

# CPD Connect

Brochure and course programme 2018

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# WELCOME TO CPD CONNECT

Welcome to CPD Connect's face-to-face workshops and learning events for January - September 2018.

## CPD Connect

CPD Connect is a national service within NHS Education for Scotland (NES) responsible for the delivery of continuing professional development (CPD) for GPs and general practice staff. It aims to provide a unified service across Scotland and offers a range of resources for Scottish primary care.

### What does CPD Connect offer?

- The ability to directly upload course attendance directly to SOAR if you book via the new **CPD Connect** website (see next page for more details). PBSGL logsheets can also be uploaded to SOAR by members.
- Practice Based Small Group Learning (PBSGL) membership. PBSGL is an innovative approach to CPD for GPs that originated in Canada and has grown steadily in Scotland over the last fourteen years. Over 30% of all GPs in Scotland are now involved in PBSGL and the number continues to grow by 10% each year and over recent years has extended to Practice Nurses and Pharmacists.



David Cunningham, Assistant Director of GP Education



### What does CPD Connect offer? (continued...)

- Bespoke education days in various locations across Scotland, such as our upcoming **A Day in the Life of a Busy GP** event in Aberdeen and **Cradle to Grave** event in Glasgow. These events are unique in that they feature local Consultants and healthcare professionals delivering tailored presentations about what is new in their field of expertise. These events are completely free from commercial influence.
- All GPs and their teams across Scotland can attend any meeting/workshop organised by **CPD Connect**, and have access to information about what is available across Scotland.
- Offer learning, with and for, other professions such as practice nurses and pharmacists
- **CPD Connect** is developing new on-line learning modules and other interactive methods of learning.



Over 30% of all GPs in Scotland are now involved in **PBSGL**



For more information or to book a workshop please visit: [www.cpdconnect.nhs.scot](http://www.cpdconnect.nhs.scot)

## Practice Based Small Group Learning (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 15 years now since the original pilot in 2002-2003.

Some groups have been running since the pilot and other for many years. There are now over 2,300 group members in approximately 370 groups in Scotland and other areas of the UK, and primary care clinicians from every health board area in Scotland are involved. We have approximately 235 Practice Nurses and 285 Pharmacist members, many of whom have joined GP groups to become truly inter-professional groups.

We published 17 modules in 2016-17 and plan to publish 12 in the financial year 2017-18. 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.



## MODULES PUBLISHED OR BEING WRITTEN DURING 2017-18

### Scottish Modules:

1. Bereavement (published April 2017)
2. Illness in the Returning Traveller (published May 2017)
3. COPD (published June 2017)
4. Mental Health Problems in Older Children and Adolescents (published June 2017)
5. Mental Health Problems in Young Children (published June 2017)
6. Short Cases: Gynaecology - (published August 2017)
7. Skin Cancer - (published September 2017)

8. Short Cases: Dermatology (published September 2017)
9. Contraception (Excluding the COCP) - (published October 2017)
10. Disease-modifying Drugs - (published October 2017)
11. Them and Us - The Primary-Secondary Care Interface - (published November 2017)
12. Short Cases: Endocrinology
13. Antibiotic Stewardship
14. Short Cases: Renal problems: Diagnosis and management
15. Life-threatening conditions in infants and children: recognition and management

16. Occupational Health issues relevant to Primary Care: managing the challenge of getting people back to work
17. Practicing 'Realistic Medicine'
18. Promoting and supporting behaviour change: tools to help Primary Care practitioners and teams bring about change
19. Asthma in adults: Diagnosis and management

### Tartanised Modules:

1. Osteoporosis - (published July 2013). Updated October 2017
2. Low Back Pain in Adults - (published November 2017)
3. Foot Problems

## Module plans for 2018/2019

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

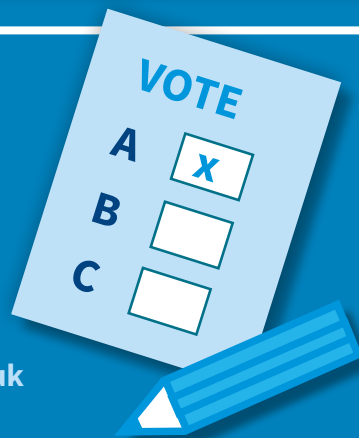
We are really grateful to the 856 of our members who responded late 2016 and hope that we have as many if not more in this years survey.

