



Pennine
Lancashire
TRAINING HUB

CPD Training Opportunities



Click the name to go to the page - click the Home Button to return to the Index

Item No.	Name of Training Opportunity	Name of Provider
3	Half Day Menopause Update	The Menopause Course
4-5	2 Day Menopause Foundation Course	The Menopause Course
6	Women's Health Update	MA Training
7	Novice Smear Taker Course	Liverpool Women's NHS Foundation Trust
8	Advanced Interpretation of Bloods	PDUK
9	Men's Health Update	PDUK
10	Introduction to Travel Vaccinations	MA Training
11	6 week Spirometry Update	Respiratory Matters
12	Heart Failure Certificate	Respiratory Matters
13	The Respiratory Matters Accredited Interpretation Certificate	Respiratory Matters
14	The Respiratory Matters Accredited Foundation Certificate	Respiratory Matters
15	The Respiratory Matters Accredited Full Certificate in Spirometry	Respiratory Matters
16	Certificate in COPD	Respiratory Matters
17	COPD Diploma	Respiratory Matters
18	Asthma Certificate	Respiratory Matters
19	Asthma Diploma	Respiratory Matters
20	GP Update - Study Day Live Course	Red Whale Training
21	Phlebotomy Training	Care for Caring
22	Immunisation and Vaccination Annual Updates	LSC Training Hub





Half day menopause update

Menopause Update half day Learning Objectives:

- To appreciate the changes which occur as a result of the menopause and how to assess women at this time.
- To increase understanding of Hormone Replacement Therapy, including a summary of risks and benefits and review of different types available.
- To be aware of non-hormonal choices for treatment for menopausal symptoms

Programme:

09:20	Log in and register
09:30	Assessment - what's normal? How to diagnose? Impact of menopause on health, vaginal symptoms,
10:15	Break
10:30	Treatment options - HRT benefits, risks, types, side effects
11:30	5 min break
11:35	Non hormonal overview
12:00	Case scenarios – tricky cases and Questions
12:30	Close



MENOPAUSE - THE FOUNDATIONS - 2 Day Course

Day 1

- 09:10 Registration - log in and set up
- 09:20 Welcome – setting the scene, including quiz.
Physiology and effects of menopause
- 10:45 Coffee break
- 11:15 Premature Menopause
- 12:00 Short break
- 12:10 Bone Health
- 13:00 Lunch
- 14:00 Group Work 1: Patient assessment at menopause
- 15:10 Short break
- 15:15 Sexual health and contraception at the peri menopause
- 16:30 Questions
- 16:40 Close

Day 2

- 09:00 Log in and set up
- 09:15 HRT – Benefits, risks and controversies
- 10:15 Coffee break
- 10:45 Contraindications to HRT – absolute and relative
- 11:15 Short break .
- 11:20 Group Work 3: HRT types, routes and side effects HRT- pick a product.
- 13:00 Lunch break
- 13:45 Non Hormonal Therapy Options
- 14:30 Short break
- 14:40 Group work 4: Which HRT for which woman?
- 16:00 Any Questions?
- 16:15 The Way Forward – future training/ reflection
- 16:30 Close

**** NICE GUIDELINES WILL BE INCLUDED
THROUGHOUT THE PROGRAMME****



Gynaecological Presentations Including Contraception

Suitable for ANP's, Pharmacists, non-medical prescribers.

(Open access to those who have undertaken Adult Diploma in Minor Illness)

This webinar aims to give Clinicians the confidence to assess, make a provisional diagnosis and manage common presentations in Primary Care.

The course will use a problem-solving approach using typical case studies.

Lead lecturer Dr Priscilla Norgren

Learning Outcomes

Know the pathophysiology of the common gynaecological conditions.

Recognise how to take an effective history.

Understand common gynaecological conditions and how to manage them

Be able to recognise red flags

Content

- How to take a sexual health/gynaecological history
- Menorrhagia
- Dysmenorrhea
- Breakthrough bleeding
- Menopause
- Investigations including blood tests
- Endometriosis
- Red flags
- Contraception





Novice Cervical Smear Training

2 Day Face to Face Course

Location: Best Western Leyland

Dates: 20th & 21st September or 7th & 8th December 2022



The following UK registered healthcare professionals are eligible to train to undertake the role of cervical sample taker:

- Registered Nurses
- Registered Nursing Associates
- Physician Associates who are registered on the Physician Associate Managed Voluntary Register (PAMVR)
- GPST3

The benefits of Cervical Smear Screening can never be understated, ensuring the patient is guided through the process and feels calm and assured is paramount. Training is vital for this important role.

