

Thames Valley and Wessex Primary Care School

Hampshire and Isle of Wight

*Continuing Professional
Development*

Course Catalogue 2025/26

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Free CPD Resources

Summary of Acronyms

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

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.](#)

Blood Results



[Managing Blood Results in Primary Care](#)

Our one-day online course covering key topics for managing blood test results in primary care. Ordering and filing blood tests is bread and butter primary care. But are we always as intentional as we could be when ticking the boxes on the request form?...and when results are filed, is there always a clear plan?

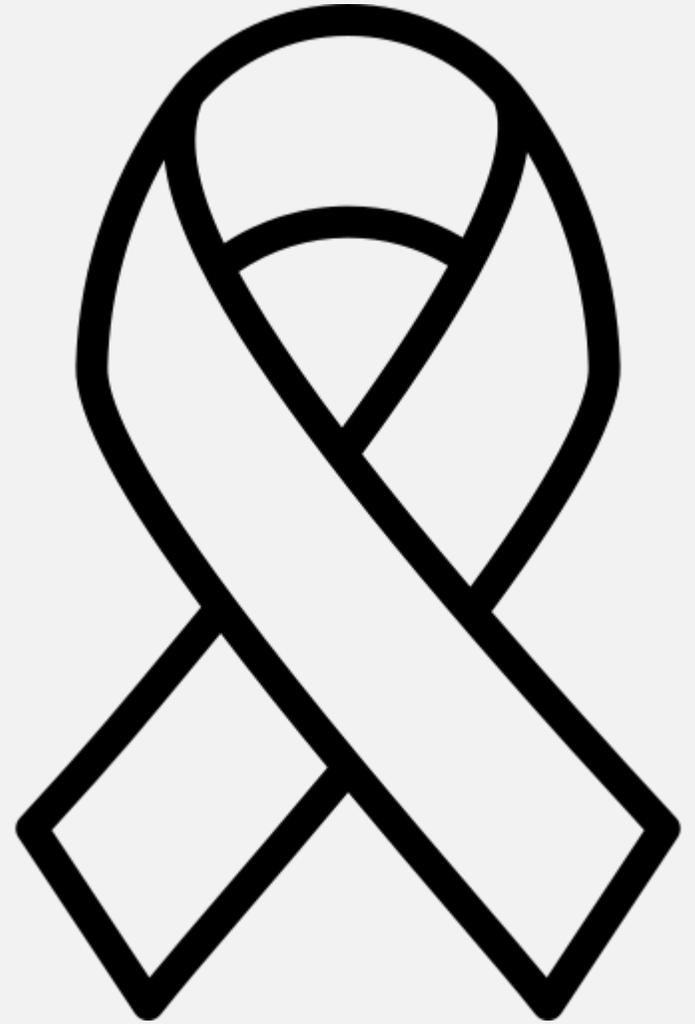
Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

Cancer



[Cancer](#)

Our one-day online course is designed to support primary care clinicians to avoid common pitfalls, tackle health inequalities in diagnosis & screening, and personalise care for people living with and beyond cancer. What we cover

Early diagnosis with particular focus on common cancers but also some rarer and more difficult to diagnose ones

Spotting cancers in blood tests

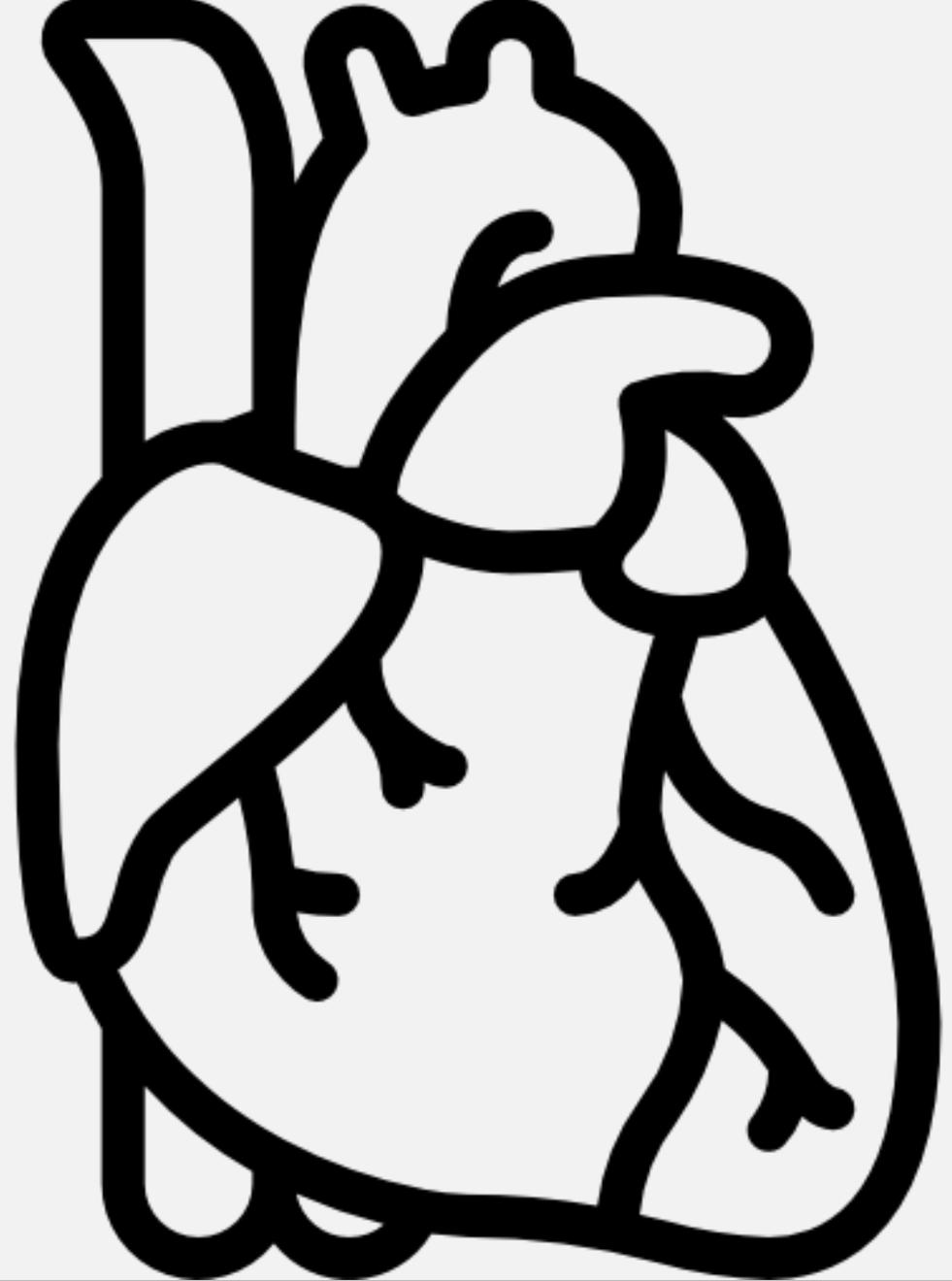
Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Advanced

Cardiac



[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

Delivery method: virtual

Level of Study: Intermediate

[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.

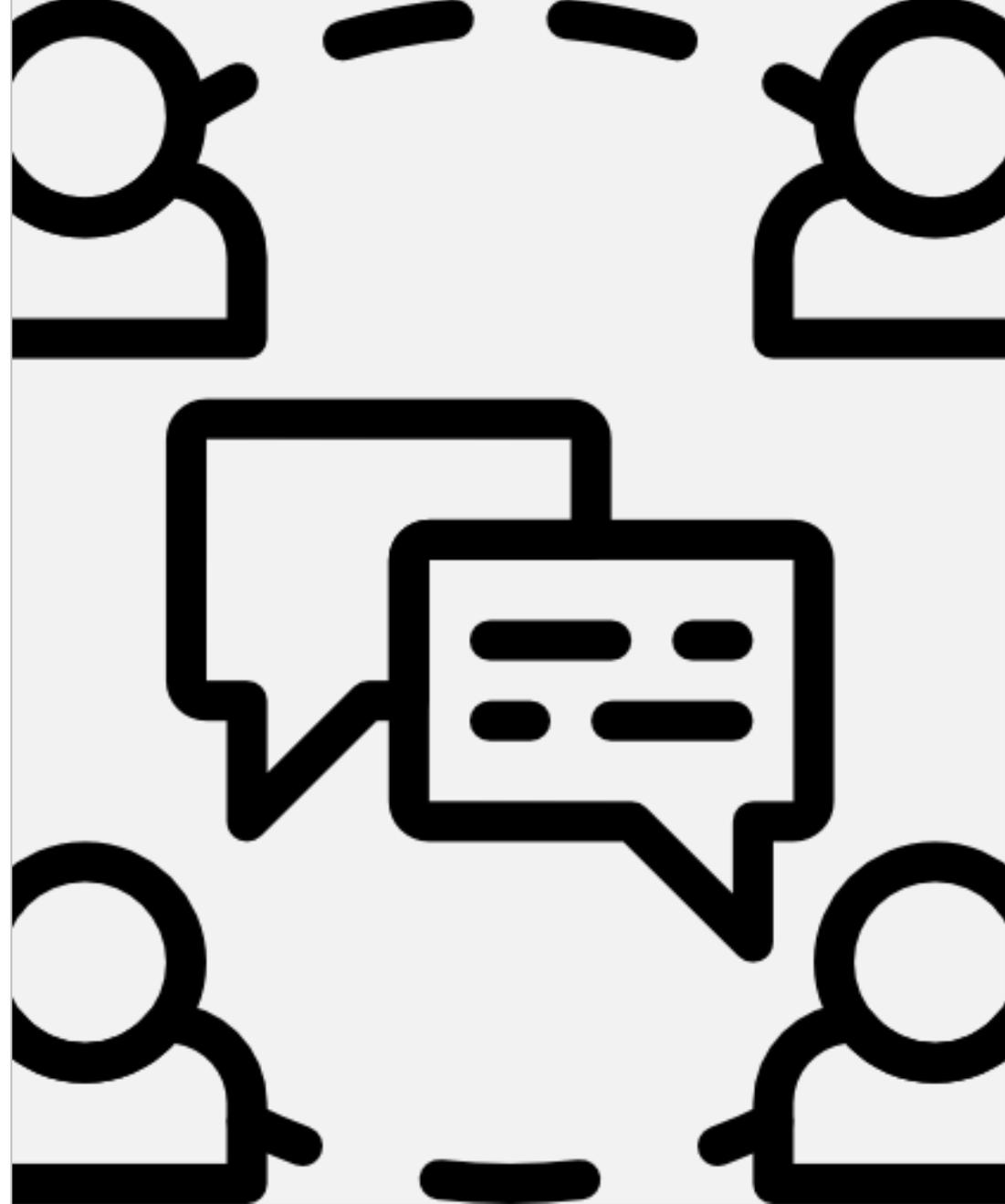
Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Advanced

