

# **Thames Valley and Wessex Primary Care School**

**Hampshire and Isle of Wight**

***Continuing Professional  
Development***

***Course Catalogue 2025/26***

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# Meet The Team

Please do contact the primary care school team if you have any queries on any aspect of the courses listed within this brochure. Our contact details are below general queries can be directed to our team inbox: [england.primarycareschooltw.se@nhs.net](mailto:england.primarycareschooltw.se@nhs.net)

| Team member         | Role                                            | Area covered                |
|---------------------|-------------------------------------------------|-----------------------------|
| Dr Mary-Rose Shears | Primary Care Dean                               | Thames Valley and Wessex    |
| Sue Clarke          | Head of School of Primary Care (Training Hubs)  | Thames Valley and Wessex    |
| Libby MacKenzie     | Primary Care Workforce Development Lead         | Hampshire and Isle of Wight |
| Claire Sutton       | Primary Care clinical Learning Environment Lead | Hampshire and Isle of Wight |
| Angie Thompsett     | Primary Care clinical Learning Environment Lead | Hampshire and Isle of Wight |
| Ola Adekunle        | Primary Care Business Administration Officer    | Thames Valley and Wessex    |
| Mary Curtis         | Primary Care Programme Support Manager          | Thames Valley and Wessex    |
| Stephen Ingram      | Primary Care Business Manager                   | Thames Valley and Wessex    |

# Foreword

Welcome to the rich and exciting educational offers for primary care available to Allied Health Professionals, registered Nurses and Nursing Associates working in Primary Care within Hampshire and Isle of Wight.

Facilitating your education and training is important to Thames Valley and Wessex Training and Education, which exists to support the workforce in primary care.

Additionally, the Thames Valley and Wessex (TVW) Primary Care School supports educators and placements for learners in primary care by championing learning and quality of education. Currently over 90% of Primary Care Networks (PCN) in TVW have signed up, or are already approved, as learning environments. Through this activity, we are creating the pipeline for our future workforce.

Please take up this opportunity of CPD and learning as part of your culture of education and development within your practice or PCN.



**Dr Mary-Rose Shears**  
**Primary Care Dean, Thames Valley and Wessex**  
Workforce, Training and Education  
NHS England – South East

# What is Continuing Professional Development (CPD)



Continuing Professional Development refers to the ongoing process by which health care professionals maintain, improve and broaden their knowledge, skills and competence throughout their careers.

It is both a registered professional requirement, and a career development tool, ensuring staff can deliver safe, effective and up-to-date person-centred care, aligning with health population needs. All healthcare professionals have a responsibility to identify their CPD needs, and work with their employer to plan how those needs could be met.

## CPD can include the following:

- Formal education – for example, attending accredited and non-accredited courses, conferences, webinars, online learning and training modules and carrying out research.
- Professional activity – for example, being involved with a professional body or giving a presentation at a conference
- Self-directed learning – for example, reading articles or books
- Work-based learning – for example, reflecting on experiences at work, considering feedback from service users/students, shadowing or being shadowed or being a member of a committee

**Please note**, mandatory training does **not** contribute to CPD training hours, unless the training relates to your area of speciality.

**CPD funding is available for formal education (as described above) and equates to approximately £1,000 per learner, over a three-year period.**

# Who is eligible for CPD funding

**We are able to support CPD funding applications from Allied Health Professionals, registered Nurses and Nursing Associates working in Primary Care within Hampshire and Isle of Wight.**

Personalised care roles, Health Care Support Workers, General Practitioners, Pharmacists and Physician Assistants are not eligible for this CPD funding and should discuss funding opportunities with their employer.

## [Frequently Asked Questions \(FAQs\)](#)

Please refer to our FAQ guidance for further information.

# CPD opportunities and how to apply

## CPD opportunities

You can view our funded CPD courses within this course catalogue. For courses that sit outside the current offer, please contact your Learning Environment Lead, within the Primary Care School, to discuss further options.