In January 2018 we will analyse this years survey results and plan which modules will be produced in the 2018-19 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](mailto:peter.mccalister@doctors.org.uk)**







## 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](mailto:pbsgladministrator@nes.scot.nhs.uk)

### 2018 Facilitator Training Dates:

- 25th January 2018 (Golden Lion Hotel, Stirling)
- 22nd May 2018 (NES office, Aberdeen)
- 29th August 2018 (NES office, Edinburgh)
- 29th November 2018 (NES office, Glasgow)

### 2018 GPST Facilitator Training Dates:

- 13th March 2018 (NES office, Glasgow)
- 6th September 2018 (venue to be confirmed)

(For GPST trainees you may need to check with your Training Supervisor to request if you can attend.)



Please look out for **further dates** being added later in the year







## 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.

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



## QUOTES FROM PREVIOUS WORKSHOPS...

“ I found the course to be very informative and have come away with many ideas to work on in the practice. ”

**HR Journey, May 2017**

“ Good mix of topics - all very relevant to General Practice. Presentations were insightful, useful and relevant to my practice. ”

**Cradle to Grave, Aberdeen 2017**

“ Thoroughly enjoyed the day - very informative and well presented. Thank you. ”

**HR Journey in General Practice, 2017**

“ All of the presentations were very good - fantastic variety of topics and presentational styles, so my attention was kept engaged for the whole 2 days. ”

**Cradle to Grave, Glasgow 2017**

“ Excellent and a lot of effort was put in to deliver high quality and relevant talks. ”

**MSK Problems for GPs inc. Joint and Soft Tissue Injections, June 2017**

“ Thank you, a very useful course! ”

**Business of General Practice, Aberdeen 2017**

“ Really enjoyed this session, which covered my educational aims fully and concisely.

One of the best training sessions I have done. ”

**Joint Injections, March 2017**

“ I have a more positive outlook on life after doing this course.

The course has made a lasting impression on me. ”

**8 week Mindfulness, Glasgow/Edinburgh 2017**

“ Excellent course, very relevant to General Practice. ”

**Gynaecology, March 2017**



## COMING SOON!

### **CPD Needs, Preferences and Future Requirements Questionnaire for GPs, Practices Nurses & Pharmacists**

**Look out for this being launched in January 2018**

The learning needs and preferred learning methods of primary healthcare professionals are constantly changing. We need to produce CPD materials and resources that clinicians would like to use and find beneficial for patient care. We would be grateful if you could complete this short questionnaire so that we can understand what the CPD needs of pharmacists, GP nurses and GPs for future planning.



**A separate questionnaire is also being designed for Practice Managers.  
Please keep an eye out for this in the New Year too!**



# CPD CONNECT CALENDAR OF COURSES

## KEY:

**A** ABERDEEN **E** EDINBURGH **G** GLASGOW **D** DUNDEE **I** INVERNESS

For further details about our courses and to book your place please visit:

[www.cpdconnect.nhs.scot](http://www.cpdconnect.nhs.scot)

You can also find out more about becoming a member of Practice Based Small Group Learning (PBSGL)

JANUARY 2018							
G	Mindfulness - 9 week course	NHS staff currently report high levels of stress at work related to increasing workloads and demands and limited resources. Mindfulness is a healthy sustainable way to manage stress.	Dr Bridie O'Dowd	23 / 30 January, 6 / 13 / 20 / 27 February, 6 / 13 / 20 March 2018	19:00 - 21:30	Centre for Integrative Care, Gartnavel General Hospital	£200
	Care of the House-bound Patient	With an increasing number of people anticipated to reach age 75 and over and the societal change to care for people in their own homes, how can General Practice of today prepare itself for the multi-disciplinary world of tomorrow?	Course Organiser: Dr Trudy Foster, GP and NES Associate Adviser  Various speakers from Health & Social Care	25 January 2018	09:00 - 17:00	2 Central Quay, Glasgow	£120 (Practice Nurses, Retainer & Returner GPs £80)
FEBRUARY 2018							
A	GP Gynaecology Workshop	<p>This 1-day course will focus on Primary Care management and when / how to refer. Topics to be covered:</p> <ul style="list-style-type: none"> <li>• The cervix: range of normal; when to refer to colposcopy/ smear clinic; changes to the screening programme</li> <li>• HRT - NICE guidance</li> <li>• PMB / ovarian cysts referral</li> <li>• Prolapse and urinary incontinence</li> <li>• Polycystic ovaries</li> <li>• Abnormal premenopausal bleeding</li> <li>• Hyperemesis</li> <li>• ACRM - fertility/endocrine</li> <li>• Unplanned pregnancy</li> <li>• Vulval problems</li> </ul>	Dr Sarah Wallage	9 February 2018	09:00 - 16:15	Forestgrove House, Aberdeen	£120