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

[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

[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

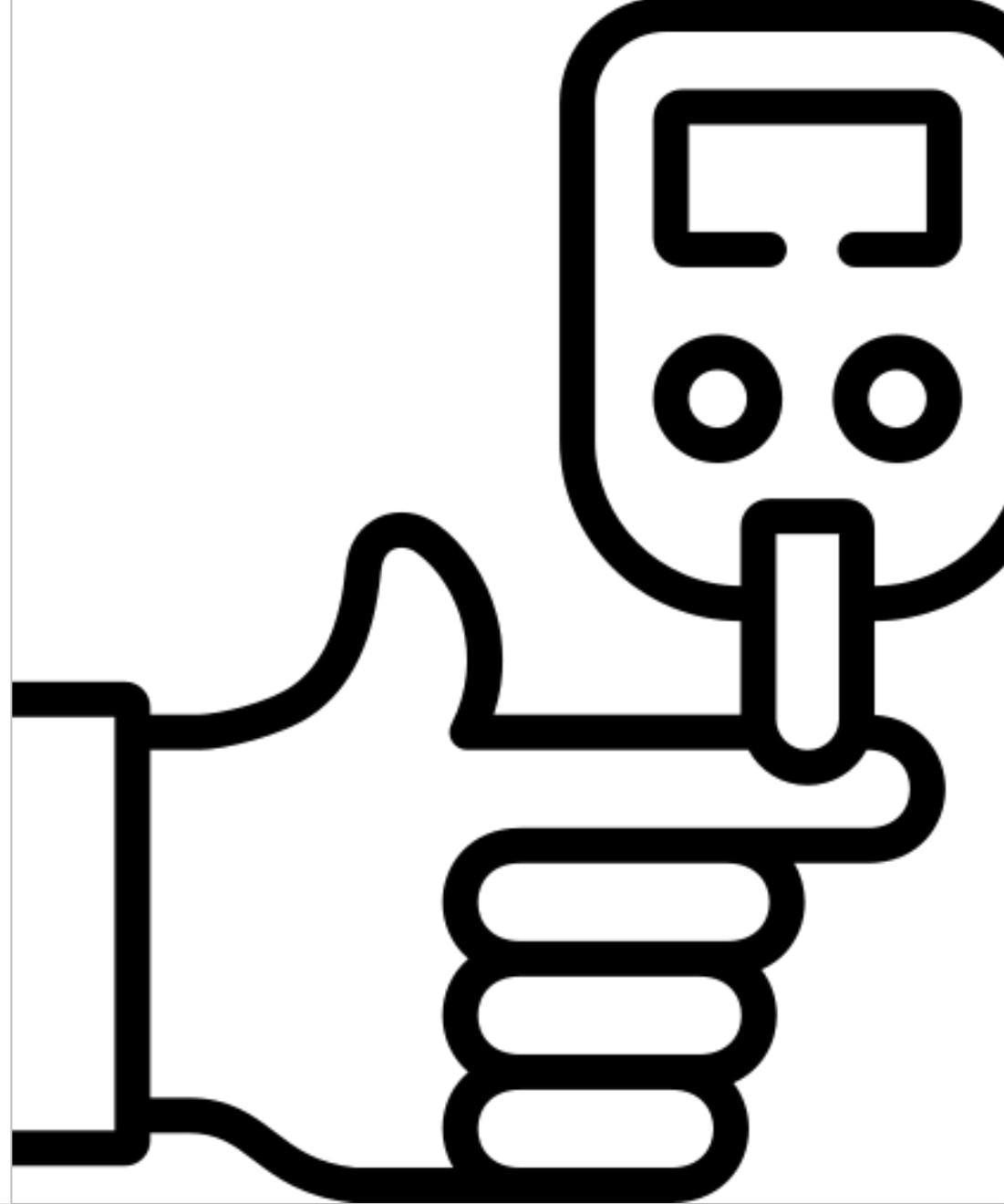
Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

Diabetes



[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: Rotherham Respiratory

Delivery method: virtual

Level of Study: Advanced

[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

[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

Level of Study: Update

[Diabetes Update Half-day for Practice Nurses](#)

This half-day course is aimed at clinicians who are already working with people who have been diagnosed with diabetes. The main focus will be on type 2 diabetes.

Content

In this interactive session we will cover:

- The effective annual review and the 15 Healthcare Essentials
- Identifying and managing complications including diabetic kidney disease
- Pharmacological interventions: as recommended by NICE and ADA/EASD
- What's new in lifestyle interventions and supporting self-management

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

[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

[Foundation Course in Diabetes Care and Management](#)

This course is for healthcare professionals who would like to increase knowledge, skills and confidence to provide safe diabetes care. This course provides a “basics up” approach to the complexities of diabetes and will inspire learners to enjoy providing diabetes care. The course has been designed by an experienced practicing clinician who has a passion for improving the lives of those living with diabetes.

15 hours course with 2 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Foundation

Fundamentals of Diabetes

This workshop is for any a health professional who is keen to extend their consultation and understand more around insulin and injectables.

Learning outcomes include:

- Introduction to insulin
- Insulin profiles
- Interpreting Continuous Glucose monitoring verses HBA1C
- Sick day rules

Dates: please see provider website

Provider: J2S

Delivery method: face to face, John Pounds Community Centre

Level of Study: Advanced

Management of Adult Diabetes in Primary and Secondary Care

This module will provide a detailed overview of the management of adult diabetes in primary and secondary care. Sessions will include a comprehensive introduction, management of complications, pharmacology and diabetes management, the role of the dietitian and diabetes specialist nurse and the foot in diabetes (including peripheral vascular disease).

Dates: please see provider website

Provider: University of Southampton

Delivery method: face to face, Southampton General Hospital

Level of Study: Level 7

[Type 2 Diabetes Demystified](#)

Our half-day online course covering the essentials that will make a difference to the care of people with Type 2 diabetes and boost our confidence in supporting them. Everything from assessing and managing risk; diagnosis, management and high impact lifestyle support; spotting emergencies and choosing drugs.

What we cover

- Screening for and preventing diabetes
- Prediabetes
- How to give high impact lifestyle advice and encourage self-management
- Nutrition and weight management
- Motivating behaviour change
- Macrovascular and microvascular complications
- Demystifying the baffling array of diabetes drugs; what first...and what next?
- Priorities of care; balancing lipids, blood pressure, renal function and HbA1c.

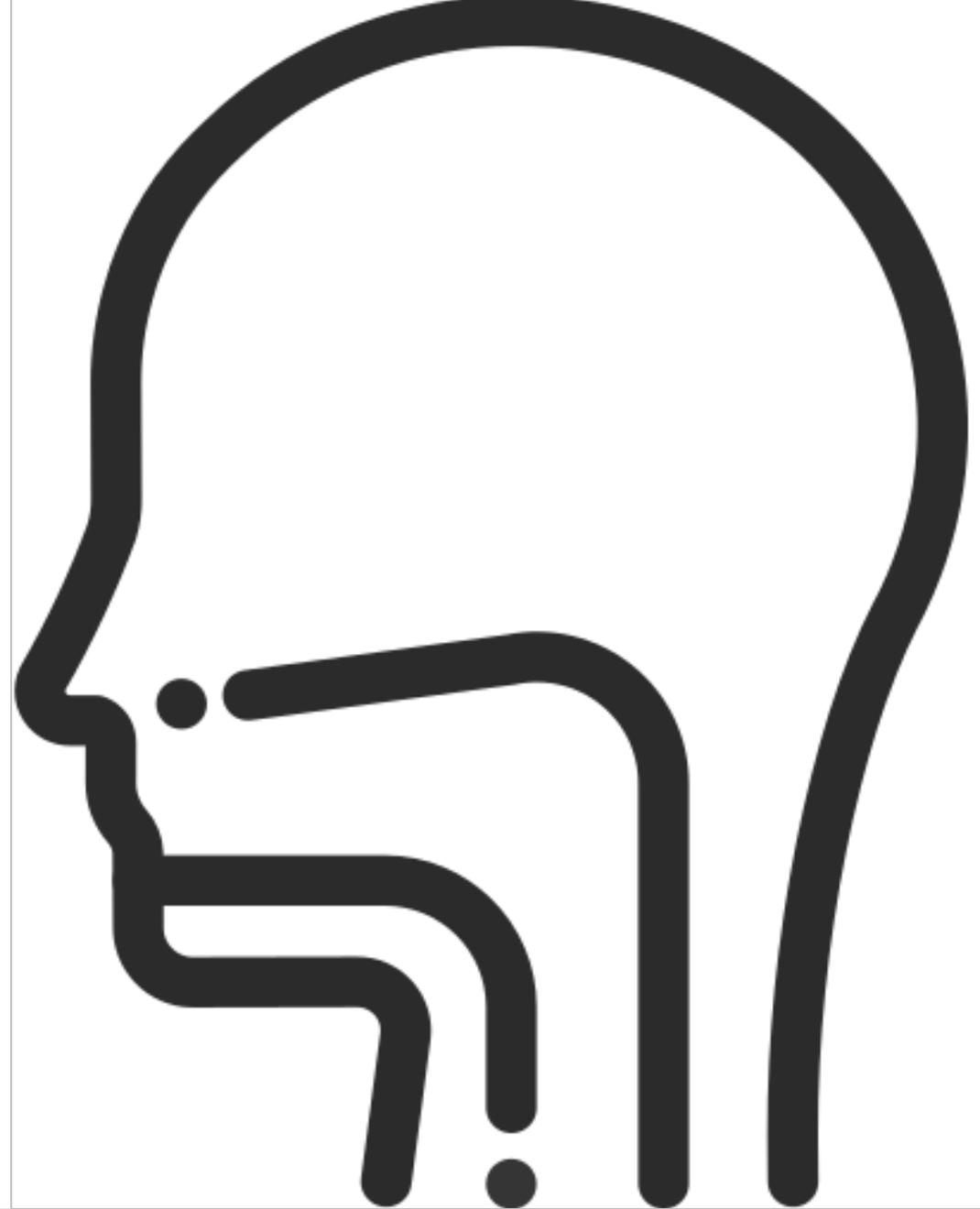
Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

Ear, Nose and Throat



[Principles of Ear Examination \(not irrigation\) for Nurses and HCAs](#)

This introduction course is for any clinician wishing to learn about ear care. The course will explore the rationale for examining ears and introduce the concepts of ear care – guiding the clinician to support patients with self-management strategies and good aural hygiene. Having an appreciation for ear anatomy and potential abnormal presentations will help the clinician to advise and if necessary, refer on for appropriate management.

