



CPD CONNECT

BROCHURE AND COURSE PROGRAMME

NHS
Education
for
Scotland



@CPDConnect
www.gpcpd.nes.scot.nhs.uk



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WELCOME TO CPD CONNECT

Welcome to CPD Connect's face-to-face workshops and learning events for January - September 2016.

CPD Connect

CPD Connect was formed by the merger of the CPD staff from the four regional offices in NHS Education for Scotland in April 2014. Before that date, each office provided CPD in a different way from the others. It was clear that the service provided to GPs varied considerably across the country with different booking arrangements, different pricing structures and different formats. You may have been familiar with **The Lister@Westport** run from our Edinburgh office, and **The Partnership** based in the Central Quay office in Glasgow.

In 2014, we joined forces to offer a uniform service that increases access and improves choice for GPs. CPD Connect employs six members of staff who administer our work, but we employ three GPs who have a significant clinical commitment, and who aim to make sure that our CPD activities are relevant and useful to GPs in Scotland. The membership fee for the partnership scheme in the West of Scotland ended in March 2015 and we have adopted a uniform pricing plan with our colleagues in Edinburgh and Aberdeen.



David Cunningham, Assistant Director of GP Education



New CPD Connect Website Launch

CPD Connect will soon have a new website! Please visit us at www.cpdconnect.nhs.scot

Our new site is designed to make CPD and PBSGL easier for the clinicians who use our services. We're aware of how busy clinicians are so we hope that everything we do is quick, accessible and convenient, so booking and payment of courses and PBSGL membership fees will be a lot faster than before.

The new website will incorporate Portal (NES's booking and payment system) but members won't leave the CPD Connect webpage to pay as happens just now. Our new website will transfer your data to Portal automatically and securely thus making payments faster.

The site will also link to SOAR, meaning that you can upload your educational activities directly from CPD Connect to your appraisal record. This will mean that the preparatory work for your appraisal will be easier.

The website will also have full and up to date details of our Hot Topics events which are proving very popular, face-to-face workshops and peer-review systems.

LOOK OUT FOR LAUNCH DETAILS COMING SOON!



Any keen photographers out there?!

We are looking for photographs of Scotland to use in our new website. If you are a keen photographer and have images of urban or rural Scotland that you would be willing to share with us then please email us at:

cpdconnect@nes.scot.nhs.uk



ABERDEEN HOT TOPICS - 2ND MARCH 2016

Hot Topics returns in 2016 and will be hosted in Aberdeen. The day will feature a range of clinical updates for GPs and practice team members. Hot Topics aims to deliver an educational format that fits around the busy working lives of Scottish GPs and provide quality assured education delivered by local speakers to meet the requirements of appraisal and revalidation.

The day is presented in a convenient, quick-fire format with time for Q&A and the opportunity to network with GP colleagues from across Scotland and is free of commercial influence.

The day features both GPs with specialist interests and NHS consultants. Subjects include:

Aberdeen Topics include: men's health, management of headaches, vertigo, de-prescribing for elderly patients, common surgical problems in young children, menopause, chronic kidney disease, update on asthma and COPD.

SAVE THE DATE

- Aberdeen Hot Topics - Wednesday 2nd March 2016 - Aberdeen International Conference Centre (AECC)

PRICES / BOOKING DETAILS

- GPs £135
- Retainers, Returners and Practice Nurses £100

BOOK YOUR PLACE

Book your place on Hot Topics Edinburgh or Glasgow at:

www.portal.scot.nhs.uk



GLASGOW CRADLE TO GRAVE - FRIDAY 13TH & SATURDAY 14TH MAY 2016

Lifelong Learning for Lifelong Care

Course Description

This course will consist of a series of short presentations on common healthcare dilemmas from childhood to old age. All of our speakers are local NHS Consultants/ professionals who have worked with the NES team to pinpoint key learning for their specific area of expertise. There will be opportunities to ask questions and gain valuable take home learning points for lifelong care.

Friday 13th & Saturday 14th May 2016

Golden Jubilee Conference Hotel, Clydebank, Glasgow

GPs: **£135 for one day OR £195 for two days**

Practice Nurses, Retainer & Returner GPs: **£100 for one day
OR £150 for two days**



£120**FULL DAY
WORKSHOP****£60****HALF DAY
WORKSHOP****£135****HOT TOPICS
(ONE DAY)****£195****HOT TOPICS
(TWO DAYS)**

Learning Events

This brochure has details of our courses from January 2016 - September 2016.

We have a range of half day and full day events, in a number of topics, and our events have been selected to be relevant and popular for GPs and their teams and most are also useful for GPs in training (GPSTs).

PBSGL

We continue to offer a choice of learning materials and methods with our growing Practice-Based Small Group Learning programme. The programme has been running for 12 years now since the original pilot in 2002 – 2003. Four out of five of the original pilot groups continue to meet and many groups have been running for years. There are now 2,100 group members in over 300 groups in Scotland and other areas of the UK and primary care clinicians from every health board area in Scotland are involved. In the last year we have welcomed over 200 practice nurses and 200 pharmacists and some have joined GP groups to become truly inter-professional groups.

We have published 14 new modules since April 2015 and are on track to produce a further 3 modules before the end of April 2016. Most of our modules are researched and we continue to 'tartanise' or adapt a few Canadian modules from our colleagues in North America. Things have turned full circle, and now our Scottish modules are being adapted and used by our Canadian cousins. We have called this process "Maple-isation". Please visit our website for more information on how to join an existing group, or start a new group.

<http://www.gpcpd.nes.scot.nhs.uk/>



Module plans for 2015/2016

Our process is that we gather suggestions for module production from you, our membership, and put these suggestions, as well potential topics relating to clinical priorities and 'hot issues' in an annual survey each winter.

We are really grateful to those of you (over 700) that responded this year and gave your top five priorities in the long list of 30 suggestions.

Based on your votes, the following modules are scheduled for production in the 2015-16 financial year.

