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PRACTITIONER
DEVELOPMENT
UK LTD

Promoting Clinical Expertise

*Leaders in Quality Continuing Clinical
Education for Health Professionals*

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**Royal College of Nursing
Accredited courses available**

Winter-Spring 2010

Practitioner Development UK's In-House Training...



What is In-House training?

PDUK's In-House training is the most flexible solution for private and public sector healthcare because it brings the courses to you. Our tutors visit your site, or a suitable venue close by, and deliver a course tailored to your staff's needs. We can offer this service throughout the UK and abroad. You can book a single course for a small group or a complete year's training programme for your team.

When do you run In-House training?

Our In-House training is held at your convenience. We can run these courses during the week, in the evenings or at weekends – whichever suits your staff best.

What courses do you offer for In-House training?

We offer all of the scheduled courses listed in this brochure and on our website – there's over 150 for you to choose from. Can't find the course you're looking for? Then call us, tell us what you want and we'll design a course to meet your specific needs.

What group sizes do you work with?

Our In-House training is for groups only, not individuals, and we have a limit on maximum numbers to optimize learning. This number depends on the programme you choose. If you have extra places available, you may want to team up with two or more local healthcare providers and spread the costs.

**Training tailored to your staff's needs
and scheduled at your convenience**

**... the most cost-effective way to
improve your staff's skills!**



**All
programmes
in this brochure
are available
In-House**

No travel or accommodation costs
We bring the training to you....
throughout the UK and abroad

How much do they cost?

Our costs vary according to the type of programme you choose. Charges are per course and contain no hidden fees. All tutor expenses, course materials, certificates and specified equipment are included. Simply call us on 02392 501428 for a quote.

**Need to train
groups of staff?
We can help**

for further details and other In-House options!

www.pduk.net

What if we have a training budget?

That's no problem. We can arrange training over an extended period and send the invoice at your convenience; either before or after the training is delivered.

How do I book PDUK In-House training for my staff?

Simply contact our education consultant to discuss your requirements. We will then provide you with an individual quote, a course programme and a 'no obligation' written proposal outlining terms and conditions.

Tel: 02392 501428

Sample PDUK Exclusive In-House Course Programmes Include:

The Elderly

A44 - Quality Hospital Care for Dementia Sufferers



The care of people with dementia needs to be improved, says the National Dementia Strategy and this course will help you do just that. It focuses on the three key areas of improved awareness, earlier diagnosis and intervention, and a higher quality of care in the hospital environment. It will help you develop your skills and knowledge of the disease, improve the service you deliver and promote a better quality of life for dementia sufferers.

Who should attend?

- General Nurses
- Doctors
- Allied Health Professionals



Course content

- Assessment – history taking and diagnostics
- Differential diagnosis - distinguishing between the 3 Ds; delirium, dementia and depression
- Dementia screening tools such as the mini mental test, cornell geriatric depression scale, clock drawing
- People-centred care - understanding and dealing with behaviors perceived as challenging:
 - wandering
 - vocalization
 - aggression
 - non-compliance
 - incontinence

2 Day • 14 hours CPD • In-House Only

Paediatrics

IH40 - 6-8 Week Paediatric Check



One of the first to offer such a detailed course on the paediatric check, this PDUK programme will help prepare those of you planning to offer this service in your practice. Originally developed in response to the Hall Report (Health for All Children 4th ed), it will enable you to meet the history taking and physical examination components as set out by the 2008 NHS newborn screening competences and guidelines.

Who should attend?

- Advanced Nurse Practitioners
- Nurse Practitioners
- Practice Nurses
- Health Visitors

Course content

- The NHS newborn screening competences and guidelines. (March 2008).
- Taking a screening history
- Physical examination techniques
- Assessment of:
 - the head, eyes, nose, and mouth
 - skin
 - respiratory system
 - cardiac systems
 - reflexes
 - hips
 - genitalia

To include examination practice, identification of the norm and recognition of findings that require referral.

Real baby clinics are encouraged as an In-House feature on day 3

3 Days • 21 Hours CPD • In-House Only

Tel: 023 9250 1428

Paediatrics

P06 - Childhood Skin Conditions: The Basics

This workshop has been designed for nurses and non-medical prescribers caring for children predominantly in the community to help them meet the challenges of treating and supporting the families of children and young people with skin disease.

Who should attend?

All those involved in the management of children and young people with common chronic skin diseases. Particularly suitable for

- Non-medical Prescribers
- Practice Nurses
- Health Visitors
- School Nurses
- Paediatric Nurses
- ANPs

Course content

- Skin assessment
- Seborrhoeic dermatitis
- Atopic eczema
- Scabies
- Infections – bacterial, viral and fungal
- Psoriasis
- Practical Aspects of Care- Emollients, topical corticosteroids etc.

1 Day • 7 Hours CPD • In-House Only

IV Therapy

IH91 - Intravenous Therapy Core Skills

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 in the community.