## How to apply for CPD funding

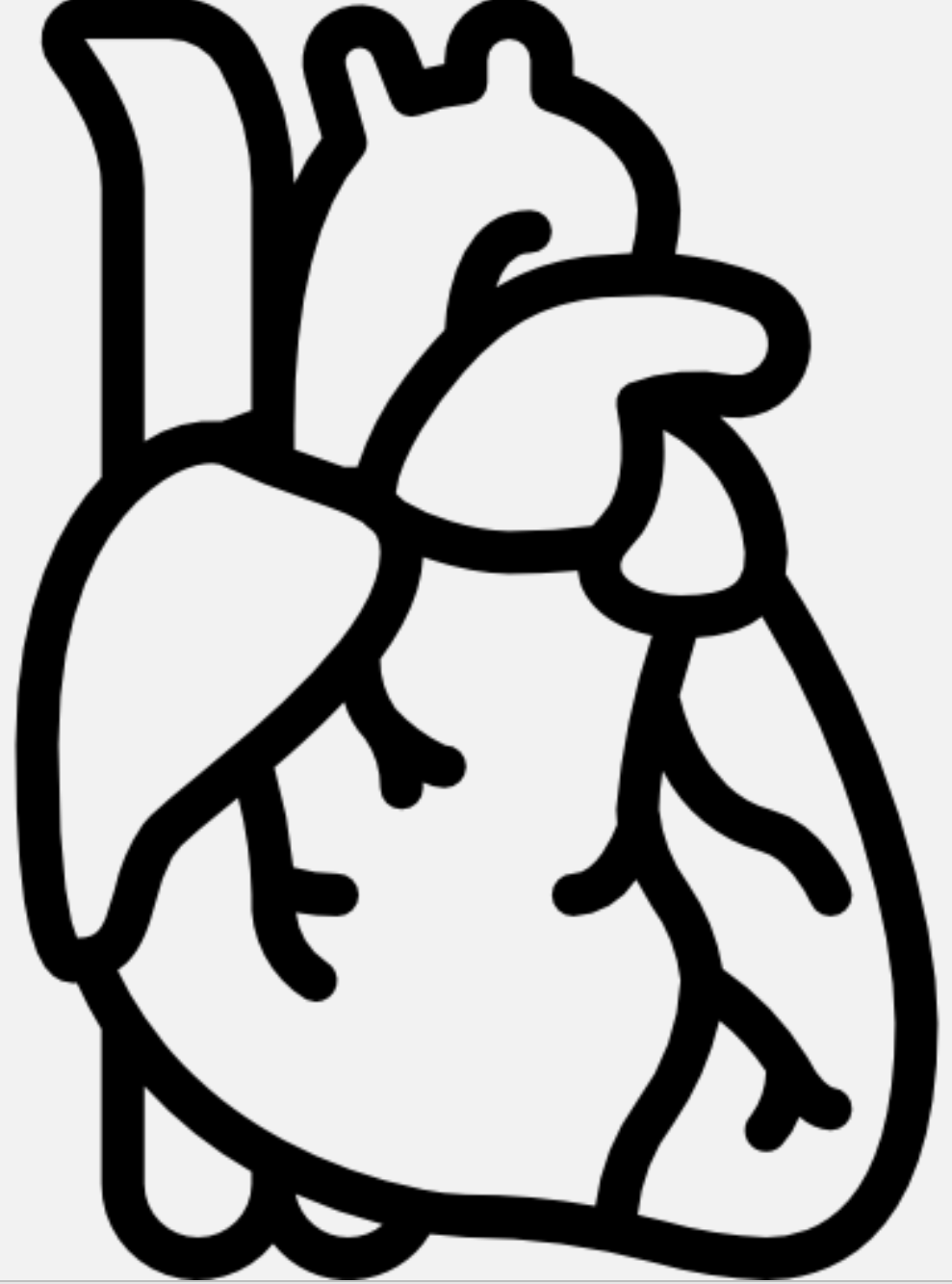
For funded CPD requests, please ensure you read the corresponding information such as course description, delivery method and dates available, and correctly complete and submit the continuing professional development funding application [Microsoft Form](#) (or scan the QR code)



**Do not apply directly to the course provider** unless otherwise instructed. If successful in your funding application, you will receive application and enrolment details by email from the Primary Care School.

[Please inform the TVW Primary Care School if you are unable to attend your funded course - DNA without informing us will be recorded and relayed to your practice/line manager.](#)

**Cardiac**



## Advancing Coronary Heart Disease (CHD) Care

This course is suitable for anyone who would like to develop their knowledge and understanding of the diagnosis and management of coronary heart disease (CHD). It covers risk factors, assessment, and acute and long-term management of CHD, including blood pressure and lipid management, through lifestyle and pharmacological interventions. The course is built around case studies which help you to put theory into practice.

45 hours course with 4 months to complete.

**Dates:** please see provider website

**Provider:** Rotherham Respiratory

**Delivery method:** virtual

**Level of Study:** Advanced

## Advancing Heart Failure Care

This course is aimed at providing easily accessible, up to date, information on the key issues in heart failure. You will be led through a series of topics that form the essentials of heart failure management and consider aspects of the provision of care in a variety of health settings. The topics are aligned to the recently published heart failure nurse competencies (January 2021) ranging from how to investigate suspected heart failure through to the role of the multi-disciplinary team in facilitating self-care. Learning will be enhanced through a series of case studies that focus on application to practice and consideration of co-morbidities.

45 hours course with 4 months to complete.

