WELCOME TO CPD CONNECT

Welcome to CPD Connect’s face-to-face workshops and learning events for September 2016 - May 2017.

CPD Connect
In April 2014, CPD delivery for GPs within NHS Education for Scotland changed, and we became a national organisation called CPD Connect in order to provide a unified service across Scotland, offering a wider 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 *Cradle to Grave* events in Edinburgh, Aberdeen & Glasgow over the coming months. 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. Filming of our upcoming *Cradle to Grave* events is planned to enable the educational content to be viewed at home from PC and tablet devices for those who may be unable to attend in person, or who prefer to learn this way.

- 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.

For more information or to book a workshop please visit: [www.cpdconnect.nhs.scot](http://www.cpdconnect.nhs.scot)
CRADLE TO GRAVE EVENTS 2016-17
Lifelong Learning for Lifelong Care

Course Description
These courses will consist of a series of short presentations on common healthcare dilemmas from childhood to old age. All of our speakers are local GPs with Special Interests, NHS Consultants and healthcare 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.

EDINBURGH
Saturday 3rd December 2016
Queen Margaret University, Edinburgh

ABERDEEN
Wednesday 8th March 2017
Aberdeen AECC

GLASGOW
Friday 12th & Sat 13th May 2017
Golden Jubilee Conference Hotel

Please see course calendar on page 16 for pricing details
Learning Events

This brochure has details of our courses from September 2016 to May 2017.

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 14 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 published 13 modules from the 2015-2016 module plan. We have 16 modules on the 2016-2017 plan, have so far published 2 modules, and are on track to publish a further 4 modules before the end of Sept 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.

www.cpdconnect.nhs.scot/pbsgl
MODULES PUBLISHED IN 2015-16:

Scottish Modules:
1) Allergy
2) Short Cases: Prescribing
3) Short Cases: Paediatrics
4) Never Events
5) Art, Music and Literature - Can these help us to understand illness?
6) Inflammatory Bowel Disease
7) Personality Disorder
8) Diseases of the Prostate
9) Biochemistry Results
10) Short cases - Facial Problems

Tartanised Modules:
1) Red Eye
2) Palpitations
3) Head injury

MODULES PUBLISHED SO FAR IN 2016-17:

Updated Tartanised Module:
1) Cervical Screening

Tartanised Module:
1) Obesity in Children

Module plans for 2016/2017

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 2016-17 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 planned for 2016-17:

**Scottish Modules:**
1) Resilience in primary health care
2) Difficult Consultations
3) Less Common Cancers
4) Short Cases - Less Common Infections
5) Short Cases – Neurology
6) Bereavement
7) Prescribing End of Life Care
8) Skin Cancer
9) Children and Adolescents Behavioural Problems
10) COPD

**Updated Scottish Modules:**
1) Diabetes

**Update Tartanised Module:**
1) Fitness to Drive
2) HRT

**Tartanised Modules:**
1) Acne
2) Anxiety Disorder
Look out for future dates being announced soon!

2016 GPST Facilitator Training Dates:
- 14th September at Stirling Court Hotel

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:
- 25 August (Edinburgh)
- 17 November (Glasgow)

2016 GPST Facilitator Training Dates:
- 14th September at Stirling Court Hotel

www.cpdconnect.nhs.scot/pbsgl/find-a-group-and-join/set-up-your-own-group
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

<table>
<thead>
<tr>
<th>Video Consultation Skills</th>
<th>Criterion Audit</th>
<th>SEA (Significant Event Analysis)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submitting a video for peer feedback will:</td>
<td>Submitting a completed audit cycle for peer and educational feedback will:</td>
<td>Team members who submit a significant event for in-depth, structured analysis will:</td>
</tr>
<tr>
<td>- Develop a patient centred approach to consulting</td>
<td>- Help you cover this core category for the Scottish GP Appraisal process</td>
<td>- Develop an insight into what has happened and why from constructive feedback</td>
</tr>
<tr>
<td>- Help you cover this Quality Improvement Activity for the Scottish GP Appraisal process</td>
<td>- Gain feedback on what went well and how to improve your audit</td>
<td>- Focus on lessons learned and implement change to minimise risk of event repetition</td>
</tr>
<tr>
<td>- Gain constructive formative feedback on your consulting style</td>
<td></td>
<td>- Cover this core category for the Scottish Appraisal process</td>
</tr>
</tbody>
</table>

