

# Training & Development Courses

for General Practice & Community Care

## CONTENTS



|   |       |
|---|-------|
| Gynaecology Assessment & Examination          | 02    |
| Vaginal Prolapse & Ring Pessary Fitting       | 02    |
| Minor Surgery Training                        | 02    |
| Ear Care Workshops                            | 02/03 |
| Immunisation Training/Update                  | 03    |
| Wound Care Training                           | 04    |
| Skills for HCAs Working in GP Surgeries       | 04    |
| Phlebotomy                                    | 04    |
| Eye Emergencies                               | 05    |
| Minor Illness & Minor Injuries                | 05    |
| Limb X-ray Interpretation                     | 05    |
| The Injured & the Sick Child                  | 06    |
| Telephone Triage                              | 06    |
| Clinical Assessment of VTE                    | 06    |
| BLS; Safe Patient Care                        | 07    |
| Exercise Tolerance Testing                    | 07    |
| IRMER Theory Training                         | 07    |
| Clinical Examination Skills                   | 08    |
| Leadership Skills                             | 09    |
| Understanding Blood Results                   | 10    |
| ECG Workshop & ECG Training                   | 10    |
| Pre-Operative Assessment                      | 10    |
| Challenging Patients; Suicide Risk Assessment | 11    |
| Masterclasses                                 | 11    |
| Training for AHPs                             | 12    |



## MORE COURSES INSIDE

### Injection Technique Training for HCAs including Vaccination and Vitamin B12

2 days – 16hrs CPD

£230<sup>00</sup> per place

A two-day workshop based programme aimed at HCAs who are about to embark on on ADULT vaccination and/or vitamin B12 administration. A certificate of completion will be awarded to successful candidates who will then be able to work towards competence at their own place of work under local supervision.

#### Aims/outcomes:

Develop a good understanding of anatomy and physiology applied to injection technique. Learn how to safely administer injections. Understand the safety issues related to vaccination of the general adult population.

#### Course content:

- The anatomy of injection site
- Correct administration and techniques including practical session
- What advice to give to your patient
- Communication with patients and families
- Contraindications and precautions
- Pernicious anaemia and other macrocytic anaemia's: an overview
- Vitamin B12 injections and common side effects
- The immune system
- What is a virus and what are bacteria
- The signs and symptoms of influenza
- How vaccines work
- Preventing spread, infection control issues
- Antivirals and antibiotics – how they work
- At risk groups, overview of chronic conditions including COPD and diabetes
- Avian, swine and pandemic influenza
- Administration of vaccines – Infection control
- Storage and handling of vaccine and correct waste disposal
- Allergy and contraindication
- Anaphylaxis management
- Legal Issues including consent
- Competence and supervised practice

|            |               |            |              |
|------------|---------------|------------|--------------|
| Glasgow    | 3-4/11/2011   | Edinburgh  | 18-19/6/2012 |
| London     | 10-11/11/2011 | Birmingham | 25-26/6/2012 |
| Manchester | 24-25/11/2011 | Bristol    | 27-28/6/12   |
| Birmingham | 8-9/12/2011   | Liverpool  | 5-6/7/2012   |
| London     | 1-2/5/2012    | Luton      | 12-13/7/2012 |
| Manchester | 10-11/5/2012  |            |              |



# Gynaecology Assessment & Examination

2 days – 16hrs CPD

£270<sup>00</sup> per place

This evidence-based two-day comprehensive workshop aims to develop clinical knowledge and examination skills of nurses working in primary and secondary care. The course covers all the commonly presenting gynaecological conditions.

### Aims/outcomes:

- Develop a comprehensive understanding of common gynaecological conditions and their management.
- Develop clinical examination skills of the female genital tract.
- Anticipate and understand appropriate investigation and treatment of the presenting conditions.

### Course content:

- Commonly presenting condition discussed:
- Menstrual disorders
  - Abnormal vaginal bleeding
  - Pelvic pain
  - Genital prolapse and insertion of supporting vaginal pessaries
  - Menopausal problems and associated treatments
  - Vaginal discharge
  - Problems in early pregnancy
  - Commonly presenting cancers of the female genital tract
  - Abnormal smears and colposcopy
  - Disorders of the vulva
  - Problems in early pregnancy
  - Update on contraception
  - Clinical skills: Taking a gynaecological/obstetric history
  - Bi-manual examination of the female genital tract
  - Correct insertion of a cuscospeculum
  - Obtaining a vaginal swabs
  - Obtaining a cervical screening sample
  - Assessment of genital prolapse
  - Fitting of ring pessaries
  - Correct investigation sampling
  - Legal and professional considerations

|            |               |
|------------|---------------|
| Manchester | 29-30/9/2011  |
| Dublin     | 13-14/10/2011 |
| Liverpool  | 27-28/10/2011 |
| Birmingham | 10-11/11/2011 |
| Glasgow    | 21-22/11/2011 |
| Bristol    | 1-2/12/2011   |
| London     | 30-31/1/2012  |
| Manchester | 15-16/3/2012  |
| Dublin     | 17-18/4/2012  |
| Birmingham | 17-18/5/2012  |
| Liverpool  | 23-24/5/2012  |
| Edinburgh  | 11-12/6/2012  |

# Ear Care Workshop for Registered Nurses

1 day – 8hrs CPD

£150<sup>00</sup> per place

Practical skills training course for RNs that also develops diagnostic skills.

### Aims/outcomes:

Be able to correctly use an otoscope for examining the ear. Identify common minor ear abnormalities and ailments. Understand treatment of minor ear problems using best practice rationales. Correctly irrigate an ear for cerumen impaction and be aware of the complications.

### Course content:

- Develop safe practice for a procedure, which attracts a high level of litigation
- Review of anatomy and physiology
- Examination of the ear using an otoscope
- Common ear problems:- foreign bodies, earache, infection, earwax blockage (cerumen impaction)
- Ear irrigation (Syringing)
- Risk assessment
- Practical workshop
- Complications

|            |            |
|------------|------------|
| Manchester | 11/10/2011 |
| London     | 9/11/2011  |
| Nottingham | 17/11/2011 |
| Birmingham | 28/11/2011 |
| Edinburgh  | 5/12/2011  |
| Bristol    | 29/3/2012  |
| Manchester | 19/4/2012  |
| London     | 16/5/2012  |
| Durham     | 12/6/2012  |

# Vaginal Prolapse and Fitting Ring Pessary

0.5 day – 6hrs CPD

£90<sup>00</sup> per place

As women are now living longer, genital prolapse is becoming an ever-increasing problem. Nurses working in Primary/Secondary Care settings have to fit and change vaginal (ring) pessaries on a frequent basis. This half day session aims to provide nurses with the theoretical/practical skills and knowledge required to safely fit and change pessaries.

### Aims/outcomes:

Understand the causes of female genital prolapse. Describe the signs and symptoms associated this condition. Explain to women how gynaecological surgery may help. Identify problems associated with ring pessaries. Describe how to fit and change ring pessaries.

### Course content:

- An overview of the female genital tract
- Signs and symptoms of prolapse.
- Types of pessaries available
- How to fit and change a ring pessary
- Identification of problems and how to solve them
- Hormone Replacement Therapy for the genital tract

|            |            |
|------------|------------|
| London     | 20/10/2011 |
| Manchester | 7/12/2011  |
| Birmingham | 13/2/2012  |
| Glasgow    | 20/2/2012  |
| London     | 23/4/2012  |

# Minor Surgery Training

1 day – 8hrs CPD

£280<sup>00</sup> per place

“Excellent course... same materials that I used on a RCGP course... well done! GP attendee, 2010”

A very practical workshop led by a senior plastic surgeon. Ideal for nurses and junior medical staff.