Course content

Venepuncture

- Indications for venepuncture.
- Health and safety, infection control
- Equipment type and choices: peripheral venous access devices.

Prescribing

AR35- Numeracy Skills & V300 Examination 'revision/pre' (NMP)

With increasing emphasis on numeracy skills and applying mathematic calculations in every day prescribing practice this symposia is an invaluable skills up date for all nurses, especially those requiring 100% pass for NMP V300 exam

Who should attend?

- Advanced Nurse Practitioners
- Nurse Practitioners
- Community Nurses
- RGNs



Course content

- Back to Basics Numeracy Skills
- Conversions g/mg/mcg/ng
- Calculations: %w/v & %w/w
- Calculations: Bioequivalence & Dosage
- Drug Salts, Absorptiometrics & Elemental Drug Quantities
- Total Daily Dose Calculations Course Length Calculations
- Dosing in children & mg/kg/day metrics
- Common injectables in the Community

1 Day • 7 hours CPD • In-House Only

- 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 calculations review
- Drug compatibility and instability
- Legal and professional implications.

1 Day • 7 Hours CPD • In-House Only

Minor Ailments

A13 Minor Ailments Essentials



This course is designed for practitioners confident in taking a history and physical examination but wanting to focus on the common and not so common patient complaints seen in primary health care.

Who should attend?

- Nurse Practitioners
- Practice Nurses
- Pharmacists and other Allied Health Professionals

Course content:

- 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 diarrhea, 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

Minor Injuries

IH63 Management of Traumatic Wounds for the Advanced Practitioner



This course will provide Advanced Practitioners with the skills to manage all patients who present with non-life threatening wounds that do not require a specialist referral for deep structure repair. The focus will be on those wounds that need advanced skills and knowledge in anatomy, tissue handling and closure techniques.

Who should attend?

- ENPs
- Nurse Practitioners

Course content:

- Wound Definitions - different types of wounds, their characteristics, complications and management
- Wound Healing – the process and how it influences management
- Wound Sites - areas which present special difficulties
- Bites
- Wound Cleaning
- Local Anaesthesia – pharmacology overview: infiltration, digital blocks, wrist and facial blocks
- History Taking and Documentation
- Basic Patient Care
- Methods of Closure – steristrips, staples, glue, suture
- Basic Suture Technique
- Suture Techniques for Different Shapes of Wounds
- Subcutaneous Sutures
- Management of Delicate Closures – wounds to ears, mouth, nail bed repairs, difficult flaps
- Wounds and Children
- Dressings and Followup

3 Days • 21 Hours CPD • In-House Only

2 Days • 14 Hours CPD • In-House Only

Tel: 023 9250 1428

Telephone Triage

AR43 Auditing your Telephone Triage Service



Do you audit your telephone triage services? If not, you should do. Successful organisations audit their telephone triage in the same way as their other clinical services. This 2-day course will give you all the tools and techniques to ensure you have a standardised practice across your administration. We can offer you the choice of adopting our clinical audit tools and procedures (for telephone triage and/or documentation audits) or we'll help you develop your own, tailor-made for your organisation.

Who should attend?

Any professional that is involved in the management or delivery of a Telephone Triage service. This includes:

- Clinical Managers
- Practice Managers
- Registered Nurses
- Practice Nurses
- Nurse Practitioners
- Allied Health Professionals

Course content:

- The purpose of clinical audit of telephone triage and the skills needed
- Clinical audit requirements; tools, training, resources
- How to carry out an audit
- Audit tools - summative versus formative
- Common problems in auditing; bias, subjectivity, documentation
- Developing an audit tool
- Auditing the auditors
- Giving performance feedback and the different forms it can take

Wellness Coaching

AR42 Health Coaching in Clinical Practice

This 1-day course is our response to the growing interest in health coaching and its potential role in the NHS and the private healthcare sector.

Who should attend?

- Advanced Nurse Practitioners/NPs
- Community Matrons
- Practice Nurses
- District Nurses
- Registered Nurses
- Allied Health Professionals



Course content:

Coaching: definitions and parameters

- How coaching works
- Wellness Coaching vs. Health Coaching
- Problem focused vs. solution focused health management
- Recent trends and current literature
- The T.G.R.O.W model of Coaching
- Wellness Mapping

Basic Coaching Skills

- Gaining Rapport
- Motivational Interviewing
- Solution focused questioning
- Self-talk and the power of beliefs
- Effective goal planning and achievement
- Agreeing action plans and securing commitment

The Nurse Coach

- Incorporating coaching into Clinical Practice
- Assessing Wellness
- The Wheel of Wellness
- Practice session

The Way Forward

- A glimpse of the future
- Discussion – Wellness Coaching in Action
- Questions and answers
- Evaluation and close

Note: *Specialist areas of wellness coaching such as smoking cessation, weight management and cardiovascular fitness will be looked at, along with ways of promoting optimum health in clients with injury, illness or disease.*

Led by Anne Marshall,

BSc, RGN, RM, Cert. Ed. (Dist), D.Hyp (Dist)

Anne is a wellness coach with extensive experience in this field. She is an accredited Master Coach by the European Coaching Institute.

