACUTELY UNWELL ADULT
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- CHILDHOOD IMMUNISATION ESSENTIALS
- ADVANCED ECG SKILLS AND ARRYTHMIA INTERPRETATION
- UNDERSTANDING HEAD INJURIES: A SCHOOL NURSE’S GUIDE
- DIABETES AND THE ADOLESCENT
- EAR CARE IN THE COMMUNITY: IRRIGATION TRAINING ESSENTIALS
- SAME DAY CONSULTATION WORKSHOP
- ESSENTIAL PATIENT ASSESSMENT SKILLS FOR PHARMACISTS

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For more information, visit www.pduk.net or call 02392 501428
**In-house: Minor injuries**

**IH77  MUSCULOSKELETAL MINOR INJURIES – REFRESH AND REFINE YOUR SKILLS**
2 days = 14 hours’ CPD

This interactive musculoskeletal (MSK) workshop is designed for those diagnosing and treating patients with minor injuries. The main focus is on advancing diagnostic skills, building expertise and confidence in dealing with a wider range of MSK conditions. Perfect for the clinician who has some experience in caring for minor injuries.

**What’s included**

Review of the examination basics:
- Principles of injury, healing and treatment
- History taking essentials and systematic examination methods
- Pain referral, dermatomes and related neurological issues

Upper limb assessment; shoulder and neck, the elbow, the wrist and hand:
- A&P review
- Common and more challenging presentations:
  - Becoming a good diagnostician - safe practice, red flags, the difficult history, the complex history.
  - Systematic physical examination reviser including special examination techniques.
  - Diagnostic imaging; referral guidelines and radiographic interpretation.
  - Management and treatment options; pain relief, manipulation of minor displaced injuries, dislocation and fractures of the hand.

Lower limb assessment; the knee, calf injury, ankle and foot:
- A&P review
- Common and more challenging presentations:
  - Becoming a good diagnostician - safe practice, red flags, the difficult history, the complex history.
  - Systematic physical examination reviser including special examination techniques.
  - Diagnostic imaging; referral guidelines and radiographic interpretation.
  - Management and treatment options.
- Recap and close

**Note:** case scenarios and hands on practice are integrated throughout the workshop.

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**In-house: Minor injuries/Diagnostics/Radiology**

**AR62 – LIMB X-RAY INTERPRETATION FOR BEGINNERS**
2 days = 14 hours’ CPD

This course is for the practitioner with little or no experience in limb x-ray interpretation and those wanting to review their interpretation skills. This comprehensive programme provides participants with the underpinning knowledge and confidence to discuss cases and make clinical decisions linking patient presentation with radiographic anatomy and radiological appearances.

**What’s included**

- Legal & professional issues including the history of Red Dot
- Principles of radiation protection
- IR(ME)R
- X-ray modalities
- Report writing
- Principles of normal and abnormal appearances of bone, soft tissues and joints on x-rays.
- Fracture classification and description including the Salter Harris classification.
- Mechanisms of injury.
- Upper limb x-ray interpretation.
- Self assessment of upper limb image bank
- X-ray referrals.
- Protocols
- Lower limb x-ray interpretation – knee and proximal femur; ankle, tibia and fibula; foot and toes.
- Pelvis & hip x-ray interpretation including proximal femur.
- Self assessment of lower limb image bank
- Introduction to bone tumours and other pathological processes (OA/RA/Gout) affecting bone and their radiological appearances.
- Common misses and unusual cases.

**NB**- course attendees are encouraged to bring interesting/unusual/difficult x-ray films for discussion.
In-house: Diagnostics/Radiology

AR55- RED DOT TRAINING FOR RADIOGRAPHERS
1 day = 7 hours’ CPD

This course provides essential training for radiographers who are either new to the role, returning to practice or are taking on an A&E/MIU workload. A combination of lectures and short self-study group work is used to make this a stimulating, worthwhile training experience.

