



**Practitioners Associates Ltd**  
*Advancing health professional practice*

# Advanced Summer School and Clinical Workshops 2012

*'An excellent course, delivered in a relaxed manner by extremely experienced and competent practitioners. This is the fourth consecutive year we have purchased this training and it remains as popular as ever.'*  
Community services, NHS Foundation Trust

## **The key provider of Continuing Professional Development for Advanced Nurse Practitioners**

**The original independent provider of five-day top to toe physical assessment workshops. We have assisted hundreds of nurses and other advanced practitioners to expand their practice. Our goal is to expand the educational experiences of advanced practitioners wishing to enhance their knowledge and skills. Dedicated to provision of innovative and high quality continuing education events provided at an affordable cost.**

# Our planned programme of events:

- Advanced Summer School p1
- Five-Day Advanced Clinical Assessment Skills Workshop p2
- Children's Minor Illness Workshop p2
- Limb X-ray Interpretation Workshop p3
- Minor Illness Workshop and Minor Injury Workshop p3
- Musculoskeletal Masterclass p4
- Rational Prescribing Workshop p4
- Bespoke/Continuing Development/On-site Mentoring p5

All courses are mapped against the Knowledge and Skills Framework

*Dear Colleague*

Welcome to our latest brochure which brings you up to date on all our events planned for 2012.

Whether you are seeking to learn new advanced clinical skills or update and develop existing ones, we have a range of courses to suit your needs. All our courses are tailored to the changing needs of health professionals working in modern clinical practice. Our tutors are all experts in their field as well as advanced practitioners in current practice.

We offer bespoke courses delivered on-site in your own environment, as well as our very popular Advanced Summer School in London. Please contact me if you would like to discuss your individual requirements. We look forward to welcoming you to one of our events soon.

With best wishes,

*Wendy*

Wendy Johnson, Director



- **Wendy Johnson MSc, BSc(Hons), RN, DipN(Lond), RCN NPDip, PGCIE**
- **Senior Lecturer, Advanced Nurse Practitioner Programme, London South Bank University**
- **Advanced Nurse Practitioner in Primary Care, London**

**'Wendy Johnson was one of the first Nurse Practitioners to qualify through the RCN in the UK, and has since practiced in a variety of innovative advanced practice primary care nursing roles.** Her experience spans general practice, Walk-In Centres, a large nursing and residential home for older people, and a homeless team. She was Nurse Consultant in Primary Care at the Tooting NHS Walk-In Centre, and Clinical Lead for the 'Evercare' Pilot of the Community Matron role in Wandsworth. Wendy's current clinical role is in primary and urgent care in South London. She also provides consultancy to a number of nurse-led services. Wendy has been a Senior Lecturer at London South Bank University for the past ten years. As well as teaching on the Advanced Nurse Practitioner programme, she leads a unit on Children's Minor Illness, and also contributes to the Non-Medical Prescribing course. Wendy holds an MSc in Advanced Nursing Practice, a Postgraduate Certificate in Interprofessional Practice Education, and has recently completed a coaching course. She has written widely in nursing journals and published two book chapters.'

# Advanced Summer School

The key annual clinical update for Advanced Practitioners

Friday 22 – Saturday 23 June 2012

London South Bank University, London SE1

**\*\*Special discount applied to all fees\*\***

**The only clinical workshop designed exclusively for those working in Advanced Practice roles. A wide choice of advanced clinical workshops, all designed to enhance and further develop your clinical skills.**

Workshops focus on hot topics and the latest developments across a broad range of common conditions and key clinical areas. All workshops will be led by experts eg Consultant Nurses, Medical Consultants and Specialist Registrars, GPs with Special Interest and Consultant Physiotherapists.

Take-home practical advice and skills development will help change your practice. See our website for full details of the final programme and book now to reserve your place!

Use this course to demonstrate your Continuing Professional Development as an Advanced Practitioner.

**Special earlybird price if booked before 15 April 2012. Fees shown include special promotional discount of 12 per cent:**

#### **Earlybird**

Two-day: £200 + VAT £40 = £240

One-day: £125 + VAT £25 = £150

#### **Normal Fee**

£250 + VAT £50 = £300

£150 + VAT £30 = £180

**Inclusive of refreshments, lunch, course folder with lecture notes for all sessions.**

#### **Topics will include:**

- ENT update
- Minor injuries workshop
- ECG workshop
- Ophthalmology
- Infectious diseases update
- Hand assessment masterclass
- Paediatrics update
- Recognising the seriously unwell child
- Musculoskeletal – hands-on workshops
- Nutritional medicine
- Cardiology masterclass
- The Returned Traveller
- Dermatology
- Prescribing and therapeutics updates
- Interpreting lab results
- Men's health

#### **And much more...**

Complimentary Drinks Reception – an opportunity for networking with colleagues.