2 Days • 14 Hours CPD • In-House Only

1 Day • 7 Hours CPD • In-House Only

HCA's

IH92 An Introduction to Blood Results in Clinical Practice for HCA's

This course is for those with little knowledge of blood results, their meaning and interpretation. It will give you a basic understanding of the usefulness of blood results in practice and an explanation of what they mean.



Who should attend?

- Health Care Assistants

Course content:

- Key facts in obtaining and storing blood samples
- The range of the full blood count, and haematological components
- The range of biochemical tests such as urea and electrolytes
- Liver function tests, rationale and key aspects of interpretation

1 Day • 7 Hours CPD • In-House Only

IH42 ECG Essentials for Health Care Support Workers

In today's healthcare HCA's are expected to provide safe, quick and efficient care to patients with possible cardiac problems. This course will help you correctly record ECGs and introduce you to basic tracing interpretation skills. As a result you will be able to carry out your role with more confidence and improve your competence in dealing with these potentially challenging patients.



Who should attend?

- Health Care Assistants

Course content:

- Anatomy and physiology basics
- The cardiac conduction system
- How to record a 12 lead ECG
- Essential troubleshooting
- The normal ECG
- Common abnormal ECG findings
- Case studies

1 Day • 7 Hours CPD • In-House Only

PDUK's In-House Training... ...an Ideal Solution for Training Groups of Staff

If a particular PDUK course would suit a number of your people, we could come to you and run it In-House, as a cost effective alternative. We could also tailor it to meet your specific needs. We can provide any of the 150 courses listed in this brochure and on our website. If you can't see what you want, simply call us and we can design a programme especially for your staff.

- Tailored for your requirements
- Slots in to your schedules
- Promotes team building
- Has no travel and accommodation costs
- Offers a cost effective way to train large groups
- Saves staff time
- Makes staff feel valued
- Improves patient care
- Effective learning as all employees learn together

We deliver courses throughout the UK, including:

- | | |
|---|--|
| <input type="checkbox"/> Birmingham | <input type="checkbox"/> Leeds |
| <input type="checkbox"/> London | <input type="checkbox"/> Manchester |
| <input type="checkbox"/> York | |
| <input type="checkbox"/> Bolton | <input type="checkbox"/> Carlisle |
| <input type="checkbox"/> Dover | <input type="checkbox"/> Durham |
| <input type="checkbox"/> Ipswich | <input type="checkbox"/> Glasgow |
| <input type="checkbox"/> Great Yarmouth | <input type="checkbox"/> Lincoln |
| <input type="checkbox"/> Luton | <input type="checkbox"/> Milton Keynes |
| <input type="checkbox"/> Newcastle | <input type="checkbox"/> Portsmouth |
| <input type="checkbox"/> Wigan | |

JOIN US:

02392 501428 or

Book online www.pduk.net

Tel: 023 9250 1428

Scheduled Events

PDUK's scheduled events are ideal for individuals and small groups.

They allow you to share experiences, network and learn alongside people from a variety of backgrounds. We have a wide range of scheduled courses and they are regularly updated to reflect current practice requirements

A03 Patient Assessment Skills Workshop 5 day course

This 5-Day Patient Assessment Workshop is a Royal College of Nursing Accredited Short Professional Course

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 reflecting clinical practice requirements and helping to develop all-round confidence.

Who should attend?

- All Registered Nurses
- Nurse Practitioners
- Allied Health Professionals such as Pharmacists
- District Nurses
- Health Visitors
- Modern Matrons
- Community Matrons
- Medical Students



Course content

- History taking & practice.
- Physical examination techniques.
- Examination of skin.
- Assessment of hair, nails, face, neck and ENT.
- 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.
- Physical examination test outs.

Try our In-House Option

Well established, well respected, this course has been used by PCTs and Hospitals both in the UK and abroad to train 1000s of staff. We can deliver this or a tailor made patient assessment skills programme to suit staff needs at your convenience.

Dates/Venues

Birmingham

15-19 March 2010- Heartlands Ed Centre
25-29 October 2010- Heartlands Ed Centre

London

1-5 February 2010- Royal Free Hospital
19-23 April 2010- Guy's Hospital
14-18 June 2010- Guy's Hospital
13-17 September 2010- Guy's Hospital

Leeds

24-28 May 2010- LGI

Manchester

18-22 January 2010- Wythenshawe Hospital

York

6-10 September 2010 -York St John University

Completion of this course does not qualify the attendee as an Advanced Practitioner but is the first step in expanding practice leading to a more autonomous role.

Required skills for Non Medical Prescribers and all advanced practice nurses!

NB: Support in the workplace with an experienced facilitator is strongly recommended

5 Day • 35 Hours CPD • £549

10% Group Booking Discount Applies

See page 22 for details

Minor Injuries

AR04 Minor Injury Essentials

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

Who should attend?