If you are interested in contributing to the module production process please contact our module production lead Peter McCalister at peter.mccalister@doctors.org.uk

MODULES PUBLISHED IN 2015:

SCOTTISH MODULES:

1. Short Cases - Paediatrics [now incorporating updated Fever in Children module]
 2. Short Cases - Prescribing
 3. Allergy
 4. Working in Deprived Areas
 5. Mental Health Act
 6. Multiple Sclerosis
 7. Medically Unexplained Symptoms
 8. Multimorbidity
 9. Short Cases: Haematology
 10. Dementia
 11. Results Handling
 12. Never Events
- ### TARTANISED MODULES:
13. Palpitations
 14. Red Eye

MODULES IN PRODUCTION:

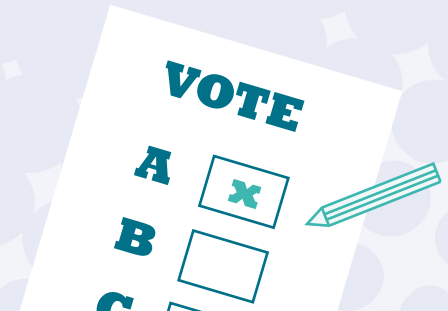
15. Never Events
16. Short cases: Facial Problems
17. Inflammatory Bowel Disease
18. Prostate Problems
19. Biochemical Test Results
20. Personality Disorders
21. Resilience in Primary Care

THE FOLLOWING MODULES ARE TO BE TARTANISED:

22. Head Injury
23. Obesity in Children

THE FOLLOWING MODULE WILL BE UPDATED AND AMENDED:

24. Fitness to Drive





Practice Based Small Group Learning

PBSGL Administration

NHS Education for Scotland

Centre for Health Science

Old Perth Road

Inverness

IV2 3JH

tel: 01463 255714 / **fax:** 01463 255736

e-mail: pbsgladministrator@nes.scot.nhs.uk



2016 Facilitator Training Dates are:

- 28 January - Stirling
- 26 May - Perth
- 25 August - Edinburgh
- 17 November - Glasgow

2016 GPST Facilitator Training Dates are:

- 24th March at Stirling Court Hotel.
- 14th September at Stirling Court Hotel.
- www.gpcpd.nes.scot.nhs.uk/pbsgl/news/2015-facilitator-training-dates.aspx

Look out for future dates being announced soon!



PEER REVIEW SERVICES AT NHS EDUCATION FOR SCOTLAND (NES)

The NES approach defines peer review as the external evaluation of one element of an individual's performance by trained colleagues using a validated review instrument to facilitate developmental feedback.

Evidence of participation in independent peer review by teams and individuals is now necessary to satisfy the governance requirements of some external bodies and is an effective means of identifying learning needs and confirming good practice, e.g. as part of quality accreditation, educational supervisor training, specialty training, professional appraisal and continuing professional development (CPD).

Although there are many types of peer review, a system of developmental review and feedback has been developed by NES. This educational approach enables clinicians, managers and healthcare teams to submit written reports of SEA and Criterion Audit for feedback from peer groups trained in the process. GPs can also submit videoed consultations for feedback under the same system.

Participation in the NES peer review system can assist GPs and practice teams with:

- Quality assured evidence for core categories in the Scottish appraisal system.



- Independent, unbiased feedback to help drive change and improvement in practice.
- Identifying learning needs and acting as a 'double-check' on standards and opportunities for rapid improvement within practice.

continued over...



PEER REVIEW SERVICES

Video Consultation Skills	Criterion Audit	SEA (Significant Event Analysis)
<p>Submitting a video for peer feedback will:</p> <ul style="list-style-type: none"> • Develop a patient centred approach to consulting • Help you cover this Quality Improvement Activity for the Scottish GP Appraisal process • Gain constructive formative feedback on your consulting style 	<p>Submitting a completed audit cycle for peer and educational feedback will:</p> <ul style="list-style-type: none"> • Help you cover this core category for the Scottish GP Appraisal process • Gain feedback on what went well and how to improve your audit 	<p>Team members who submit a significant event for in-depth, structured analysis will:</p> <ul style="list-style-type: none"> • Develop an insight into what has happened and why from constructive feedback • Focus on lessons learned and implement change to minimise risk of event repetition • Cover this core category for the Scottish Appraisal process

continued over...



PEER REVIEW SERVICES

More information on these services and how to submit peer review forms can be found at:

SEA and Audit queries to:
june.morrison@nes.scot.nhs.uk

Video Consulting Skills queries to:
Michael.Hutcheson@nes.scot.nhs.uk

I hope you will be interested in what we have to offer you. If you have any questions or comments then email me at:
david.cunningham@nes.scot.nhs.uk

CPD Connect charges the following fees for peer review activity which can be paid for by sending a cheque made payable to *NHS Education for Scotland*:

Peer review activity	Fee
Consultation Skills Video Peer Review	£150
SEA Peer Review	£25
Audit Peer Review	£25



QUOTES FROM PREVIOUS WORKSHOPS...

“
Excellent course on mindfulness.
Good mixture of presentation, video clips
and discussion. Very well organised ”
Mindfulness November 2015

“
- Overall an excellent four-day course.
- It is difficult to improve on something
which has been organised to such a high
standard.
- The delivery was most enjoyable whilst
installing pertinent information. ”

“
I thought that the explanation of the
shoulder exam and anatomy was
particularly good. A very enjoyable
and informative session overall ”
From Joint Injections Nov 2015

“
Very useful day –
Would definitely
come again ”
Aberdeen Hot
Topics March
2015

“
I liked the case
discussions which
were realistic and
helpful ”
Palliative Care
October 2015

From An Introductory Training Course
Clinical Forensic Medicine 3rd and 4th Oct
and 31st Oct and 1st Nov

“
Event happening on Saturday – up to
date comment to be added ”
Edinburgh Hot Topics June 2015

“
- Resources relevant, pitched to GPs -
thank you
- Very useful and interesting, always a
very emotive subject ”
Child Protection 2015

“
This was a useful opportunity to think
about all the different problems which
these patients have, helpful advice on how
to manage them better ”
Medically Unexplained Symptoms
November 2015