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Please note that all courses are now bookable on a Pay As You Go basis via: [www.cpdconnect.nhs.scot](http://www.cpdconnect.nhs.scot)



# CPD CONNECT CALENDAR OF COURSES

G	The 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.	British Medical Association	20 February 2018	09:30 - 16:30	2 Central Quay, Glasgow	£180
D	A Taste of Leadership	Aimed at GPs and Pharmacists. This course will help you start your leadership development journey by highlighting personal leadership approaches. The other one day course Develop Self, Others and Service (SOS) will focus on your 'TEAMS' and your role as a leader of/within a team.	Course Organised by NES Pharmacy Team	20 February 2018	10:30 - 15:45	Dundee Dental Postgraduate Centre	£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	23 February 2018	14:00 - 17:00	102 Westport, Edinburgh	£60 (Retainer & Returner GPs £40)
D	Develop Self, Others and Service	This course is aimed at GPs and pharmacists early in their career who have just started on their leadership journey. The main focus of this course is on the team. The role of a leader of a team. The role of the leader within a team (not all leaders lead a team but are part of a team). How does a leader ensure that a team works effectively together?	Course Organised by NES Pharmacy Team	28 February 2018	10:30 - 16:30	Dundee Dental Postgraduate Centre	£120
MARCH 2018							
A	A Day in the Life of the Busy GP - An ABC Guide	<p>The programme will feature a series of short presentations covering common clinical topics with the latest advice on their management, to make your busy day at the coal face go more smoothly. The event will have a range of local speakers from GPs with specialist interests to hospital consultants.</p> <p>GPs will benefit from a day of varied and relevant presentations to boost CPD for appraisal and re-validation.</p>	<p>Course organisers: Dr Peter Watson &amp; Dr Jennifer Craig, GPs and NES Associate Advisers</p> <p>Various speakers</p>	7 March 2018	09:30 - 16:30	Aberdeen Marriott Hotel	£135 (Practice Nurses, Retainer & Returner GPs £100)

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# CPD CONNECT CALENDAR OF COURSES

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	7 March 2018	14:00 - 17:00	102 Westport, Edinburgh	£60 (Practice Nurses, Retainer & Returner GPs £40)
E	Palliative Medicine	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.	Dr Duncan Brown, Medical Director, St. Columba's Hospice	8 March 2018	09:00 - 17:00	St Columba's Hospice, Edinburgh	£120 (Practice Nurses, Retainer & Returner GPs £80)
G	The Seasons of Life Workshop - Spring (Infants)	These half day workshops have been designed to complement the Cradle to Grave programme but offer a more in depth, skills based, interactive approach to learning. Each 'season' has been designed to explore some of the difficulties of the age range (this one being Infants). This course will cover the following: Communication with children with/without Learning Difficulties (Examination of children with autism) How to examine and give medicine to a wriggler. Funny walks and limping children Eneuresis/Encoporesis in Primary Care.	Course Organisers: Dr Trudy Foster & Dr Sarah Luty, GPs and NES Associate Advisers  Various speakers	10 March 2018	09:30 - 12:30	2 Central Quay, Glasgow	£60 (Practice Nurses, Retainer & Returner GPs £40)
E	Sexual Health	What will be covered: Contraception - basics and updates, Focus on Emergency contraception, Basics of menopause care in primary care and services offered by the menopause clinic in Edinburgh. STI testing; who to test, how and where? STI management; antibiotic regimes, resistance, follow up. HIV prevention; lifestyle measures, risk reduction, Pre exposure prophylaxis as offered in GU services in Scotland. Hepatitis B vaccination and Human Papilloma vaccination in MSM.	Dr Kate Weaver	13 March 2018	13:00 - 17:00	Chalmers Clinic, Edinburgh	£60 (Practice Nurses, Retainer & Returner GPs £40)

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# CPD CONNECT CALENDAR OF COURSES