- Junior Doctors
- Nurse Practitioners
- Practice Nurses
- School Nurses
- Allied Health Professionals

This workshop is an RCN accredited short professional course

Course content

- 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/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

Quality Assurance Hands on Workshop Maximum student to trainer ratio 12:1

Dates/Venues

London

23-25 February 2010- Guy's Hospital
23-25 June 2010- Guy's Hospital

NB: Support in the workplace with an experienced facilitator is strongly recommended

Led by

Mrs. Elaine Burley

MSc Advanced Nurse Practitioner. Lead ENP Barts and the London Minor Injuries Unit.

Minor Injuries

AR10 Minor Surgical Procedures

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

Who should attend?

- GPs
- Nurse Practitioners
- School Nurses
- Junior Doctors
- Practice Nurses
- Allied Health Professionals

Course content:

- 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

Dates/Venue

London

25 February 2010- Guy's Hospital
25 June 2010- Guy's Hospital

Quality Assurance Hands on Workshop Maximum student to trainer ratio 12:1

3 Day • 21 Hours CPD • £365
10% Group Booking Discount Applies
See page 22 for details

1 Day • 7 Hours CPD • £189
10% Group Booking Discount Applies
See page 22 for details

Diagnosics

AR07 X-ray Interpretation of Minor Injuries

This workshop links clinical presentation with relevant anatomy and principles of x-ray interpretation of minor injuries, radiographic referral, interpretation and treatment for minor injuries are all included.

Who should attend?

- Nurse Practitioners
- Medical Students
- Allied Health Professionals

Practitioners should ideally be working in an environment where x-ray interpretation is part of their role but may be suitable for practitioners making referrals for x-rays at another location. Clinical areas include Minor Injury Units, A&E departments, Out of Hours Services and Walk-in Centres.

Course content

- Legal & professional issues
- Principles of normal and abnormal appearances of bone, soft tissues and joint appearances on x-rays
- Salter Harris classification
- ABCS principles
- Red Dot principles
- History taking & mechanism of injury
- Clinical examination of limbs
- X-ray referrals
- Upper limb x-ray interpretation
- Lower limb x-ray interpretation
- X-ray interpretation quiz

Led by

Dorthe Swaby-Larsen, A&E nurse consultant, and **Peter Morris**, radiographer, authors of *Limb X-ray Interpretation Guide*

Dates/Venues

London

27 January 2010- St Thomas' Hospital

12 May 2010- St Thomas' Hospital

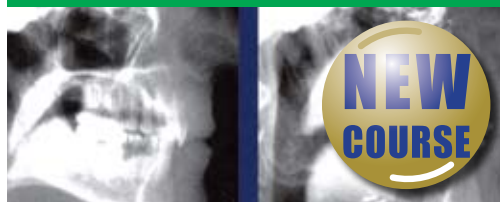
1 Day • 7 Hours CPD • £145

10% Group Booking Discount Applies

See page 22 for details

Diagnosics

AR38 Advanced X-Ray Image Interpretation – the Central Skeleton



This workshop will improve your ability to read and interpret x-rays of the central skeleton. It is ideal for those working with and requesting x-ray interpretations on a regular basis.

Who should attend?

- Nurse Practitioners
- Medical Students
- Allied Health Professionals, Particularly Radiographers and Physiotherapists
- Junior Doctors
- Reporting Radiographers
- General Practitioners in Urgent Care Centres

Course content

- Principles of normal and abnormal bone appearance, soft tissues and joints on X-rays
- Alteration of bone due to acute/chronic metastatic disease processes
- Radiation protection
- Skull and facial injuries including the Le Fort classification of facial fractures
- Mandibular fractures and dislocations
- Appearance of spinal injuries, normal anatomical variants and degenerative change
- Detection and classification of hip and pelvic fractures
- Introduction to alternative imaging modalities
- Self-assessment interpretation

Dates/Venues

London

18 March 2010- St Thomas' Hospital

29 June 2010- St Thomas' Hospital

Led By

Peter Morris, Superintendent Radiographer
South London Healthcare NHS Trust

£139 - 10% Discount When You Book On Line

1 Day 7 Hours CPD - Not valid with any other offer

Diagnosics

IH89 - The ABCs of ECGs

This course provides the practitioner 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.

Who should attend?

- Nurse Practitioners
- Advanced Nurse Practitioners
- Registered Nurses
- Allied Health Professionals



**NEW
COURSE**

Aims/objectives You will:

- Review basic physiology of the heart, applying this to ECG recording and interpretation.
- Correctly record an ECG.
- Recognise a "normal" and some "abnormal" ECG patterns.
- Be familiar with findings commonly seen in your patient population
- Apply your findings towards more confident patient management.

Course content

- 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

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

Dates/Venues

London

30 April 2010- St Thomas' Hospital

21 June 2010- St Thomas' Hospital

£125 - 10% Discount When You Book On Line

1 Day 7 Hours CPD - Not valid with any other offer

Diagnosics

AR06 Blood Results Made Easy



This course explores the relevance and clinical application of routine blood test results in an easy to understand format. Straightforward and to the point.