**Dates:** please see provider website

### Arrhythmia Interpretation and Management

This one-day course provides an opportunity to learn about various heart rhythm disturbances, their aetiology, management and treatment strategies. Delegates must have a good working knowledge of ECG interpretation.

**Dates:** please see provider website

**Provider:** M&K Update Ltd

**Delivery method:** virtual

**Level of Study:** Intermediate

### Atrial Fibrillation

This course is suitable for any healthcare professional who is involved in the diagnosis and management of atrial fibrillation. The course covers epidemiology, pathophysiology, risk factors and diagnosis. It will also cover the management of symptoms, along with the importance of stroke risk reduction in people diagnosed with atrial fibrillation, through appropriate use of anticoagulation.

7.5 hours course with 1 month to complete.

**Dates:** please see provider website

**Provider:** Rotherham Respiratory

**Delivery method:** virtual

**Level of Study:** Intermediate

### [ECG Workshop](#)

This two-day ECG Workshop addresses the needs of nurses, doctors and allied health professionals who encounter ECG monitoring and traces. Theoretical and practical workshops in ECG Interpretation are delivered by experienced cardiac professionals.

**Dates:** please see provider website

**Provider:** M&K Update Ltd

**Delivery method:** virtual

**Level of Study:** Intermediate

### [Heart Failure Foundation](#)

This course is aimed at providing easily accessible, up to date, information on the key issues in heart failure. You will be led through a series of topics that form the foundation of heart failure management, ranging from how to ensure an accurate diagnosis through to tips on self-management and the use of the most appropriate medication regimes.

15 hours course with 2 months to complete.

**Dates:** please see provider website

**Provider:** Rotherham Respiratory

**Delivery method:** virtual

**Level of Study:** Foundation

## Heart Failure Update

This update course is aimed at healthcare professionals with a working knowledge of the management of heart failure who wish to refresh their knowledge and skills. It is based on the latest available evidence and ensures the student is informed of current best practice and recent advances. You will be led through a series of topics to give you the opportunity to review and develop your current knowledge and skills. These will include ensuring an accurate diagnosis through to the rationale for the complex pharmacological and non-pharmacological management options.

7.5 hours course with 1 month to complete.

**Dates:** please see provider website

**Provider:** Rotherham Respiratory

**Delivery method:** virtual

**Level of Study:** Update

## Hypertension

This course is suitable for any healthcare professional who participates in the screening, diagnosis and clinical management of hypertension. Often called the “silent killer” hypertension is one of the most important modifiable risk factors for stroke, ischaemic heart disease, heart failure and renal disease. However, according to the World Health Organisation, with early identification, it is one of the most preventable and treatable causes of premature death worldwide.

7.5 hours course with 1 month to complete.

**Dates:** please see provider website

**Provider:** Rotherham Respiratory

## Introduction to Heart Failure for Practice Nurses

In these two sessions, you will consider the role of the healthy heart and then review the effect of heart disease on the risk of developing heart failure. The pathophysiology of heart failure with reduced, preserved and mid-range ejection fraction is explained, linking these changes to the interventions which are known to improve morbidity and mortality. We address risk factors for HF, explore how the diagnosis is made and debate how to explain the diagnosis to the patient. We then go on to address the lifestyle interventions and pharmacological management which can improve outcomes. We also cover how to carry out an effective annual review, including recognition of when to refer on for consideration of implantable device or for end-of-life care.