E	Lessons from the Brink	Our 1-day conference will help you learn the skills of how teams may work differently from the present. Key people from national agencies have been brought together to enable you to balance the risks of demand management, manage change, and build resilience for you and members of your practice team.	Course Organisers: Dr Trudy Foster & Dr Sarah Luty, GPs and NES Associate Advisers and Various speakers	27 March 2018	09:00 - 16:30	102 Westport, Edinburgh	£120 / £80 (discount price of £150 if GP attends with Practice Manager)
APRIL 2018							
E	Mindfulness - 8 week course	NHS staff currently report high levels of stress at work related to increasing workloads and demands and limited resources. Mindfulness is a healthy sustainable way to manage stress. Research suggests that mindfulness has a powerful and positive effect on health and well-being across a wide range of physical and mental health conditions.	Neil Rothwell, Consultant Clinical Psychologist at NHS Forth Valley	17, 24 April 2018 1, 15, 22, 29 May 5, 12 June	19:00 - 21:00	102 Westport, Edinburgh	£200
G	Cradle to Grave	This 2-day event will consist of a series of short presentations on common healthcare dilemmas from childhood to old age. All of our speakers are local NHS GPs/ 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.	NES CPD Connect Team Various Speakers	27 & 28 April 2018	09:30 - 16:30	Golden Jubilee Conference Centre, Clydebank	£135 for 1 day OR £195 if both days booked together (Practice Nurses, Retainer & Returner GPs £100 or £150)
MAY 2018							
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	4 May 2018	14:00 - 17:00	102 Westport, Edinburgh	£60 (Retainer & Returner GPs £40)
G	Culture in General Practice	The aim of this course is to unravel the myths and mystique surrounding practice culture and enable teams to start understanding and influencing the culture in which they work.	Dr Trudy Foster, GP and NES Associate Adviser Tracey Crickett, NES National Co-ordinator of Scottish Practice Management Development Network	24 May 2018	09:30 - 16:00	2 Central Quay, Glasgow	£120 / £80 (discount prices of £150 or £230 if GP attends with 1 or 2 other people from same practice)

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# CPD CONNECT CALENDAR OF COURSES


JUNE 2018							
G	The Seasons of Life Workshop – Summer (Teenagers)	<p>These half day workshops have been designed to complement the Cradle to Grave programme but offer a more in depth, skills based, interactive approach to learning. Each 'season' has been designed to explore some of the difficulties of the age range (this one being Teenagers).</p> <p>This course will cover the following:</p> <ul style="list-style-type: none"><li>• Consent in sexually active young people</li><li>• Teenage mental health</li><li>• Transitioning to adult services (diabetes etc)</li><li>• STI/contraception</li></ul>	<p>Course Organisers: Dr Trudy Foster &amp; Dr Sarah Luty, GPs and NES Associate Advisers</p> <p>Various speakers</p>	2 June 2018	09:30 - 12:30	2 Central Quay, Glasgow	£60 (Practice Nurses, Retainer & Returner GPs £40)
G	MSK problems in Primary Care including Joint and Soft tissue Injections	<p>A full day course on MSK problems in primary care including joint and soft tissue injections.</p> <p>The course will include the following:</p> <ul style="list-style-type: none"><li>• Common MSK presentations: Orthopaedic view</li><li>• MSK in Primary Care: Rheumatology view</li><li>• Interventions: Physiotherapy view</li><li>• Joint and soft tissue injections: Introduction</li><li>• Practical session</li></ul>	<p>Dr Nitin Gambhir, GP with Special Interest in Orthopaedics, NHS Greater Glasgow &amp; Clyde</p>	14 June 2018	09:30 - 16:30	2 Central Quay, Glasgow	£120 (Practice Nurses, Retainer & Returner GPs £80)
SEPTEMBER 2018							
G	The Seasons of Life Workshop – Autumn (Middle Age)	<p>These half day workshops have been designed to complement the Cradle to Grave programme but offer a more in depth, skills based, interactive approach to learning. Each 'season' has been designed to explore some of the difficulties of the age range (this one being Middle Age).</p> <p>This course will cover the following:</p> <ul style="list-style-type: none"><li>• MSK Examinations</li><li>• Articulating Risk</li><li>• Sexual dysfunction (Erectile dysfunction, vaginismus, STIs)</li><li>• Chronic pain syndrome</li></ul>	<p>Course Organisers: Dr Trudy Foster &amp; Dr Sarah Luty, GPs and NES Associate Advisers</p> <p>Various speakers</p>	8 September 2018	09:30 - 12:30	2 Central Quay, Glasgow	£60 (Practice Nurses, Retainer & Returner GPs £40)
I	The Business of General Practice	<p>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.</p>	<p>British Medical Association</p>	27 September 2018	09:30 - 16:30	Centre for Health Science, Inverness	£180