The one-day workshop prepares the participant following a period of supervised clinical practice (which candidates need to arrange with their employing authority) to gain competence.

Places are extremely limited so early booking is highly recommended.

### Aims/outcomes:

Develop minor surgical techniques and progress towards competence.

### Course content:

- Anatomy and physiology of wound healing
  - Skin pathophysiology
  - Common skin lesions, sebaceous cysts and lipomas
  - Planning for surgery
  - Curretage, cautery and diathermy
- Practical workshops in:*
- Local anaesthetic technique
  - Suturing technique
  - Removal of sebaceous cysts
  - Removal of lipomas
  - Excision of in-growing toenail
  - Wound dressings
  - Legal and professional responsibilities

|            |            |
|------------|------------|
| London     | 17/11/2011 |
| Manchester | 8/12/2011  |
| London     | 8/5/2012   |
| Manchester | 21/6/2012  |



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bookings@mkupdate.co.uk

## Ear Care Workshop for HCAs

1 day – 8hrs CPD

£150.<sup>00</sup> per place

Develop safe practice for a procedure, which attracts a high level of litigation. A practical course for health care assistants who require skill-training updating or consolidation of existing skills.

### Aims/outcomes:

Be able to correctly use an otoscope for examining the ear. Understand treatment of minor ear problems using best practice rationales. Correctly irrigate an ear for cerumen impaction and be aware of the complications.

### Course content:

- Develop safe practice for a procedure, which attracts a high level of litigation
- Review of anatomy and physiology
- Examination of the ear using an otoscope
- Common ear problems:- foreign bodies, earache, infection, earwax blockage (cerumen impaction)
- Ear irrigation (Syringing)
- Risk assessment
- Practical workshop
- Complications

|                  |            |                  |           |
|------------------|------------|------------------|-----------|
| Bristol .....    | 28/9/2011  | Birmingham ..... | 26/4/2012 |
| Edinburgh .....  | 3/10/2011  | London .....     | 21/5/2012 |
| Manchester ..... | 19/10/2011 | Manchester ..... | 31/5/2012 |
| London .....     | 2/11/2011  | Glasgow .....    | 21/6/2012 |
| Durham .....     | 2/3/2012   | Bristol .....    | 11/7/2012 |
| Luton .....      | 13/3/2012  |                  |           |

## In-House from M&K Update

Training at *your* premises for groups

We build training programmes around *your* organisation's needs.

With an excellent reputation developed since 1992 for offering up to the minute clinical and professional training for all health care professional groups, we sometimes forget to let you know that we can:

- Deliver clinical and professional subjects at *your* premises for groups
- Provide training that can be delivered at a time and place that suits *you*
- Customise (tailor/bespoke) training to meet local needs
- Improve standards and leadership by working with you

### CALL US!

Call our In-House training team on: **01768 773030**

or email: **inhouse@mkupdate.co.uk**

or complete the online enquiry form at **www.mkupdate.co.uk**

M&K Update, The Old Bakery, Keswick, CA12 5AS

## Immunisation Training

2 days – 16hrs CPD

£240.<sup>00</sup> per place

For newly appointed practice nurses

In accordance with the Health Protection Agency's National Minimum Standards for Immunisation Training document (June 2005). Includes childhood and travel immunisation update.

### Aims/outcomes:

- Be able to provide accurate and up to date information about diseases and vaccines.
- Provide a safe, effective and high standard of care.

**Course content:** The aims of immunisation: national policy and schedules • The immune system and how vaccines work • Vaccine preventable diseases • The different types of vaccines used and their composition • Current issues and controversies regarding immunisation • Communication with patients and parents • Legal aspects of vaccination • Storage and handling of vaccines • Correct administration of vaccines • Anaphylaxis and other adverse events • Documentation, record keeping and reporting • Strategies for improving immunisation rates

|                  |               |
|------------------|---------------|
| London .....     | 22-23/9/2011  |
| Birmingham ..... | 17-18/10/2011 |
| Edinburgh .....  | 29-30/11/2011 |
| Manchester ..... | 6-7/2/2012    |
| London .....     | 28-29/3/2012  |
| Birmingham ..... | 14-15/6/2012  |
| Glasgow .....    | 25-26/6/2012  |

## Immunisation Update

1 days – 8hrs CPD

£140.<sup>00</sup> per place

A review and update to meet practice nurse CPD

**Course content:** Current issues in vaccination • Recent epidemiology of vaccine preventable diseases • Any changes to the National Immunisation Schedule • Any changes to legislation relevant to vaccination • Anaphylaxis recognition and management • Review of current practice and identification of areas for improvement • Q&A session for commonly encountered problems in practice

|                  |           |
|------------------|-----------|
| Manchester ..... | 1/2/2012  |
| London .....     | 15/3/2012 |

Cost per head

**£59\***

\*Typical price excl. of VAT and based on a day's training attended by 20 candidates

Over 300 organisations each year are aware of this and work with M&K In-House to:

- Implement new skills into job roles immediately
- Maintain and improve quality and safe practice
- Develop staff, teams and services and to benchmark safe practice
- Offer an effective and efficient alternative to prolonged college based courses
- Fulfill staff mandatory training and CPD requirements
- 'Fight fires' when standards are compromised

### Can we help you?

Please contact us if you would like further information, we can provide a no obligation quote so that you can gauge the benefits of this approach to training.

## Wound Care for HCAs

1 day – 8hrs CPD

£160.00 per place

An opportunity to develop knowledge and skills for wound management, infection control and removing skin closure devices.

### Aims/outcomes:

Comprehensively develop knowledge and skills required for safe and effective wound management.

### Course content:

Anatomy and physiology of the skin and wound healing including: inflammation, proliferation, epithelialisation, maturation • Factors that promote and delay wound healing • Classification of wounds • Types of wound dressings • Aseptic technique and infection control • Recognizing signs of infection and deterioration • Applying wound dressings • Removal of skin closure devices • Documentation and professional responsibility

|                  |            |                  |           |
|------------------|------------|------------------|-----------|
| Glasgow .....    | 23/11/2011 | Edinburgh .....  | 22/5/2012 |
| Manchester ..... | 2/12/2011  | Manchester ..... | 15/6/2012 |
| London .....     | 8/2/2012   | London .....     | 30/7/2012 |
| Birmingham ..... | 26/3/2012  |                  |           |

## Skills Training for HCAs Working in GP Surgeries

2 days – 16hrs CPD

£230.00 per place

Practical core skills training based course underpinned with essential theory and knowledge. Aimed at healthcare assistants who need to develop their role.

### Aims/outcomes:

Understand the management of commonly presenting medical conditions and the significance of recording accurate diagnostic investigations.

### Course content:

- The impact of modern lifestyles on health
- New patient registration and health checks

Understanding and applied physiology of

- Coronary heart disease
- Diabetes - hypo and hyperglycaemia
- Renal disease
- Asthma and COPD
- Overview of spirometry
- Women's and men's health
- Mental health
- Health screening, common tests and procedures
- Record keeping and its importance

### Practical workshops on:

Understanding and accurately recording:

- Blood pressure
- Pulse
- Respiration
- Temperature
- Urine tests and blood glucose testing
- Peak flow
- Teaching Inhaler techniques/ promoting concordance with inhaler use
- Glasgow Coma Scoring

|                  |              |                  |              |
|------------------|--------------|------------------|--------------|
| London .....     | 26-27/1/2012 | Birmingham ..... | 27-28/2/2012 |
| Manchester ..... | 16-17/2/2012 | Luton.....       | 16-17/4/2012 |

## Wound Care for Registered Nurses

1 day – 8hrs CPD

£160.00 per place

This course will provide the latest research and treatment guideline on wound management.