Who should attend?
- Junior/newly qualified radiographers
- Radiographers returning to practice
- Radiographers taking on a role with an A&E MIU workload component

What’s included
- Introduction
- A&E/MIU radiology reports versus red dot system
- Refresher of radiological appearances of normal and abnormal bone
- Upper limb: shoulder, elbow, wrist and hand
- Lower limb: hip, knee, ankle and foot
- Central skeleton: face & mandible, cervical, thoracic and lumbar spine, pelvis

In-house: Minor injuries/Child health

IH55B THE NUTS AND BOLTS OF MINOR INJURIES IN YOUNG PEOPLE
1 day = 7 hours’ CPD

This very popular programme covers the essential principles of minor injury assessment and management for the paediatric patient. The course level can be easily varied, making it ideal for groups with mixed levels of expertise. A fun, interactive event.

What’s included
- A review of:
  - Head injuries assessment, treatment of wounds and aftercare
  - MSK anatomy of neck, upper and lower limbs
  - General neck and limb MSK assessment
  - Mechanisms of injury, when referral is needed
  - Common MSK injuries related to sports
  - Principles of MSK treatment
  - Decision making when to refer or manage using case histories

In-house: Child health

P41- MINOR ILLNESS CORE SKILLS FOR HEALTH VISITORS (0-5 YEAR OLDS)
1 day = 8 hours’ CPD

In line with the Early Years High Impact Area no 5 as set out by the UK Department of Health (2014), this course offers participants the opportunity to develop key skills for safe and competent minor illness management in the younger child. A sound understanding of common illness presentations, potential red flags and safe management provides the focus of the day.

What’s included
- Recognition of the ill child including core skills of assessing for dehydration, capillary refill and observing for respiratory distress.
- The febrile child: assessment, home care or referral.
- Common presentations, assessment and management.
  - Respiratory such as upper respiratory tract infection, sore throat, bronchiolitis or pneumonia.
  - Abdominal conditions including gastroenteritis, colic and reflux
  - Common skin presentations seen in infants and young children e.g. nappy rash, bacterial, fungal and viral infections.
- Evaluations and close
In-house: Child health

**IH01: SAME DAY CONSULTATION WORKSHOP- THE PAEDIATRIC PATIENT (0-16 YEARS OF AGE)**
5 day = 35 hours’ CPD

This programme combines both history taking and physical examination skills with system related minor illnesses.

**What’s included**
- Age appropriate history taking & physical examination techniques.
- Anatomical & physiological differences in children.
- Recognition of the ill child.
- The febrile child.
- ENT/lymphatic examination and practice
- ENT related presentations- (e.g. OM, sore throat)
- Respiratory assessment and practice
- Respiratory related presentations including upper versus lower respiratory tract infections, bronchiolitis and pneumonia
- Cardiovascular assessment and practice
- Abdominal assessment and practice
- Acute GI problems- to include recognition of common emergency presentations and more minor ailments.
- Skin assessment and presentations
- External eye related presentations
- Physical examination practice review.

In-house: Child health/Immunisation

**P29: CHILDHOOD IMMUNISATION ESSENTIALS**
2 day = 14 hours’ CPD

This interactive programme has been developed for primary care nurses who require foundation training in childhood immunisations. The course complies with the recommendations of the current Public Health England Standards for Immunisation Training and the Green Book information.

**What’s included**
- Immunisation aims including national policies and schedules.
- The immune system and how vaccine work
- Types of vaccines and their composition
- Issues and controversies
- Communicating with patients and carers
- Legal aspects/ Accountability and responsibility (consent)
- Correct vaccine administration
- Vaccine preventable diseases
- Vaccine storage and handling
- Anaphylaxis and other adverse events
- Documentation, record keeping and reporting
- Strategies for improving immunisation uptake
- Immunisation by healthcare professionals (prescribing) including competencies

In-house: Cardiac/Diagnostics

**AR69: ADVANCED ECG SKILLS & ARRHYTHMIA INTERPRETATION**
1 day = 7 hours’ CPD

This programme is designed for practitioners and doctors looking to improve their ECG skills and arrhythmia recognition. You will have the opportunity to practice on a wide range of example ECGs.