Content

- Anatomy and physiology of the ear
- Examining ears – equipment and technique
- Basic principles of ear care
- Wax impaction and management
- When to refer – Red flags

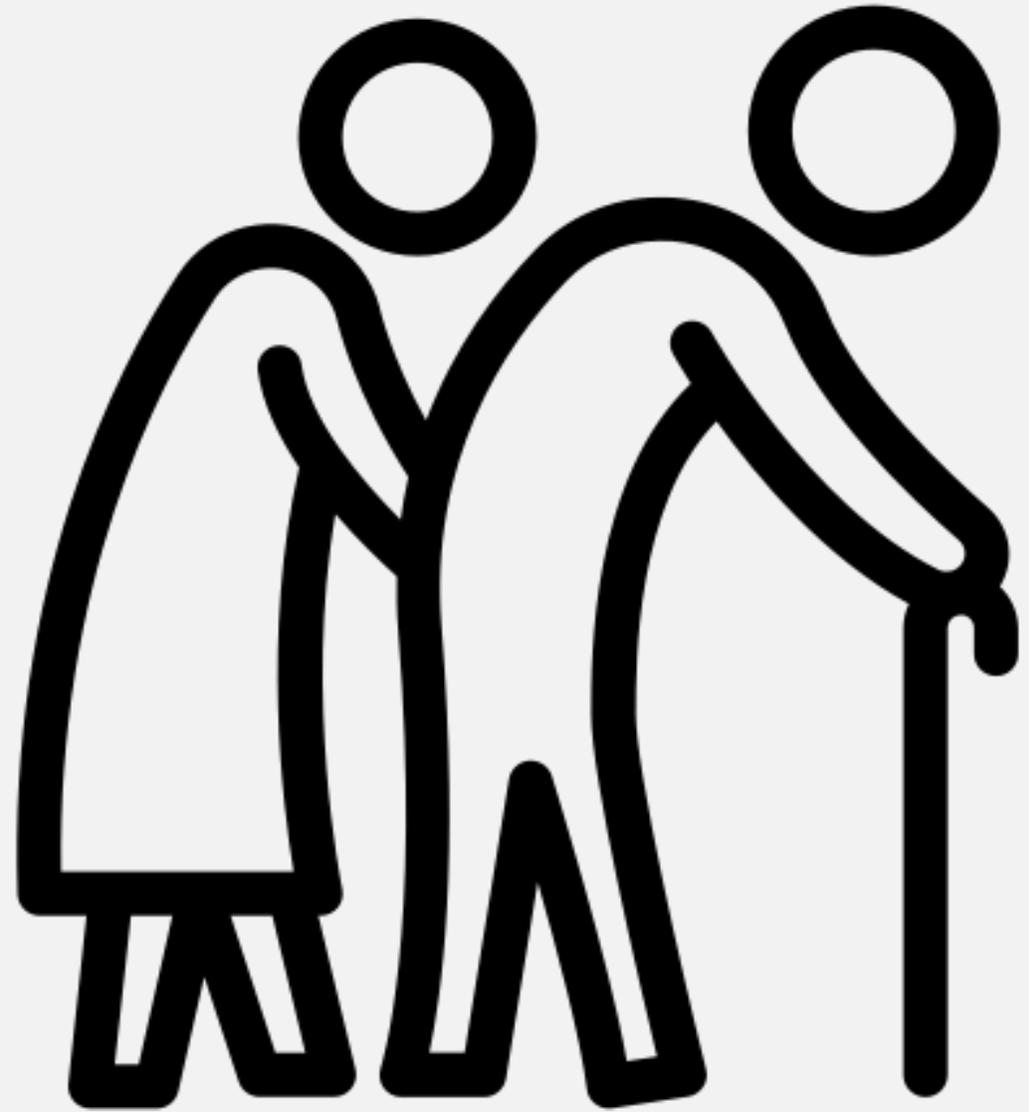
Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

Frailty



[Assessment of the Child in Primary Care](#)

The 2-day programme will cover common presentations, why children are different and the process of exclusion in making diagnosis as children often present with non-specific symptoms with both serious and non-serious illness. For nurses, doctors and allied professionals working in a primary care setting who need to develop and enhance their head-to-toe assessment skills of a presenting child (not neonates).

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Intermediate

[Assessment of Older People with Frailty](#)

This non-accredited course is suitable for AHPs and nursing associates.

Intended learning outcomes:

- Understanding of the importance of CGA when caring for an older people living with frailty
- Application of a holistic assessment to a case study
- Contribution of the MDT when working with older people
- Consider impact cognitive impairment and polypharmacy in the older person
- Discuss managing expectation of patients', relatives and staff when caring for an older person

Dates: please see provider website

Provider: Bournemouth University

Delivery method: face to face, Lansdowne Campus

Level of Study: non-accredited

[Community Rehabilitation: Healthy Ageing](#)

For professionals supporting older adults in community or hospital settings, this course explores strategies to promote healthy ageing. The module introduces rehabilitation theories and interventions that support ageing populations.

Learners will develop critical thinking and self-managed clinical practice skills, with relevance to frailty services, urgent response teams, and reablement.

Dates: please see provider website

Provider: University of Winchester

Delivery method: blended

Level of Study: Level 7

[Comprehensive Assessment of the Older Person](#)

This two-day course is aimed at nurses and allied health professionals it will enable the attendee to understand, recognise and use appropriate assessments as part of a systematic approach to improve the quality of assessment and outcomes of care for older people in acute or intermediate care settings.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Advanced

[Frailty - Assessment, Risk reduction and Management](#)

This one-day course examines the factors that increase the risk of frailty and what the nurse, AHPs, as part of the multidisciplinary team can do to reduce risks and improve quality of life.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Intermediate

[Interventions for frailty and falls](#)

Ideal for clinicians working with older adults, this course focuses on evidence-based strategies to reduce frailty and prevent falls.

Learners will analyse epidemiological data, review policy frameworks, and evaluate interventions such as exercise, nutrition, and social engagement.

Dates: please see provider website

Provider: University of Winchester

Delivery method: blended

Level of Study: Level 7

GP Nurse Update



[GP Nurse Update](#)

Our one-day online GP Nurse Update course is the essential update for primary care nurses, covering the most recent and relevant changes to guidelines and evidence. What we cover

Pharmacological obesity management: understand the new drugs used in weight management

Asthma: we cover the joint NICE, SIGN and BTS guideline

Falls: applying the NEW NICE guidance on falls: assessment and prevention

Cervical cancer screening and HPV testing: what we need to know following the National Screening Committee update

Erectile dysfunction: when to ask, and what to do

HIV: prevalence is increasing, we consider how primary care can make a difference

And lots more key topics for primary care!

Dates: please see provider website

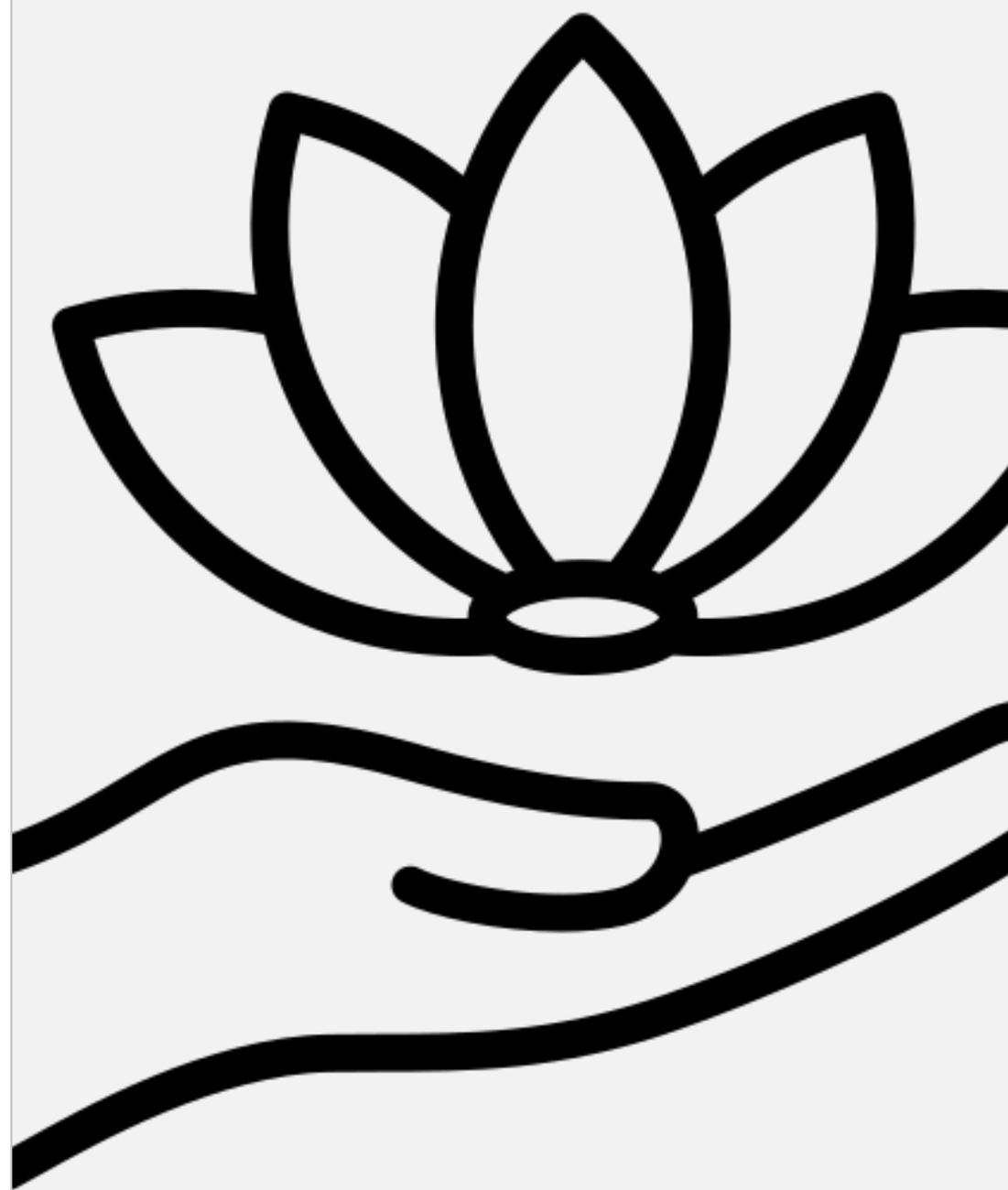
Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

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Health and Wellbeing Promotion



Health Promotion and Partnership Working

In this module you will examine the evidence base for health promotion and explore issues such as the role and function of different agencies, needs assessment, planning, execution and evaluation.

Content includes:

- Examination of the scope of the concepts of partnership working within health promotion.
- Consideration of how to enable effective partnership working and its role in reducing inequalities in health and access to health services
- Critical examination of inter-agency approaches to programme development and the strategic role of health promotion
- Exploration of the impact of national and international policy development on health promotion

Dates: please see provider website

Provider: Bournemouth University

Delivery method: face to face, Lansdowne Campus

Level of Study: Level 7

Wild Monday – Work Well Programme and Webinars

Open to **ALL** staff working in Primary Care in HIOW.

The Work Well Programme is a practical system of resources on topics that are relevant to frontline healthcare staff.