### Aims/outcomes:

Understand the classification of wounds.

Choose the correct dressing for a range of wound types.

### Course content:

Anatomy and Physiology of The skin • The stages in Wound healing – Implications for choosing the right dressing at each stage • Classification of Wounds- Assessing wounds (A holistic approach) • Dressing Types; choosing the right dressing • Group work- Dressing types & choosing the right dressing • Managing wounds- consider: Aseptic or clean technique • Dressing types, • Patient involvement • Cost implications. Medico-legal issues surround delegation to assistant practitioners in treating wounds.

|                 |           |                  |           |
|-----------------|-----------|------------------|-----------|
| London .....    | 25/1/2012 | Manchester ..... | 28/3/2012 |
| Edinburgh ..... | 20/2/2012 |                  |           |

## Phlebotomy (venepuncture)

1 day – 8hrs CPD

£150.00 per place

Skills training for taking venous blood samples from the arm. On successful completion you will be equipped with underlining theory and skills to gain competence under clinical supervision of a practitioner in your own workplace.

### Aims/outcomes:

Demonstrate an understanding of the vascular anatomy of the arm. Perform and be aware of dangers and complications of this invasive technique. To safely work towards competence.

### Course content:

Review of anatomy of the arm

- Infection control and health & safety
- Reasons for and complications of this invasive procedure
- Vein selection and demonstration of correct technique, choice of equipment and procedure
- Practical skills technique workshop
- The management of anaphylaxis
- Legal and professional responsibilities

|                  |            |                  |           |
|------------------|------------|------------------|-----------|
| Manchester ..... | 21/9/2011  | Luton.....       | 9/12/2011 |
| Bristol .....    | 4/10/2011  | London .....     | 15/2/2012 |
| Birmingham ..... | 12/10/2011 | Manchester ..... | 23/3/2012 |
| London .....     | 21/10/2011 | Birmingham.....  | 23/4/2012 |
| Glasgow .....    | 18/11/2011 | Edinburgh .....  | 14/6/2012 |



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## Eye Emergencies

1 day – 8hrs CPD

£160<sup>00</sup> per place

The course primarily develops assessment of the anterior chamber skills and will appeal to nurse practitioners working in emergency, urgent and primary care settings.

### Aims/outcomes:

Develop anterior eye chamber assessment skills.  
Broaden understanding of common eye presentations and understand current evidence based management skills.

### Course content:

- Revision of ophthalmic anatomy
- Taking an ophthalmic history
- Assessment technique
- Examination equipment
- Removal of foreign body
- Eyelid eversion
- Assessment of the eye
- Use of fluorescein staining
- Identification of common presentations
- Current evidence based management
- Record keeping

London ..... 30/9/2011      London ..... 13/6/2012

## Minor Illness

3 days – 24hrs CPD

£360<sup>00</sup> per place

Aimed at nurses working in emergency, urgent and primary care, the course will also appeal to pharmacists and allied professionals. Delivered by clinical experts who have up to date working knowledge and skills. The three-days will progress candidates towards a safe standard for practice in the management of adults with a minor illness. Attendees will then be ready to gain competency when returning to their place of work.

### Aims/outcomes:

To equip the practitioner with history taking and clinical examination skills to deal with a wide range of minor illness conditions.

Explore current best practice and provide the theoretical underpinning for a range of commonly encountered conditions.

### Course content:

- Taking a clinical history; communication skills; record keeping
- Documentation and record keeping; certification (NHS and private)
  - Evidence-based practice
  - Legal and professional responsibilities
  - How to conduct a physical examination
  - Recognising common presentations
  - Upper respiratory tract colds & 'flu, cough, sore throat, fever, nose bleeds
  - Eyes and ears
  - Skin infections, rashes, wounds, bites and stings, lesions, parasites, allergy
  - Head, neck and back, headache, head injury, pain, mouth and dental problems
  - Abdomen: pain, diarrhoea and vomiting, indigestion, constipation
  - Gynaecology vaginal discharge, pain, menstrual problems, contraception
  - Mental Health: depression, anxiety, phobia
  - Conclusion & evaluation

Birmingham ..... 7-9/11/2011      Birmingham ..... 23-5/5/2012  
London ..... 21-23/11/2011      Edinburgh ..... 11-13/6/2012  
Manchester ..... 5-7/3/2012      Durham ..... 2-4/7/2012  
London ..... 9-11/5/2012

## Minor Injuries

3 days – 24hrs CPD

£360<sup>00</sup> per place

For nurses and allied healthcare professionals who need to develop look and feel assessment and a good understanding of mechanism of injury skills. This course provides an excellent underpinning of knowledge on the most common presenting injuries and conditions encountered by those who manage and treat adults with a minor injury.

### Aims/outcomes:

Develop look and feel assessment skills with an understanding of mechanism of injury. Develop confidence in decision making skills and explore current best practice. Demonstrate a good understanding of current patient management rationale and how to apply this to the participant's own clinical setting.

### Course content:

- Clinical history taking and recording
- Mechanism of injury – general principles of musculoskeletal trauma
- Assessment of injury – look, feel move examination
- Indications for radiography
- Musculo-skeletal injury and management
- Review of anatomy and physiology and healing of bone and soft connective tissue
- Shoulder and upper limb: Hip and lower limb
- Management of common fractures
- Head, neck and back injuries
- Ophthalmic and ENT – common presenting conditions and their management
- Minor wounds and burns
- Review of anatomy: wound closure, healing and appropriate dressings
- Legal and professional responsibility

Edinburgh ..... 14-16/11/2011      London ..... 27-29/6/2012  
Manchester ..... 28-30/11/2011      Edinburgh ..... 2-4/7/2012  
London ..... 12-14/12/2011      Manchester ..... 11-13/7/2012  
Birmingham ..... 2-4/5/2012

## Limb X-ray Interpretation

1 day – 8hrs CPD

£160<sup>00</sup> per place

This course takes the candidate through mechanisms of injury and teaches how to differentiate from normal and abnormal x-rays. It will appeal to nurse practitioners and allied health professionals.

 ACCREDITED by the COLLEGE of RADIOGRAPHERS.

### Aims/outcomes:

To provide theoretical underpinning for a range of commonly encountered injuries. To strengthen consultation skills and X-ray interpretation.

### Course content:

- Radiation safety and IRMER
- Normal and normal variants of bone, soft tissues and joints on X-rays
- Assessment of injuries and indications for X-ray
- Upper limb
- Lower limb
- Spine and facial injuries
- X-ray interpretation workshop
- Legal and professional responsibility
- Evaluation and conclusion

London ..... 1/12/2011      London ..... 15/6/2012  
Manchester ..... 30/3/2012

# The Injured and the Sick Child

2 days – 16hrs CPD

£240.00 per place

Aimed at nurses working in Walk-In Centres, Urgent Care Centres, Minor Injury Units, Primary Care, General Practice, Schools and Accident & Emergency. The course will also appeal to pharmacists and allied professionals.

A two-day course that is perfect for any professional who requires the knowledge and skills to deal with an injured or sick child. It offers a range of strategies, clinical skills and current evidence based knowledge to improve confidence in caring and treating children.

### Aims/outcomes:

- To introduce the normal child, development and growth.
- Explore current issues in caring for children.
- Provide knowledge related to common injuries and illnesses seen in children.