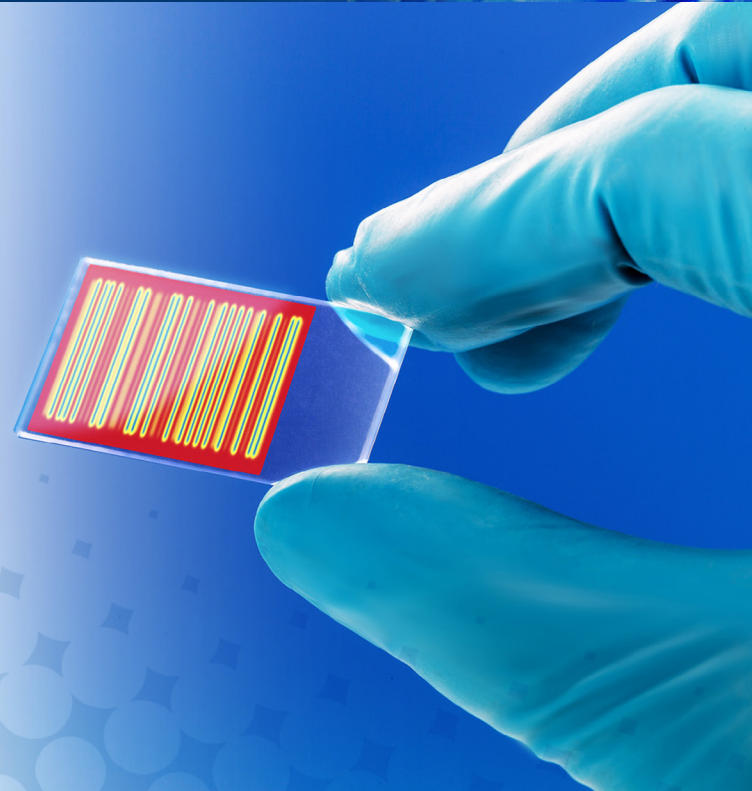
“
- Very applicable to general
practice. Good cases and examples
which were thought provoking.
- Very relevant to current issues
in general practice. Excellent
information pack/handouts
- The speaker – competent &
knowledgeable. Helpful and
reassuring for practice ”
Employment Law 2015



FORENSIC MEDICINE EDUCATIONAL PROGRAMME

Forensic Medicine Update Conference - Sat 18th June 2016

Following the success of last year's event we have arranged another update conference on Saturday 18th June 2016 at the Golden Jubilee Conference Hotel, Clydebank, Glasgow. The programme will be determined by recent changes to legislation, advances in forensic investigation and any other hot topics of interest to Scottish Clinicians and Managers involved in delivering





ESSENTIALS IN SEXUAL OFFENCES FORENSIC EXAMINATION AND CLINICAL MANAGEMENT (ADULTS AND ADOLESCENTS)

AIMS AND OBJECTIVES

This course provides an introduction to the medical, psychological, social and legal aspects of rape and sexual assault. In particular, the course focuses on an empathic victim-focussed approach to appropriate management, forensic examination, evidence collection, documentation and preparation for presentation of evidence in a Scottish court. It is aimed at General Forensic Physicians, Sexual Offences Examiners and Nurses who are providing these services within Scotland. The subjects covered are particularly relevant to clinicians preparing for either the Sexual Offences component of Membership of the Faculty of Forensic and Legal Medicine (MFFLM) or the Diploma in the Forensic and Clinical Aspects of Sexual Assault (DFCASA)

LEARNING OUTCOMES

- To acknowledge the statistics of undisclosed sexual abuse and know when and how to share information with other agencies whilst adequately considering the confidentiality of individuals who have made a disclosure.
- To understand the role of the forensic physician in: providing emergency care, minimizing the risk of future psychological sequelae by early onward referral or intervention, supporting investigating officers in gathering evidence providing appropriate documentation to support further work by lab staff on forensic samples and to allow appropriate future communication with the courts regarding cases seen.
- To have an understanding of the role of investigating police officers in investigating sex crime
- To have an understanding of the statistics for cases presenting and cases being tried, before a jury.
- To understand how the Criminal Justice System progresses from disclosure by a complainer through investigation and prosecution.
- To become versant with Sexual Offences Scotland Act 2009 and its role in protecting men, women and children who disclose sexual abuse.



CPD CONNECT CALENDAR OF COURSES

To book a place and for details on each course go to
www.portal.scot.nhs.uk

For details on all courses and other information go to the CPD Connect online Autumn Winter Programme:
<http://www.gpcpd.nes.scot.nhs.uk>

KEY:

A ABERDEEN **E** EDINBURGH **G** GLASGOW

JANUARY 2016

G	Working more effectively in tricky consultations	Mentalizing skills are increasingly used in mental health services when working with patients with a personality disorder diagnosis. This day long workshop which will utilise small group role plays in addition to some knowledge learning about the topic, will consider how we might use these skills in tricky GP consultations with a range of patients.	Dr Cathy Cahill (former GP) and mentalizing skills trainer in NHS Glasgow and Clyde	Wednesday 27th January 2016	09:30 - 16:30	2 Central Quay, Glasgow	£120
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FEBRUARY 2016

E	Mindfulness – An Introduction	An Introduction – combat the stresses of the working day and focus on your own needs in this session to benefit yourself, your practice and your patients.	Speakers – Dr Vee Frier, Consultant Psychologist	Tuesday 9th February	09:30 - 17:00	Westport, Edinburgh	£120
E	Cardiology	The cardiology course supports primary care clinicians in the evidence based care of patients with heart problems in general practice. The course speakers will reference important national guidelines.	Dr Carl Bickler, GP	Friday 26th February	09:00 - 17:00	Westport, Edinburgh	£120