The package includes:

- Access to live monthly webinars that you can view at any time
- Training and support masterclasses for wellbeing leads
- Access to the Wellbeing QI Toolkit to support your practice to audit and improve wellbeing support
- Access to five-minute booster videos with simple, actionable steps to boost you, and your team's day-to-day wellbeing, even in times of stress

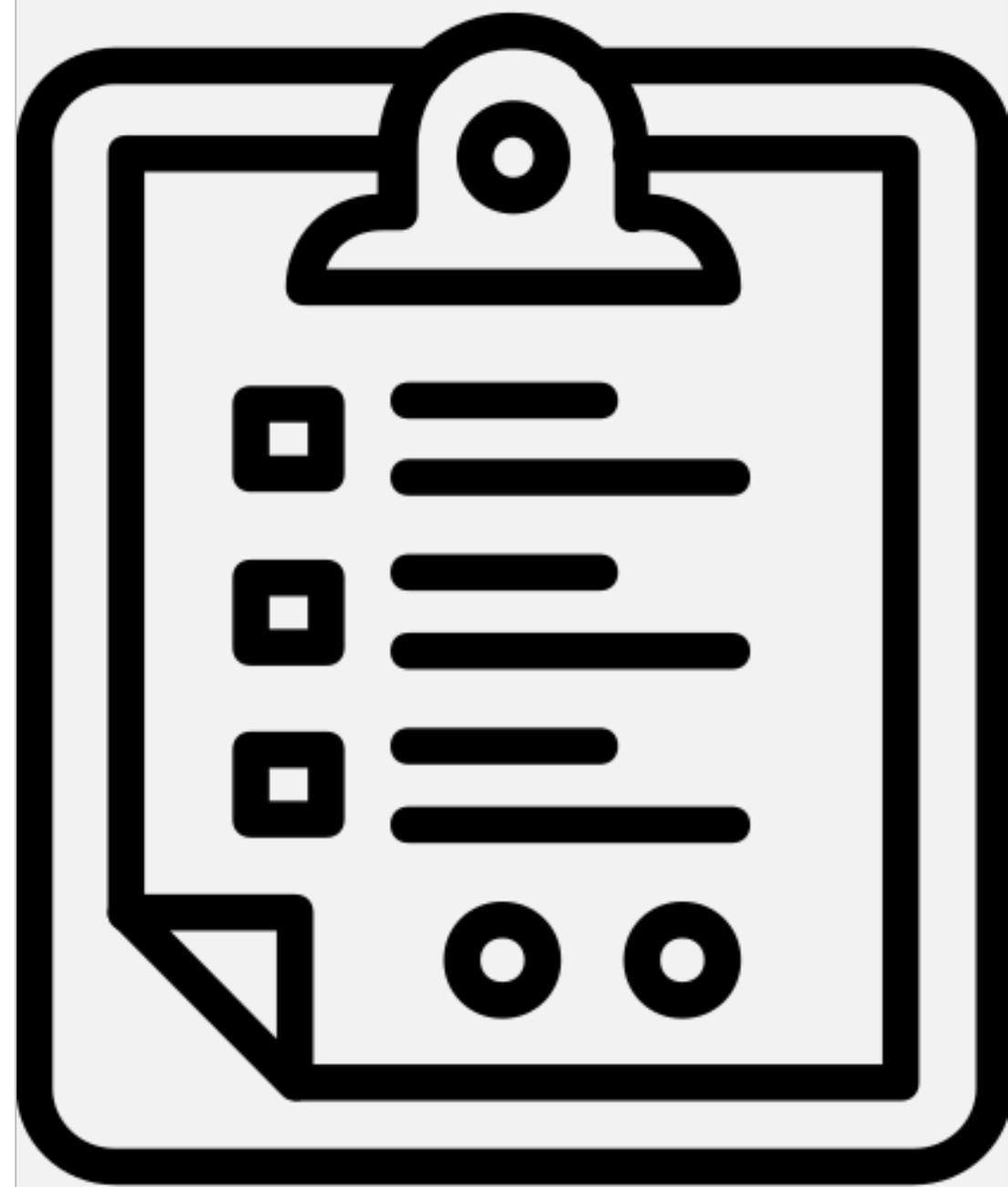
Dates: please see provider website

Provider: Wild Monday (You Are Not a Frog)

Delivery method: virtual

Level of Study: N/A

History Taking & Assessment



[Decision making for healthcare settings](#)

Designed for health and care professionals, this course enhances decision-making in complex clinical environments.

Learners will critically examine decision-making theories, risk management, and ethical frameworks. Topics include pattern recognition, uncertainty, and legal considerations.

The course supports reflective practice and sound clinical judgement and enables learners to develop their decision-making skills and evaluate their own processes when dealing with rapidly changing situations, uncertainty, and risk.

Dates: please see provider website

Provider: University of Winchester

Delivery method: hybrid

Level of Study: Level 7

[Diagnostic Assessment and Decision Making](#)

This module focuses more specifically on variants from the normal (the pathophysiological) and explore the concept of clinical diagnosis. The module is based on the hypothesis that a critical understanding of both quantitative and qualitative aspects of clinical reasoning and decision making underpins diagnostic accuracy and skill.

Dates: please see provider website

Provider: University of Southampton

Delivery method: face to face, Highfield Campus

Level of Study: Level 7

Enhanced Assessment Skills for Clinical Practice

This clinically-focused unit has been developed in response to the need to enhance the assessment skills of healthcare professionals across the health and social care sector. The unit offers the opportunity for healthcare professionals to enhance their skills in the assessment of adult patients and further develop their knowledge in the relevant pathophysiology applied to stages of the assessment. As a result, this will enable healthcare professionals to be able to confidently undertake a consultation of a presenting patient, perform an assessment utilising enhanced skills, identify any relevant red flags through their assessment, interpret the findings of their assessment and consider the relevant escalation and action plans, specific to the sector in which they are based.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: face to face, Lansdowne Campus

Level of Study: Level 6 & 7

History taking and assessment

Designed for practising health and care professionals developing advanced assessment skills, this course covers physical and mental health evaluations.

Learners will develop the knowledge and clinical skills required to systematically take a patient history, perform physical examinations and interpret diagnostic data.

This will facilitate their ability to assess and manage patients with undifferentiated and undiagnosed conditions.

Dates: please see provider website

Provider: University of Winchester

Delivery method: face-to-face, Winchester

Level of Study: Level 7

[History Taking and Physical Assessment Across the Lifespan](#)

This module is designed to prepare nurses and allied health professionals with additional skills in history taking and physical examination (specifically the skills of inspection palpation and auscultation) across all major body systems. The module is appropriate for anyone who seeks to practice enhanced patient assessments with a higher level of autonomy.

Dates: please see provider website

Provider: University of Southampton

Delivery method: face to face, Highfield Campus

Level of Study: Level 6 & 7

[Paediatric Presenting Conditions in Urgent and Primary Care](#)

This unit has been designed for registered healthcare professionals in primary care and urgent care services caring for both adults and children. It will help practitioners to develop their knowledge and skills in the assessment, planning and treatment of a range of minor ailments commonly presenting in children. It will also enable students to evaluate the evidence base for practice, thereby enhancing their clinical reasoning skills. Students will complete a Clinical Practice Portfolio which will be assessed their own place of work by a practice assessor.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: face to face, Lansdowne Campus

Level of Study: Level 6 & 7

[Recognising the Deteriorating Adult for the Primary Care Practitioner](#)

This course covers a wide range of presentations, focusing on evidence-based assessment and management along with safe practice.

Who should attend?

- Allied health professionals (including pharmacists and physios)
- Practice nurses
- Community nurses

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Overview

[The Deteriorating Patient – A Workshop for Nursing Associates](#)

This course is aimed at NAs who are increasing their scope of Practice within complex consultations to support the transition to registered clinician.

Acute infection and sepsis are often presented to Primary Care and early recognition and referral to hospital are critical in improving outcomes for the patient. Exploring '*route cause analysis*' in the chain of infection and how this can influence the potential for deterioration. This session will consider the value of capturing clinical observations, incorporating assessment tools to help to guide the consultation and identify 'red flags' for urgent intervention.

Dates: please see provider website

Provider: J2S

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

Level of Study: Enhanced

[Urgent Care Problems in the Elderly](#)

This webinar is for all clinicians who undertake consultations with elderly patients. As people live longer, more and more urgent problems crop up in the elderly and very elderly population that we are expected to deal with during our working days. Guidelines usually give us pointers on how to manage someone who only has one long term condition, but how can we make safe and timely assessments on someone who may have 3 or 4 co-morbidities and is on all the medications associated with those conditions - and often a few more!

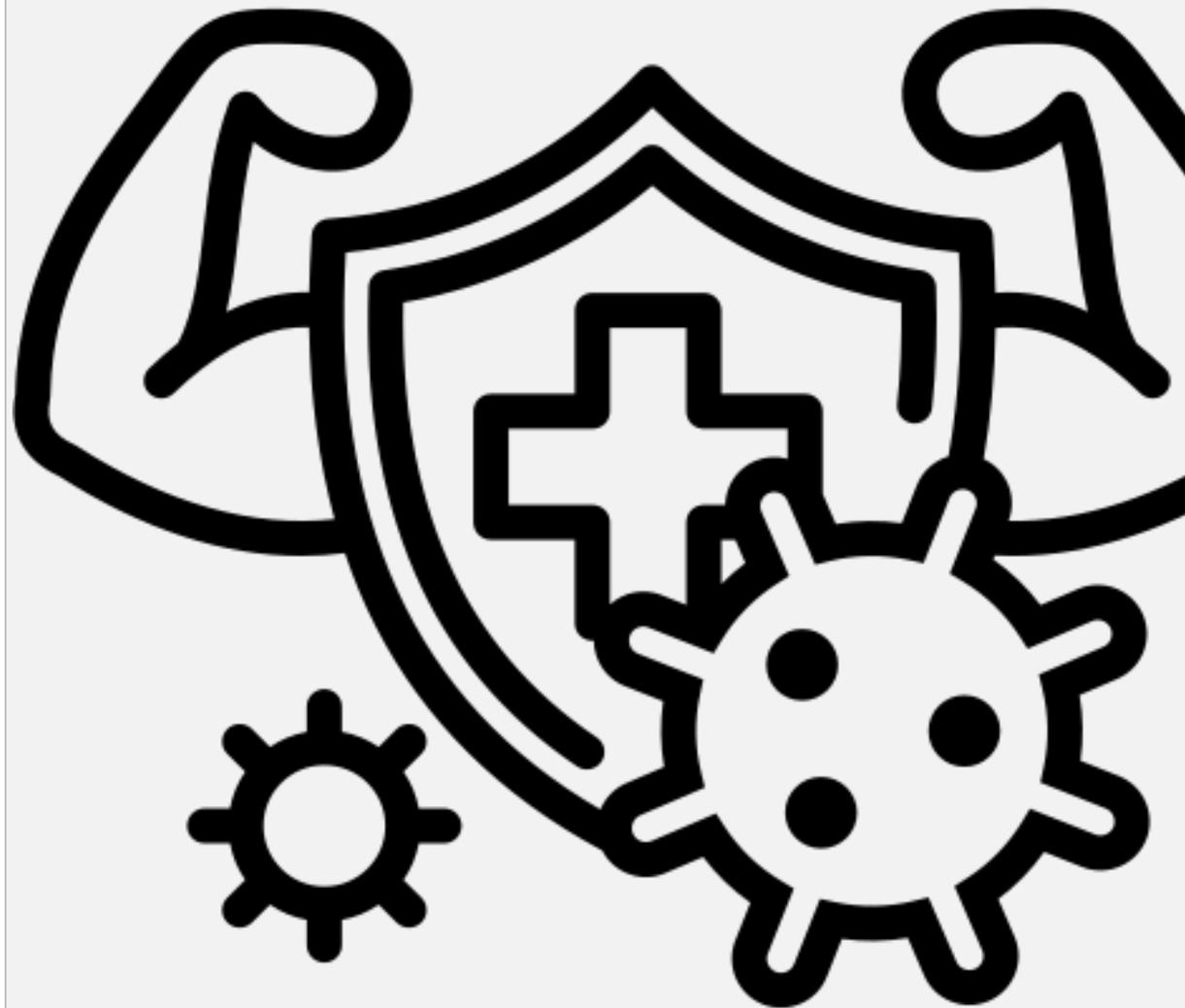
Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Advanced

Immunisation & Travel Health



[Child and Adult Immunisation Update](#)

This course is a “one stop shop” Immunisation update aimed at clinicians who provide childhood and adult immunisations covered within the routine UK schedule. It will refresh current knowledge and skills, providing clinicians with the latest guidance on national immunisation programmes. Discussion will include the tools and resources available to support the clinician, exploring common vaccine incidents and how to educate patients.