### Course content:

The Injured Child: Professional issues • Normal development and growth • History taking and documentation • Children's pain management • Upper limb anatomy and examination • Common upper limb injuries • Lower limb anatomy and examination • 'The limping Child' • Head injuries • Wound management and burns • Child Protection issues • Ear, nose and throat presentations • The Sick Child: Recognition of the sick child • Physical examination skills relevant to age • Play and distraction • Respiratory problems • Febrile illness and fitting • Rash recognition and skin conditions • Diarrhoea and vomiting and gastro-intestinal pain • Presenting conditions of: Pyrexia; Headache • Mouth and dental problems • Record keeping • Legal and professional responsibility

London .....19-20/9/2011      Manchester ..... 1-2/12/2011  
Edinburgh .....3-4/11/2011      London ..... 12-13/3/2012

# Assessment of the Child in Primary Care

2 days – 16hrs CPD

£240.00 per place

For nurses and allied professionals working in a primary care setting who need to develop and enhance their head to toe assessment skills of a presenting child (not neonates). The 2-day programme will cover common presentations, why children are different and the process of exclusion in making diagnosis as children often present with non-specific symptoms with both serious and non-serious illness.

### Aims/outcomes:

- To discuss the format for physical examination and history taking.
- To explain the skills needed and knowledge underpinning physical examination.
- To demonstrate beginner level skills in the examination of 4 main systems of respiratory, cardiovascular, abdominal and neurological examination.

### Course content:

Different parameters for ages • Recognition of a sick child • Paediatric history taking • Introduction to paediatric physical assessment • Examination of the lungs • Cardiovascular assessment • Abdominal examination • Neurological examination • ENT examination & emergencies • Eye examination • Putting it altogether • Non-accidental injury guidelines • Acute pain in children

London .....26-27/9/2011      London .....8-9/3/2012  
Manchester ..... 10-11/11/2011

# Telephone Triage

2 days – 16hrs CPD

£230.00 per place

Giving telephone advice is an important and sometimes demanding role for nurses. This course will take the participant through the stages of development and practice. Training consists of both theoretical and practical components and will provide the skills required to set up and run a telephone triage system.

### Aims/outcomes:

- Develop competence in telephone triage skills.
- Understand how to categorise the urgency of the patients' condition.
- Identify local and national resources that may be required to provide additional support during a call.
- Identify patients who require health care advice and supply them with current evidence based information.

### Course content:

What is telephone triage and how and where is it deployed • Medico legal aspects of telephone triage correct documentation • The use of established protocols and development of local protocol • Communication skills: Techniques and conversation management • Active listening • Utilising communication and interview models • Questioning styles • Effective and efficient telephone triage call management • The process of telephone assessment: Clinical case scenarios for minor and major conditions • Chronic disease management for long-term conditions and telephone triage • Independent prescribing and telephone triage • Correct referral to other agencies • Quality control • Clinical Governance

Manchester .....26-27/1/2012      London ..... 22-23/3/2012

# Clinical Assessment & Treatment of Venous Thromboembolism

1 day – 8hrs CPD

£150.00 per place **NEW**

This course will equip the practitioner with a thorough grounding in the pathology, recognition, prevention and treatment of the two most common presentations of venous thromboembolism – deep vein thrombosis (DVT) and pulmonary embolism (PE). Central to this will be the pharmacology of the two most common drugs – heparin and warfarin – and practical issues in patient management. There will also be an examination of the new generation of oral anticoagulants (dabigatran and rivaroxaban), and a look at medico-legal issues and the role of guidelines.

### Aims/outcomes:

- To equip the practitioner with a thorough grounding in the pathology, recognition, prevention and treatment of the two most common presentations of VTE

### Course content:

The 'nuts and bolts' aspects of coagulation: how a clot forms from fibrin and platelets, and then how the body eliminates a clot once it has served its purpose. • Recognising that the breakdown in haemostasis leads to excessive clotting in arteries and veins: the latter being VTE • Identifying key clinical features of the two different types of VTE • Awareness of additional methods for defining and assessing VTE • Formal guidelines to consider risk stratification of DVT and PE • The types of treatment and its duration • Appreciate methods of management, such as with a near patient device • The risks of, and responses to, haemorrhage • Selected clinical case studies from primary and secondary care

Manchester .....18/10/2011      London .....8/11/2011



Book by email: [bookings@mkupdate.co.uk](mailto:bookings@mkupdate.co.uk) or phone: 01768 773030 & at [www.mkupdate.co.uk](http://www.mkupdate.co.uk)

## Safe Patient Care Skills Update

1 day – 8hrs CPD

£120<sup>00</sup> per place

### Aimed at:

- All health care staff

### Course content:

#### *Moving and Handling Update*

- Current legislation affecting moving and handling of heavy loads/people • Employer and employee responsibilities in maintaining a safe working environment • Review of anatomy of the spine, causes of back pain • Risk Assessment.

Promoting patient independence • Principles of safe manual handling. Correct handling of loads

#### *Infection control - assessing risk and controlling spread*

- How infection is spread • Hospital acquired infection • Universal precautions including hand-washing technique • Environmental cleansing and decontamination • Special considerations including wound care, urinary catheterisation and invasive therapy

#### *Hydration and Nutrition*

- Consider why people in care settings can become dehydrated and undernourished • How to promote good hydration and nutrition of clients

London ..... 7/11/2011  
Manchester ..... 23/1/2012

## Basic Life Support with AED Training

0.5 days – 4hrs CPD

£90<sup>00</sup> per place

### Aimed at:

- Health care personnel including doctors, nurses, allied professionals & administrative staff and all dental clinic personnel

### Course content:

By the end of the course the candidate will:

- Understand the concept of the Chain of Survival
- Apply the structured approach to the management of the deteriorating victim
- Demonstrate the management of choking and appropriate use of the recovery position
- Provide Cardio-Pulmonary Resuscitation to the cardiac arrested victim using the current Resuscitation Council (UK) 2010 guidelines
- Have an awareness in the modifications used in paediatric resuscitation
- Discuss the management of Anaphylaxis
- Demonstrate and practice safe use of the Automated External Defibrillator (AED)

Manchester ..... 9/11/2011  
Birmingham ..... 22/11/2011  
London ..... 24/1/2012  
Edinburgh ..... 3/2/2012

## Exercise Tolerance Testing

1 day – 8hrs CPD

£139<sup>00</sup> per place

### Designed to develop their Exercise

Tolerance Testing skills. A knowledge of ECG (Electrocardiograph) reading is needed to gain the optimal benefit from this course.

### Aims/outcomes:

Understand the implications and relevance of exercise testing and coronary artery disease. Interpret the clinical findings of a positive stress ECG.

### Course content:

Review of the 12 lead ECG • Indications and contraindications for exercise testing • Cardiovascular responses to exercise • Review of exercise protocols • Pre-exercise 12-Lead ECG case studies • Complications of stress ECG • The 'normal' ECG response • Abnormal ECG response • Disturbance of conduction and rhythm • Blood pressure measurements • Pacemaker evaluation • Post Myocardial Infarction • Percutaneous Transluminal Coronary Angioplasty (PTCA) and Coronary Artery • Bypass Graph (CABG) assessment testing • False positive & false negative tests

Manchester ..... 21/9/2011  
London ..... 23/1/2012  
Manchester ..... 22/3/2012

## IRMER Theory Training

0.5 day – 6hrs CPD

£90<sup>00</sup> per place

This half-day theoretical course is for health care professionals requiring education and training on the Ionising Radiation (Medical Exposure) Regulations 2000 (IRMER) for their practice and is suitable for those practitioners who are designated as 'referrer' by their employers.