Who should attend?

- Junior Doctors
- Medical Students
- Registered Nurses
- Nurse Practitioners
- Practice Nurses
- District Nurses
- Community Matrons



**All
scheduled
course
programmes
are available
In-House**

Course content

- The full blood count- an overview
 - White cell count/differential
 - Red blood cell count/ haemoglobin & haematocrit/ platelets/ red cell indices/ESR
- Coagulation tests including bleeding time/ PTT/PT/ INR
- Theory to practice application
- U &E's
- Proteins and protein metabolites
- Cardiac enzymes
- Liver function tests
- Renal function tests
- Thyroid function tests
- Miscellaneous d-dimer

Dates/Venues

London

23-24 March 2010- St Thomas' Hospital

£199 - 10% Discount When You Book On Line

2 Day 16 Hours CPD - Not valid with any other offer

Cardio-vascular

A39 Primary Care Screening for Cardiac Disease



It is now compulsory for primary care providers to assess and screen patients for coronary heart disease. This interactive course will bring your screening skills up to date and ensure you offer the correct health promotion to your CHD patients.

Who should attend?

- Nurse Practitioners
- Practice Nurses
- Community Matrons
- Allied Health Professionals

Course content

- Theory of primary and secondary prevention
- Lifestyle and risk factors for cardiovascular disease
- How to estimate cardiovascular risk
- What are the latest guidelines for prevention of cardiovascular disease?
- How to assess smoking, diet, physical activity and psychosocial health
- Smoking cessation strategies
- Delivering a healthy eating and effective weight management programme
- Designing and implementing physical activity plans with confidence
- Management of blood pressure, cholesterol and glucose to target
- Optimization of therapeutic and prophylactic pharmacological therapy
- How to implement a preventive cardiology programme in hospital, primary care and community settings

Dates/Venues

London

28 April 2010- St Thomas' Hospital

£139 - 10% Discount When You Book On Line

1 Day 7 Hours CPD - Not valid with any other offer

Dermatology

AR44 Recognising Common Dermatological Conditions in People of Colour

Most dermatological conditions occur in all types of people, regardless of their skin colour. However, certain skin problems are more common among people with darker skin tones and can manifest in different ways. Practitioners must be aware of these variations in order to make correct diagnosis and treatment. This course will help you do this.

Who should attend?

- Acute and Primary Care Nurses
- District Nurses
- Practice Nurses
- Allied Health Professionals such as Pharmacists

Course content

- Basic pathophysiology of the skin, variations and similarities, skin barrier function, homeostatic control, circulation, skin chemistry and flora
- Basic principles of dermatological assessment
- Categorising skin disease and descriptors
- Common skin problems;
 - Dry skin
 - Eczemas
 - Psoriasis
 - Infections and infestations including tinea
- Types of rashes - localised versus generalised
- Common skin complaints, differential diagnoses and intervention

Dates/Venues

London

25 June 2010-

St Thomas' Hospital



£145 - 10% Discount When You Book On Line

1 Day 7 Hours CPD - Not valid with any other offer

Dermatology

A27 The ABC's of Dermatology

If you are a practitioner wanting the basic tools for sound management of patients with skin problems, this is the course for you.

Who should attend ?

- Acute and Primary Care Nurses
- District Nurses
- Nurse Practitioners
- Practice Nurses
- Allied Health Professionals such as Pharmacists

Course content

- Basic principles of dermatological assessment
- Common skin problems
- Disruption of the skin barrier, homeostatic control, circulation, skin chemistry & flora
- Categorising skin disease and skin descriptors
- Dry skin
- Types of rashes; generalised vs. localised
- Common skin complaints, differential diagnoses and general intervention strategies including emollient therapies, topical steroids, breaking the itch scratch cycle, preventing & eradicating bacterial infection and disease control
 - Eczemas
 - Psoriasis
 - Tinea
 - Infections & Infestations
- Skin conditions requiring referral
- Specific considerations for primary and acute care providers

Dates/Venues

London

11 June 2010- St Thomas' Hospital

Led by

Mrs Amy Winsor

Mrs Winsor is a Community Clinical Nurse Specialist in Dermatology. She has 30 years experience in this specialty and has published articles in numerous professional journals. Her main clinical interests are in eczema, psoriasis and fungal infections.

1 Day • 7 Hours CPD • £145

10% Group Booking Discount Applies

See page 22 for details

Ear Nose & Throat

AR26 ENT "Top Ten" - How to treat and manage, what to refer and when

A large proportion of visits to general practitioners, minor injury units or Accident and Emergency departments are ear, nose and throat 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, what conditions can be managed safely out of hospital, and what conditions should be referred and when.

Who should attend?