**What’s included**
- Approaches to ECG interpretation and cardiac axis
- Common ECG abnormalities including:
  - Interventricular conduction disturbances: bundle branch block, fascicular block and pre-excitation
  - Ventricular hypertrophy
  - Electrolyte disturbance
  - Pulmonary embolism
  - Patterns of infarct, injury and ischaemia.
- Common tachy and brady arrhythmias:
  - Atrial fibrillation
  - Atrial flutter
  - AV nodal re-entrant tachycardia
  - Ventricular tachycardia and fibrillation
  - Heart blocks
  - Escape rhythms
  - Paced rhythm
### In-house: IV therapy

**IH91- INTRAVENOUS THERAPY CORE SKILLS**  
1 day = 7 hours’ CPD

Attendee involvement is the key to this programme. It is geared towards confidence building and safe practice. By the end of the day participants will feel able to perform peripheral cannulation and have a solid grounding in managing the patient on intravenous therapy.

**What’s included**

- Venous cannulation
  - Indications for peripheral cannulation in your practice.
  - Health and safety, infection control
  - Equipment type and choices: peripheral venous access devices.
  - Anatomy: brief overview – land marking prime peripheral sites
  - Demonstration, hints and tips
  - Red flags, complications and management
- Practical session

**IV administration**

- Delivery devices such as syringe pump drivers- types and usage.
- Drug compatibility and instability
- Review of PDUK Drug Calculations Workbook for home study
- Legal and professional implications.

### In-house: Deteriorating patient

**A103- SEPSIS; EARLY RECOGNITION AND MANAGEMENT**  
1 day = 7 hours’ CPD

This is an ideal course for practitioners who work on hospital wards and in the community. It will help them to develop skills in early identification of adult patients with sepsis and to initiate appropriate management and escalation in line with national and international guidelines.

**What’s included**

- Definition and classification of sepsis severity
- The pathophysiology of sepsis
- Vigilance, screening and early recognition
- Investigations and markers
- Early interventions/immediate management (sepsis 6)
- Communication and rapid escalation (SBAR)
- Case scenarios

### In-house: Patient assessment/ History taking & physical examination

**A57- ESSENTIAL PATIENT ASSESSMENT SKILLS FOR PHARMACISTS**  
3 days = 21 hours’ CPD

This very interactive clinically focused course is ideal for pharmacists who will be assessing patients with a variety of common complaints.

**What’s included**

- Introduction
- History taking and practice
- Physical examination techniques
- Skin essentials
- Respiratory system examination/ practice

Please note that this programme is flexible and different body systems can be substituted as required.
As a practitioner, you know how crucial it is to be aware of the signs of patient deterioration, but can you manage them confidently and competently? This course will help you to develop these skills, ensuring safer and improved quality of care for your patients.

**What's included**
- Acute respiratory compromise
- Acute cardiovascular compromise
- ABG analysis
- Scenario practice: peri-arrest recognition and treatment
- Acute renal compromise
- Acute neurological compromise
- Fluid and electrolyte balance
- Shock, anaphylaxis, DKA, ACS management
- Scenario practice: day 1 & 2 consolidation

This course is designed for HCAs and support workers who work with patients that have dementia. The focus will be on how to offer support and manage challenges while maintaining a person centred approach when dealing with these individuals.

**What's included**
- Defining dementia; recognising different types of dementia.
- Signs and symptoms
- How is dementia diagnosed and assessed?
- Caring for the person with dementia: key aspects.
  - Standards of care: the Mental Capacity Act and the Care Quality Commission.
- Common care problems and management strategies.
Useful Information
Terms & Conditions

Scheduled course times & fees
Courses usually run from 10:00am-16:30pm. Timings will be confirmed in your course information pack, 2-3 weeks before the event. All fees are inclusive of standard UK VAT rates and include tuition, course material and certificate of completion. Our scheduled events include morning and afternoon refreshments. Accommodation is not included.

Booking discount
There is a 10% group-booking discount on PDUK scheduled courses. Bookings must be for groups of 4 or more attendees for the same event. All applications must be submitted at the same time. This discount does not apply with any other offer.