CPD CONNECT CALENDAR OF COURSES

MARCH 2016

A	Aberdeen Hot Topics in General Practice	Eight short presentations from consultants and GPs with a special interest in a range of clinical and non-clinical topics	Course Organisers - Peter Watson, Jenny Craig and David Cunningham. remove Alison Sneddon	Wednesday 2nd March	09:30 - 16:30	AECC, Exhibition Avenue, Bridge of Don, Aberdeen, AB23 8BL	£135
E	Child Protection	This course covers and fulfils some key level 3 competencies regarding Child Protection. Involves multi-professional training with secondary care, and case analysis.	Charlotte Kirk, NHS Lothian	Wednesday 2nd March	09:00 - 13:00	Westport, Edinburgh	£60
G	Navigating the Pitfalls & Potholes	This day will feature presentations and workshops delivered by various agencies and is designed to help you navigate some common pitfalls and potholes that occur in general practice. Topics include social media, management of poor performance, appraisal and revalidation for whole team, complaints and building resilience.	Course organisers: Sarah Luty and Marion MacLeod, NES	Wednesday 9th March	09:30 - 16:30	Golden Jubilee Conference Hotel, Clydebank, Glasgow	£120
E	Palliative Medicine	Symptom management, psychological and spiritual support and anticipatory care planning in cancer and non-cancer patients.	Dr Duncan Brown, Medical Director, St. Columba's Hospice	Thursday 10th March	09:00 - 17:00	St. Columba's Hospice, Edinburgh	£120
G	Essentials in Sexual Offences Forensic Examination and Clinical Management (Adults and Adolescents)	This course provides an introduction to the medical, psychological, social and legal aspects of rape and sexual assault. In particular, the course focuses on an empathic victim-focussed approach to appropriate management, forensic examination, evidence collection, documentation and preparation for presentation of evidence in a Scottish court. It is aimed at General Forensic Physicians, Sexual Offences Examiners and Nurses who are providing these services within Scotland. The subjects covered are particularly relevant to clinicians preparing for either the Sexual Offences component of Membership of the Faculty of Forensic and Legal Medicine (MFFLM) or the Diploma in the Forensic and Clinical Aspects of Sexual Assault (DFCASA)	Dr Deb Wardle	12th, 13th & 14th March 2016	09:00 - 17:00	2 Central Quay, Glasgow	£405



CPD CONNECT CALENDAR OF COURSES

A	Safeguarding Children	This course covers and fulfils some key level 3 competencies regarding Child Protection. Involves multi-professional training with secondary care, social work and police colleagues.	NHS Grampian Child Protection Team	Tuesday 15th March 2016	12:30 - 16:30	Forest Grove House, Aberdeen	£60
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MAY 2016

E	Gynaecology	If you are confused about all the different guidance in matters gynaecological, this course is for you. It is designed to give an update on a wide range of gynaecological issues which commonly present in general practice. There will be talks on: menopause management: contraception; urogynaecology; fertility, vulval skin conditions and gynaecological cancers. The speakers all plan the talks for a GP audience and allow time for plenty of questions.	Dr Helen Kettle - GP	Wednesday 11th May 2016	09:30 - 16:30	Westport, Edinburgh	£120
G	Cradle to Grave	This 2 day event will feature 16 short presentations from consultants and GPs with a special interest in a range of clinical and non-clinical topics. The first day will begin with the Crying Baby moving through issues affecting children, adolescents and then on to middle age and the older years. The second day will finish with Death & Bereavement. One day will cost £135, with a discounted rate of £195 if both days are booked. Accommodation can be booked with the hotel directly.	Course Organiser – Sarah Luty, Associate Adviser, NES	Friday 13th & Saturday 14th May 2016	09:30 - 16:30	Beardmore Hotel & Conference Centre, Clydebank	£135 / £195



CPD CONNECT CALENDAR OF COURSES

G	Palliative Medicine AM and Teenage Cancer PM	The morning workshop is delivered by an experienced consultant in palliative medicine from the Beatson West of Scotland Cancer Centre. The morning will focus on a range of palliative medicine scenarios that cause stress to GPs and teams. The course will enable GPs to consider a range of options when patients suddenly deteriorate, and enable families and GPs to care for patients at home when possible.	Dr Alison Mitchell, Consultant in Palliative Medicine Beatson West of Scotland Cancer Centre Dr Fiona Cowie, Dr Nicholas Heaney, Kay Anderson and Julie Cain (RHSC Glasgow and Beatson Oncology Centre)	Thursday 19th May 2016	09:30 - 16:30	2 Central Quay, Glasgow	£120
E	Joint Injections	Understand when corticosteroid injections are appropriate, and develop hands on skills and diagnostic expertise using a range of models.	Dr Helen Harris, Consultant Rheumatologist	Friday 20th May 2016	14:00 - 17:00	Westport, Edinburgh	£60

JUNE 2016

E	Care of the Elderly	An exponentially growing number of frail, elderly patients are now being cared for in the community by General Practice. They frequently have complex medical issues and need a holistic and individual approach to their care. They cannot be ignored and we all need to maximise our skills in caring for them. A chance to reflect upon best practice and "end of life care" - when to investigate, when to medicate and when to leave alone.	Dr Suresh Sanders - GP	Wednesday 1st June 2016	09:00 - 13:00	Westport, Edinburgh	£60
G	MSK Problems in Primary Care including Joint & Soft Tissue Injections	This one day course will give an overview of common MSK presentations (Back, Shoulder, Hip, Knee etc.) in a mixed format of lectures and a practical session.	Course Organisers: Dr Nitin Gambhir, GP with Special Interest in Orthopaedics, NHS Greater Glasgow & Clyde	Thursday 02 June 2016	09:30 - 16:30	Glasgow	£120
A	Safeguarding Children	This course covers and fulfils some key level 3 competencies regarding Child Protection. Involves multi-professional training with secondary care, social work and police colleagues.	NHS Grampian Child Protection Team	Monday 27th June 2016	12:30 - 16:30	Forest Grove House, Aberdeen	£60



CPD CONNECT CALENDAR OF COURSES

SEPTEMBER

A	Safeguarding Children	This course covers and fulfils some key level 3 competencies regarding Child Protection. Involves multi-professional training with secondary care, social work and police colleagues.	NHS Grampian Child Protection Team	Tuesday 13th September 2016	12:30 - 16:30	Forest Grove House, Aberdeen	£60
A	Business of General Practice	This workshop is suitable for GPs or Practice Managers who have responsibility for managing the business side of a Practice. This workshop will cover financial accounts including expenses, superannuation and taxation, review the liabilities imposed by partnership legislation, key points of the GMS contract, specialization on outside work, containing costs and improving profits	Course Presenters: Jim Milligan and Mike Gilbert	Friday 30th September 2016	09:30 - 1630	Forest Grove House, Aberdeen	£180