2018

# JANUARY - SEPTEMBER 2018


Workshops at a glance



For more information or to book a workshop please visit: [www.cpdconnect.nhs.scot](http://www.cpdconnect.nhs.scot)



2018



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DATE	Tuesday 20 February 2018 and Thursday 27th September 2018
TIME	09:15 - 17:00
COST	£180
LOCATION	Glasgow and Inverness
FORMAT	Presentations and group work
COURSE ORGANISERS	British Medical Association
AUDIENCE	GPs, GPST, GP Retainer/Returner, 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





DATE	Wednesday 7 March 2018
TIME	14:00 - 17:00
COST	£60 / £40
LOCATION	Edinburgh
FORMAT	Presentations
COURSE ORGANISERS	Dr Suresh Sanders, GP
AUDIENCE	GPs, GPST, GP Retainer/Returner, Practice Nurses

## 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

- To be more comfortable dealing with end of life care
- To be more competent with complex care
- To accept risk management and that sometimes there are no answers



# CARE OF THE HOUSEBOUND PATIENT



DATE	Thursday 25 January 2018
TIME	09:00 - 17:00
COST	£120 / £80
LOCATION	Glasgow
FORMAT	Presentations, workshops and group discussion
COURSE ORGANISERS	Dr Trudy Foster, GP and NES Associate Adviser
AUDIENCE	GPs, GPST, GP Retainer/Returner, Practice Managers, Practice Nurses, Paramedics

## DESCRIPTION

With an increasing number of people anticipated to reach age 75 and over and the societal change to care for people in their own homes, how can General Practice of today prepare itself for the multi-disciplinary world of tomorrow? Join us for our 1 day journey through the pitfalls and potholes of caring for the housebound individual.

## LEARNING OUTCOMES

- Be able to describe the challenges of caring for the housebound individual
- Know what community services are available to support individuals in their homes
- Be able to appropriately signpost or refer individuals or their carers to domiciliary services
- Be able to act as advocate to improve local domiciliary services through their cluster and Health & Social Care Partnerships



DATE	Friday 27 & Saturday 28 April 2018
TIME	09:30 - 16:30
COST	£135 for 1 day / £195 for 2 days (£100 / £150)
LOCATION	Golden Jubilee Conference Centre, Glasgow
FORMAT	Presentations and Q&A
COURSE ORGANISERS	NES CPD Connect Team
AUDIENCE	GPs, Practice Nurses, Pharmacists

## DESCRIPTION

This 2-day event will consist of a series of short presentations on common healthcare dilemmas from childhood to old age. All of our speakers are local NHS GPs/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.

## CRADLE TO GRAVE: LIFELONG LEARNING FOR LIFELONG CARE

### Day 1

- Preconception
- Spotty Weans
- Paediatric ENT
- Dermatology
- Bipolar / Serious Mental Illness
- Deranged LFTs
- Blood Borne Viruses

### Day 2

- Cultural Competence
- Allergy
- MSK, Back Pain & Fitness to Work
- Gender Issues
- Menopause
- Haematology
- Movement Disorders
- End of Life Care in Non-Cancer Conditions



## CULTURE IN GENERAL PRACTICE



DATE	Thursday 24 May 2018
TIME	09:00 - 17:00
COST	£120 / £80
LOCATION	Glasgow
FORMAT	Presentations
COURSE ORGANISERS	Dr Trudy Foster, GP and NES Associate Adviser / Tracey Crickett, NES National Co-ordinator of Scottish Practice Management Development Network
AUDIENCE	GPs, GPST, GP Retainer/Returner, Practice Managers, Practice Nurses

### DESCRIPTION

The aim of this course is to unravel the myths and mystique surrounding practice culture and enable teams to start understanding and influencing the culture in which they work.

### LEARNING OUTCOMES

- Understand why culture is important in healthcare settings
- Be able to measure and describe the culture in which you work
- Understand the effects of yourself and others upon culture
- Have tools you can apply to influence cultural shift



# A DAY IN THE LIFE OF THE BUSY GP - AN ABC GUIDE



DATE	Wednesday 7 March 2018
TIME	09:00 - 17:00
COST	£135
LOCATION	Aberdeen
FORMAT	Presentations and Q&A
COURSE ORGANISERS	Dr Peter Watson & Dr Jennifer Craig, GPs and NES Associate Advisers
AUDIENCE	GPs, GPST, GP Retainer/Returner, Practice Nurse

## DESCRIPTION

The programme will feature a series of short presentations covering common clinical topics with the latest advice on their management, to make your busy day at the coal face go more smoothly. The event will have a range of local speakers from GPs with specialist interests to hospital consultants.