**Dates:** please see provider website

**Provider:** Wessex LMCs

**Delivery method:** virtual

**Level of Study:** Introduction

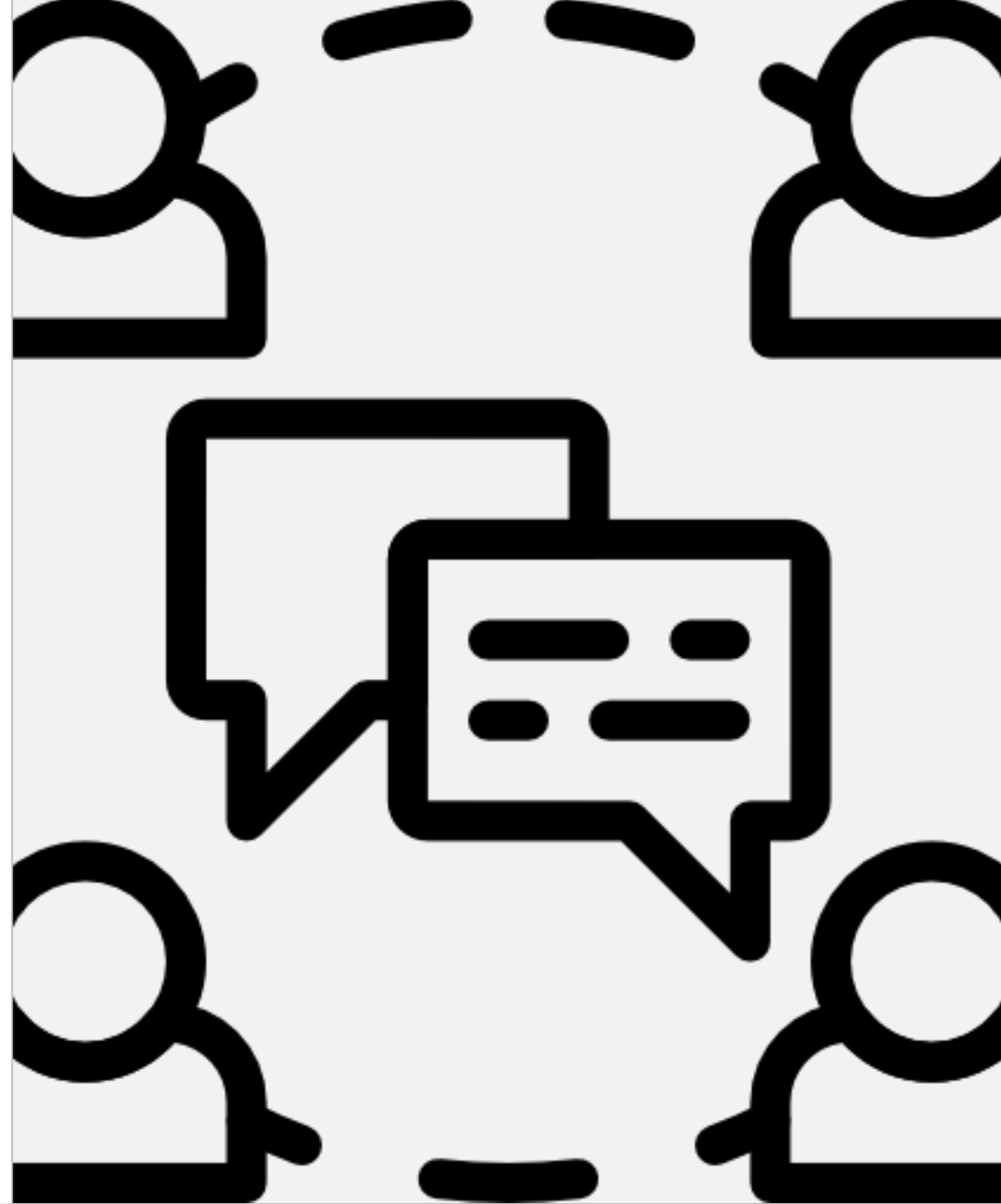
## Managing Heart Failure

This two-day course explains heart function and basic pathophysiology of heart failure. This knowledge is then related to the diagnosis of heart failure, and overall management of patients with heart failure. Device therapy is briefly discussed at the end of the day to increase awareness of treatment options, and palliative care is also briefly explored in order to encourage clinicians to provide patients with opportunities to have early end of life discussions and improve palliative care in heart failure.

**Dates:** please see provider website

**Provider:** M&K Update Ltd

# Communication



### [Remote Consultation and Triage for Nurses and AHPs](#)

This two-day course will take the participant through the stages of development and practice. Training consists of both theoretical and practical components and will provide the skills required to set up and run a telephone triage system.

**Dates:** please see provider website

**Provider:** M&K Update Ltd

**Delivery method:** virtual

**Level of Study:** Intermediate

**Dementia**



## Living Well with Dementia

This non-accredited unit will allow students to understand the causes of dementia and critically analyse the care of those with a dementia, aiming to develop their own practice. Students will need to have contact or work with people with a dementia.

### Content:

- The current issues in all care settings for the person with dementia and their families/carers
- What is dementia?
- Person-centred care;
- The importance of comprehensive geriatric assessment
- Managing behaviour that may challenge
- Legal and ethical issues

**Dates:** please see provider website

**Provider:** Bournemouth University

**Delivery method:** face to face, Lansdowne Campus

**Level of Study:** non-accredited

# Dermatology



### Dermatology for Nurses and AHPs

This one-day course designed to give a broader understanding of anatomy and physiology of the skin and giving ability in recognising lesions, lumps and bumps.

**Dates:** please see provider website

**Provider:** M&K Updates Ltd

**Delivery method:** virtual

**Level of Study:** Intermediate

### Skin Assessment and Common Dermatological Conditions

This session is suitable for practice nurses, community nurses and allied health professionals.