All sections of the application form marked Mandatory need to be completed. All Novice Smear Takers require an in house Smear Mentor and an external assessor.

Download the application form [HERE](#)

PLEASE NOTE that applicants :

MUST have a Smear Mentor within their practice who will mentor them and who has completed specific Smear Mentor Training with either Manchester or Liverpool Universities within the last 3 years and have also completed Smear Update Training within the last 3 Years.

The Smear Mentor will need to provide their Name, Email Address, NMC number and the date that they completed their Smear Mentor Training and the date of their Smear Update Training.

The locality Training Hub will allocate their external assessor.

If any applicant does not have a practice smear mentor this can be completed via a 2.5 Hour Online Training Module. For Smear Mentor/Assessor Training Information please contact us on plth@nhs.net for details



A119 Advanced Interpretation of Blood Results in Clinical Practice

2 days 14 hours CPD 09:00am- 3:30pm

Course summary – Advanced

This programme builds on the fundamentals of interpreting blood tests and provides an advanced understanding of essential blood results. An ideal course for delegates who are already comfortable with basic blood tests and want to develop their skills further. We will review the fundamentals of blood tests and then build in applied, advanced interpretation.

Who should attend?

Anyone who already has a working knowledge of blood tests and perhaps already uses blood testing as part of their daily decision planning.

Nurses, Advanced Nurse Practitioner / Prescribers

Allied Health Professionals / Extended Scope / Lead Service Manager

University research and lecturing staff

Doctors

Aims / objectives: At the end of the course you will:

- Outline the 10 fundamentals underpinning the advanced interpretation of blood test results.
- Have tested these fundamentals using specialist case studies.
- Be more confident in requesting, interpreting and applying blood test results, including those that are out of range.
- Build on your base knowledge of blood tests with more complex second line blood tests relevant in your area.
- Have an advanced understanding of key blood tests, FBC, LFT, U&E and how they underpin fundamentals of advanced clinical practice
- Reflect and apply reviewed principles towards improving practice and patient outcomes



What's included:

Day 1

- Review of the basic principles of haematology, coagulation and clinical biochemistry tests.
- Outlining 10 key fundamental themes of interpreting blood tests.
- Reference ranges:
 - What to do when the result is out of range.
 - Using clinical decision limits and protocols
- An in-depth exploration of what each blood test is actually measuring based on 4 unique identifiers:
 - Haematology
 - The full blood count- an overview
 - Red blood cell count/ haemoglobin & anaemia/haematocrit/ platelets
 - White cell count/differential
 - Coagulation tests including prothrombin time, INR and d-dimers
- Case studies: interpreting the impact of lifestyle factors such as nutrition and drugs on the client's haematology profile.

Day 2

- Recap and self-assessment
- Case studies:
 - Biochemistry markers
 - Renal Function - U &E's / eGFR
 - Long Term Conditions: Glucose and HbA1c, lipids, COPD and blood gases.
 - Cardiac enzymes
 - Liver function tests and types of jaundice
- Autoimmune, viral and myeloma presentation
- Thyroid function testing
- Bone profile, bone disorders and red flags such as metastatic cancers.
- Summary and overview of reading resources and a study guide to complete.
- Evaluation



A133- Men's Health and the Primary Care Provider

1 Day Course 8 hours CPD

09:30am- 4:30pm

This workshop will cover a range of important issues and conditions concerning men's health. Topics include sexual history taking, erectile dysfunction, testicular examination, common and more challenging presentations. The remit of the primary care provider will be a central theme.

Who should attend:

Frontline PHC practitioners who take care of male patients and deal with sexual and male related complaints.

Aims/objectives: - You will:

- Develop the core skills of sexual history taking.
- Have a better understanding of causes of erectile dysfunction and treatments.
- Be familiar with proper testicular examination technique and possible findings.
- Feel more confident in dealing with a variety of male related presentations.

Course content:

- "Let's talk about sex"- the history
- Erectile dysfunction- cause, effect, treatments
- Testicular examination
- Case study challenge- testicular pain, voiding difficulties, scrotal swelling and more.



An Introduction to Travel Health

How important this Introduction is to Update skills and knowledge with a year of new restrictions and lots of new advice.

We may be restricted on where we can travel to now so come on the MA Journey.

Using you as the traveller we will be using a Case study, problem solving session.

Learning outcomes.