Learning Outcomes

- Current issues in immunisation
- Recent epidemiology of vaccine preventable disease
- Awareness of changes to vaccine recommendations or national policy
- Update on vaccine ordering, storage, and administration
- Update of legislation relevant to vaccination
- Review of current practice, recent vaccine incidents and identification of areas for improvement

Dates: please see provider website

Provider: J2S

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

Level of Study: Update

[Introduction to Travel Health](#)

This two-day course provides a simple introduction for healthcare professionals new to travel health. Nursing Associates are now encouraged to train in travel health but will need the support of a prescriber. The aim of the course is to give confidence and knowledge which enables delegates to carry out a detailed risk assessment and care management plan for routine travel abroad. The course includes:-Vaccine Storage, Administration & Scheduling-International Health Regulations-Vector Borne Diseases including Yellow Fever-Risk Assessment-Recent changes in travel health practice-Travel vaccinations.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

[Introduction to Vaccinations and Immunisations](#)

This two-day course is aimed at Practice Nurses who are new to providing immunisations and will be providing the full range of childhood and adult immunisations covered in the routine UK schedules. It will cover the latest guidance on national immunisation programmes, anaphylaxis and demonstrate the tools and resources available to manage common incidents and educate patients.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

[Travel Health Update](#)

This is a one-day course for all practice nurses looking for an update in this area of general practice. Health is constantly changing, and disease outbreaks do happen. It is vital therefore that healthcare professionals who provide a travel health service feel equipped to be able to offer the best advice to travellers, as well as being able to signpost themselves and travellers to the latest guidelines

Content includes:

- The role of the nurse in travel health
- Resource signposting
- Risk Assessment
- International Health Regulations
- Travel vaccinations
- Malaria
- Travellers' diarrhoea
- Yellow Fever

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

[Vaccinations and Immunisations Half-day Update](#)

This half-day update is aimed at nurses who provide the full range of childhood and adult immunisations covered in the routine UK schedules. It will provide clinicians with the latest guidance on national immunisation programmes and demonstrate the tools and resources available to manage common incidents and educate patients. Delegates are advised to have attended annual resuscitation training, which should include anaphylaxis care.

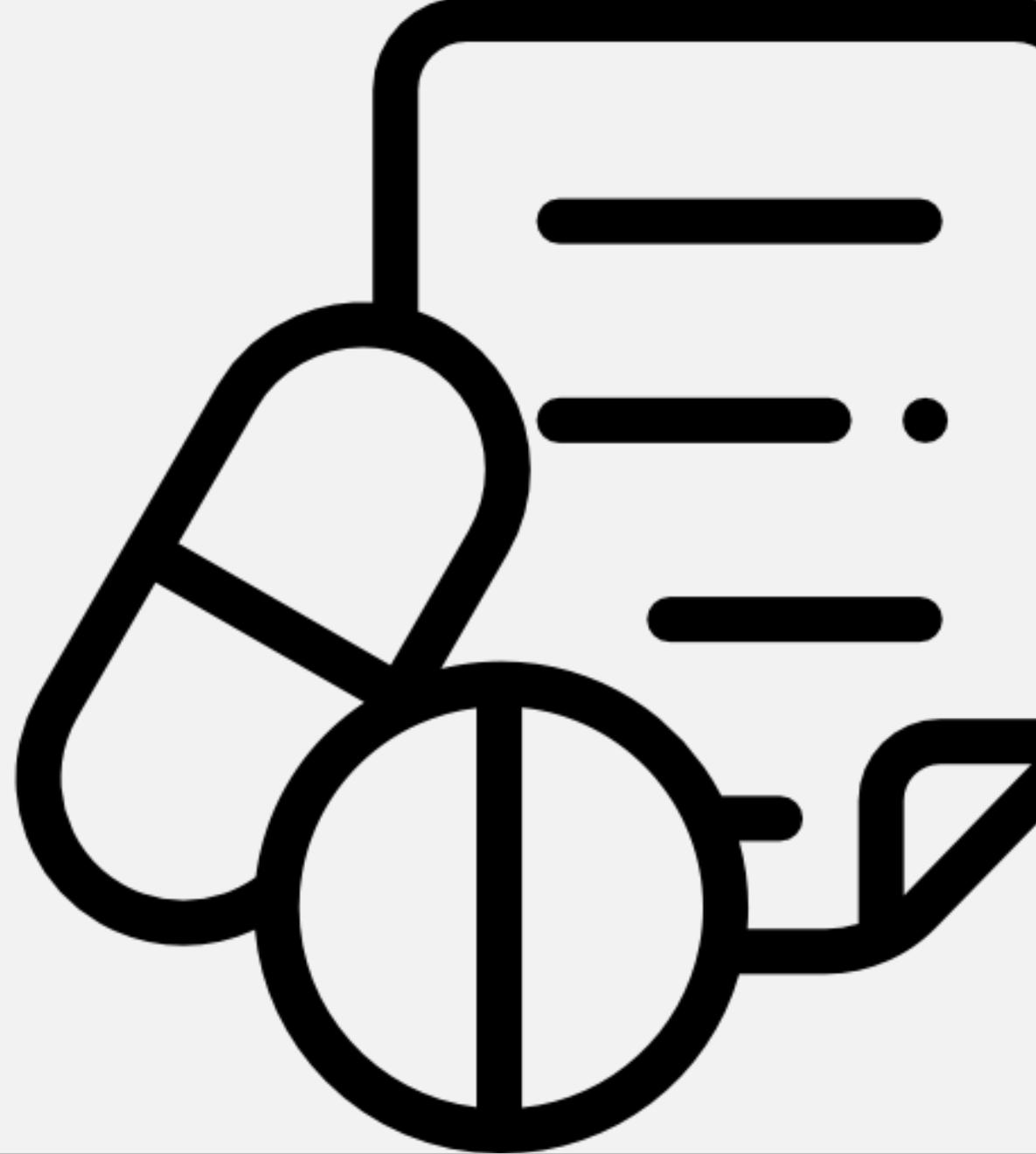
Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

Independent Prescribing



[Non-medical Prescribing Update](#)

This course is suitable for any prescriber who would like an update on current issues in prescribing practice.

Content includes:

- Principles for safer prescribing
- Prescribing in children
- Frailty and renal impairment
- Prescribing for acute and long-term conditions
- The medico-legal and ethical issues in healthcare

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Update

[Non-medical Prescribing Update Day](#)

An essential part of continuing to become a safe and effective NMP is to maintain competence and undertake annual CPD and revalidation as specified by their supervisor. It is also important NMPs are kept up-to-date with any changes that affect safe prescribing such as changes to the law and medicine safety. This half day update is designed to meet those needs.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: virtual

Level of Study: Update

[Non-medical Prescribing Update Day](#)

This one-day update course is designed for all non-medical prescribers to develop and maintain safe and effective prescribing practice. You will explore contemporaneous issues and challenges relating to prescribing practice and evaluate your individual prescribing scope of competence.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Intermediate

[Prescribing Update for the Non-medical Team](#)

The aim of this course is to update independent prescribers around all aspects of their role and covers:-
Prescribing standards-Scope of Practice-Governance-Contemporary issues-Prescribing errors-Electronic prescribing-Learning from patient safety events.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

Interpreting Blood Results



[Requesting & Interpreting Blood Results for GPs & AHPs](#)

This session looks at the important principles of requesting/interpreting bloods and how to avoid medico-legal pitfalls.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

[Understanding Blood Results](#)

This two-day course allows the candidate a chance to fully understand routine haematology and biochemistry results.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Intermediate

Leadership Development



[Introduction to leadership \(Improving Personal and Organisational Performance - IPOP\)](#)

The unit will encourage you to explore your leadership capability starting with self, critically reflecting upon your impact and experience.

You will learn to access a range of strategies and behaviours that will help you to achieve and maintain effectiveness in managing self and the performance of others and will apply appropriate theoretical issues and frameworks in a critical way to reflect on and analyse a complex, work related situation.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: virtual

Level of Study: Level 6

[Integrated System leadership](#)

This course is for health and social care professionals seeking to enhance their leadership practice in complex systems.

Dates: We are taking expressions of interest for this course to commission a Primary Care cohort

Provider: University of Winchester

Delivery method: blended

Level of Study: Level 7

[Leading and Managing Organisations and Systems](#)

Part of the Leadership and Management pathway, this module focuses on organisational behaviour, and the coordination of organisations to improve health and social care outcomes. The module is divided into five topics:

- Understanding current issues facing leaders in health and social care, including cross-boundary working
- Key leadership approaches to healthcare organisations
- Managing organisational culture
- Managerial judgement and decision making in complex settings
- Knowledge and information management in complex settings

Dates: please see provider website

Provider: University of Southampton

Delivery method: face-to-face, Highfield Campus, Southampton

Level of Study: Level 7

[Leading Others](#)

This Master's level unit is designed to enhance knowledge and skills on team leadership and management of those in leadership and management roles. Students will be able to gain a systematic understanding of relevant literature including a critical awareness of current issues and recent research related to leading a team.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: virtual

Level of Study: Level 7

Leading others

Part of the Leadership and Management pathway, the overarching logic behind this module is that leadership grows from the inside out: That a leader first knows, understands, and is able to lead oneself before they can lead others.

The module will focus directly on personal values, character, and integrity. Students will learn about their personal leadership styles and habits, patterns of communications, biases in decision making, and reflective practice. The module aims to highlight reflective thinking and reflective practice as a means to make you more aware of your own values, and to change patterned, habitual behaviours.

Dates: please see provider website

Provider: University of Southampton

Delivery method: face-to-face, Highfield Campus, Southampton

Level of Study: Level 7

Self Leadership

Part of the Leadership and Management pathway, this module focuses on organisational behaviour, and the coordination of organisations to improve health and social care outcomes. The module is divided into five topics:

- Understanding current issues facing leaders in health and social care, including cross-boundary working
- Key leadership approaches to healthcare organisations
- Managing organisational culture
- Managerial judgement and decision making in complex settings
- Knowledge and information management in complex settings

Dates: please see provider website

Provider: University of Southampton

Delivery method: face-to-face, Highfield Campus, Southampton

Level of Study: Level 7

[Self Leadership](#)

This unit aims to enable qualified practitioners in health and social care to increase their self-leadership capability and capacity to better manage self and others under the multiple pressures of the work environment. The development focus is upon the quality of the leader's thinking, creativity, and deeper self-awareness in the moment; ultimately developing advanced level professional leadership impact. Personal resilience and better relating within complex and critical situations is a fundamental goal of this leadership unit.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: virtual

Level of Study: Level 7

[Strategic Leadership](#)

The unit aims to address the needs of managers/leaders in health and social care who are working in a culture of constant change and service development. Strategy is considered in respect of how it might be formulated and implemented locally within Health and Social Care. It will help leaders to consider and evaluate national and local strategy. Being strategic within the organisation and in collaboration/integration with others is a key principle here.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: virtual

Level of Study: Level 7

[Three Step Leadership and Management](#)

This 3-day course enables development of skills in managing yourself, your job and managing others. Focusing on key elements such as your team role, personal developmental needs, time management, confidence, effective communication skills, managing difficult working relationships, leadership styles, use of power and influence, negotiation and conflict resolution strategies and improving job performance.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Advanced

Lifestyle Medicine



[Lifestyle Medicine](#)

[Lifestyle Medicine](#)



England

Our one-day online course designed to blend the latest medical insights with practical lifestyle strategies, ensuring a holistic approach to health. Suitable for anyone working to support patients and populations with making health behaviour change.

What we cover

Why is lifestyle medicine needed?

The scale of the problem

What is a modern developed lifestyle?

Why lifestyle medicine ?