#### **Aims**

- To be able to undertake a targeted patient history
- To be able to assess the morphology, configuration and distribution of skin lesions
- To gain an understanding of common dermatological conditions and their management
- To be able to identify dermatological red flag signs and symptoms

**Dates:** please see provider website

**Provider:** Wessex LMCs

**Delivery method:** virtual

**Level of Study:** Introduction

## [Dermatology – Skin Rash Presentations to General Practice](#)

**This course is aimed at GPNS /Advanced clinical practitioners and AHPs.**

This interactive workshop explores common and unusual skin rashes that can present in primary care. Dr Caroline Lindsay will discuss signs and features relating to skin presentations, relevant investigations and management planning for treatment or referral.

Intended Learning Outcomes:

- Knowledge regarding a systematic approach to assessment of skin rashes
- Practitioners will have increased confidence at recognition of skin rashes and differential diagnosis

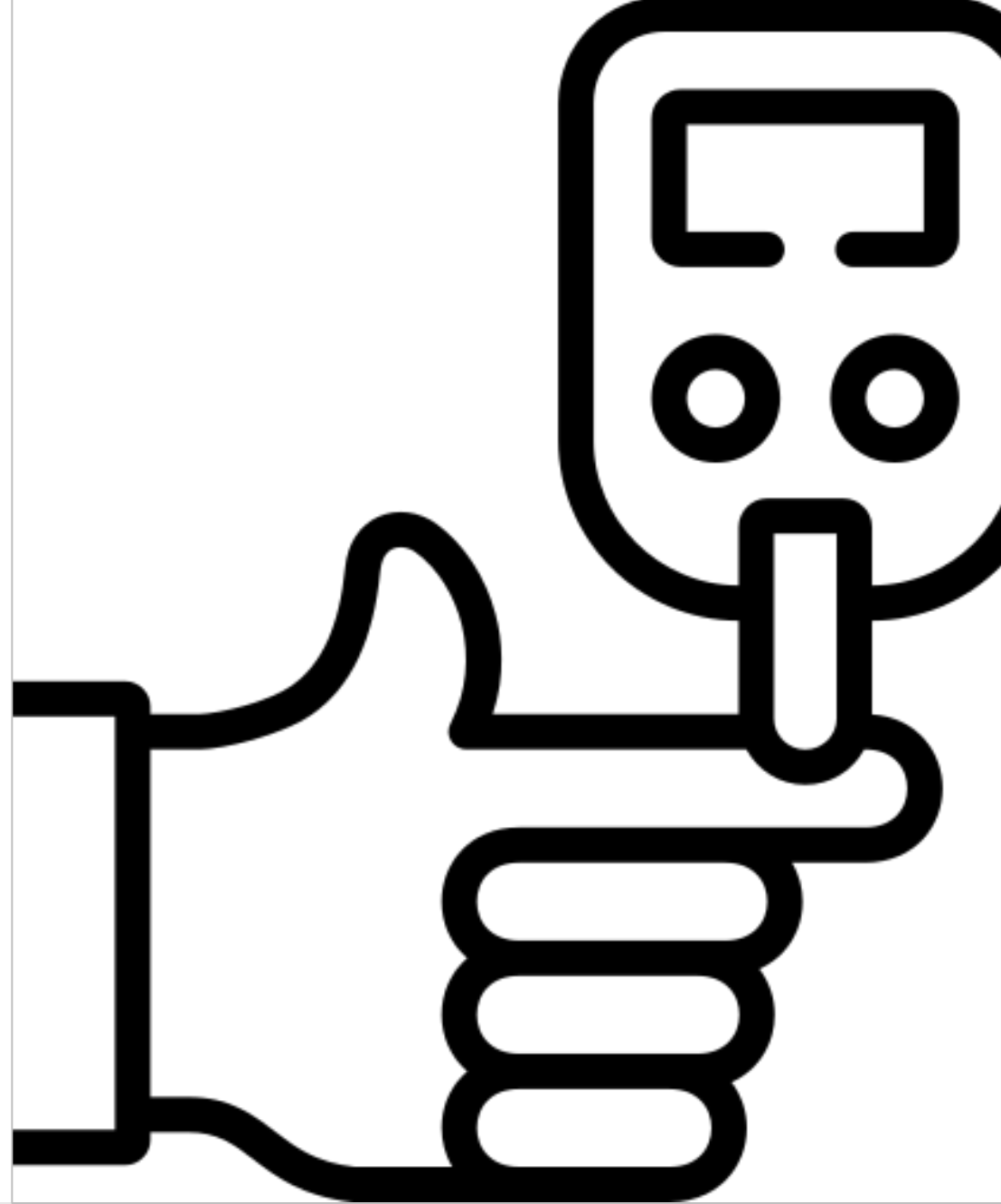
**Dates:** please see provider website

**Provider:** J2S

**Delivery method:** ~~Delivery method:~~ face-to-face, John Pounds Community Centre, Portsmouth

**Level of Study:** Enhanced

**Diabetes**



## Advanced Diabetes Workshop

This workshop is for any a health professional (GPNS and AHP) already completing LTC reviews in Diabetes and providing medicines management for complete episodes of care.