At the end of the session the learner should be able to:

- Understand what the challenged Recognise and act on any risks that the patient may have.
- Communicate advice about infectious diseases • Know how travel can affect people with long term conditions
- Deliver Travel Health Advice using various resources

Content

Affects that Covid-19 has had on travel:

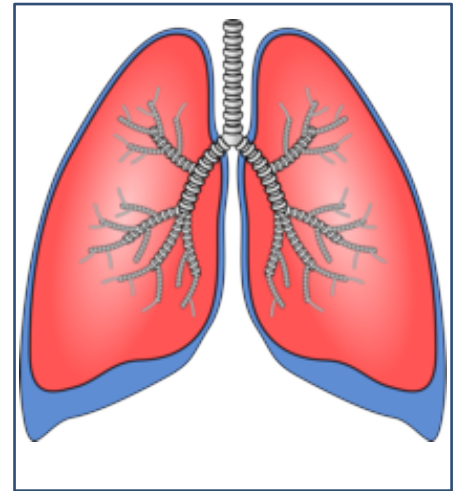
- Infectious diseases and how they can impact on the individual
- Travel advice for people with long term condition Holiday
- Travel advice
- Dangers of travel.





RespiratoryMatters

6 Week Spirometry Webinar Course



Each webinar 1.5 hours (12:00 -13:30)

Week 1 – performing

Week 2 - understanding the ratio

Week 3 - Z scores and restriction

Week 4 - Spirometry and asthma

Week 5 - Spirometry and COPD

**Week 6 - Spirometry discussion -
Attendees to send in spirometry
traces they have done a week before
this session, along with any questions
and these will be used as a
teaching session**

2022 Dates

19 September

03 October

20 October

31 October

07 November

14 November

Contact the Training Hub as below for more details or to book on the course. Please complete a CPD Form and return via email to the address below



Heart Failure Certificate Course

The Respiratory Matters accredited heart failure certificate course is suitable for health care professionals who are caring for people with heart failure in primary care.

The course is very practical and has been designed to equip you with the skills and knowledge required to be able to provide gold standard care to the person with heart failure from the point of an accurate diagnosis and ensuring that effective management strategies are implemented throughout the disease trajectory.

The course is delivered via a virtual learning environment where you will have access to PowerPoint presentations with audio, interactive quizzes, and resources. You will also have access to email, telephone support or 1-2-1 ZOOM meetings if required. You will be able to access the course for 3 months from enrolment.

Learning outcomes

- Understand pathophysiology and aetiology of heart failure
- Recognise the signs and symptoms of heart failure, and gain understanding of the different phenotypes.
- Understand the principles of appropriate tests to assist in confirming the diagnosis of heart failure.
- Understand appropriate pharmacological and non-pharmacological management of a person with heart failure.
- Recognise and treat decompensated heart failure (if appropriate to treat in primary care)
- Be able to empower people with heart failure to take control of their condition through review
- Understand the importance of specialist input for cardiac rehabilitation, assessment for cardiac devices, and palliative care



In 2016 we were awarded the Quality Assurance Certificate from Health Education Yorkshire and the Humber

Registered with Companies House. Registered number 07824230





90 Huddersfield Road, Meltham, West Yorkshire HD9 4AG
t. 01484 300844 m. 07837126225 w. www.respiratorymatters.com e. info@respiratorymatters.com

The Respiratory Matters Accredited Interpretation Certificate

The Respiratory Matters accredited interpretation certificate course is suitable for health care professionals who need to interpret spirometry results, learning the skills and knowledge on how to do this effectively as well as a background of understanding of disease processes and its effect on results.

The course is delivered via a virtual learning environment where you will have access to PowerPoint presentations with audio, interactive quizzes, and resources. You will also have access to email, telephone support or 1-2-1 ZOOM meetings if required. You will be able to access the course for 3 months from enrolment.

Competency assessment is available at no additional cost

Learning outcomes

- Identify any unacceptable or un-reproducible spirometry and explain the fault.
- Analyse/interpret normal and abnormal patterns
- Explain the relationship between patho-physiological changes in the lung and the measurements obtained in spirometry





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The Respiratory Matters Accredited Foundation Certificate

The Respiratory Matters accredited foundation certificate course is suitable for practitioners who perform spirometry without interpreting the results.

The course is delivered via a virtual learning environment where you will have access to PowerPoint presentations with audio, interactive quizzes, and resources. You will also have access to email, telephone support or 1-2-1 ZOOM meetings if required. You will be able to access the course for 3 months from enrolment.