*'As usual a fantastic event! I learned so much, and will be back again next year.'*  
Advanced Nurse Practitioner, Kent

*'The best clinical update I have attended. High quality speakers, good range of relevant topics. Excellent value for money.'*  
Advanced Practitioner, Norfolk



# In-house workshops – bringing the training to you!

**We can provide bespoke training, tailored specifically to meet the needs of your organisation and delivered with maximum flexibility, in your own venue.**

**A very cost-effective and convenient option, allowing you savings in time and travel. We provide all equipment including diagnostic equipment, examination couches as appropriate, detailed resource folders for every delegate, certificates of attendance and evaluation feedback.**

**All of our regular courses can be delivered in-house, or we can design one specific to your needs. If you are interested in one of these courses, contact us to discuss your individual requirements.**

## **Five-Day Advanced Clinical Assessment Skills Workshop**

Our renowned five-day workshop is aimed at health professionals wishing to develop history-taking and advanced physical assessment skills. This intensive workshop provides the opportunity to develop top to toe physical examination skills in a comprehensive 5-day programme. It will enable practitioners to enhance their clinical decision-making and diagnostic skills. Delegates have included Practice Nurses, Community Matrons, nurses working in Urgent Care and Walk-in Centres, Minor Injury Units, Out of Hours services, and Palliative Care as well as Physiotherapists and Pharmacists. Ideal for those undertaking Non-Medical Prescribing courses.

Aims and outcomes

On completion participants will:

- Be confident to take a comprehensive health history from a patient
- Understand the techniques of physical assessment
- Correctly use advanced physical examination techniques
- Perform a top to toe physical examination

Course Programme

Day 1

History taking, Review of Systems

Documentation

Examination of Skin, Hair, Nails

Examination of Face, Neck, Ear, Nose, Throat

Demonstration and practice (days 1 to 4)

Day 2

Eye assessment

Neurological assessment

Day 3

Respiratory assessment

Abdominal assessment

Cardiovascular and peripheral vascular assessment

Day 4

Musculoskeletal assessment

Top to toe examination

Day 5

Top to toe examinations

Individual assessments

## **Children's Minor Illness Workshop**

This workshop is very popular with nurses working in First Contact roles, eg Advanced Nurse Practitioners, nurses working in Walk

In Centres and Out of Hours services, as well as Health Visitors. Delivery in-house ensures content is tailored to the specific needs of the audience.

Aims and outcomes

On completion participants will:

- Demonstrate the ability to integrate history-taking and physical examination with diagnostic reasoning and management skills
- Recognise a variety of common paediatric presentations seen in primary care

Course Programme

- Review of age-appropriate history and physical examination techniques
- Assessing the unwell child

Assessment and management of:

- The child presenting with fever
- Ear Nose and Throat complaints
- Skin related complaints
- External eye complaints
- Respiratory conditions
- Gastrointestinal complaints

### **Limb X-ray interpretation Workshop**

This popular workshop will equip attendees with the knowledge and skills necessary for assessment of common trauma presentations seen in First Contact and Urgent Care roles.

Aims and outcomes

On completion participants will:

- Appreciate the nurse's role in requesting and interpreting clinical imaging
- Understand anatomy and physiology of the skeleton, bone healing, and types of fractures
- Be confident to request and interpret upper and lower limb X-rays

Course Programme

- Responsibilities relating to X-Ray requesting
- Principles of normal and abnormal appearances on X-ray
- ABCS principles
- The Shoulder/proximal humerus
- The Elbow
- The Wrist/radius and ulna

- Hand
- The knee/tibia and fibula
- Ankle and foot
- Practical X-ray interpretation sessions
- Special considerations – innocuous fractures, easily missed fractures

### **Minor Illness Workshop**

This workshop will equip attendees with the knowledge and skills necessary for assessment and management of common minor illness presentations seen in First Contact and Urgent Care settings.

Aims and outcomes

On completion participants will:

- Develop confidence in history-taking and clinical assessment targeted to a variety of common presentations in adults and children
- Develop ability to assess and identify various common conditions in adults and children
- Demonstrate diagnostic reasoning and management skills
- Explore current evidence-based management, including documentation and appropriate referral for safe practice

Course Programme

The patient presenting with:

- Ear nose throat problems
- Mouth and dental problems
- Red or painful eye
- Headache
- Skin conditions eg rashes, infections, bites and stings, allergic reactions
- Acute respiratory conditions
- Abdominal and genitourinary conditions
- Back pain
- Gynaecological conditions
- Testicular pain or swelling

### **Minor Injury Workshop**

This workshop will equip attendees with the knowledge and skills necessary for assessment and management of common minor injury presentations seen in First Contact and Urgent Care settings.

Aims and outcomes

On completion participants will:

- Develop confidence in history-taking and clinical assessment of a variety of common traumatic musculoskeletal presentations
- Demonstrate diagnostic reasoning and management skills
- Apply anatomy of upper and lower limb to physical assessment techniques
- Discuss appropriate evidence-based management of common trauma presentations
- Be able to examine and manage various types of wounds, including wound closure techniques

#### Course Programme

- Minor injury - common presentations, signs and symptoms, differential diagnoses
- Basic assessment of the major joints including anatomy and history taking
- Physical examination techniques
- Hands-on practice
- Evidence based management including indication for referral
- Wounds and Burns: assessment and management
- Local anaesthesia
- Minor surgical procedures eg incision and drainage of minor abscesses
- Wound closure

### Musculoskeletal Masterclass

This hands-on masterclass led by an Advanced Physiotherapist Practitioner aims to develop and perfect your handling and physical assessment of musculoskeletal conditions. It will also discuss management of common conditions.