The social determinants of health

6 pillars of lifestyle medicine - Nutrition; Physical activity; Sleep; Minimizing harmful substances; Mental wellbeing and stress; Healthy relationships

Putting lifestyle medicine into practice - As an individual; As a practice; At network/cluster level

National initiatives e.g. Active practice and Parkrun practice

Group consultations

Health coaching and behaviour change

Starting a walk, jog or swim at your practice, network or cluster

Completing the Red Whale Lifestyle Medicine course and reading the associated articles will provide the additional training required to practice as a GPwERLM.

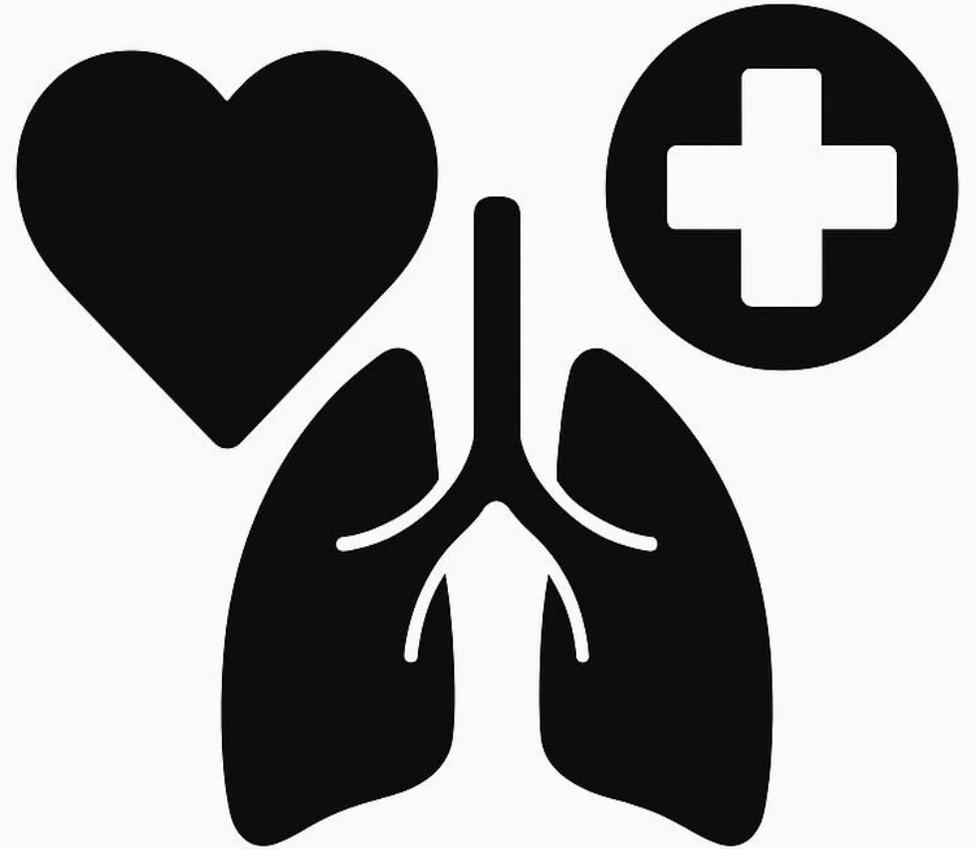
Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

Long-Term Conditions



Care of Clients with Long-term Conditions

This course is for health and care professionals working with people living with long-term conditions, focusing on physical activity and behaviour change. This course is for health and care professionals working with people living with long-term conditions, focusing on physical activity and behaviour change.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: face to face, Lansdown Campus

Level of Study: Level 6 & 7

Chronic Kidney Disease

This course is suitable for anyone who would like to develop their knowledge and understanding of the diagnosis and holistic management of chronic kidney disease (CKD). It covers risk factors, diagnostic tests, and the pharmacological and lifestyle interventions that can optimise outcomes including blood pressure and lipid management. The course is built around two key case studies which help you to put theory into practice.

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Intermediate

[Community Rehabilitation: Long-term Conditions](#)

This course is for health and care professionals working with people living with long-term conditions, focusing on physical activity and behaviour change. This course is for health and care professionals working with people living with long-term conditions, focusing on physical activity and behaviour change.

Dates: please see provider website

Provider: University of Winchester

Delivery method: hybrid

Level of Study: Level 7

Men's Health



Men's Health

Our full-day online course is a comprehensive and evidence-informed approach to dealing with men's health issues in primary care. Everything from cancer to erectile dysfunction, cardiovascular and much more.

What we cover

- PSA testing in asymptomatic men
- LUTS and prescribing in LUTS
- Abdominal aortic aneurysm (AAA)
- Suicide/perinatal mental health
- Acute prostatitis
- Acute scrotal pain
- Urinary tract infections in men
- Testicular cancer
- Haemospermia

Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

Mental Health



[Grief, Loss and Bereavement](#)

A one-day programme of study designed for Registered Nurses, Doctors, and Allied Health Professionals working in a variety of care settings, whose role may include supporting and advising patients who are end of life. This course provides the essential knowledge and information to prepare staff with confidence in how to manage loss and grief, for their patients and significant others. Bereavement and loss are frequently unaddressed topics within health care.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Intermediate

[Managing Mental Health in Non-Mental Health Settings](#)

This unit focusses on the mental health assessment and care of clients with mental health problems within physical health care settings.

The key areas which are explored are recognition, assessment, monitoring management and support of these clients by healthcare workers not familiar with caring for patients with mental health issues. Included in the unit is an overview of common mental illnesses, management in Emergency Departments, in-patient areas and primary care, and an outline of the legislation relevant to mental health service users in non-mental health settings.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: face to face, Lansdowne Campus

Level of Study: Level 7

[Managing Mental Health in Non-Mental Health Settings](#)

This course supports health and care professionals in recognising and responding to mental health needs in general healthcare settings.

There is a focus on decision making that underpins clinical assessment and treatment of mental ill health. Learners will develop the knowledge and clinical skills required to identify and respond to a mental health presentation and be involved in formulating a safe, evidence based and collaborative treatment plan. Students will critically reflect on how theories of education and leadership impact on leading and managing their teams and services.

Dates: please see provider website

Provider: University of Winchester

Delivery method: hybrid

Level of Study: Level 7

[Mental Health](#)

Our one-day online Mental Health course is designed to give you a range of tools and skills you can use within a 10-minute consultation, and a structured approach to mental health appointments. What we cover

Creating new narratives for a range of mental health disorders - and how to explain these effectively in a way that helps patients to get better

Evidence-based management including therapies and drug dilemmas - everything from psychological therapy to drug-based treatments, self-care and promoting physical health

Bread and butter conditions like depression and anxiety - practical skills we can use with patients, promoting self-care, resources to share and pitfalls to avoid

Recognition and management of other common mental health conditions including PTSD, OCD, eating disorders and perinatal mental health problems

'Microskills' for improving wellbeing like behavioural activation, problem-solving and self-compassion that you can start using with patients the next day

Managing risk and complexity – assessing risk and supporting individuals with complex conditions like bipolar disorder, psychosis, and those at risk of suicide.

Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

[Self Harm and Suicide Awareness](#)

This course will support staff to enhance their knowledge and skills in mental health and learning disability care within the Primary Care setting. Day one will have an overview of mental health disorders and appropriate interventions, an introduction to performing annual review for mental health patients. Day two will define and identify a range of learning disabilities and explore their impact on individuals' lives and strategies for support. There will also be an introduction for performing annual reviews for learning disability patients.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Introduction

[Understanding Mental Health in Primary Care](#)

This two-day course is intended to give practitioners and introductory overview of several mental health conditions. It will also look at cultural aspects, history taking, and enabling people to gain a deeper understanding of a wide range of conditions.

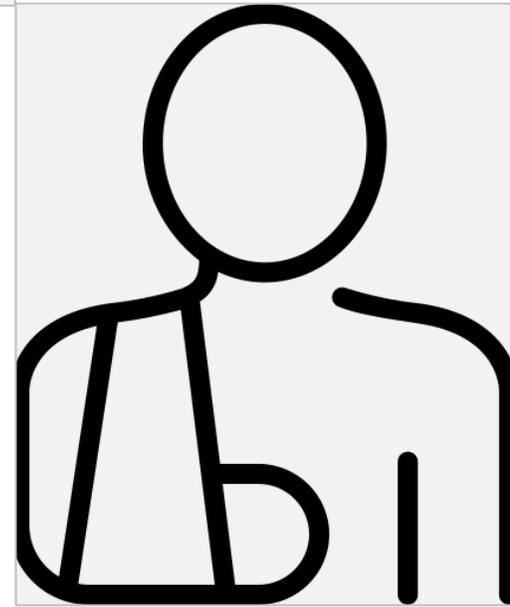
Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Introduction

Minor Illness and Minor Injury



Care of Clients with Minor Illness

The aim of this unit is to equip you with the skills necessary to independently assess, plan, treat and safely discharge adult clients presenting with undifferentiated and undiagnosed minor illnesses.

Dates: please see provider website

Provider: Bournemouth University

Delivery method: face to face, Lansdowne Campus

Level of Study: Level 6 & 7

Minor Illness – 3-day Workshop

Suitable for practice nurses, community nurses and allied health professionals.

Aims

Update your knowledge and skills on common clinical conditions and minor ailments

Objective

- To be able to undertake a targeted patient history
- To gain an understanding of a range of common minor illnesses and their management
- To be able to identify red flag signs and symptoms and escalate appropriately

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Enhanced

Managing minor injuries and minor illness

For health and care professionals seeking to enhance their ability to assess and manage minor conditions in a range of healthcare settings. This course will involve the application of existing history taking and physical assessment skills and knowledge to assess, diagnose and manage patients presenting with minor injuries within their scope of practice.

Learners will evaluate the principles of problem solving in making sound clinical judgements and differentiating between minor and major presentations. They will also gain knowledge of the management and assessment of minor injuries and illness throughout all ages and have a critical understanding of the complexities of diagnosis and management of the child, older patient and pregnant patient within the context of minor injuries and illness presentations.

Dates: please see provider website

Provider: University of Winchester

Delivery method: face to face, Winchester

Level of Study: Level 7

Musculoskeletal Conditions



[Musculoskeletal Problems in General Practice](#)

These two days are dedicated to nurses and other allied healthcare professionals who are either new to or revisiting the realm of minor illness assessment and treatment. The course progression is designed to take you from foundational knowledge to more confident and adept management of patients, encompassing both adults and children.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

[MSK and Chronic Pain](#)

Our one-day online MSK and Chronic Pain course is designed to give you a whole new set of skills, and revitalise your enjoyment of caring for patients with long term MSK conditions and chronic pain. What we cover

The science behind chronic pain and why all pain is felt in the brain

Skills to assess pain using a full range of biopsychosocial tools and how you can translate this assessment into supporting patients with self-care

Skills around promoting health behaviour change and patient activation

The 'bad boy' drugs opiates and gabapentinoids and how, when and whether we should be deprescribing

Peripheral, regional MSK issues involving case-based learning: shoulders, elbows, hands, hip, knee, foot and ankle problems

The MSK big three: back pain, osteoarthritis and inflammatory arthritis and ideas to take back to the practice.