The day will be run by a specialist Diabetes Nurse with extensive experience in primary care. Exploring insulin and injectables and latest advances in Diabetes management, learning will be with a blend of PowerPoint presentation, group discussion and case studies to help understand and demystify the complexities of quality diabetes management.

**Dates:** please see provider website

**Provider:** J2S

**Delivery method:** face to face, John Pounds Community Centre

**Level of Study:** Advanced

## Advancing Diabetes Care

This course is suitable for anyone who would like to advance their knowledge and understanding of the diagnosis and holistic management of diabetes. It covers different types of diabetes, explains the pharmacological and lifestyle interventions that can optimise outcomes with reference to glycaemic control, blood pressure and lipid management and includes case studies to bring the theory to life. Sections include mental health and special cases such as learning disabilities and the frail elderly.

45 hours course with 4 months to complete

**Dates:** please see provider website

**Provider:** Rother

### [Diabetes course for Nurses and AHPs](#)

This one-day course aimed at Nurses and AHPs working in General Practice to develop competency in managing patients with diabetes based around the TREND nursing competency framework.

**Dates:** please see provider website

**Provider:** M&K Updates Ltd

**Delivery method:** virtual

**Level of Study:** Intermediate

### [Diabetes Update](#)

This course is designed for clinicians with an existing knowledge of the diagnosis and management of type 2 diabetes. Type 2 diabetes is a condition where complications, including chronic kidney disease and cardiovascular complications, can cause significant morbidity and mortality. The focus of the course is on recognising how appropriate, evidence-based interventions can both prevent complications and reduce the impact of any existing complications on quality of life and the use of healthcare resources.

7.5 hours course with 1 month to complete

**Dates:** please see provider website

**Provider:** Rotherham Respiratory

**Delivery method:** virtual





## Digital Health



## [Digital Skills for Digital Health](#)

For professionals interested in learning more about how they can play a part of the digital transformation in healthcare, this course explores the use of technology to improve patient care and population wellbeing and the shift from analogue to digital.