### Aims/outcomes:

The IRMER regulations state no practitioner or operator shall carry out a medical exposure or any practical aspect without having been adequately trained.

The regulations define adequate training as that training which satisfies the syllabus set out in Schedule 2 of IRMER. A certificate of theoretical training is provided.

### Course content:

IRMER regulations • Biological effects of radiation, risks and benefits • Patient management, dose and its' measurement • Responsibilities of key personnel in the context of the regulations • Duties and responsibilities of the employer, operator • Practitioner and medical physics expert in the context of the regulations • Justification, authorisation and optimisation of X-ray exposures • Requirements of quality assurance systems • Medico-legal considerations, accurate record keeping and clinical audit

London ..... 17/10/2011  
Manchester ..... 1/12/2011  
London ..... 15/5/2012  
Manchester ..... 14/6/2012

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or complete the online enquiry form

at **www.mkupdate.co.uk**

Cost per head  
**£59\***

\*Typical price excl. of VAT and based on a day's training attended by 20 candidates

## Clinical History Taking & Physical Examination

3 days – 24hrs CPD

£420.00 per place

Develop confidence in taking a clinical history and an understanding of the correct examination techniques of each of the systems covered. The course will appeal to nurses, pharmacists and allied health professionals.

### Aims/outcomes:

Understand the principles of correct health examination and social history taking. Gain confidence in performing a detailed 'head to toe' physical examination.

### Course content:

Documentation and record keeping • Taking a history, demonstration and practice • Questioning technique, past medical history; social history • General observations: Mental state; hands; head & neck • Examination of: eyes; mouth; sinuses; ears, throat and neck • Demonstration and practice • Systems - cardiovascular & respiratory • Cardiac examination - demonstration & practice • Chest pain: heart sounds, changes associated with ageing: Common cardiovascular conditions • Respiratory examination - demonstration & practice • History; respiratory sounds, percussion and auscultation • Common lung abnormalities • Systems – Abdominal examination demonstration and practice • Abdominal pain, history, palpation; percussion, auscultation; an overview of abdominal conditions • Theory and revision of the genito-urinary tract (male and female) and endocrine system • Nervous system: neurological examination: demonstration and practice • The limbs and trunk: tone and power; sensation and coordination; reflexes • Locomotor system: examination: demonstration and practice • Joint dysfunction; muscle dysfunction • Legal and professional consideration

|                               |                              |
|-------------------------------|------------------------------|
| Glasgow .....19-21/9/2011     | Edinburgh .....19-21/3/2012  |
| Nottingham .....26-28/9/2011  | Manchester .....16-18/4/2012 |
| Manchester .....5-7/10/2011   | Birmingham .....9-11/5/2012  |
| Birmingham .....14-16/11/2011 | London .....20-22/6/2012     |
| London .....5-7/12/2011       | Nottingham .....4-6/7/2012   |

## Abdominal Assessment

2 days – 16hrs CPD

£250.00 per place



An opportunity to develop abdominal examination and interviewing technique and an understanding an array of gastro-intestinal and urinary conditions.

### Aims/outcomes:

To develop an enhanced working knowledge of examining the abdomen. Be able to identify major abdominal structures using examination techniques Take and accurately record a relevant clinical history

### Course content:

• Advanced understanding of GI & Urinary Tract • Symptoms: appetite, constipation, diarrhoea, dysphagia, GI bleed, vomiting, weight loss • Conditions including: Appendicitis, Ascites, Obstruction, Diverticulosis, Hernia, Changes associated with ageing • Liver disease: signs and symptoms, liver failure • History taking & physical examination technique: Inspection; Auscultation; Percussion; Palpation, Tenderness • Identifying structures: Bladder, Colonic swellings, Kidney, Liver & gallbladder, Pancreas, Splenic enlargement, the Stomach • Pain: localising and understanding cause • Rectal examination • Urological conditions, prostate examination

|                        |                            |
|------------------------|----------------------------|
| London .....1-2/3/2012 | Manchester .....1-2/5/2012 |
|------------------------|----------------------------|

## Heart & Lung Assessment Masterclass

2 days – 16hrs CPD

£270.00 per place

Places are limited as the course is highly practical. Training is enhanced with the inclusion of an auscultation trainer, practical workshops and clinical case studies.

### Aims/outcomes:

Advanced understanding of cardio-respiratory anatomy & physiology. Accurate cardiac assessment and record keeping. Develop a good understanding of heart and lung sounds.

### Course content:

Applied cardio-respiratory anatomy and physiology • Conduction system, cardiac cycle • Auscultatory technique: Using the stethoscope; the five auscultatory areas; enhancement and environment • Heart sound dynamics: Basic heart sounds, their origins, electrocardiogram relationship to the sounds, depolarisation and repolarisation • Normal heart sounds: First and second sounds; third and fourth sounds • Abnormal heart sounds: Opening snaps; systolic ejection sounds; Murmurs – systolic and diastolic, continuous • Arterial Blood Gases interpretation workshop • Chest X-ray interpretation workshop • Auscultatory areas: Thoracic structures and landmarks; Anterior, lateral and posterior chest wall surfaces • Auscultatory technique: Normal breath sounds, Abnormal and diminished breath sounds, crackles, wheezes • Accurately recording your findings • Legal and professional considerations

|                              |                              |
|------------------------------|------------------------------|
| Edinburgh .....15-16/9/2011  | Glasgow .....15-16/3/2012    |
| London .....18-19/10/2011    | Birmingham .....19-20/4/2012 |
| Manchester .....30-31/1/2012 | London .....2-3/5/2012       |

## Neurological Assessment

1 day – 8hrs CPD

£150.00 per place

This course will appeal to nurses and allied professionals and particularly those caring for patients with neurological conditions such as Multiple Sclerosis.

The course focus is on taking a history and relevant neurological examination techniques and how to record your findings accurately.

### Aims/outcomes:

To develop an enhanced working knowledge of assessing the neurological status.

### Course content:

Applied anatomy and physiology - central nervous system & peripheral nervous system, cranial nerves • Taking a neurological history - assessing mental status, mood swings, coping skills, adjustment to stressors, major life changes depression, suicidal thoughts, sleep disturbances, assessing the cranial nerves • The motor system - body position during movement, involuntary movement, muscle bulk, tone and strength – physical examination skills and recording your findings • Assessing the sensory system - pain, temperature, touch, vibration & discriminative sensation testing • Deep Tendon Reflex testing and recording findings • Overview of common presenting neurological disorders • Assessing & recording your findings

|                           |                           |
|---------------------------|---------------------------|
| Manchester .....1/11/2011 | Manchester .....18/5/2012 |
| London .....2/2/2012      |                           |

## Clinical Team Leadership

2 days – 16hrs CPD

£325.00 per place **NEW**

A two-day programme led by two management experts and is for staff who are responsible for managing a team and/or a budget. Participants will have the opportunity to explore the issues of managing resources within a limited budget whilst ensuring the service they deliver is both safe and effective. Participants will also have an opportunity to discover their leadership strengths and weakness. They will be given the tools and techniques to identify what style of leadership is most appropriate to lead their team along with some useful tips on managing different aspects of team and individual performance and will leave the class with an action plan to implement in their workplace.