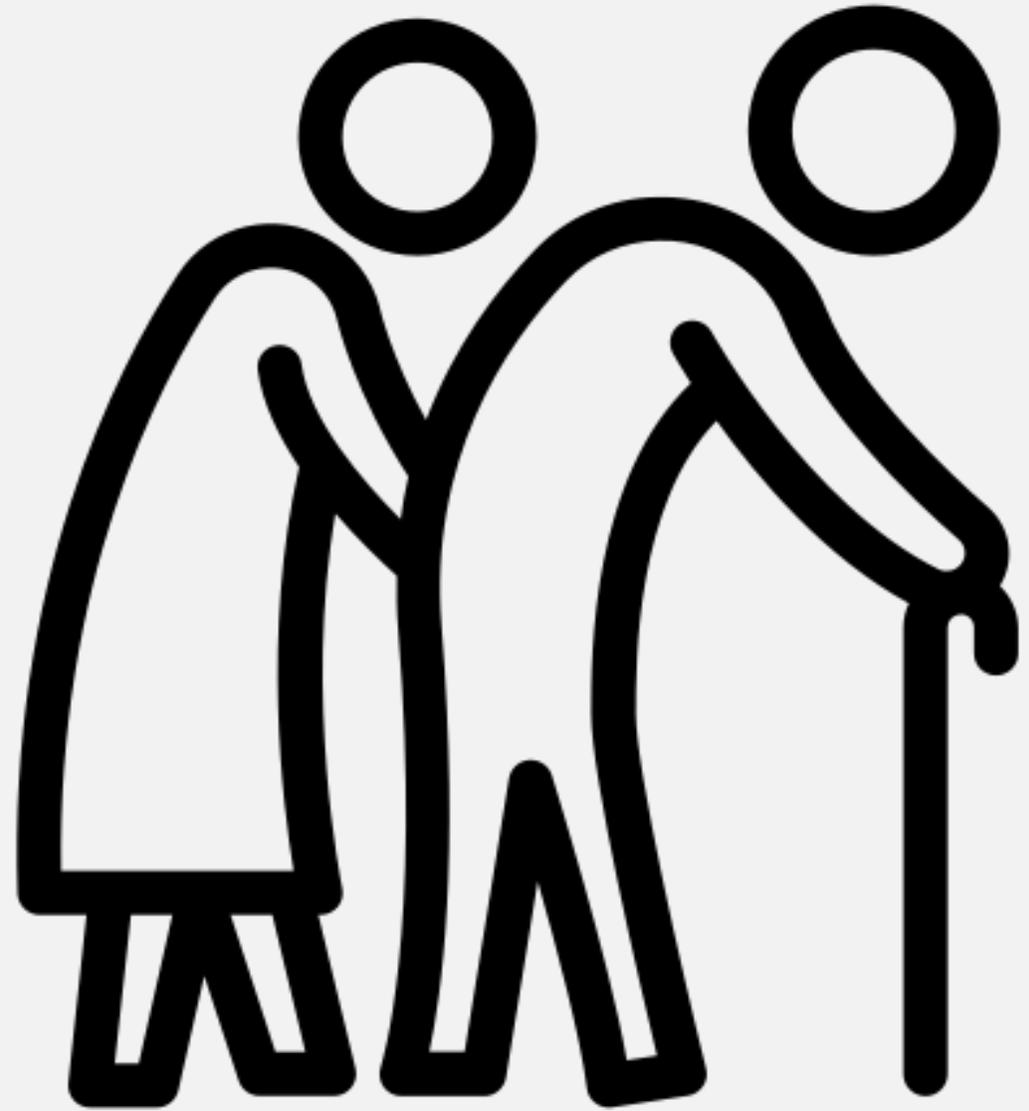
Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Advanced

Older People



[Older People and Frailty](#)

Our half-day online course where we explore key concepts and skills which are crucial in supporting our older patients - both at home and in nursing home settings. We explore real-life case scenarios and tools you can use at the surgery, on home visits or out in nursing homes. What we cover

What is normal ageing...and what isn't?

The terrible triplets - Frailty, multimorbidity and polypharmacy

How to do a really good medication review and feel good about deprescribing

The three D's of deterioration - delirium, depression and dementia

Common primary care problems - Falls.

Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

Paediatric



[Child and Adolescent Mental Health](#)

Our half-day online course covers key topics on child and adolescent mental health in primary care. Designed to support primary care clinicians who see and manage children and adolescents with mental health problems, to build their skills in this area. What we cover

Assessing children and adolescents with mental health concerns

Understanding the impact of adverse childhood experiences (ACEs) on mental and physical health

Building skills in the recognition and management of depression and anxiety in children and young people

Some key microskills to support young people while they wait to be seen

Spotting and referring eating disorders

Developing your skills in how to assess and support young people with self-harm

How to talk about and assess suicide risk

Understanding neurodiversity in a CAHMS setting; ADHD, autism and Tourette's disorder.

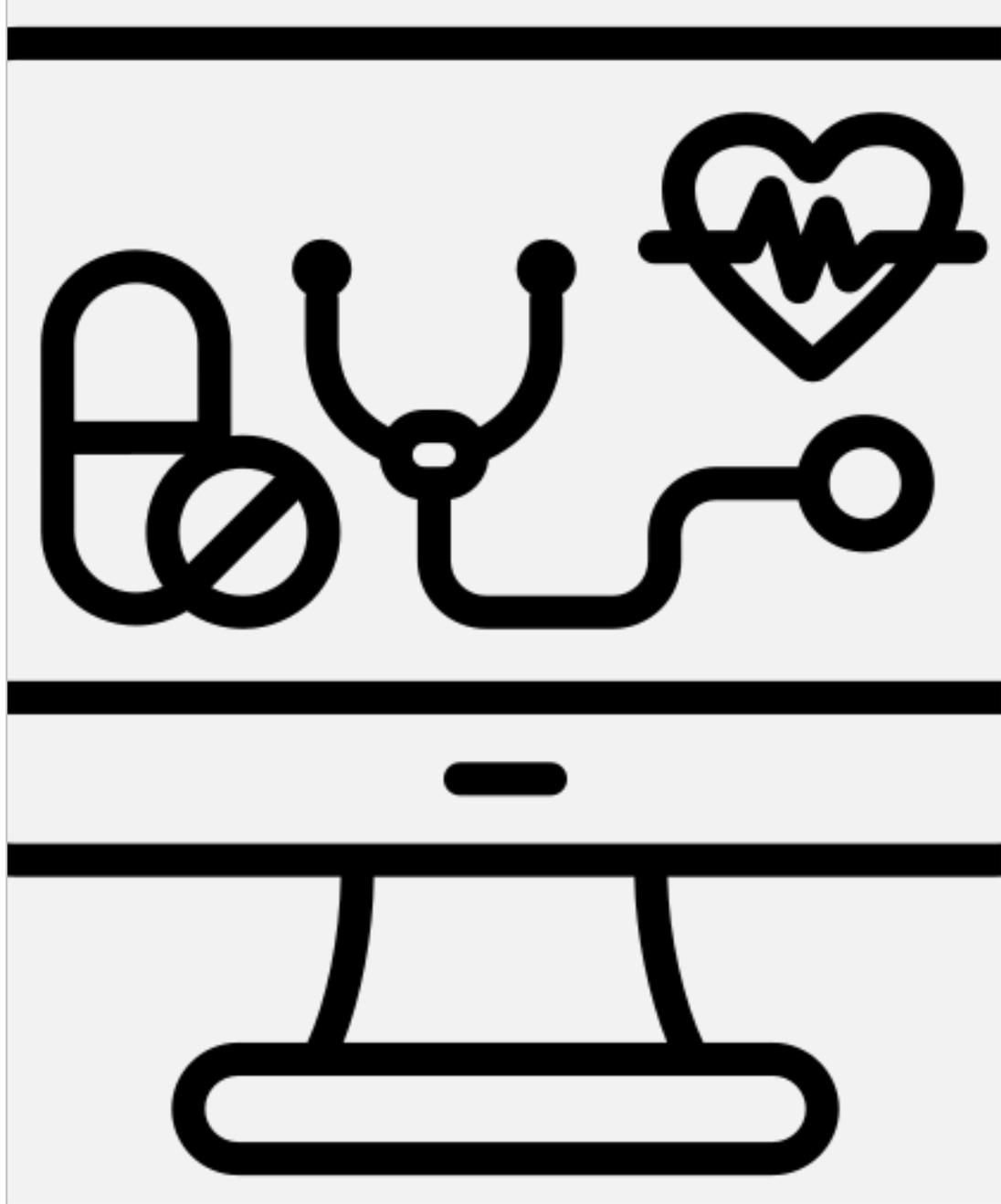
Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

Professional Skills



[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



Respiratory



[Advancing Asthma Care](#)

This course moves beyond the basics of asthma focusing on developing knowledge and skills to enable translation of learning to the delivery of high-quality care in clinical practice.

You will learn:

- How to evaluate the impact asthma has on individuals, local health services and their local community
- Distinguish factors underlying the quality and accuracy of asthma diagnosis
- Create comprehensive, individualised, management plans for a range of patients
- Compare types of asthma and emerging precision medicine therapies
- Apply evidence and guideline-based recommendations to acute asthma management and follow up care in all settings
- Analyse personalised care approaches in supporting patients to self-manage their asthma

45 hours course with 4 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Advanced

[Asthma Foundation](#)

This course offers an overview of asthma and the impact that it has on health and wellbeing in patients of all ages. The focus of this course is early and accurate diagnosis, appropriate management tailored to individual patient needs and preferences, and the avoidance of asthma attacks/asthma deaths through supported self-management, early interventions and effective organisation of care.

15 hours course with 2 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Foundation

[Asthma Update](#)

The focus of this course is:

- a revision of early and accurate diagnosis in children and adults, and appropriate management tailored to individual patient needs and preferences
- an evaluation of contemporary issues in asthma care including risk management, environmental considerations, remote consultations and treatable asthma traits.

This course is suitable for health professionals experienced in managing patients with asthma who have previously completed foundation/diploma level asthma training.

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Update

[Bronchiectasis](#)

This course is suitable for any healthcare professional working in primary care / community settings, who is involved in the care of patients with bronchiectasis. The course covers epidemiology, pathophysiology, diagnosis, treatment options, self management strategies, and exacerbations management. The course has been designed by an experienced respiratory nurse who strives to improve the quality of life of patients living with a respiratory disease.

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Update

[COPD Foundation](#)

This professional education module aims to give students an understanding of the foundations of COPD care and provides an overview of the disease and its impact. Students will gain an understanding of how history taking and important diagnostic tests, such as spirometry, are used to ensure safe and accurate diagnosis. They will appreciate and apply the principles of COPD management, using lifestyle change and appropriate drug therapy to reduce the burden and risks associated with COPD, learning how to effectively review and care for patients at all stages of disease, including acute exacerbation management.

15 hours course with 2 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Foundation

[COPD Update](#)

The course provides an overview of current developments in COPD care. Students will revisit the importance of history taking and the use of quality assured spirometry, and other tests, that promote safe and accurate diagnosis. They will learn about updated COPD management guidelines, exploring the evidence base for lifestyle interventions and appropriate drug therapy to reduce the burden and risks associated with COPD.

Course materials will promote the use of a structured COPD review to provide effective care for patients at all stages of disease, including acute exacerbation management. The course content is mapped to nationally recognised standards and professional codes, and successful completion will equip students with the knowledge and skills to improve guideline-based care and further develop their professional practice.

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Update

[Half-Day Asthma Update for Practice Nurses](#)

This course is aimed at clinicians who are already working with people living with asthma.