## TOPICS INCLUDE:

- Cardiology - Dr Andrew Hannah, Consultant Cardiologist, Aberdeen Royal Infirmary, NHS Grampian
- Genetics - Dr Helen Gregory, GP and Associate Specialist Clinical Genetics, Rosemount Medical Group, NHS Grampian
- Managing Abnormal Liver Function Tests - Dr Ashis Mukhopadhyaya, Consultant Gastroenterologist & Honorary Senior Lecturer, Aberdeen Royal Infirmary, NHS Grampian
- Musculoskeletal Issues - Dr Greig Nicol, GP, Denburn Medical Practice, NHS Grampian
- Respiratory Medicine - Dr Kris McLaughlin, GP, Stonehaven Medical Group, NHS Grampian
- General Adult Psychiatry - Dr Steven Hay, Consultant Psychiatrist, Royal Cornhill Hospital, NHS Grampian
- Diabetes - Dr Susan McGeoch, Consultant Diabetologist, Aberdeen Royal Infirmary, NHS Grampian



## DEVELOP SELF, OTHERS AND SERVICE



DATE	Wednesday 28 February 2018
TIME	10:30 - 16:30
COST	£120
LOCATION	Dundee
FORMAT	Presentation
COURSE ORGANISERS	NES Pharmacy Team
AUDIENCE	GPs, GPST, GP Retainer/Returner, Pharmacists

### DESCRIPTION

This course is aimed at GPs and pharmacists early in their career who have just started on their leadership journey. The main focus of this course is on the team. The role of a leader of a team. The role of the leader within a team (not all leaders lead a team but are part of a team). How does a leader ensure that a team works effectively together?

### LEARNING OUTCOMES

- Have an increased awareness of the structure of an organisation and how you fit into the organisation
- Have an increased awareness of how you can take responsibility for your own self development
- Have an increased awareness of your role within a team and how you can work effectively as a member of the healthcare team
- Have an increased awareness of the need for the team purpose and objectives to align to the organisation's strategy and vision
- Have an increased awareness of what appraisal means for you and your team
- Have an increased awareness of how you and your team can develop and improve services and some tools to use





DATE	Friday 9 February 2018
TIME	09:00 - 16:15
COST	£120
LOCATION	Aberdeen
FORMAT	Workshop
COURSE ORGANISERS	Dr Sarah Wallage
AUDIENCE	GPs

## DESCRIPTION

This 1-day course will focus on Primary Care management and when / how to refer.

## LEARNING OUTCOMES

- The cervix: range of normal; when to refer to colposcopy/ smear clinic; changes to the screening programme
- HRT - NICE guidance
- PMB / ovarian cysts referral
- Prolapse and urinary incontinence
- Polycystic ovaries
- Abnormal premenopausal bleeding
- Hyperemesis
- ACRM - fertility/endocrine
- Unplanned pregnancy
- Vulval problems



DATE	Friday 23 February and Friday 4 May 2018
TIME	14:00 - 17:00
COST	£60 / £40
LOCATION	Edinburgh
FORMAT	Presentation and Q&A
COURSE ORGANISERS	Dr Helen Harris, Consultant Rheumatologist
AUDIENCE	Multidisciplinary

## DESCRIPTION

Understand when corticosteroid injections are appropriate, and develop hands on skills and diagnostic expertise using a range of models.

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.



DATE	Tuesday 27 March 2018
TIME	09:00 - 16:30
COST	GP: £120 / Practice Managers: £80 and £150 if GP and Practice Managers book together
LOCATION	Edinburgh
FORMAT	Presentations and workshops
COURSE ORGANISERS	NES CPD Connect Team
AUDIENCE	GPs and Practice Managers

## DESCRIPTION

This course is aimed at all GPs and Practice Managers.

Primary health care teams are facing challenging times as consultations and workload increase, against a background of shortages of GPs and nurses within practice teams. Practices may have to learn how to work differently and more effectively than in the past, and the proposed new Scottish GP contract adds a further dimension to this. Our 1-day conference will help you learn the skills of how teams may work differently from the present. Key people from national agencies have been brought together to enable you to balance the risks of demand management, manage change, and build resilience for you and members of your practice team.