### Aims/outcomes:

- Identify methods to obtain and manage resources
- Understand how to recruit and work with staff to aid retention
- To identify ways to lead your team to success
- Manage effective meetings and methods of communication
- Find ways to provide support for team members
- Identify actions and priorities for implementation

### Course content:

Introduction to commissioning and GP commissioning consortia • Understanding the CQUIN payment framework • Identifying the level of resources to deliver a safe service • Business planning • Writing business cases • Workforce planning • Recruiting the right staff • Developing and appraising your staff • Understanding Clinical Supervision • Developing your team • Managing conflict • Managing effective meetings • Visioning and action planning

London .....3-4/11/2011 London .....29-30/5/2012

## Teaching & Training Skills

2 days – 16hrs CPD

£250.00 per place

Professional development and continuing education and training are now central to all health care professional's practice. The emphasis is on competence, fitness to practice and life-long learning. Underpinning this is that clinical specialists and experts take the lead in teaching and training to develop knowledge and skills.

However not everyone has the tools to teach knowing how to is the key to successful learning, this programme is designed to 'Train the Trainer'.

### Aims/outcomes:

Develop skills required delivering training and teaching of peers, colleagues and teams.

### Course content:

The theory of adult education • The requirements of professional bodies such as NMC and HPC • Learning styles, hands on, one to one and small group teaching sessions • Preparation and planning your sessions • How to develop and write structured learning objectives • Different methods of delivering a session, using audio-visual aids • The learning environment • Safe and effective session set-ups • Learning and teaching in clinical practice • Perfecting your presentation skills • Practical tips to help you improve your teaching skills, interactive sessions • Dealing with difficult students • Competency-based learning and assessing • Evaluating learning and teaching • How to give effective and personalised feedback

London .....27-8/2/2012 Manchester .....3-4/5/2012

## 3 Step Leadership & Management

3 days – 24hrs CPD

£375.00 per place

The popular 3 day programme aimed at team supervisors and managers.

### Aims/outcomes:

Develop skills in managing yourself, your job and managing others.

**Managing yourself** - participants will have identified: • Three personal development needs • Their team role • The key elements of time management • Become more confident in seeking development opportunities

**Managing others** – participants will be able to: • Identify effective communication techniques to successfully manage people at work • Use appropriate behaviours to manage difficult working relationships • Reflect on how individual managing styles affect working relationships

**Managing the job / organisation** - participants will be able to: • Identify own objectives • Identify the use of power and influence • Discuss negotiation and conflict at work in order to develop future strategy • Reflect on the 3 days in order to develop a plan for improving job performance

### Course content:

What do you want? Learning objectives Key Learning Points (KLP) • What do you value? • Transactional analysis • Maximising your potential • Managing yourself • Politics and power • Team roles; Leadership; Do you have the time? Essentials of time management • Managing your boss; essentials of negotiation; people at work • You in the organisation; Impact of organisational culture • Communication, motivation and rewards • Managing groups and teams; Leadership (barriers and failure) • Group, and team behaviour • Maximising people's potential • Managing conflict • Overcoming barriers to managing people at work • You, the job, and the organisation • Managing uncertainty • Resolving conflicts at work • Networking, marketing yourself; Improving your job performance

London .....12-14/10/2011 London .....25-27/4/2012

## Trainers wanted...

- Can you deliver an M&K course or masterclass?
- Or have an idea for new programmes?
- Do you have a proven teaching track record?
- Are you regarded as a clinical expert?

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Attach a copy of your CV to an email and send to: [tutors@mkupdate.co.uk](mailto:tutors@mkupdate.co.uk)

If selected we will arrange an informal interview at a location near to you.

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St. John's Street, Keswick CA12 5AS  
Tel: 01768 773030 Fax: 01768 781099  
[www.mkupdate.co.uk](http://www.mkupdate.co.uk)



# Understanding Blood Results

2 days – 16hrs CPD

£230<sup>00</sup> per place

Early recognition of abnormalities can avert potential life threatening or at least harmful situations. This well established and respected two-day course allows the candidate a chance to fully understand routine haematology and biochemistry results. Attended by nurses and allied health professionals whose work involves blood investigation.

## Aims/outcomes:

- To understand routine full blood count results.
- Clinical physiology of the haematological system.
- Routine biochemistry tests and electrolyte and water homeostasis.
- Physiology of liver and cardiac enzymes.
- Clinical implications of results.

## Course content:

- Full Blood Count; parameters of the full blood count
- Haemoglobin and erythrocyte physiology; ESR, INR
- Clinical examples workshop
- Patterns in anaemia
- Differential White Cell Count
- Clinical Biochemistry
- Clinical electrolyte and water homeostasis
- Hypo and hypernatraemia
- Potassium homeostasis
- Liver function tests
- Thyroid function tests
- Clinical case studies

|                  |               |                  |              |
|------------------|---------------|------------------|--------------|
| Birmingham ..... | 26-27/9/2011  | Liverpool .....  | 19-20/4/2012 |
| Dublin .....     | 17-18/11/2011 | Bristol .....    | 24-25/4/2012 |
| London .....     | 6-7/12/2011   | Leeds .....      | 21-22/5/2012 |
| Manchester ..... | 8-9/12/2011   | Birmingham ..... | 18-19/6/2012 |
| Nottingham ..... | 27-28/2/2012  | London .....     | 16-17/7/2012 |
| Durham .....     | 26-27/3/2012  | Manchester ..... | 17-18/9/2012 |

# ECG Training for HCAs

1 day – 8hrs CPD

£130<sup>00</sup> per place

Following attendance candidates will be able to record an ECG correctly and start to develop interpretation skills.

The course includes supervised practice in recording a 12 lead ECG.

## Aims/outcomes:

Understand relevant anatomy and physiology of the heart. Place ECG electrodes in the correct position. Recognise a 'normal' ECG. Have an understanding of some common abnormal ECG's.

## Course content:

Anatomy & physiology of the heart • Conduction system • Recording a 12 lead ECG • Lead placement • Troubleshooting • Practical session • The 'normal' ECG • Introduction to interpretation skills recognising: Ischaemia • Acute Myocardial Infarction

|                  |            |                  |           |
|------------------|------------|------------------|-----------|
| Manchester ..... | 18/11/2011 | Glasgow .....    | 17/4/2012 |
| London .....     | 2/12/2011  | Manchester ..... | 30/4/2012 |
| Birmingham ..... | 9/2/2012   | London .....     | 14/6/2012 |

# ECG Workshop

2 days – 16hrs CPD

£230<sup>00</sup> per place

Theoretical and practical workshop delivered by experienced cardiac professionals. The ECG Workshop addresses the needs of nurses, doctors and allied health professionals who encounter ECG monitoring and traces. Attended by over 18,000 health professionals.

## Aims/outcomes:

- Learn to interpret 12 lead ECGs & rhythm strips using a systematic approach.
- Understand cardiac axis and its impact on the ECG.
- Rhythm abnormalities, atrial, junctional and ventricular.
- Identify the effects on the ECG following infarction.

## Course content:

Anatomy and physiology of the heart and conduction system • Recording a 12 lead ECG • The normal 12 lead ECG and cardiac axis • Atrial abnormalities • Ventricular abnormalities • Disorders of conduction • Ischaemia, infarction and the ECG • Rhythm recognition • Clinical case studies delivered by practising clinicians

|                  |               |                  |              |
|------------------|---------------|------------------|--------------|
| Dublin .....     | 3-4/10/2011   | Nottingham ..... | 1-2/3/2012   |
| Brighton .....   | 6-7/10/2011   | Leeds .....      | 8-9/3/2012   |
| Birmingham ..... | 10-11/10/2011 | London .....     | 17-18/4/2012 |
| London .....     | 10-11/10/2011 | Liverpool .....  | 1-2/5/2012   |
| Liverpool .....  | 20-21/10/2011 | Birmingham ..... | 21-22/5/2012 |
| Bristol .....    | 1-2/11/2011   | Glasgow .....    | 25-26/6/2012 |
| Glasgow .....    | 5-6/12/2011   | Dublin .....     | 27-28/6/2012 |
| Manchester ..... | 9-10/2/2012   | Bristol .....    | 20-21/9/2012 |

# Pre-operative Assessment

3 days – 24hrs CPD

£360<sup>00</sup> per place

A well-attended and established course this programme serves as an introduction to Pre-Operative Assessment (POA) and will assist in providing evidence-based care to improve patient outcomes. The course will appeal to nurses and allied professionals who are involved in or about to embark on pre-operative assessment service development.