*continued over...*
PEER REVIEW SERVICES

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

http://www.cpdconnect.nhs.scot/peer-review/

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:

<table>
<thead>
<tr>
<th>Peer review activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consultation Skills Video Peer Review</td>
<td>£150</td>
</tr>
<tr>
<td>SEA Peer Review</td>
<td>£50</td>
</tr>
<tr>
<td>Audit Peer Review</td>
<td>£50</td>
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</tbody>
</table>

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
Run at a good pace - the resources were good, exercises were clear and well explained, the delivery matched the whole mindfulness process and it was thoroughly enjoyable.
Mindfulness 8 week course - 2016

Aberdeen Hot Topics - 2016

Very well presented, case studies very good and small group work with colleagues.
Child Protection - 2016

Enjoyed the day. Well organised with good range of speakers. Relevant to GPs. Lots of practical queries answered.
Gynaecology - 2016

A great course, opportunity for discussion was excellent.
Cardiology - 2016

...the course was an excellent and very focussed one; speakers were hugely knowledgeable, and the feeling was of getting advice from the best sources.
Palliative Medicine - 2016

All were very appropriate for general practice - this will change my practice
Aberdeen Hot Topics - 2016

Another excellent day. The cradle to grave concept is excellent, facilitating a wide range of topics relevant to General practice.
Glasgow Cradle to Grave – May 2016
FORENSIC MEDICINE EDUCATIONAL PROGRAMME

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.

continued over...
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.

Please click here for more information about the upcoming course in March 2017.
### SEPTEMBER 2016