JANUARY - SEPTEMBER 2016

Workshops at a glance





2015
- 16

JANUARY

Workshops at a glance

Key for course locations:

- Glasgow
- Aberdeen
- Edinburgh

Working More Effectively In Tricky Consultations

27 January





WORKING MORE EFFECTIVELY IN TRICKY CONSULTATIONS



DATE	Wednesday 27 January 2016
TIME	09:30 - 16:30
COST	£120
LOCATION	Glasgow
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Dr Cathy Cahill, Former GP and Mentalizing Skills Trainer, NHS Greater Glasgow & Clyde
AUDIENCE	GPs

DESCRIPTION

A full day workshop focussing on applying knowledge and consultation skills using mentalizing; an old concept recently developed in the mental health field. Mentalizing is an approach and a way of working that suggests we try and “see ourselves from the outside and others from the inside.”

Mentalizing skills are increasingly used in mental health services when working with patients with a personality disorder diagnosis. This day long workshop which will utilise small group role plays in addition to some knowledge learning about the topic, will consider how we might use these skills in tricky GP consultations with a range of patients.

This session has been developed by Dr Cathy Cahill (former GP) and mentalizing skills trainer in NHS Glasgow and Clyde in response to the Deep End report ‘Generalist and specialist views of mental health issues in very deprived areas’

<http://www.gla.ac.uk/researchinstitutes/healthwellbeing/research/generalpractice/deepend/reports/>

LEARNING OUTCOMES

- Take tips for using mentalizing back into your work as a GP
- Utilise mentalizing skills in role plays during the session
- Learn about the key concepts and practice of



2015
- 16

FEBRUARY

Workshops at a glance

Key for course locations:

- Glasgow
- Aberdeen
- Edinburgh

Mindfulness - An Introduction

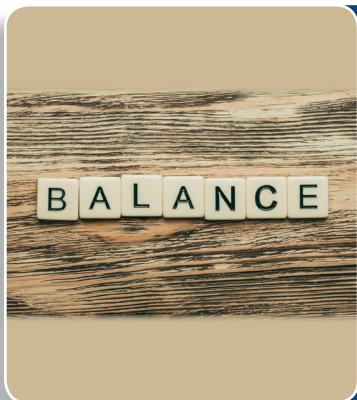
9 February

Cardiology

26 February



MINDFULNESS - AN INTRODUCTION



DATE	Tuesday 9 February 2016
TIME	09:30 - 16:30
COST	£120
LOCATION	Edinburgh
FORMAT	Experiential
COURSE ORGANISER	Dr Vee Freir, Consultant Clinical Psychologist
AUDIENCE	GPs

DESCRIPTION

This experiential full day workshop is a taster session designed to demonstrate how mindfulness can benefit you as an individual and be of benefit to your patients and your practice. Mindfulness is one of the treatments of choice for recurring depression and is used successfully in the reduction of stress, anxiety, fatigue and psychological problems associated with adjustment to illness as well as being preventative of psychological problems. Information will be given regarding requirements for training should you wish to take mindfulness further.

We would like to emphasise that this is an experiential day and all we would ask you to bring is your curiosity and a yoga mat.

LEARNING OUTCOMES

- What patients will get from a mindfulness course
- How you could use simple mindfulness tools to help in the consulting room
- Being able to relate and communicate better with your patients



DATE	Friday 26 February 2016
TIME	09:00 - 17:00
COST	£120
LOCATION	Edinburgh
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Dr Carl Bickler, GP
AUDIENCE	GPs

DESCRIPTION

The cardiology course supports primary care clinicians in the evidence based care of patients with heart problems in general practice. The course speakers will reference important national guidelines.

LEARNING OUTCOMES

- Improve the knowledge of key primary care cardiological conditions (diagnosis and management)
- Share an understanding of primary and secondary care roles in the management of patients with cardiological problems
- Improve the management of patients with cardiological problems across the primary/secondary care interface

2015
- 16

MARCH

Workshops at a glance

Key for course locations:

- Glasgow
- Aberdeen
- Edinburgh

Aberdeen Hot Topics in General Practice

2 March

Child Protection

2 March

Navigating the Pitfalls & Potholes

9 March

Palliative Medicine

10 March

Essentials in Sexual Offences Forensic Examination
and Clinical Management (Adults and Adolescents)

12, 13 & 14
March

Safeguarding Children

15 March



ABERDEEN HOT TOPICS IN GENERAL PRACTICE



DATE	Wednesday 2 March 2016
TIME	09:00 - 16:30
COST	£135
LOCATION	Aberdeen
FORMAT	Presentations and Q&A
COURSE ORGANISERS	Dr David Cunningham, Assistant Director of GP Education, NES, Dr Peter Watson and Dr Jennifer Craig – Associate Advisers, NES
AUDIENCE	GPs

DESCRIPTION

Eight presentations from well - regarded speakers from NHS Grampian.

Topics include:

- Men's Health – Dr Justine Royle, Consultant Urological Surgeon
- Management of Headaches – Dr David Watson, GPwSI
- Vertigo – Dr Clive Brewis, Consultant ENT surgeon
- De-Prescribing for Elderly Patients – Dr Graeme Hoyle, Consultant Physician Geriatric Medicine
- Common Surgical Problems in Young Children – Mr Chris Driver, Consultant Paediatric Surgeon
- Chronic Kidney Disease – Dr Laura Clark, Consultant Physician/Nephrologist
- Menopause – Dr Chris Hemming, Consultant Gynaecologist
- Update on Asthma and COPD – Dr Iain Small, GPwSI



DATE	Wednesday 2 March 2016
TIME	09:00 - 13:00
COST	£60
LOCATION	Edinburgh
FORMAT	Presentation and Q&A
COURSE ORGANISER	Charlotte Kirk, NHS Lothian
AUDIENCE	GPs

DESCRIPTION

Most care for children and young people is delivered outside the hospital setting. Safeguarding children and young people requires all general practitioners to be effective when dealing with child abuse. General Practitioners should recognise and respond to the needs of children and young people in special circumstances, through referral and joint working.