## Aims/outcomes:

- To develop and understand pre-operative assessment and patient management skills.
- The fundamentals of taking a patient history and performing a social and psychological assessment.
- Develop competent physical examination skills.
- The importance of multidisciplinary team working.

## Course content:

- Definitions & documentation
- Professional & legal considerations
- Guidelines for day surgery
- Anaesthetic risk assessment – problems & management
- Taking a history and informed consent
- Applied anatomy and physiology
- Physical examination, psychological and social assessment
- Cardiovascular examination
- Respiratory examination
- Airway assessment; neck assessment
- Management of clinical problems including thyroid disease, diabetes and atrial fibrillation
- Understanding of haematology and biochemistry results
- Pre-operative investigations
- Service development and clinical audit

|                  |              |                  |              |
|------------------|--------------|------------------|--------------|
| London .....     | 19-20/9/2011 | Dublin .....     | 25-27/4/2012 |
| Manchester ..... | 5-7/12/2011  | Edinburgh .....  | 29-31/5/2012 |
| Nottingham ..... | 5-7/3/2012   | Manchester ..... | 26-28/9/2012 |
| London .....     | 19-21/3/2012 |                  |              |

# Managing Challenging Patients

1 day – 8hrs CPD

£120.00 per place

This programme combines key aspects of three current clinical practice issues to provide an interactive workshop addressing issues and solutions regarding the management of challenging patients:

- Person centred care
- Guidelines on restraint
- Dementia and its impact

Aimed at: registered and non registered nurses and allied health staff working in settings where predominantly older people reside.

### Aims/outcomes:

Develop a good understanding of current best practice.

### Course content:

The day focuses on entirely practical perspectives of understanding the nature of the behaviour exhibited and tools that can be used to manage behaviour. Examples of such tools are, behaviour charts and 'about me' (Alzheimer's society). Story telling and sharing of collective experience from the group will be used to provide examples of solutions.

London ..... 16/3/2012

# Suicide Risk Assessment

1 day – 8hrs CPD

£150.00 per place

Informed by the most recent findings of 'The National Confidential Inquiry into Suicide and Homicide by people with a mental illness' (July 2010). This course will also explore the relationship between self-harm and suicide whilst emphasising that not all self-harm behaviours are linked to suicide.

### Aims/outcomes:

- To debate issues of barriers to communication
- Consider the issue of suicide from a policy perspective, by exploring recent statistics and their influence on risk management
- Examine & identify indicators, which will influence our risk assessments including an understanding of self harm
- Review the use of risk assessment tools
- Explore the above through case studies and experiential learning techniques

Manchester ..... 30/11/2011

London ..... 21/3/2012

# Masterclasses



## Advanced Emergency Skills Practical Masterclass

1 day - £249.00 19 January 2012, Manor Hospital, Walsall

*An essential practical skills masterclass for all healthcare professionals involved in supporting acutely ill patients in hospital and pre-hospital settings.*

Training is delivered in a dedicated clinical skills training lab. There are three advanced clinical workshops lead by experienced advanced practitioners:

- 1) Advanced Airway Management
- 2) Vascular Access
- 3) Thoracic Workshop

**Who should attend:** Nurses, ODPs, Physician Assistants and doctors working in emergency departments, critical care areas and outreach, • Healthcare professionals attending cardiac arrest/emergency calls • Paramedics • Emergency care practitioners • Military medics • General practitioners involved with out of hours care • Experienced clinicians wishing to refresh or learn new skills

## Ready To Go Discharge Planning

1 day - £199.00 Manchester - 28 October 2011; Edinburgh - 18 November 2011; London - 8 February 2012

*This class aims to provide attendees with a comprehensive understanding of the discharge process, including information and resources to enable the acquired skills and knowledge to be used back in the workplace.*

The day is structured to offer a good overview of discharge planning processes geared towards patient safety. The afternoon enhances the day further by offering a choice of highly interactive and practical workshops, where candidates will have the opportunity to challenge and clarify complexities within each subject area.

**Workshops:** 1) Setting up nurse led discharge in your organization 2) Effective Discharge Planning – getting it right for everyone 3) Why estimate expected date of discharge

**Who should attend:** Discharge planning leads • Capacity and/or Bed Managers • Ward/department heads • Lead Nurses and Matrons responsible for operational developments • Managers responsible for implementing change

## Ophthalmic Practical Skills Training

1 day - £249.00 visit [www.mkupdate.co.uk](http://www.mkupdate.co.uk) for latest venue and date

*A practical skills masterclass for healthcare professionals involved in the care and assessment of patients with ophthalmic problems. As with all practical skills, it is essential that every clinician who undertakes the skill has a theoretical base on which to base their practice. This ensures thinking practice, enables troubleshooting and an awareness of what is going right...and wrong!*

**Programme to include:** • Visual acuity - snellen and logmar • How to use a Slit Lamp • Cranial nerve II examination • Use of the ophthalmoscope • Exothalmometer • Corneal & sub tarsal FB removal • Irrigation • Colour vision assessment • Humphrey fields • Biometry • Practice using 78d and 90d lens

**Who should attend:** Nurses working in ophthalmology areas including: Out-patients and Emergency/Urgent Care, Independent Hospitals and Clinics • Junior doctors • Optometrists



“

The trainer was excellent, good scenario work, **all very positive feedback** from medics and nurses

”

## Evidence Based Rehabilitation

1 day – 8hrs CPD

£160.00 per place

This is an opportunity to develop your knowledge and skills about how best to evaluate and demonstrate the effectiveness of your rehabilitation practice.

The course has a generic focus on how and why to measure practice and is highly relevant to all health professionals working in rehabilitation. The day will include both theoretical and practical learning and will use and build on your own expertise in the clinical setting. The workshop is open to people from all professions but will have a specific focus on the rehabilitation of function and movement. This will provide an opportunity to practice using and critiquing some of the outcome measures commonly used in this field.

### Aims/outcomes:

Choosing and using outcome measures for evidence-based rehabilitation.  
How can I choose a measure which is relevant to my practice?  
Workshop on selecting appropriate tools to measure rehabilitation practice.

### Course content:

Using the WHO ICF framework in clinical practice • What is the ICF • Defining patient problems in terms of impairment, activity and participation • Worked case study examples • Influence of environment and personal factors on health • Using the ICF to plan and evaluate treatment interventions • Measuring rehabilitation outcomes • Why measure • Types of measurement tool • Levels of data • What do we mean by valid, reliable and responsive measures and why should we care? • Properties of outcome measures • Validity – types and issues of validity • Reliability – workshop on inter and intra-rater reliability • Standard operating procedures • Responsiveness

London .....19/11/2011    London .....23/6/2012

## Understanding Blood Results for Physiotherapists

2 days – 16hrs CPD

£230.00 per place

Provides physiotherapists and allied professionals working with a musculo-skeletal caseload with the essential background in physiology and pathology for a haematological, biochemical and immunological approach to patient management.

### Aims/outcomes:

To understand and interpret a wide variety of blood results with particular emphasis on musculoskeletal conditions.