<table>
<thead>
<tr>
<th>Key</th>
<th>City</th>
<th>Course Details</th>
<th>Location</th>
<th>Date(s)</th>
<th>Time(s)</th>
<th>Fee</th>
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<tbody>
<tr>
<td>A</td>
<td>Aberdeen</td>
<td><strong>Level 3 Safeguarding Children</strong>&lt;br&gt;Aimed at GPs working at level 3 as per inter-collegiate and GMC guidelines. Involves multi-professional training with secondary care, social work and police colleagues. This course covers and fulfills some key Level 3 competencies regarding child protection.&lt;br&gt;NHS Grampian Child Protection Team</td>
<td>Forest Grove House, Aberdeen</td>
<td>Tuesday 13th September 2016</td>
<td>12:30 - 16:30</td>
<td>£60</td>
</tr>
<tr>
<td>H</td>
<td>Inverness</td>
<td><strong>Blood Borne Virus Update</strong>&lt;br&gt;Pharmacy led inter-professional course aiming to explore the current guidance and best practice concerning blood borne viruses, needle exchange and hepatitis C services&lt;br&gt;Local Pharmacy Team / Hard Reduction Team, NHS Highland</td>
<td>Centre for Health Science, Inverness</td>
<td>Tuesday 13th September 2016</td>
<td>18:30 - 20:30</td>
<td>£60</td>
</tr>
<tr>
<td>G</td>
<td>Glasgow</td>
<td><strong>Advanced Leadership - 6 day course (GPs and Pharmacists)</strong>&lt;br&gt;This is a 6 day course which aims to enable participants to test some key theories of leadership in the workplace. Aimed at GPs and Pharmacists with more than 3 years post registration experience.&lt;br&gt;NES Pharmacy Team</td>
<td>Stirling Court Hotel, Stirling University</td>
<td>14 September, 27 September, 5 October, 5 November, 6 December 2016 and 20 January 2017</td>
<td>09:30 - 16:00</td>
<td>£500</td>
</tr>
<tr>
<td>G</td>
<td>Lanarkshire</td>
<td><strong>Drugs &amp; Alcohol (Joint Local Course)</strong>&lt;br&gt;Pharmacy led inter-professional course aiming to update participants on the management of patients with alcohol and other drug addictions&lt;br&gt;Liz Marr, Specialist Addictions Pharmacist, NHS Lanarkshire</td>
<td>Ronald Miller Education Suite, Wishaw General Hospital</td>
<td>Tuesday 20th September 2016</td>
<td>19:00 - 21:00</td>
<td>£60</td>
</tr>
<tr>
<td>G</td>
<td>Lanarkshire</td>
<td><strong>Mindfulness – Introductory week followed by 8 week course</strong>&lt;br&gt;The first week provides an Introduction to the course followed by an 8 week Mindfulness based stress reduction course for healthcare professionals delivered by experienced presenters and course materials provided.&lt;br&gt;Speaker – Bridie O’Dowd/Brenda Miller</td>
<td>Centre for Integrative Medicine, Gartnavel Hospital</td>
<td>Starting Wednesday 28 September and recurring every Wednesday until 23 November 2016</td>
<td>19:00 - 21:30</td>
<td>£200 for 9 weeks</td>
</tr>
<tr>
<td>A</td>
<td>Aberdeen</td>
<td><strong>Business of General Practice</strong>&lt;br&gt;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.&lt;br&gt;Jim Milligan and Mike Gilbert, BMA</td>
<td>Aberdeen</td>
<td>Friday 30 September 2016</td>
<td>09:30 - 16:30</td>
<td>£180</td>
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<tr>
<td>Course</td>
<td>Description</td>
<td>Dates</td>
<td>Location</td>
<td>Fee</td>
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<tr>
<td>Mindfulness - An Introduction</td>
<td>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.</td>
<td>Friday 7 October 2016 09:30 - 16:00</td>
<td>Westport, Edinburgh</td>
<td>£120</td>
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<tr>
<td>Joint Injections</td>
<td>Understand when corticosteroid injections are appropriate, and develop hands on skills and diagnostic expertise using a range of models.</td>
<td>Friday 11 November 2016 09:00 - 13:00</td>
<td>Westport, Edinburgh</td>
<td>£60</td>
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<tr>
<td>The Resilient Practice</td>
<td>This 2 day course is aimed at all GPs and Practice Managers. Primary health care teams are facing challenging times as consultations and workload increase whilst there are shortages of GPs and of practice nurses and advanced nurse practitioners. Practices may have to learn how to work differently and more effectively than in the past. Our two day conference will help you and your team learn the skills of how teams may work differently from the present. A number of national agencies including the Scottish Government, the BMA, RCGP and NHS Education for Scotland have come together to enable you to increase resilience.</td>
<td>Friday 18 &amp; Saturday 19 November 2016 10:00 - 17:00</td>
<td>2 Central Quay, Glasgow</td>
<td>£195 for GPs / £100 for Managers</td>
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<tr>
<td>A Taste of Leadership (GPs and Pharmacists)</td>
<td>This course is an inter-professional course with Pharmacy. The aim of this one-day leadership course is to: • introduce leadership concepts relating to groups/teams and emotional intelligence • raise awareness of personal contributions to leadership • enable development of personal leadership capabilities • enable understanding of the fundamentals of working as a member of a team • enable understanding and development of aspects of emotional intelligence • provide an opportunity to share and reflect on each other’s practical experiences of leadership issues</td>
<td>22nd November 2016 09:30 - 16:00</td>
<td>Forest Grove House, Aberdeen</td>
<td>£120</td>
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<tr>
<td>GP Accounts</td>
<td>Includes financial tips and tools to maximise earnings in 2016-17. Gain an awareness of financial matters to consider with partner changes, identify opportunities to increase practice profitability and an improved understanding of GP accounts</td>
<td>Wednesday 23 November 2016 14:00 - 17:00</td>
<td>Westport, Edinburgh</td>
<td>£60</td>
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Please note that all courses are now bookable on a Pay As You Go basis via: [www.cpdcconnect.nhs.scot](http://www.cpdcconnect.nhs.scot)
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<table>
<thead>
<tr>
<th>Date</th>
<th>Course Title</th>
<th>Location</th>
<th>Instructor</th>
<th>Date</th>
<th>Time</th>
<th>Venue/Address</th>
<th>Fee</th>
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<tbody>
<tr>
<td>December 3</td>
<td>Cradle to Grave</td>
<td>Queen Margaret University, Edinburgh</td>
<td>Meiling Denney</td>
<td>Saturday</td>
<td>09:30 -</td>
<td>Queen Margaret University, Edinburgh</td>
<td>£135</td>
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<tr>
<td>January 3</td>
<td>Working more effectively in tricky consultations</td>
<td>AECC, Exhibition Avenue, Bridge of Don, Aberdeen AB23 8BL</td>
<td>Dr Cathy Cahill (former GP) and mentalizing skills trainer in NHS Glasgow and Clyde</td>
<td>27th January</td>
<td>09:30 -</td>
<td>2 Central Quay, Glasgow</td>
<td>£120</td>
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<tr>
<td>March 8</td>
<td>Cradle to Grave</td>
<td>AECC, Exhibition Avenue, Bridge of Don, Aberdeen AB23 8BL</td>
<td>Dr Alison Sneddon</td>
<td>Wednesday</td>
<td>09:30 -</td>
<td>AECC, Exhibition Avenue, Bridge of Don, Aberdeen AB23 8BL</td>
<td>£135</td>
</tr>
<tr>
<td>March 10</td>
<td>Palliative Medicine</td>
<td>St. Columba's Hospice, Edinburgh</td>
<td>Dr Duncan Brown, Medical Director, St. Columba's Hospice</td>
<td>Thursday</td>
<td>09:00 -</td>
<td>St. Columba's Hospice, Edinburgh</td>
<td>£120</td>
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<tr>
<td>March 13</td>
<td>Learning Disability &amp; Psychiatry</td>
<td>Westport, Edinburgh</td>
<td>Dr John Russell, Consultant Psychiatrist, Learning Disability Service (Fife and Lothian), Training Programme Director, Psychiatry Recruitment Lead for Scotland</td>
<td>Monday</td>
<td>09:00 -</td>
<td>Westport, Edinburgh</td>
<td>£120</td>
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<td>MARCH 2017</td>
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<tr>
<td><strong>G</strong> Essentials in Sexual Offences Forensic Examination &amp; Clinical Management</td>
<td>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)</td>
<td>Dr Deb Wardle, Consultant in Genitourinary Medicine and Sexual Health and Lead Consultant, Archway, Glasgow SARC.</td>
<td>Saturday 18, Sunday 19 &amp; Monday 20 March 2017 09:30 - 17:00 2 Central Quay, Glasgow £405</td>
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<tr>
<td><strong>E</strong> Gynaecology</td>
<td>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.</td>
<td>Dr Helen Kettle, GP</td>
<td>Wednesday 29 March 2017 09:00 - 17:00 Westport, Edinburgh £120</td>
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</table>