Learning outcomes

- Understand appropriate use of spirometry, including contraindications to the procedure
- Understand the importance of the verification of calibration of spirometry equipment, as part of the quality assurance process, so that standards of measuring and recording, as specified in national guidelines can be met.
- Understand the terms used in measuring lung volumes
- Be able to obtain technically acceptable and reproducible measurements of dynamic lung volumes



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The Respiratory Matters Accredited Full Certificate in Spirometry

The Respiratory Matters accredited full certificate in spirometry is suitable for practitioners who perform spirometry and need to interpret the results.

The course is delivered via a virtual learning environment where you will have access to PowerPoint presentations with audio, interactive quizzes, and resources. You will also have access to email, telephone support or 1-2-1 ZOOM meetings if required. You will be able to access the course for 3 months from enrolment.

Competency assessment is available at no additional cost

Learning outcomes

- Understand appropriate use of spirometry, including contraindications to the procedure
- Understand the importance of the verification of calibration of spirometry equipment, as part of the quality assurance process, so that standards of measuring and recording, as specified in national guidelines can be met.
- Understand the terms used in measuring lung volumes
- Be able to obtain technically acceptable and reproducible measurements of dynamic lung volumes
- Identify any unacceptable or un-reproducible spirometry and explain the fault.
- Analyse/interpret normal and abnormal patterns
- Explain the relationship between patho-physiological changes in the lung and the measurements obtained in spirometry



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Yorkshire and the Humber





RespiratoryMatters

COPD Certificate

Certificate in COPD

This course is suitable for Health Care Professionals who are caring for people with COPD. Courses can be completed face to face or via e-learning.

If you are a CCG or private company and would like to commission our services, please contact us at info@respiratorymatters.com

Learning outcomes

- Recognise the signs and symptoms of COPD.
- Understand the principles of appropriate tests including spirometry to assist in confirming the diagnosis of COPD.
- Understand appropriate pharmacological and non-pharmacological management of a person with stable COPD.
- Understand appropriate interventions for a person with exacerbation of their COPD.
- Be able to empower people with COPD to take control of their condition through evidence based, high quality reviews.





COPD Diploma

This Respiratory Matters Diploma is suitable for Health Care Professionals who are caring for people with COPD. Courses can be completed via distance learning with two mandatory study days or via e-learning.

The courses measurable learning outcomes have been benchmarked at level 5, using Ofqual's regulated qualifications Framework (RCF) level descriptors to allow participants to consider the depth of study, difficulty, and level of achievement involved.

The COPD Diploma has been accredited by the CPD certification service. Accredited CPD training means the learning activity has reached the required Continuing Professional Development standards and benchmarks. The learning value has been scrutinised to ensure integrity and quality. The CPD Certification Service provides recognised independent CPD accreditation compatible with global CPD requirements

There is also the option of completing the Certificate in COPD, rather than the diploma. Formative assessments are completed throughout the study days but there is no formal written assessment to submit. Please see our training course section.

Learning outcomes

- Recognise the signs and symptoms of COPD.
- Understand the principles of appropriate tests including spirometry to assist in confirming the diagnosis of COPD.
- Understand appropriate pharmacological and non-pharmacological management of a person with COPD.
- Be able to empower people with COPD to take control of their condition through gold standards reviews.
- Be able to apply evidence-based practice through use of protocols.
- Appraise an area of current practice by measuring it against pre-selected standards, in order to identify and implement areas for change.





Asthma Certificate

Certificate in Asthma

This course is suitable for Health Care Professionals who are caring for people with asthma (adults and paediatrics). Courses can be completed face to face or via e-learning.

If you are a CCG or private company and would like to commission our services please contact us at info@respiratorymatters.com

Learning outcomes

- Recognise the signs and symptoms of asthma.
- Be able to use appropriate tests to assist in confirming diagnosis as per national guidelines.
- Understand the use of appropriate pharmacological and non-pharmacological management of a person with asthma.
- Understand emergency pathways in primary care, to ensure that patient need is met safely and competently.
- Be able to empower people with asthma to take control of their condition through gold standard asthma reviews.





Asthma Diploma

This Respiratory Matters Diploma is suitable for Health Care Professionals who are caring for people with asthma (adults and paediatrics). Courses can be completed via distance learning with two mandatory study days or via e-learning.

The courses measurable learning outcomes have been benchmarked at level 5, using Ofqual's regulated qualifications framework (RCF) level descriptors to allow participants to consider the depth of study, difficulty, and level of achievement involved.