This course covers and fulfils some key level 3 competencies regarding Child Protection and involves multi-professional training with secondary care, and case analysis.

LEARNING OUTCOMES

- Understanding of multi-agency working in Child Protection
- Awareness of local services
- Awareness of the Child Protection Teams in the South East of Scotland
- Identification of serious and urgent injuries
- Recognition of patterns of child abuse injury
- Learn what medical skills are involved in Child Protection.



NAVIGATING THE PITFALLS & POTHOLES



DATE	Wednesday 9 March 2016
TIME	09:30 - 16:30
COST	£120
LOCATION	Glasgow
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Marion MacLeod, National Coordinator The Scottish Practice Management Development Network
AUDIENCE	GPs and Practice Managers (Managers attend for free if accompanied by a GP in their practice)

DESCRIPTION

This is a full-day learning event for all GPs and for practice managers.

The day will include presentations and workshops on a range of common issues in general practice including:

- staff employment law
- use of social media by the practice and by patients
- steering the practice through a GMC complaint
- appraisal/revalidation
- building resilience

Practice managers can attend for free if they come with one or more of their practice GPs. Lunch is provided for all delegates. Please contact cpdconnect@nes.scot.nhs.uk for more details.

LEARNING OUTCOMES

- Understand the need for social media policies
- Understand the pathways for the management of poor performance
- Optimising the use of appraisal as a driver for quality improvement
- Surviving complaints
- Future proofing the team



DATE	Thursday 10 March 2016
TIME	09:30 - 16:30
COST	£120
LOCATION	St. Columba's Hospice, Edinburgh
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Dr Duncan Brown, Medical Director, St. Columba's Hospice
AUDIENCE	GPs

DESCRIPTION

Based at St Columba's Hospice, this course will focus on symptom management, psychological and spiritual support and anticipatory care planning in cancer and non-cancer patients. Places are limited and the course becomes fully subscribed very quickly.

LEARNING OUTCOMES

- Anticipatory care planning
- Management of psychological/spiritual distress
- Management of common physical symptoms
- Non-cancer palliative care.



ESSENTIALS IN SEXUAL OFFENCES FORENSIC EXAMINATION AND CLINICAL MANAGEMENT



DATE	12th, 13th & 14th March 2016
TIME	09:00 - 17:00
COST	£405
LOCATION	Ground Floor, 2 Central Quay
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Dr Deb Wardle
AUDIENCE	GPs

DESCRIPTION

This course provides an introduction to the medical, psychological, social and legal aspects of rape and sexual assault. In particular, the course focuses on an empathic victim-focussed approach to appropriate management, forensic examination, evidence collection, documentation and preparation for presentation of evidence in a Scottish court. It is aimed at General Forensic Physicians, Sexual Offences Examiners and Nurses who are providing these services within Scotland. The subjects covered are particularly relevant to clinicians preparing for either the Sexual Offences component of Membership of the Faculty of Forensic and Legal Medicine (MFFLM) or the Diploma in the Forensic and Clinical Aspects of Sexual Assault (DFCASA)

LEARNING OUTCOMES

- To acknowledge the statics of undisclosed sexual abuse and know when and how to share information with other agencies whilst adequately considering the confidentiality of individuals who have made a disclosure.
- To understand the role of the forensic physician in: providing emergency care, minimizing the risk of future psychological sequelae by early onward referral or intervention, supporting investigating officers in gathering evidence providing appropriate documentation to support further work by lab staff on forensic samples and to allow appropriate future communication with the courts regarding cases seen.



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LEARNING OUTCOMES

- To have an understanding of the role of investigating police officers in investigating sex crime
- To have an understanding of the statistics for cases presenting and cases being tried, before a jury.
- To understand how the Criminal Justice System progresses from disclosure by a complainer through investigation and prosecution.
- To become versant with Sexual Offences Scotland Act 2009 and its role in protecting men, women and children who disclose sexual abuse.



SAFEGUARDING CHILDREN



DATE	Tuesday 15 March 2016
TIME	12:30 - 16:30
COST	£60
LOCATION	Aberdeen
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Marianne Cochrane
AUDIENCE	GPs

DESCRIPTION

Most care for children and young people is delivered outside the hospital setting. Safeguarding children and young people requires all GPs to be effective when dealing with child abuse. GPs should recognise and respond to the needs of children and young people in special circumstances, through referral and joint working.

This course covers and fulfils some key level 3 competencies regarding Child Protection.

LEARNING OUTCOMES

- Understanding of multi-agency working in child protection
- Awareness of local services
- Awareness of the specialist child protection team at Royal Aberdeen Children's Hospital
- Identification of serious and urgent injuries
- Recognition of patterns of child abuse injury
- Learn what medical skills are involved in child protection.

2015
- 16

MAY

Workshops at a glance

Key for course locations:

- Glasgow
- Aberdeen
- Edinburgh

Gynaecology

11 May

Cradle to Grave

13 & 14 May

Palliative Medicine AM and Teenage Cancer PM

19 May

Joint Injections

20 May



DATE	Wednesday 11 May 2016
TIME	09:30 - 17:00
COST	£120
LOCATION	Edinburgh
FORMAT	Presentations and Q&A
COURSE ORGANISERS	Dr Helen Kettle - GP
AUDIENCE	GPs, Practice Nurses, Pharmacists

DESCRIPTION

If you are confused about all the different guidance in matters gynaecological, this course is for you. It is designed to give an update on a wide range of gynaecological issues which commonly present in general practice. There will be talks on: menopause management; contraception; urogynaecology; fertility, vulval skin conditions and gynaecological cancers. The speakers all plan the talks for a GP audience and allow time for plenty of questions.