| MAY 2017 |
|-----------------|---------------------------------|---------------------------------|-------------------------------|
| **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 affecting people from Cradle to Grave. 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 12th & Saturday 13th May 2017 09:30 - 16:30 Beardmore Hotel & Conference Centre, Clydebank £135 for 1 day / £195 for both days if booked together |
SEPTEMBER 2016 - MAY 2017
Workshops at a glance

- SEPTEMBER
- OCTOBER
- NOVEMBER
- DECEMBER
- MARCH
- MAY

For more information or to book a workshop please visit: www.cpdconnect.nhs.scot
### SEPTEMBER

**Workshops at a glance**

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Borne Virus Update</td>
<td>13 September</td>
</tr>
<tr>
<td>Level 3 Safeguarding Children</td>
<td>13 September</td>
</tr>
<tr>
<td>Advanced Leadership (GPs &amp; Pharmacists)</td>
<td>14 September</td>
</tr>
<tr>
<td>Drugs &amp; Alcohol (Joint Local Course)</td>
<td>20 September</td>
</tr>
<tr>
<td>Mindfulness-Based Stress Reduction (MBSR)</td>
<td>28 September</td>
</tr>
<tr>
<td>Business of General Practice</td>
<td>30 September</td>
</tr>
<tr>
<td>Blood Borne Virus Update</td>
<td>13 September</td>
</tr>
</tbody>
</table>

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

**Key for course locations:**
- Aberdeen
- Edinburgh
- Glasgow
- Other see course for details
**BLOOD BORNE VIRUS UPDATE**

**DATE**  
Tuesday 13 September 2016

**TIME**  
18:45

**COST**  
£60

**LOCATION**  
Centre for Health Science, Inverness

**FORMAT**  
Presentation and Q&A

**COURSE ORGANISERS**  
Hard Reduction Team, NHS Highland

**AUDIENCE**  
Pharmacists and GPs

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**DESCRIPTION**

This pharmacy led course will explore the current guidance and best practice concerning blood borne viruses, needle exchange and hepatitis C services.