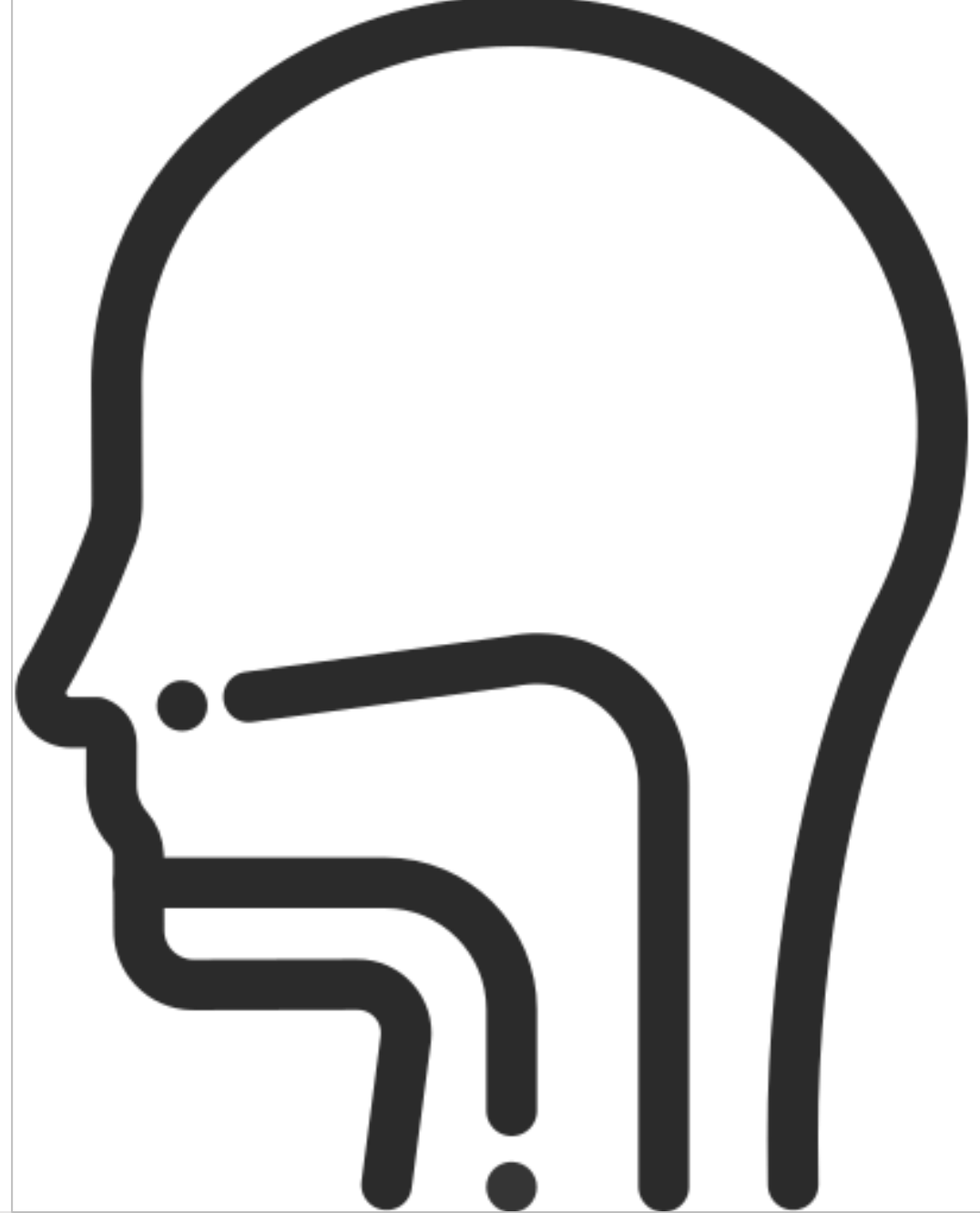
**Dates:** please see provider website

**Provider:** University of Winchester

**Delivery method:** blended

**Level of Study:** Level 7

## Ear, Nose and Throat









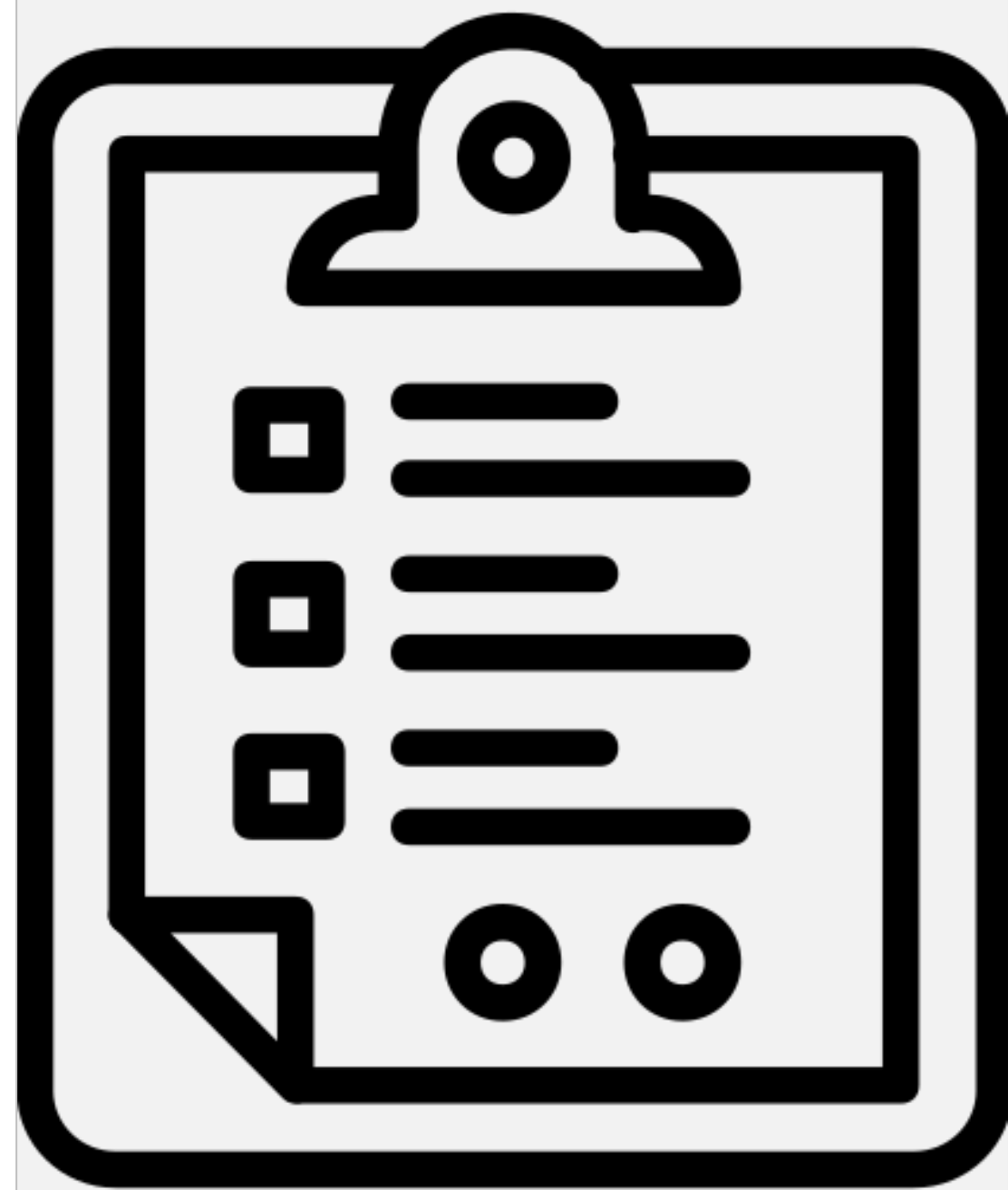