LEARNING OUTCOMES

On this course you will learn what further history, examination and investigations are needed for women presenting with incontinence or prolapse, and vulval skin conditions. There will be a clear presentation on the pros and cons of HRT and other ways of managing the menopause. Confused by when you can start contraception, there will be advice on starting and 'bridging' contraception. Never heard of the RMI? it will help you decide how to manage ovarian cysts.



CRADLE TO GRAVE



DATE	Friday 13th & Saturday 14th May 2016
TIME	09:30 - 17:00
COST	£135 for 1 day / £195 for 2 days
LOCATION	Beardmore Hotel & Conference Centre, Glasgow
FORMAT	Hot Topics Style Presentations and Q&A
COURSE ORGANISERS	Dr David Cunningham, Assistant Director of GP Education / Sarah Luty, Associate Adviser both of NES
AUDIENCE	GPs, Practice Nurses, Pharmacists

DESCRIPTION

This will be run in the format of a Hot Topics learning event with a series of short presentations on common healthcare dilemmas from childhood to old age. All of our speakers are local NHS Consultants who have worked with the NES team to pinpoint key learning for their specific area of expertise. There will be opportunities to ask questions and gain valuable take home learning points for lifelong care.

CRADLE TO GRAVE: LIFELONG LEARNING FOR LIFELONG CARE

Day 1	Day 2
Crying baby and infant feeding problems	Social Determinants of Health from Cradle to Grave – the Role of the GP
Allergies/Asthma in young children	Management of type 2 Diabetes
Development not as Planned – ADHD, Autism	Cardiovascular Disease in primary care
Orthopaedics in Children (inc. 6 week check, harness, limping, intoeing)	Women's Health – Prolapse, Continence
Teenage cancer - how to spot	Erectile dysfunction
Drugs	Recognising and managing Dementia
Presentation of Mental Illness – What Not to Miss in teenagers and young people	Recognising Frailty
Infertility & Recurrent Miscarriage	Death & Bereavement



PALLIATIVE MEDICINE (AM) AND TEENAGE AND YOUNG ADULTS WITH CANCER (PM)



DATE	Thursday 19 May 2016
TIME	09:30 - 16:30
COST	£120 day
LOCATION	Glasgow
FORMAT	Presentations, case studies and Q&A
COURSE ORGANISERS	Dr Alison Mitchell, Consultant in Palliative Medicine, NHS Greater Glasgow & Clyde/ Dr Fiona Cowie, Dr Nicholas Heaney, Kay Anderson, Julie Cain (RHSC Glasgow and Beatson Oncology Centre)
AUDIENCE	GPs and practice nurses

DESCRIPTION – PALLIATIVE CARE

This session will explore the following situations that can arise with some palliative care patients;

- Coping with sudden and persistent GI haemorrhage
- Managing superior vena cava obstruction - what to do at home
- Coping and communicating with relatives in relation to sudden symptom change and deterioration / anticipatory care plans

LEARNING OUTCOMES

- Understand how to cope with sudden and persistent GI haemorrhage
- Understanding Managing superior vena cava obstruction - what to do at home for the patient to avoid admission to hospital
- Understanding how to cope and communicate with relatives in relation to sudden symptom change and deterioration and encouraging use of anticipatory care plans where appropriate



PALLIATIVE MEDICINE (AM) AND TEENAGE AND YOUNG ADULTS WITH CANCER (PM)



DATE	Thursday 19 May 2016
TIME	09:30 - 16:30
COST	£120 day
LOCATION	Glasgow
FORMAT	Presentations, case studies and Q&A
COURSE ORGANISERS	Dr Alison Mitchell, Consultant in Palliative Medicine, NHS Greater Glasgow & Clyde/ Dr Fiona Cowie, Dr Nicholas Heaney, Kay Anderson, Julie Cain (RHSC Glasgow and Beatson Oncology Centre)
AUDIENCE	GPs and practice nurses

DESCRIPTION – TEENAGE AND YOUNG ADULTS WITH CANCER

Although cancer in teenagers and young adults is uncommon, every GP practice will have young patients with cancer. Being aware of what symptoms and signs require investigation and which don't can be difficult for GPs. Looking after these patients and their families can be stressful and stretching for GPs, but can prove very rewarding. A number of different professionals from the TYA cancer team (from the Beatson Oncology Centre and Royal Hospital for Sick Children) will provide a valuable learning event on this topic. anticipatory care plans

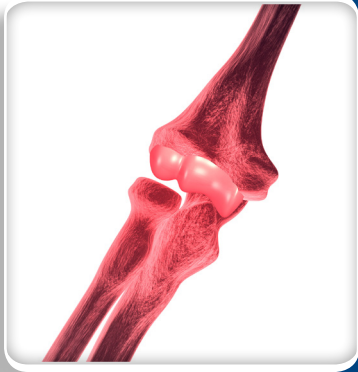
LEARNING OUTCOMES

- Presenting symptoms and signs of common teenage cancers
- Tips and suggestions for early diagnosis
- What GPs can investigate and when to refer
- Psychological and emotional aspects of cancer care
- Caring for the family/siblings affected by teenage cancer
- Medical and psycho-social topics including immunisation, travel, school etc



JOINT INJECTIONS

41



DATE	Friday 20th May 2016
TIME	14:00 - 17:00
COST	£60
LOCATION	Edinburgh
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Dr Helen Harris, Consultant Rheumatologist
AUDIENCE	GPs, GPs in specialist training, rheumatology nurses and physios and other AHPs wishing to learn joint injections

DESCRIPTION

The course is aimed at beginners and those with some joint injection experience:

- Part 1: Indications for corticosteroid injections – a 30 - 40 minute interactive presentation
- Part 2: Hands on injection of the knee, shoulder and elbow using both 1:1 and group formats.

Ample time for questions and case discussions.

LEARNING OUTCOMES

- How to diagnose different pathologies at the shoulder, elbow and knee
- Understand when corticosteroid injection is appropriate
- Be able to undertake corticosteroid injection of the knee, shoulder, sub-acromial bursa and medial and lateral epicondyles of the elbow.