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**LEARNING OUTCOMES**

- Describe the current treatment of blood borne viruses and strategies for reducing transmission
- Describe the current local hepatitis C pharmacy service
- Identify potential safety issues associated with dealing with BBV
- Apply this learning in supporting patients in treatment and/or in provision of safe injecting
LEVEL 3 SAFEGUARDING CHILDREN

<table>
<thead>
<tr>
<th>DATE</th>
<th>Tuesday 13 September 2016</th>
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<tbody>
<tr>
<td>TIME</td>
<td>12:30 – 16:30</td>
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<tr>
<td>COST</td>
<td>£60</td>
</tr>
<tr>
<td>LOCATION</td>
<td>Aberdeen</td>
</tr>
<tr>
<td>FORMAT</td>
<td>Presentation and Q&amp;A</td>
</tr>
<tr>
<td>COURSE ORGANISERS</td>
<td>Marianne Cochrane</td>
</tr>
<tr>
<td>AUDIENCE</td>
<td>GPs</td>
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**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
The aim of this 6 day course is to enable participants to test some key theories of leadership in the workplace. The course has been further developed in line with Prescription for Excellence. This particular course is aimed at GPs and Pharmacists with more than 3 years post registration experience. This course is based on reflection and exploration of yourself as a leader. The teaching style is discussion orientated with participants being expected to come equipped with experiences to share with the group.

Participants are expected to do some small tasks prior to, and throughout, the course and report back on progress at each training session. In addition, a small project will be undertaken throughout the course which will be ‘presented’ as a poster on Day 6. One such task is completion of the NHS Leadership Academy Leadership Framework Self Assessment tool which will be provided for completion on Day 1 and then again on Day 6. The results of this questionnaire will be analysed as part of the impact assessment for the course.

continued over...
### ADVANCED LEADERSHIP (GPS & PHARMACISTS)

#### DESCRIPTION
A topic for a small project should be discussed with the relevant line manager prior to attending on Day 1. As part of the course there are podcasts of senior pharmacists and other healthcare professionals to listen to.

Key topics covered in the course are; the dynamics of teams, how to chair effectively, communication for leadership, managing conflict, coaching vs mentoring, staff development, change management and how to negotiate effectively.

#### LEARNING OUTCOMES

- Be able to describe a variety of key issues to consider when undertaking a negotiation
- Be able to discuss different ways of motivating members of your team
- Have an increased understanding of different leadership styles and when to apply the different theories in practice
- Be able to demonstrate improved skills when chairing meetings
- Be able to reflect on experiences of managing change in the workplace using a variety of case studies
- Have an increased understanding of the theory of conflict, how to deal with issues of conflict and to reflect on the outcome of such situations of teams within the workplace
- Be able to demonstrate understanding of the differences between management and leadership
- Have an increased knowledge and understanding of leadership theory and be able to discuss application of this understanding to the personal situation
- Be able to describe your own personal individual leadership style and the effect of the particular style within the workplace
- Be able to discuss different aspects of communication employed by a leader
- Be able to utilise aspects of Transactional Analysis in particular with a view to reducing conflict
- Be able to describe the different dynamics of a team compared to a group and discuss how to motivate a team
- Be able to discuss your personal communication styles and describe the application of different communication styles in the workplace
# DRUGS & ALCOHOL