## PRESENTATIONS/WORKSHOPS

- Dr Gregor Smith, Deputy Chief Medical Officer, Scottish Government
- Anthea Martin and Lindsey Falconer, MDDUS
- Tom Power, NHS Education for Scotland Organisational Development Team / Marion MacLeod MBE, Practice Management Adviser
- Dr William Taylor, Clinical Lead - Building QI Capability, Clinical Innovation and Research Centre, RCGP
- Dr Iain Wallace and John Aspden, Faculty of Leadership and Management



## MINDFULNESS-BASED STRESS REDUCTION



DATE	Tuesday: January 23 / 30 - February 6 / 13 / 20 / 27 - March 6 / 13 / 20
TIME	19:00 - 21:30
COST	£200 for 9 weeks
LOCATION	Glasgow
FORMAT	Experiential
COURSE ORGANISERS	Dr Bridie O'Dowd
AUDIENCE	All health care professionals of all grades



DATE	Tuesday: April 17 / 24 - May 1 / 15 / 22 / 29 - June 5 / 12
TIME	19:00 - 21:00
COST	£200 for 8 weeks
LOCATION	Edinburgh
FORMAT	Experiential
COURSE ORGANISERS	Dr Neil Rothwell
AUDIENCE	All health care professionals of all grades

*continued over...*



# MINDFULNESS-BASED STRESS REDUCTION

## DESCRIPTION

NHS staff currently report high levels of stress at work related to increasing workloads and demands and limited resources. Mindfulness is a healthy sustainable way to manage stress. Research suggests that mindfulness has a powerful and positive effect on health and well-being across a wide range of physical and mental health conditions.

What is mindfulness? “Mindfulness is paying attention, on purpose, in a particular way, without judgment”. (Jon Kabat-Zinn)

Paying attention can help us become aware of our stress responses and tap into our inner resources to take better care of ourselves in terms of:

- Managing anxiety
- Sharpening focus
- Increasing productivity
- Improving sleep
- Relieving pain
- Feeling a deeper sense of calm

Course includes:

- Weekly 2.5 hour group sessions

- Learning mindfulness practices such as body scan, sitting with the breath and mindful movement
- Over the course of the weekly group sessions, core mindfulness skills are progressively developed
- The course is experiential - based on skills development, group discussion and home-based practice
- Course manual and practice CDs for home use are provided

## LEARNING OUTCOMES

- Learn how to use mindfulness to manage stress
- Learn the mindfulness practices and how to apply these to your own context.



# MSK PROBLEMS IN PRIMARY CARE INC. JOINT & SOFT TISSUE INJECTIONS



DATE	Thursday 14 June 2018
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.

## LEARNING OUTCOMES

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





DATE	Thursday 8 March 2018
TIME	09:00 - 17:00
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, GPST, GP Retainer/Returner, Practice Nurse, Paramedic

## 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



## SEASONS OF LIFE WORKSHOP – SPRING (INFANTS)



DATE	Saturday 10 March 2018
TIME	09:00 - 17:00
COST	09:30 - 12:30
LOCATION	£60 / £40
FORMAT	Glasgow
COURSE ORGANISERS	Trudy Foster / Sarah Luty, GP Associate Advisers, NES
AUDIENCE	GPs, GPST, GP Retainer/Returner, Practice Nurse

### DESCRIPTION

These half day workshops have been designed to complement the Cradle to Grave programme but offer a more in depth, skills based, interactive approach to learning. Each 'season' has been designed to explore some of the difficulties of this age range (this one being Infants).

This course will cover the following:

- Communication with children with/without Learning Difficulties (Examination of children with autism)
- How to examine and give medicine to a wriggler
- Funny walks and limping children
- Eneuresis/Encoporesis in Primary Care
- Anticipatory care planning

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

### LEARNING OUTCOMES

- How to deal with children with profound communication difficulties
- Top tips in making examination and giving medicines easy
- What not to miss in a paediatric examination
- Update in Primary Care management of Eneuresis/Encoporesis
- How to work in partnership with parents with special needs children



## SEASONS OF LIFE WORKSHOP – SUMMER (TEENAGERS)



DATE	Saturday 2 June 2018
TIME	09:30 - 12:30
COST	£60 / £40
LOCATION	Glasgow
FORMAT	Workshop
COURSE ORGANISERS	Trudy Foster / Sarah Luty, GP Associate Advisers, NES
AUDIENCE	GPs, GPST, GP Retainer/Returner, Practice Nurse

### DESCRIPTION

These half day workshops have been designed to complement the Cradle to Grave programme but offer a more in depth, skills based, interactive approach to learning. Each 'season' has been designed to explore some of the difficulties of this age range (this one being Teenagers).