2015
- 16

JUNE

Workshops at a glance

Key for course locations:

- Glasgow
- Aberdeen
- Edinburgh

Care of the Elderly

1 June

Safeguarding Children

27 June



CARE OF THE ELDERLY



DATE	Wednesday 01 June 2016
TIME	09:00 - 13:00
COST	£60
LOCATION	Edinburgh
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Dr Suresh Sanders, GP
AUDIENCE	GPs

DESCRIPTION

An exponentially growing number of frail, elderly patients are now being cared for in the community by General Practice. They frequently have complex medical issues and need a holistic and individual approach to their care. They cannot be ignored and we all need to maximise our skills in caring for them. A chance to reflect upon best practice and “end of life care” - when to investigate, when to medicate and when to leave alone.

LEARNING OUTCOMES

1. To be more comfortable dealing with E of Life care
2. To be more competent with complex care
3. To accept risk management and that sometimes there are no answers



MSK PROBLEMS IN PRIMARY CARE INCLUDING JOINT & SOFT TISSUE INJECTIONS



DATE	Thursday 02 June 2016
TIME	09:30 - 16:30
COST	£120
LOCATION	Glasgow
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Dr Nitin Gambhir, GP with Special Interest in Orthopaedics, NHS Greater Glasgow & Clyde
AUDIENCE	GPs

DESCRIPTION

This one day course will give an overview of common MSK presentations (Back, Shoulder, Hip, Knee etc.) in a mixed format of lectures and a practical session.

A brief outline of the day is included below:

- Common MSK presentations: Orthopaedic view
- MSK in Primary Care: Rheumatology view
- Interventions: Physiotherapy view
- Joint and soft tissue injections: Introduction
- Practical session



SAFEGUARDING CHILDREN



DATE	Monday 27th June 2016
TIME	12:30 - 16:30
COST	£60
LOCATION	Aberdeen
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Marianne Cochrane
AUDIENCE	GPs

DESCRIPTION

Most care for children and young people is delivered outside the hospital setting. Safeguarding children and young people requires all GPs to be effective when dealing with child abuse. GPs should recognise and respond to the needs of children and young people in special circumstances, through referral and joint working.

This course covers and fulfils some key level 3 competencies regarding Child Protection.

LEARNING OUTCOMES

- Understanding of multi-agency working in child protection
- Awareness of local services
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- Identification of serious and urgent injuries
- Recognition of patterns of child abuse injury
- Learn what medical skills are involved in child protection.

2015
- 16

SEPTEMBER

Workshops at a glance

Key for course locations:

- Glasgow
- Aberdeen
- Edinburgh

Safeguarding Children

13 September

Business of General Practice

30 September



SAFEGUARDING CHILDREN



DATE	Tuesday 13th September 2016
TIME	12:30 - 16:30
COST	£60
LOCATION	Aberdeen
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Marianne Cochrane
AUDIENCE	GPs

DESCRIPTION

Most care for children and young people is delivered outside the hospital setting. Safeguarding children and young people requires all GPs to be effective when dealing with child abuse. GPs should recognise and respond to the needs of children and young people in special circumstances, through referral and joint working.

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- Recognition of patterns of child abuse injury
- Learn what medical skills are involved in child protection.



BUSINESS OF GENERAL PRACTICE



DATE	Friday 30th September
TIME	09:30 - 16:30
COST	£180
LOCATION	Aberdeen
FORMAT	Mixed Presentations and Group Work
COURSE ORGANISERS	Jim Milligan and Mike Gilbert
AUDIENCE	GPs and Practice Managers

DESCRIPTION

This workshop is suitable for GPs or Practice Managers who have responsibility for managing the business side of a Practice. This workshop will cover financial accounts including expenses, superannuation and taxation, review the liabilities imposed by partnership legislation, key points of the GMS contract, specialization on outside work, containing costs and improving profits.

LEARNING OUTCOMES

- To develop an understanding of financial accounts
- To analyse the financial elements of running a practice
- To detail the legal and financial liabilities within a partnership.

FURTHER INFORMATION

<http://www.bmalaw.co.uk/> - BMA members can access the following link to obtain specialised independent advice on the above topics. Delegates may find it helpful to visit this website in advance of the workshop.



CPD CONNECT REGIONAL OFFICES

Edinburgh Office

NHS Education for Scotland
Westport 102
Westport
Edinburgh
EH3 9DN
Tel: 0131 656 3200

Glasgow Office

NHS Education for Scotland
3rd Floor, 2 Central Quay
89 Hydepark Street
Glasgow
G3 8BW
Tel: 0141 223 1411

Aberdeen Office

NHS Education for Scotland
Forest Grove House
Foresterhill Road
Aberdeen
AB25 2ZP
Tel: 01224 554365

Inverness Office

PBSGL Administration
NHS Education for Scotland
Centre for Health Science
Old Perth Road
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IV2 3JH
Tel: 01463 255714



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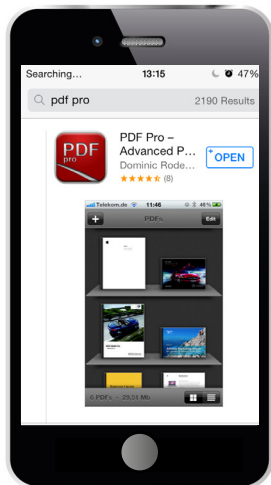


VIEWING PDFS ON MOBILE DEVICES

If you are using an iPhone or iPad to view NES PDFs you will need to download a free viewer from the app store to benefit from the full range of navigation features, including the clickable contents menus. Follow the steps below to install and use the viewer.



App Store Icon



Downloading the viewer

The viewer we recommend using is PDF Pro, a free to download viewer available on the app store. To install the viewer, simply click on the App Store Icon on your home screen and then search for 'PDF Pro'.

Click on the blue box at the right hand corner which says "FREE". It will then turn green and the word will change to "INSTALL"

Click once more and the viewer will begin to download and install on your device. If you have a password set up on your device it may ask you for this now.

Please note: you will need to have adequate free space to install.



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Click on the "Open in..." option, followed by the PDF Pro icon and the PDF will launch in the viewer.

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