The Asthma Diploma has been accredited by the CPD certification service. CPD training means the learning activity has reached the required Continuing Professional Development standards and benchmarks. The learning value has been scrutinised to ensure integrity and quality. The CPD Certification Service provides recognised independent CPD accreditation compatible with global CPD requirements

There is also the option of completing a Certificate in Asthma, rather than the diploma, which includes formative assessments, but does not require submission of assignments. Please refer to our training courses.

Learning outcomes

- Recognise the signs and symptoms of asthma.
- Be able to use appropriate tests to assist in confirming diagnosis.
- Understand the use of appropriate pharmacological and non-pharmacological management of a person with asthma.
- Understand emergency pathways in primary care, to ensure that patient need is met safely and competently
- Be able to empower people with asthma to take control of their condition.
- Be able to apply evidence-based practice through use of protocols
- Appraise an area of current practice by measuring it against pre-selected standards, in order to identify and implement areas for change



Register for the GP Update Study Day Live Course

Register now for a highly engaging and interactive online course, from the comfort of your home (or practice)! We'll cover the latest changes in evidence and guidelines relevant to Primary Care. Our presenter will host the course live from our TV Studio, run interactive polls and Q&A sessions and offer practical tools to help you change your practice straightaway.

REGISTER NOW

DATE: Wednesday 23rd November

TIME: 13:00 to 17:15

CLICK THE LINK BELOW TO REGISTER & ACCESS THE COURSE ON THE DAY:

<https://event.on24.com/wcc/r/3923310/C6E854E90774949D58EEB09D13B79C4A>



What we will cover

- NEW NICE Diabetes guidance and all things gliflozins
- NEW NICE guidance on CKD
- NEW NICE guidance on Depression
- NEW NICE guidance on Gout

Topical, tricky or controversial content:

- Asthma: what does sustainable care look like?
- Liver disease: interpreting abnormal LFTs, NAFLD and more
- Testosterone: what is its role in menopause care?
- Optimising management of people with heart failure
- Colorectal cancer: screening, FIT testing and spotting it in younger people

Plus lots of bread-and-butter primary care from otitis media to epilepsy, dry eyes and much more!

What you can expect on the day

- **Learning to suit all styles** - Varied, dynamic teaching.
- **Interaction** - Interact with the presenter and ask questions.
- **Flexibility** - Tune into the live-hosted event and/or to re-watch on demand, at any time, for 12 months after

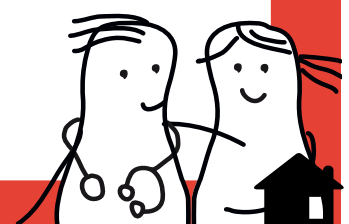
What will I get

- 5 CPD hours of interactive & practice-changing online learning, with downloadable certificate
- 12 months access to the extended on demand course
- 12 months access to the online written resources with hundreds of articles

Online Written Resources

Hundreds of articles, all in one place, **covering more than 97% of the RCGP curriculum** - like an online encyclopedia for primary care professionals.

- Continually updated to provide a reliable source of information.
- Fully searchable with fast and reliable answers to real problems during consultations.
- A handy online resource to support you with your PUNs and DENS.
- Packed with ready-made protocols to standardise practice within surgeries and PCNs.



Phlebotomy Venepuncture Training

Aims

This phlebotomy venepuncture training course aimed at all healthcare staff. Registered nurses, carers and support workers who's role include taking bloods.

It is also ideal if staff are looking to improve their skills in venepuncture.

The Venepuncture Training will aim to improve the students' knowledge of the theory surrounding venepuncture including: the correct order of draw, the anatomy of veins and how to select a suitable site – allow students to practice using a synthetic arm.

Please note: This course contains a full practical session.

- Identify the suitable veins for Venepuncture
- Identify the indications and contraindications for both the practitioner and the patient
- To discuss the equipment used for performing Venepuncture
- To be made aware of the full procedure and raise awareness for potential policy variations
- To provide simulated practise in a controlled environment to help develop Venepuncture skills
- To consider Venepuncture from patients point of view



Immunisation and Vaccination

Annual Updates

The Lancashire & South Cumbria Training Hub and Pennine Lancashire Training Hub will be running various update training during the year. Please see our Newsletter for further details



If you are not subscribed to our Newsletter please contact us as below and we will add you to our circulation list

We keep the last six newsletters on our website for download at <https://www.penninelancashiretraininghub.org/file-share>