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>This pharmacy led course aims to update participants on the management of patients with alcohol and other drug addictions.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LEARNING OUTCOMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Describe the process of referral for alcohol treatment and the patient journey in treatment</td>
</tr>
<tr>
<td>• Understand and apply the criteria for referral to alcohol services</td>
</tr>
<tr>
<td>• Assess the risks of interactions between oral substitution therapy and alcohol and the dangers of co-prescribing</td>
</tr>
<tr>
<td>• Describe the self help and mutual aid material available and refer patients appropriately</td>
</tr>
</tbody>
</table>
MINDFULNESS-BASED STRESS REDUCTION (MBSR)

DATE Wednesday 28 September 2016
- Introductory Week followed by 8 week course
TIME 19:00 – 21:30
COST £200 for 9 weeks
LOCATION Gartnavel Hospital, Glasgow
FORMAT Experiential
COURSE ORGANISERS Dr Bridie O’Dowd / Brenda Miller
AUDIENCE GPs, and other health care professionals including dentists, pharmacists and nurses of all grades

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

continued over...
MINDFULNESS-BASED STRESS REDUCTION (MBSR)

DESCRIPTION

Course includes:

- Introductory week
- Thereafter, 8 weekly 2½ hour group sessions
- Learning mindfulness practices such as body scan, sitting with the breath and mindful movement
- Over the course of the 8 weeks 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

Course includes:

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

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.

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.
OCTOBER
Workshops at a glance

Mindfulness  7 October

Key for course locations:
- Aberdeen
- Edinburgh
- Glasgow
- Other see course for details

For more information or to book a workshop please visit: www.cpdconnect.nhs.scot
MINDFULNESS

DATE Friday 7 October 2016
TIME 09:30 - 16:00
COST £120
LOCATION Westport, Edinburgh
FORMAT Experiential
COURSE ORGANISERS Dr Vee Freir, Consultant Clinical Psychologist and Dr Peter Wilkes, GP
AUDIENCE Multidisciplinary

DESCRIPTION

This experiential day workshop is a taster designed to demonstrate how mindfulness can benefit you as an individual and be of benefit to your patients and your practice. Mindfulness is currently one of the treatments of choice for recurring depression and has been used successfully in the reduction of stress, anxiety, fatigue and psychological problems associated with adjustment to illness as well as being preventative to 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
2016-17

NOVEMBER

Workshops at a glance

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joint Injections</td>
<td>11 November</td>
</tr>
<tr>
<td>The Resilient Practice</td>
<td>18 November</td>
</tr>
<tr>
<td>The Resilient Practice</td>
<td>19 November</td>
</tr>
<tr>
<td>A Taste of Leadership (GPs &amp; Pharmacists)</td>
<td>22 November</td>
</tr>
<tr>
<td>GP Accounts</td>
<td>23 November</td>
</tr>
</tbody>
</table>

For more information or to book a workshop please visit: [www.cpdconnect.nhs.scot](http://www.cpdconnect.nhs.scot)
DATE: Friday 11 November 2016
TIME: 09:00 - 13:00
COST: £60
LOCATION: Westport, Edinburgh
FORMAT: Experiential
COURSE ORGANISERS: Dr Helen Harris, Consultant Rheumatologist
AUDIENCE: Multidisciplinary

DESCRIPTION
This course is aimed at beginners and those with some joint injection experience. The session will cover the following:
- Indications for corticosteroid injections - an interactive presentation
- Hands on injection of a range of joints using both one to one and group formats
- Ample time for questions and case discussions.

LEARNING OUTCOMES
- Understanding when corticosteroid injection is appropriate
- Being able to undertake corticosteroid injection in a range of joints
- How to diagnose different pathologies of a range of joints
THE RESILIENT PRACTICE

Primary health care teams are facing challenging times as consultations and workload increase whilst there are shortages of GPs and of practice nurses and advanced nurse practitioners. Practices may have to learn how to work differently and more effectively than in the past. Our two day conference will help you and your team learn the skills of how teams may work differently from the present. A number of national agencies including the Scottish Government, the BMA, RCGP and NHS Education for Scotland have come together to enable you to increase resilience.