## **History Taking & Assessment**















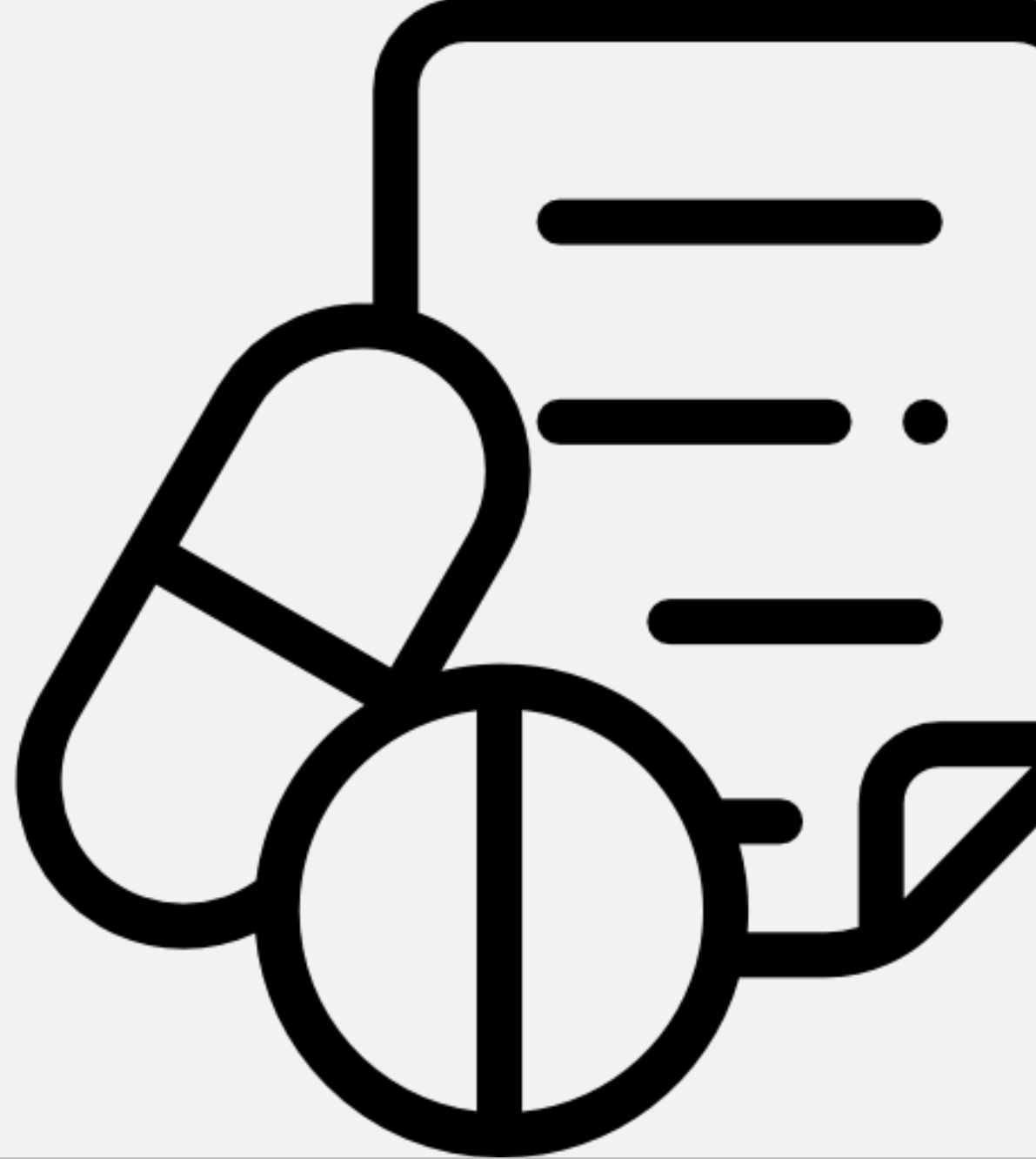








## Independent Prescribing







## Interpreting Blood Results





# Leadership Development



































































