- Nurse Practitioners
- Practice Nurses
- District Nurses
- ENPs
- Medical Students
- Paramedics

Course content

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?
- Quinsey
- Foreign body/food bolus
- Red flags – what to refer and when
- Group discussions/Questions
- Patient scenarios

Dates/Venues

London

9 June 2009- St Thomas' Hospital

£145 - 10% Discount When You Book On Line

1 Day 7 Hours CPD - Not valid with any other offer

Woman's Health

A40 Common Presentations in Women's Health

Based on our Gynae Masterclass, this one day course is targeted at primary care practitioners involved in the management of and referral decisions for gynaecological patients.

Who should attend?

- Nurse Practitioners
- Practice Nurses

Course content

- History taking with the gynae patient:
 - Face to face
 - Telephone triage essentials
- The gynae examination:
 - An overview
 - Normal and abnormal findings, including adolescent and elderly variants
 - Digital rectal examination (DRE)
- Common gynaecological presentations including:
 - Vaginal infections
 - Vaginal bleeding
 - Pelvic pain
 - Dyspareunia
- Common investigations
- Emergency contraception and PGD guidelines
- Ways to expand gynae services in first contact facilities

Dates/Venues

London

18 June 2010- St Thomas' Hospital

Led by

Ms Stefanie Scott

Stefanie Scott is a nurse practitioner and senior lecturer in advanced practice. She originally practiced in the United States as a family nurse practitioner with a focus on women's health and has done similar work here in the UK.

1 Day • 7 Hours CPD • £139

10% Group Booking Discount Applies

See page 22 for details

Woman's Health

A43 Sexual Health and Family Planning

Sexual health improvement is a key government target for Primary Care Trusts. This course has been designed in response to that target and is aimed at practitioners in primary care wanting to develop their knowledge and skills. It focuses on the aims of the 2001 Sexual Health Strategy including teenage pregnancy, STIs, sexual health promotion and national screening programmes.

Who should attend?

- ANPs
- Practice Nurses
- Family Planning Nurses
- Youth Support Workers
- Nurse Practitioners
- Community Nurses
- School Nurses

Course content

- An holistic approach to sexual health history
- STIs
 - epidemiology
 - assessment
 - diagnosis
 - management (including contact tracing)
- Sexual health and relationship education - recognising and reporting sexual abuse
- Sexual behaviour – the influence of drugs and alcohol
- Sexual health across the lifespan from menarche to menopause
- Delivery of the sexual health strategy
- Contraceptive choices and NICE guidelines - oral hormonal contraception, IUCDs, barrier methods, long acting reversible contraception.
- Patient-led choices - efficacy, benefits, mode of action, side effects, ease of use, cost implications.
- Emergency contraception
- Contraceptive advice for under 16s and the legal issues
- Cultural influences on family planning choices
- Health promotion-
 - cervical screening
 - HPV immunisation
 - chlamydia screening
 - developing a positive sexual identity
 - multi-disciplinary working in delivering sexual health and family planning services



Dates/Venues

London

29-30 June 2010- St Thomas' Hospital

£229 - 10% Discount When You Book On Line

2 Day 14 Hours CPD - Not valid with any other offer

Prescribing

AR45 Non Medical Prescribing- Preparing for OSCEs



This interactive workshop has been designed for Nurses and Allied Health Professionals who are currently training to become NMPs. It will also be of interest for those who are practicing NMPs but want to refresh and refine their skills.

Who should attend?

- Non-medical Prescribing students.
- Experienced NMPs

Course content

- An introduction to OSCEs, including key points.
- Prescription writing guide.
- Drug calculation overview.
- OSCE Practice 1
- OSCE Practice 2
- OSCE Practice 3
- Working your way around the BNF
- OSCE examination PEARLS.

Dates/Venues

London

7 May 2010- Guy's Hospital
18 June- 2010- Guy's Hospital

Led by

Mr Omar Ali,

BSc (Hons), Pharm DipClinPharm, MRPharmS, ACP
Omar is a prescribing consultant for primary care, lectures in applied therapeutics and is a formulary development pharmacist for Surrey & Sussex Healthcare NHS Trust.

£145 - 10% Discount When You Book On Line

1 Day 7 Hours CPD - Not valid with any other offer

Prescribing

AR41 - Treating Minor Ailments: What's New in Pharmacology?

This two-day course will update your treatment of minor ailments and is a must for nurses working in first contact or primary care services.

Who should attend?

- Non-medical Prescribers
- Nurse Practitioners
- Practice Nurses
- Registered Nurses
- Community Pharmacists

Course programme

- To prescribe or not to prescribe? - how can patients help themselves?
- Treating minor ailments in patients with long-term conditions.
- Gastrointestinal problems including constipation and diarrhoea, haemorrhoids, dyspepsia, irritable bowel, nausea and vomiting.
- Respiratory problems including coughs and colds, flu, exacerbations of asthma and COPD, allergic rhinitis.
- Eyes, ears, skin and urogenital infections and infestations.
- Acute and chronic musculoskeletal problems.
- Headache, migraine, dizziness.
- Minor skin problems including dermatitis, sunburn, urticaria and bites.