DESCRIPTION

LEARNING OUTCOMES

- To understand the challenges faced by primary health care teams in Scotland
- Learn how teams can improve team working during challenging times
- Hear the thinking and recommendations of national bodies and key figures in the world of Scottish General Practice

This programme will appeal to all general practitioners in Scotland, especially those with a leadership role in the practice. It will also be of interest to practice managers and health board managers who have responsibilities in primary health care.
An underpinning principle is that leadership is distributed throughout the health and social care system, rather than being simply vested in a few formal leadership positions at the top of the hierarchy (King's Fund, 2014).

This course is an inter-professional course with Pharmacy. The core content of this programme has been aligned to key reference documents relating to the professional development of GPs pharmacy staff.

**The aim of this one-day leadership course is to:**

- Introduce participants to leadership concepts relating to groups/teams and emotional intelligence
- Raise participants’ awareness of their personal contribution to leadership
- Enable participants to start developing their own personal leadership capabilities
- Enable participants to understand the fundamentals of working as a member of a team

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<table>
<thead>
<tr>
<th>DATE</th>
<th>Tuesday 22nd November 2016</th>
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</thead>
<tbody>
<tr>
<td>TIME</td>
<td>09:30 - 16:00</td>
</tr>
<tr>
<td>COST</td>
<td>£120</td>
</tr>
<tr>
<td>LOCATION</td>
<td>NHS Education for Scotland, Forest Grove House, Aberdeen</td>
</tr>
<tr>
<td>FORMAT</td>
<td>Experiential</td>
</tr>
<tr>
<td>COURSE ORGANISERS</td>
<td>NES Pharmacy Team</td>
</tr>
<tr>
<td>AUDIENCE</td>
<td>GPs and Pharmacists</td>
</tr>
</tbody>
</table>
A TASTE OF LEADERSHIP (GPS & PHARMACISTS)

DESCRIPTION

- Enable participants to understand and start developing aspects of emotional intelligence
- Provide participants with the opportunity to share and reflect on each other’s practical experiences of leadership issues

**Key reference sources for the development of the course have been:**

- A Prescription for Excellence
- Collective Leadership (Michael West et al)
- Typology of problems and followership (Keith Grint)
- Emotional Intelligence and Leadership styles (Daniel Goleman and Richard Boyatzis)
- Team-based working and inter-team working (Michael West et al)

LEARNING OUTCOMES

- Understand the concept of emotional intelligence
- Understand the concept of collective leadership and followership
- Understand the concept of team working and what makes an effective team
- Understand your own capabilities and development required as a leader
GP ACCOUNTS

DATE Wednesday 23rd November 2016
TIME 14:00 - 17:00
COST £60
LOCATION Westport, Edinburgh
FORMAT Presentation
COURSE ORGANISERS Ms Linda Nelson, Condies Chartered Accountants
AUDIENCE GPs and Practice Managers

DESCRIPTION
This half day workshop will include: financial tips and tools to maximise earnings in 2016 - 17; how to keep partners’ current account balances in line; calculating partners’ drawings; update on superannuation and seniority; and open forum for discussion and course appraisal.

LEARNING OUTCOMES
- Awareness of financial matters to consider with partner changes
- Identify opportunities to increase practice profitability
- Improved understanding of GP accounts
DECEMBER 2016
Workshops at a glance

Cradle to Grave (Edinburgh)  3 December

Key for course locations:
- Aberdeen
- Edinburgh
- Glasgow
- Other see course for details

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

DATE: Saturday 3 December 2016
TIME: 09:30 – 16:30
COST: £135
LOCATION: Musselburgh, near Edinburgh
FORMAT: Short Presentations and Q&A
COURSE ORGANISERS: Dr MeiLing Denney, Assistant Director, GP Education
AUDIENCE: GPs and Pharmacists

DESCRIPTION

This 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.