#### Aims and outcomes:

This workshop provides improved or perfected physical assessment of upper and lower body, and knowledge of management strategies for common conditions presenting in primary and urgent care settings.

#### Course Programme

- Physical assessment of the upper body including cervical and thoracic spine, shoulder, elbow, hand and wrist
- Physical assessment of the lower body

including lumbar spine, hip, knee, ankle and foot

- Systematic approach to assessment leading to improved diagnostic skills
- Management strategies for common musculoskeletal conditions

**\*\*New for 2012\*\***

### Rational Prescribing Workshop

When confronted with the complexities facing prescribers every day, eg diagnostic challenges, co-morbidities, polypharmacy, allergies and concordance, decision making can seem overwhelming. Then there is the array of drug choice available for any condition.

Knowledge of these areas is sometimes summarised by evidence based treatment algorithms. However, often the clinician is reliant on their background understanding of the conditions and familiarity (or not) with the drug class concerned. Employing the principles of rational prescribing, ie drug selection based on optimising the benefit-harm balance, considering drug and patient factors, taking into account restrictions based on availability and costs, is an approach which can support clinical decision making.

#### Aims and outcomes:

This workshop will provide attendees with improved understanding and knowledge of prescribing strategies for some of the more complex scenarios seen in common practice.

#### Course Programme

- Review of the principles of pharmacology, in order to discuss drug interactions and dosing regimens
- Synopsis of patient profiles which demonstrate increased vulnerability to adverse events eg elderly, renal disease
- A selection of case studies to enhance problem solving skills, when developing rational prescribing decisions. The clinical focus will be antimicrobials, cardiovascular drugs, and pain management.

**Ideal CPD for Non-Medical Prescribers.**



# Bespoke Courses, Continuing Development and On-site Mentoring

## **Bespoke courses**

We can also provide other courses, tailored to your specific needs. Just contact us to discuss your requirements and we will develop a course especially for your team.

Recent bespoke in-house workshops have included:

- Paediatrics update
- Ophthalmology update
- Dermatology update
- Women's health update
- Medication review workshop

## **Continuing Professional Development**

We are a key provider of CPD for advanced practitioners and can deliver workshops tailored specifically to individual needs. We specialise in workshops for local Advanced Nurse Practitioner groups, Nurse Prescribers, and other advanced practitioners. A wide range of topic options are available. Contact us if you would like to discuss.

## **Follow-up days**

We can also provide 'follow-up' days after an in-house course, to consolidate learning and further enhance skills. Designed for small group learning, a case-study approach is used, focussing on real cases drawn from the day-to-day practice of delegates, ensuring relevance to specific local needs.

Our customers range from Community Interest Companies, Urgent Care and Walk In Centres to Acute Trusts, Prisons, and the independent sector. Delegates have included Community Matrons, Practice Nurses, Health Visitors, School Nurses, Senior Hospital Nurses, Pharmacists, Occupational Therapists and Physiotherapists. All events have been extremely well-evaluated and have resulted in demonstrable role enhancement and increased confidence for those attending.

## **On-site Clinical Mentoring**

We can also provide 1-to-1 clinical mentoring in your own workplace. One of our experienced team will work alongside you, providing support and focussing on individual needs. This is an effective way to reinforce new clinical skills and build confidence following a workshop. Clinical mentoring in your own working environment ensures new learning is translated to real-life practice. This can be provided on a daily basis, and has been highly evaluated.

## **Our tutors**

All our tutors are experienced lecturers who are also in current clinical practice, and are hand-picked for their expertise and knowledge in advanced practice.

***We look forward to seeing you at one of our events soon.***

## Bookings and enquiries

Please direct all bookings and further enquiries to:

**Practitioners Associates Ltd**  
**Aspen, 20 Meadow Way,**  
**Farnborough Park,**  
**Orpington,**  
**Kent BR6 8LW**

Telephone: **01689 850882**

Mobile: **07890 728018**

Email: **practitionersassociates@yahoo.co.uk**

Web: **www.practitionersassoc.co.uk**

**To register** please fill in this form and send to the above address.  
Bookings can also be made online via our website (please see above).  
Please make cheques payable to '**Practitioners Associates Ltd**'

Event(s) and date(s):

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Name and contact address:

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Telephone:

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Fax:

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Email:

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Invoice name and address if different from attendee:

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### Terms and conditions

Please note that a 15 per cent service charge will be incurred for all cancellations. Fees will not be refunded for any cancellations made within two weeks of Summer School and four weeks for all other events. Substitute attendees will be accepted. Full payment will be due from anyone who fails to attend. Payment should be made with 30 days of receipt of invoice. We reserve the right to cancel or defer any event: fees will be refunded in full if delegates do not wish to attend the alternative date.