Led By

Paul McManus

BSc (Hons), DipClinPharm, MRPharmS
Paul has 20 years experience in a range of clinical pharmacy services. He is currently pharmacist advisor to the Yorkshire and Humber Specialised Commissioning Group and teaches on the non-medical prescribing course at the University of York.

Dates/Venues

London

11-12 March 2010
St Thomas' Hospital



£239 - 10% Discount When You Book On Line

2 Day 14 Hours CPD - Not valid with any other offer

Tel: 023 9250 1428

Triage

AR24 Telephone Triage



This interactive course will help you carry out telephone triage confidently and knowledgeably. It will show you how to develop a structured and effective manner and how to be safer and more competent over the telephone.

Who should attend?

- Practice Nurses
- District Nurses
- Community Matrons
- Nurses involved with telephone triage

Course content

- Telephone triage - why we need it, where it should be undertaken and who should do it?
- Legal implications, including documentation and use of protocols.
- Independent prescribing and telephone triage.
- Managing a triage call, including establishing a helpful relationship and active listening.
- Standard triage protocols; develop a protocol for your own working environment.
- Minor and major ailments in triage situations and case scenario practice, including patients with long-term conditions.
- Support systems; a discussion of what is needed in individual areas.

Dates/Venues

London

5-6 May 2010 - St Thomas' Hospital

£249 - 10% Discount When You Book On Line

2 Day 14 Hours CPD - Not valid with any other offer

Paediatrics

P01 Paediatric Minor Illness

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.

Who should attend?

- Nurse Practitioners
- Practice Nurses
- Health Visitors
- School Nurses

Course content:

- 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

Dates/Venues

London

24-26 February 2010- St Thomas' Hospital

22-24 June 2010- St Thomas' Hospital



3 Day • 21 Hours CPD • £365

10% Group Booking Discount Applies

See page 22 for details

Paediatrics

P14 Paediatric Asthma Update



**NEW
COURSE**

This practical study day offers health professionals a comprehensive overview of the assessment and management of asthma in children. Special consideration is given to the 2008 British Thoracic Society (BTS) guidelines, giving participants the confidence to implement this new evidence based tool into their practice. Informal lectures and interactive practical sessions make this a stimulating, informative and enjoyable programme.

Who should attend?

- Advanced Nurse Practitioners
- Nurse Practitioners
- School Nurses
- Practice Nurses
- Health Visitors

**Further
courses can be
found on our
web site www.pduk.net**

Course content

- Paediatric asthma- the statistics
- Normal respiratory function and lung development in children- an overview
- The new BTS guidelines
- Assessment, diagnosis and treatment-
 - what's new, what isn't
 - evidence based practice- what's in, what's out
 - patient education
 - concordance and compliance
- Outcomes and audit

Dates/Venues

London

10 June 2010- St Thomas' Hospital

£139 - 10% Discount When You Book On Line

1 Day 7 Hours CPD - Not valid with any other offer

Paediatrics

P17 Minor Injuries in Children (1-18 years of age)



**NEW
COURSE**

This course has been designed for the experienced ENP. It builds on your existing knowledge of minor injuries and extends it to cover care for children 1-18 years of age. It is an invaluable study day to develop your confidence and skills with paediatric injuries seen in first contact settings.

Who should attend?

- Experienced ENPs
- Advanced Nurse Practitioners
- Nurse Practitioners

Course content

- Paediatric history taking a developmental approach
- Skeletal development in children, normal and abnormal patterns
- Upper limb: soft tissue and bony injuries, patterns of injury and healing
- Lower limb injuries: soft tissue and bony injuries, patterns of injury and healing
- Questions

Dates/Venues

London

8 June 2010- Guy's Hospital

£145 - 10% Discount When You Book On Line

1 Day 7 Hours CPD - Not valid with any other offer

Tel: 023 9250 1428

Paediatrics

P11 Sports Injuries and Minor Traumas in Young People

Sports accidents are a major cause of childhood injuries with one in 12 hospital treated injuries resulting from football. This three-day workshop will bring you up to speed with the common minor traumas and sports injuries frequently seen in school age children. It is ideal for school nurses and other practitioners dealing with young people on a regular basis.

Who should attend?

- School Nurses
- Nurse Practitioners
- Practice Nurses

Course content

- History taking
- Overview of paediatric anatomical development
- Patterns of injury & healing
- Paediatric analgesia
- Damage to the head & neck: history, examination and management
- Wounds, bites & burns: how to assess and manage, and when to refer
- Subtarsal foreign bodies in the eye
- Common mechanism: impact, crush, forced abnormal movement and axial injuries
- Developmental influences on patterns of MSK damage
- How to examine the musculoskeletal system
- Examination of the main limb joints
- Sports commonly played in schools and their related dangers
- Relationship between sports activities and paediatric anatomy
- Accident prevention and health promotion for children

Dates/Venues

London

25-27 August 2010- Guy's Hospital

Led By

Dennis Purcell

ENP and author of the best selling publication Minor Injuries: **A clinical guide for nurses 2nd edition due out early 2010.**

Paediatrics

P12 Assessment & Management of Minor Ailments in Young People (5-18 Years Old)

Around 40% of primary care patients are under the age of 18 and health care providers must be aware of the differences between treating children and treating adults. This course covers the anatomical and physiological considerations in children, their physical examination and how to assess and manage their common complaints. As the focus is on 5-18 year old patients, this is perfect for school nurses and other practitioners who treat this age group.