Booking a scheduled event
Bookings can be made over the telephone, or online through our website www.pduk.net. Bookings are regarded as firm bookings and you are advised that once made you have entered into a contract. Provisional bookings are NOT accepted.

Payments
Employer or third party sponsored applications. - An invoice is raised once an application is processed. Payment is due within 30 days of issue. When available please quote purchase order numbers. It is strongly advised that funding be secured before booking a course. If an employer refuses to pay, the attendee is liable for full payment. Bookings made by self-pay candidates must be paid in full within 30 days of application or 4 weeks prior to the course commencing, whichever is soonest. Payment for courses can be split into two or three payments. This option is only open when agreed in advance with PDUK. If you are interested in this option contact us on info@pduk.net or 02392 501428. Course packs will not be posted until full payment is made.

Payment methods
Choosing the invoice option when booking
Send a cheque made out to Practitioner Development UK to 11 Alvara Road, Gosport, PO12 2HY,

- Paying directly into our bank account, details as provided on the invoice. (Please use the invoice no. as payment reference).

Choosing credit or debit card option when booking
-Credit or debit card payments can only be made online, in full, at the time of booking. All card transactions are subject to a 2.8% surcharge. Late payments will incur an additional 8% charge.

Cancellations

- Cancellations received 5 weeks before the start of the course may be liable to a £15 cancellation fee. Cancellations received within 5 weeks of the event are liable for the full course fee. All cancellations must be made by email and will not be accepted by any other means. We are happy to accept a substitution candidate at no additional cost but do require their contact details. Full payment will be due from anyone who fails to attend.

Course changes
Practitioner Development UK reserves the right to change the venue, cancel a course or defer to a later date(s) at any time and without prior notice. Fees will be refunded in full should delegates not wish to attend the alternative date or in the event of a cancellation. Practitioner Development UK is not responsible for personal expenses incurred due to a cancelled event.

Travel & accommodation
We advise you NOT to book accommodation and travel until you have received your course information pack. This will be sent 2-3 weeks before the course commences. Practitioner Development UK will not reimburse these costs.

Purchasing E-learning
Payment for individuals must be made at the time of purchase via credit or debit card. All card transactions are subject to a 2.8% surcharge and must be made online at www.pduk.net. If an invoice is required for a bulk purchase by an organisation, please contact us on info@pduk.net or call 02392 501428.
Advance your skills with our training courses

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PDUK’s mission is to make health care better, by improving the knowledge, skills and expertise of thousands of health professionals worldwide. Our internationally renowned training courses are designed to help health care professionals progress in their careers and achieve the highest standards in their working roles. More than a decade ago, we pioneered advanced training for health care professionals in the UK with our very first course: RCN-accredited history-taking and physical examination skills. Since then, our professional reach has gone from strength to strength, with a comprehensive directory of more than 275 courses, which we are constantly refining in order to address the ever-changing needs of patients, professionals and the health care service. This attention to detail enables us to provide the best courses in the business.

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By providing the best courses money can buy, we help health care professionals acquire essential knowledge, skills and experience. This adds up to all-round improved clinical practice and – most important of all – better patient care. Our scheduled and in-house courses provide quality training you can afford at a variety of locations, both in the UK and abroad.

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PDUK’s courses cater for the CPD requirements of advanced nurse practitioners as well as other nurses and allied health professionals.

Maintain your CPD

Revalidate your licence

All nurses who are registered with the Nursing and Midwifery Council are now required to revalidate their licenses. [http://revalidation.nmc.org.uk/what-you-need-to-do/continuing-professional-development/](http://revalidation.nmc.org.uk/what-you-need-to-do/continuing-professional-development/)

This involves undertaking 35 hours of continuing professional development (CPD) over three years. Our fully certified flexible training solutions count towards this and enhance your professional portfolio.

PDUK Founder & Director

Dr. Debra Sharu (DPhil, ANP)

Passionate about advanced practitioner education, clinician, academic and author Dr Sharu created PDUK to fill the gap in the market for quality health care training. She’s been a practising clinician and educator for more than 38 years, and is a fully qualified family nurse practitioner.