The programme is being devised and will soon be circulated.
JANUARY
Workshops at a glance

Working More Effectively in Tricky Consultations
27 January

For more information or to book a workshop please visit: www.cpdconnect.nhs.scot
WORKING MORE EFFECTIVELY IN TRICKY CONSULTATIONS

A full day workshop focusing 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’

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 mentalizing
### MARCH

**Workshops at a glance**

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cradle to Grave (Aberdeen)</td>
<td>8 March</td>
</tr>
<tr>
<td>Palliative Medicine</td>
<td>10 March</td>
</tr>
<tr>
<td>Learning Disabilities &amp; Psychiatry</td>
<td>13 March</td>
</tr>
<tr>
<td>Essentials In Sexual Offences Forensic Examination And Clinical Management</td>
<td>18 March</td>
</tr>
<tr>
<td>Gynaecology</td>
<td>29 March</td>
</tr>
</tbody>
</table>

**Key for course locations:**
- Aberdeen
- Edinburgh
- Glasgow

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

**DATE**  
Wednesday 8 March 2017

**TIME**  
09:30 – 16:30

**COST**  
£135

**LOCATION**  
Aberdeen Exhibition and Conference Centre

**FORMAT**  
Short Presentations and Q&A

**COURSE ORGANISERS**  
Dr Alison Sneddon

**AUDIENCE**  
GPs

**DESCRIPTION**

This 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. The programme is being devised and will soon be circulated.
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.
The course is to offer help and guidance to GPs in managing people with a learning disability. This will cover communication, advice on recognising and managing mental health problems, autism, legislation (MHA and AWI), as well as further information about the SE Scotland LD Services.

**LEARNING OUTCOMES**

- Gain an understanding of how to manage patients with a LD who present to the surgery and the role of psychiatry including age related issues.
- Learn more about communication with patients with a LD.
- Learn about the assessment and management of those on the Autism Spectrum.
- Learn who to contact for help i.e. by gaining an understanding of the role of the Acute Hospitals Liaison Nursing Service, the LD Epilepsy Service and the GP Liaison Nurse.
# ESSENTIALS IN SEXUAL OFFENCES FORENSIC EXAMINATION AND CLINICAL MANAGEMENT

<table>
<thead>
<tr>
<th>DATE</th>
<th>Saturday 18, Sunday 19 &amp; Monday 20 March 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME</td>
<td>09:00 – 17:00 each day</td>
</tr>
<tr>
<td>COST</td>
<td>£405</td>
</tr>
<tr>
<td>LOCATION</td>
<td>2CQ, Glasgow</td>
</tr>
<tr>
<td>FORMAT</td>
<td>Presentations and small group work</td>
</tr>
<tr>
<td>COURSE ORGANISERS</td>
<td>Dr Deb Wardle, Consultant in Genitourinary Medicine and Sexual Health and Lead Consultant, Archway, Glasgow SARC.</td>
</tr>
<tr>
<td>AUDIENCE</td>
<td>General Forensic Physicians, Sexual Offences Examiners, Nurses and trainees</td>
</tr>
</tbody>
</table>

## 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).
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.
## 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 and gynaecological cancers. The speakers all plan the talks for a GP audience and allow time for plenty of questions.
MAY
Workshops at a glance

Cradle to Grave (Glasgow)  12 May

Key for course locations:
- Aberdeen
- Edinburgh
- Glasgow

For more information or to book a workshop please visit: www.cpdconnect.nhs.scot
CRADLE TO GRAVE (GLASGOW)

<table>
<thead>
<tr>
<th>DATE</th>
<th>Friday 12th &amp; Saturday 13th May 2017</th>
</tr>
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<tbody>
<tr>
<td>TIME</td>
<td>09:30 – 16:30</td>
</tr>
<tr>
<td>COST</td>
<td>£135 for 1 day / £195 for 2 days</td>
</tr>
<tr>
<td>LOCATION</td>
<td>Beardmore Hotel &amp; Conference Centre, Glasgow</td>
</tr>
<tr>
<td>FORMAT</td>
<td>Short Presentations and Q&amp;A</td>
</tr>
</tbody>
</table>
| 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 with a series of short presentations on common healthcare dilemmas from childhood to old age. All of our speakers are local GPs with Special Interests, NHS Consultants and other healthcare 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.

The programme is being devised and will soon be circulated.
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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 1400/1401

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
Inverness
IV2 3JH
Tel: 01463 255714
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Twitter: @CPDConnect
Facebook: facebook.com/cpdconnect

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This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on 0131 656 3200 or email altformats@nes.scot.nhs.uk to discuss how we can best meet your requirements.
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.

**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.