Who should attend?

- School Nurses
- Nurse Practitioners
- Practice Nurses

Course content

- Are children different? The anatomical & physiological considerations in 5-18 year olds
- History taking & physical exam techniques
- ENT/lymphatic examination and practice
- Common conditions such as sore throat, ear infection and UTI
- Respiratory assessment and practice
- Respiratory conditions: acute exacerbation of asthma, upper versus lower respiratory tract infections, bronchitis and pneumonia
- Cardiac assessment and practice
- Abdominal examination and practice
- Acute abdominal presentations covering emergency conditions, constipation and UTIs
- Acute skin complaints- eczema flare-ups, infestations, fungal, bacterial & viral infections

Dates/Venues

York

23- 26 August 2010- York St John University

£375 - 10% Discount When You Book On Line

3 Day 21 Hours CPD - Not valid with any other offer

£449 - 10% Discount When You Book On Line

4 Day 28 Hours CPD - Not valid with any other offer

HCA's

AR40 Immunisation Training for HCA's: Influenza & Pneumococcal Vaccinations

Health Care Assistants (HCA's) wishing to give influenza and pneumococcal vaccinations must now study practice and theory before their workplace supervision and competency assessment. This 2-day course covers the practice and theory section.

Who should attend?

Health Care Assistants

Course content

- Influenza immunisation history and background
- Epidemiology
- Aims of immunisation; the national policy and schedules
- The immune system and how vaccines work
- Symptoms of the virus
- Legal and accountability aspects
- Storage and handling
- Vaccine types and composition
- Prescription requirements
- Delegation responsibilities
- Patient identification, pre-admission health screening and consent (includes concurrent medical conditions in which vaccination is recommended and contraindicated)
- Competencies in the workplace
- Immunisation administration
 - Health and safety
 - Choice of sites
 - Equipment
 - Hands-on practice
- Documentation, record keeping and reporting
- Adverse reactions, recognition and treatment

Note- PDUK provides a certificate of attendance for the theoretical components of this training. The course includes an immunisation skills competency guide to be used in the workplace. This is to be completed by the HCA and signed off by their mentor. Assessment of competence to administer vaccines is done by the mentor.

Ref: National Minimum Standards for Immunisation Training, HPA, June 2005

Dates/Venues

London

9-10 February 2010- St Thomas' Hospital
16-17 June 2010- St Thomas' Hospital

£210 - 10% Discount When You Book On Line
2 Day 14 Hours CPD - Not valid with any other offer

HCA's

AR39 The ABCs of Wound Care For Health Care Assistants



This course is a must for those HCA's who are involved in wound care in their clinical practice. It will give you the skills to confidently provide quality patient care with the most up to date wound care management plans.

Who should attend?

- Health Care Assistants

Course content

- Anatomy, physiology and functions of the skin.
- Wound classifications
- The wound healing process
- Wound assessment
- Signs and symptoms of infection
- Aseptic technique
- The wound healing continuum and dressing options
- After care: patient education/signs and symptoms of deterioration
- Case study reinforcers

Dates/Venues

London

10 March 2010- St Thomas' Hospital
26 May 2010- St Thomas' Hospital

£139 - 10% Discount When You Book On Line
1 Day 7 Hours CPD - Not valid with any other offer

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- Paediatric Examination
- Newborn Baby Check
- Verification of Expected Patient Death
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- Musculoskeletal Minor Injuries- Refresh & Refine Your Skills
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All fees are inclusive of VAT@ 17.5% and include tuition, course material and certificate of attendance. We provide equipment unless otherwise indicated.

Accommodation is not included and should you need to book a hotel we suggest you check out the many offers available on the web.

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Skills Reinforcer NB: Support in the workplace with an experienced facilitator such as a GP or Advanced Nurse Practitioner is strongly recommended.

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Cancellations- received 5 weeks before the start of the course will 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 in writing and can be sent via post or email. We are happy to accept a substitution candidate at no additional cost but do require that you provide us with their contact details. Full payment will be due from anyone who fails to attend.

Travel and 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 event start date. Practitioner Development UK will not reimburse these expenses.

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Tel: 023 9250 1428

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Dr. Debra Sharu (DPhil, ANP)

Debra Sharu is a true innovator in advanced practitioner education. She set up PDUK determined to fill the gap in the market for quality healthcare training. She is an academic and author, and has over 30 years experience as a practicing clinician and educator in the USA and the UK. She is a fully qualified family nurse practitioner.

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