### Course content:

Haematology - Full blood counts (FBC); low, normal, high Hb • Thrombosis and haemorrhage • Differential white count • Biochemistry - U&E's for renal function  
• LFT 's for hepatic function • Atherosclerosis, diabetes and lipids • Clinical case studies • Musculo-skeletal disorders and inflammatory response  
- Calcium and bone Autoimmune disease • Rheumatoid disease and osteoarthritis • Practical aspects of interpreting results

Edinburgh .....1-2/12/2011    Manchester .....12-13/3/2012  
London .....2-3/2/2012

## Foot X-ray Interpretation for Podiatrists Includes IRMER update

1 day – 8hrs CPD

£140.00 per place

Aimed specifically at Podiatrists the day provides an excellent clinical complement to in-house established programmes and assumes legal and professional issues regarding the ordering of radiological examination are addressed locally.

### Aims/outcomes:

To provide theoretical underpinning for a range of commonly encountered conditions and injuries.  
To strengthen consultation skills and X-ray interpretation.

### Course content:

Normal and abnormal appearances of bone, soft tissues and joints on X-rays • Assessment and indications for x-ray • X-ray referral and IRMER regulations • Common X-ray requests including: osteomyelitis, calcified blood vessels, charcot joint • Podiatry weight bearing views: including: true lateral of the hallux, axial for sesamoids • Lower limb injuries • X-ray interpretation workshop • Legal and professional responsibility

London .....24/4/2012

## Blood Tests for Podiatrists

1 day – 8hrs CPD

£140.00 per place

Provides a background in physiology and pathology for a haematological, biochemical and immunological approach to patient management.

### Aims/outcomes:

Routine full blood count and biochemistry results.  
Clinical implications of results.

### Course content:

Overview of: haematology & biochemistry • Full blood count (FBC); low, normal, high Hb, thrombosis and haemorrhage • Differential white count • Systemic infection and its effect on blood results • Musculo-skeletal disorders and inflammatory • Response  
• Calcium and bone, autoimmune disease • Practical aspects of interpreting results

London .....9/3/2012    Manchester .....20/4/2012

## Red Dot Trauma for Radiographers

2 days – 16hrs CPD

£250.00 per place

A two-day course designed to meet the specific needs of Radiographers who are developing a 'red dot system' in trauma radiology. The course offers a comprehensive series of workshops examining multiple radiographs to develop the candidate's examination and interpretation skills and knowledge. The course will also appeal to other health professionals involved in initial X-ray interpretation.

 ACCREDITED by the COLLEGE of RADIOGRAPHERS.

### Aims/outcomes:

Enhance radiograph examination and interpretation skills.

### Course content:

Introduction • Major trauma • Foot and ankle • Knee trauma • Facial/mandibular trauma  
• Pelvis and hip • Film viewing • Hand and wrist • Elbow and forearm • Shoulder  
• Spine • Paediatric trauma • Red dotting session

London .....24-25/11/2011    London .....24-25/5/2012  
Manchester .....16-17/2/2012



## Preoperative Assessment and Perioperative Management

£39

ISBN: 9781905539024

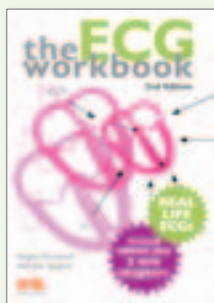
**Mark Radford**, Divisional Director of Nursing (Surgery) University Hospitals Coventry and Warwickshire NHS Trust, UK Visiting Professor at Birmingham City University, UK

**Alastair Williamson**, Consultant Anaesthetist Good Hope Hospital, Heart of England Foundation Trust, UK

**Clare Evans**, Consultant Nurse (Perioperative Care) Bristol Royal Infirmary, United Bristol Healthcare NHS Trust, UK

M&K Publishing • July 2011 • 428 pages • illustrated

Preoperative assessment of the surgical patient is a key part of the perioperative process. However, it is one that cannot be separated from the other aspects of perioperative management, both clinical and administrative, that ensures the safe and effective treatment of surgical patients. There are a number of books on the market that examine perioperative management anaesthesia and surgical nursing that are only able to touch on the pre-operative assessment process. Preoperative Assessment & Perioperative Management sets out to be different, by bridging the gap between these texts and the evolving and developing area of practice that pre operative assessment has become in modern healthcare.



## The ECG Workbook 2/e

£25

ISBN: 9781905539772

**Angela Rowlands**, Lecturer, St Barts and the Royal London Medical School, Queen Mary University of London

**Andrew Sargent**, Lecturer, Critical Care Nursing at the Florence Nightingale School of Nursing and Midwifery, King's College London

M&K Publishing • A4 format • 108 pages  
Illustrated • July 2011

Many books on ECG interpretation use simulated ECG tracings. Most of the traces that you find in this book are from real people and of the quality that you will be expected to interpret from

in practice. The extremely popular ECG Workbook has two new chapters covering, Common Arrhythmias explains five of the most common types of arrhythmia: Atrial Fibrillation, Atrial Flutter, Ventricular Tachycardia, Supraventricular Tachycardia and Ventricular Fibrillation, and a whole chapter is devoted to Ectopics and Extrasystoles.



## CT Anatomy for Radiotherapy

£45

ISBN: 9781905539543

**Pete Bridge BSc, MSc**, Senior Lecturer, Department of Radiotherapy and Oncology, Sheffield Hallam University, Sheffield, UK

**David J Tipper DCR(R), PgCert (MRI) PgCert (CT)**, Cross-Sectional Imaging Manager, Sheffield Teaching Hospitals NHS Trust, UK

M&K Publishing • August 2011 • 312 pages • Illustrated

Knowledge of CT anatomy is increasingly vital in daily radiotherapy practice, especially with more widespread use of cross-sectional image-guided radiotherapy (IGRT) techniques. Existing CT anatomy texts are predominantly written for the diagnostic

practitioner and do not always address the radiotherapy issues while emphasising structures that are not common to radiotherapy practice. "CT Anatomy for Radiotherapy" is a new radiotherapy-specific text that is intended to prepare the reader for CT interpretation for both IGRT and treatment planning. It is suitable for undergraduate students, qualified therapy radiographers, dosimetrists and may be of interest to oncologists and registrars engaged in treatment planning.



## Therapy Skills for Healthcare: An introduction to brief psychological techniques

£12

ISBN: 9781905539581

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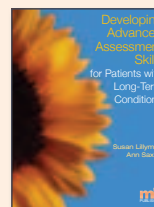
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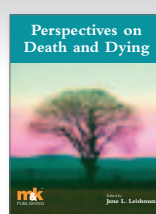
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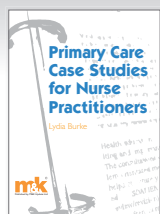
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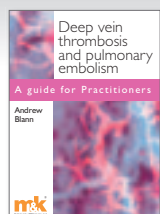
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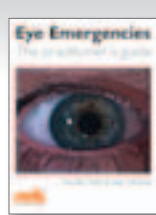
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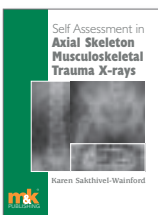
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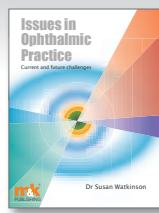
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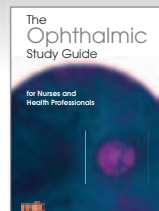
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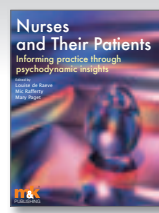
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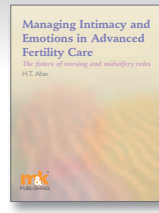
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