This course will cover the following:

- Consent in sexually active young people
- Teenage mental health
- Transitioning to adult services (diabetes etc)
- STI/contraception

### LEARNING OUTCOMES

- Recognising vulnerability, exploitation and grooming in sexually active young people
- How to assess and advise adolescents with mental health problems
- Recognising physical health pitfalls in adolescence
- Update on starting and changing contraception



## SEASONS OF LIFE WORKSHOP – AUTUMN (MIDDLE AGE)



DATE	Saturday 8 September 2018
TIME	09:30 - 12:30
COST	£60 / £40
LOCATION	Glasgow
FORMAT	Workshop
COURSE ORGANISERS	Trudy Foster / Sarah Luty, GP Associate Advisers, NES
AUDIENCE	GPs, GPST, GP Retainer/Returner, Practice Nurse

### DESCRIPTION

These half day workshops have been designed to complement the Cradle to Grave programme but offer a more in depth, skills based, interactive approach to learning. Each 'season' has been designed to explore some of the difficulties of this age range (this one being Middle Age).

This course will cover the following:

- MSK Examinations
- Articulating Risk
- Sexual dysfunction (Erectile dysfunction, vaginismus, STIs)
- Chronic pain syndrome

### LEARNING OUTCOMES

- How to carry out MSK examinations in 10 minutes
- A guide to helping patients understand evidence in practice
- Recognise, assess and signpost to other services for sexual problems
- Insight into alternatives to prescribing in chronic pain syndromes



DATE	Tuesday 13 March 2018
TIME	13:00 - 17:00
COST	£60 / £40
LOCATION	Chalmers Clinic, Edinburgh
FORMAT	Workshop
COURSE ORGANISERS	Dr Kate Weaver
AUDIENCE	GPs, GPST, GP Retainer/Returner, Practice Nurse

## DESCRIPTION

'Basics of contraception delivery, STI/HIV management and prevention and menopause care; what might be managed in general practice and what is offered in local services?.'

## LEARNING OUTCOMES

What will be covered:

- Contraception - basics and updates
- Focus on Emergency contraception
- Basics of menopause care in primary care and services offered by the menopause clinic in Edinburgh.
- STI testing; who to test, how and where?
- STI management; antibiotic regimes, resistance, follow up.
- HIV prevention; lifestyle measures, risk reduction, Pre exposure prophylaxis as offered in GU services in Scotland.
- Hepatitis B vaccination and Human Papilloma vaccination in MSM



DATE	20 February 2018
TIME	10:30 - 15:45
COST	£120
LOCATION	Dundee
FORMAT	Workshop
COURSE ORGANISERS	NES Pharmacy
AUDIENCE	GPs, GPST, GP Retainer/Returner, Pharmacists

## DESCRIPTION

Aimed at GPs and Pharmacists. This course will help you start your leadership development journey by highlighting personal leadership approaches. The other one day course Develop Self, Others and Service (SOS) will focus on your 'TEAMS' and your role as a leader of/within a team.

## LEARNING OUTCOMES

- Understand your own areas where you need to develop leadership behaviours and skills
- Understand the concept of team working and what makes an effective team
- Understand the concept of distributed leadership within an organisation
- Understand the concept of emotional intelligence
- Understand how you can contribute to leadership within your team / organisation
- Understand the leadership challenges of those outwith your professional team



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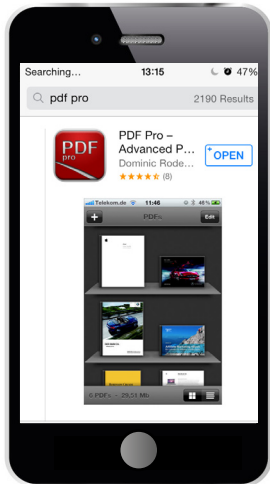


## VIEWING PDFS ON MOBILE DEVICES

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.



### Using PDF Pro

Using the viewer is simple. Once installed it will be automatically added to the options for viewing when opening a PDF. Simply navigate to the location on the web using Safari, click on the PDF you want to view and an option will App Store Icon appear at the corner of the screen which says "Open in..."

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

Once viewing in PDF Pro all of the navigational features will be functional, so simply tap the buttons onscreen to get started.