Content

In this paediatric and adult case study-based session we will cover:

- Diagnostics - what should we be doing?
- BTS/SIGN, NICE or GINA - who does it best?
- Treatment - is it now all about AIR and MART?
- Identification and management of poor control"

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

[Interstitial Lung Disease \(ILD\)](#)

This module aims to give students an understanding of the foundations of care for patients with interstitial lung diseases. The course provides an overview of the prevalence of different ILDs and their impact. Students will gain an understanding of the importance of safe and accurate diagnosis. Current evidence on ILD management will be explored, including the role of non-pharmacological approaches and the importance of supportive care.

15 hours course with 2 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Foundation

[Introduction to Paediatric Asthma](#)

Asthma is the most common medical condition in children and young people; it is vital that all healthcare professionals working with this age group appreciate and understand the diagnostic process and appropriate management options for individual children. This course provides an introduction to asthma in children and young people and will enable healthcare professionals to apply their learning to real world clinical practice. The value of integrated care, and how healthcare professionals in primary and secondary care as well as schools and emergency/ambulatory settings, can work together is explored.

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Intermediate

[Respiratory Examination for the Primary Care Practitioner](#)

An interactive training session incorporating the use of a virtual reality scenario. This session will be particularly beneficial for Allied Health Professionals (including pharmacists and physios), Practice nurses, and Community nurses.

Aims

- To be able to undertake a targeted patient history
- To gain an understanding of the components of the respiratory examination
- To be able to determine normal from abnormal findings
- To be able to identify respiratory system red flag signs and symptoms
- To undertake a virtual reality respiratory examination

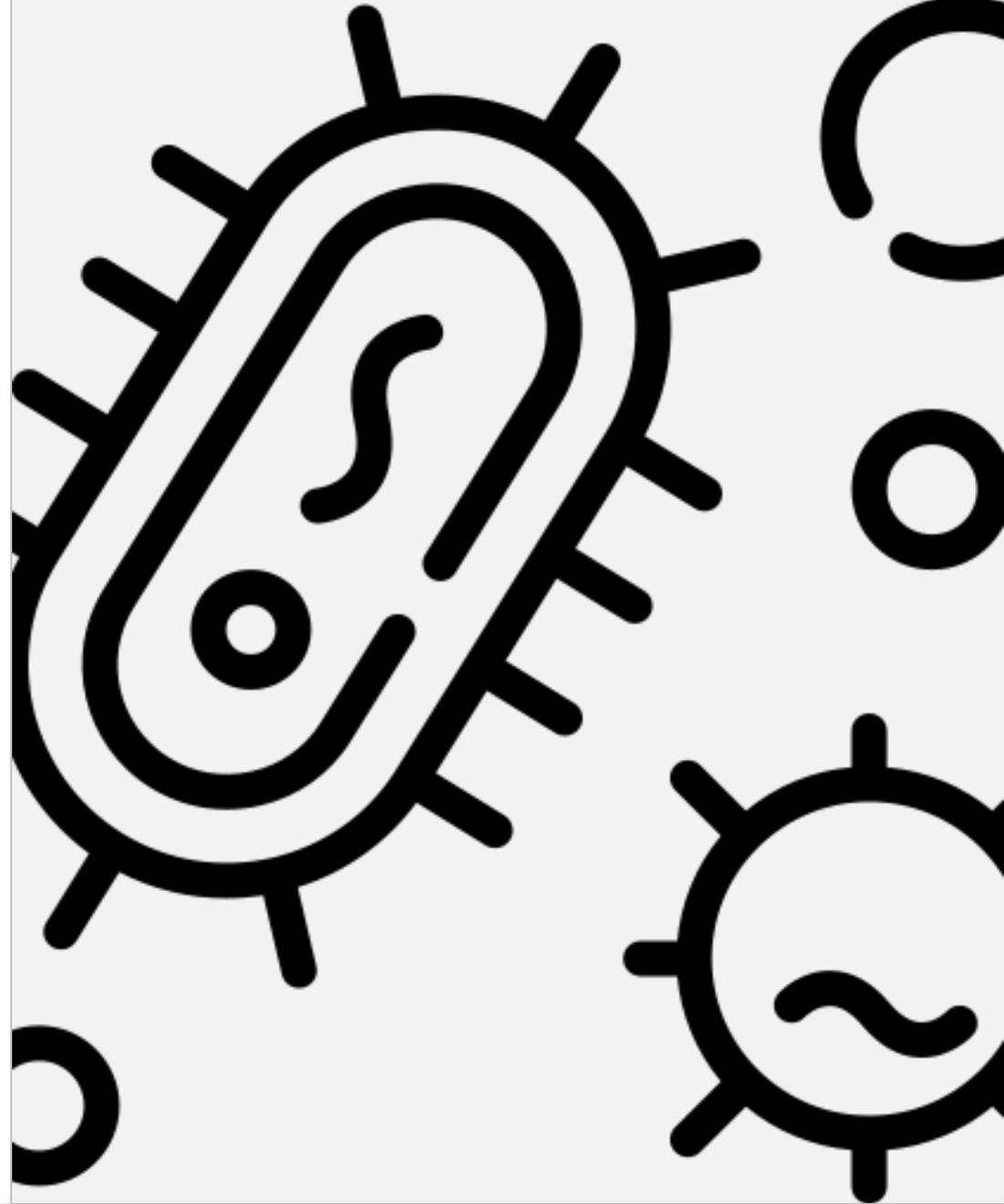
Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Advanced

Sepsis



[Recognising a Patient with Sepsis](#)

This one-day course is about recognising the early signs of sepsis in a patient, with the aim of preventing it from developing into a more serious condition. Healthcare Associated Infections are becoming an increasing problem in healthcare, particularly with the development of antibiotic resistance.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

Sexual Health



[Sexual Health Course for Nurses and AHPs](#)

A two-day programme designed to develop awareness, skills and knowledge for the delivery of a coordinated sexual health service. Will appeal to practice nurses, youth workers and other health and social care workers involved in sexual health.

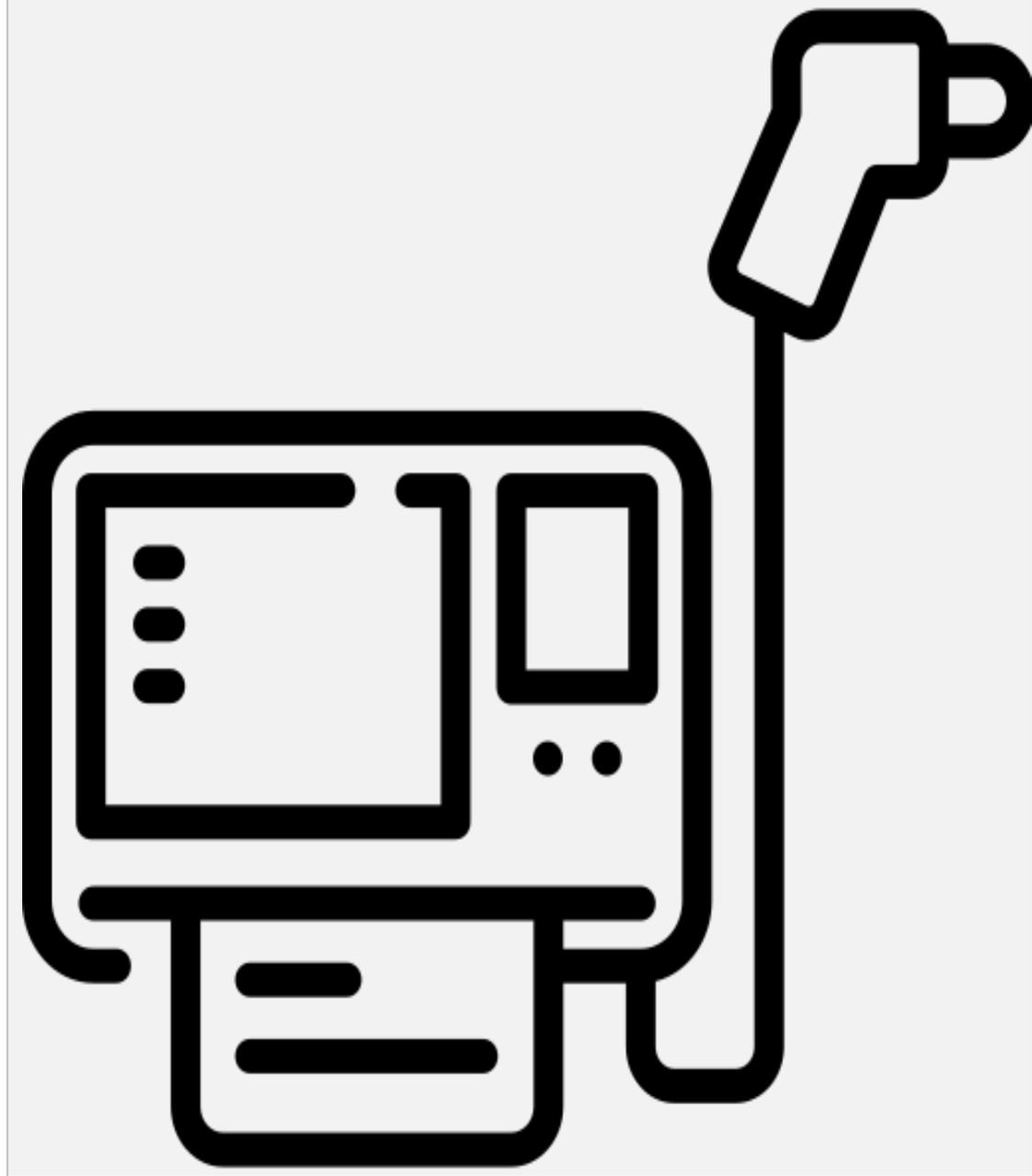
Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

Spirometry



Performing Paediatric Spirometry

Spirometry is not just for adults - children and young people can also perform spirometry. Understanding respiratory illness at an earlier stage can be vital in maintain health throughout younger years, but also in adulthood. Although the equipment and the test itself do not differ entirely from adult spirometry, there are some key differences those working with Children and Young people need to be aware of to get the most accurate results possible.

The course content follows the Association of Respiratory Technology and Physiology (ARTP) standards for spirometry, which are the gold standard in the UK.

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Introduction

Reporting Paediatric Spirometry

This course is aimed at anyone reporting spirometry with children and young people (CYP). It may be that you do also perform, or your role may be only to report the trace. This course will follow our very successful Seven steps to success format to ensure that a trace is fit for purpose and then is reported. As with all our spirometry courses it will prepare delegates for ARTP assessment with awareness of their requirements.

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Introduction

[Spirometry Performing and Reporting](#)

This course is aimed at anyone undertaking spirometry who wishes both perform and undertake basic numerical reporting of spirometry. It clearly defines the difference between reporting and interpreting and can serve as revision for those who have been practising for many years.

This course will prepare delegates for ARTP assessment for the Spirometry and Reporting part of the register. As the ARTP are the ONLY current assessors of competence all training providers will be working towards that assessment.

15 hours course with 2 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Foundation

[Spirometry: Performing Only](#)

This course is aimed at anyone undertaking spirometry who have no wish or need to undertake reporting or clinical interpretation. It can serve as revision for those who have been practicing for many years or as an introduction for those who have never undertaken spirometry before.

15 hours course with 2 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Foundation

[Spirometry Reporting & Interpretation the 7 steps](#)

Aimed at healthcare professionals who do not perform spirometry but are required to oversee results and prepare a clinical report (ARTP website). It can also be used by those who have previously undertaken spirometry training or education and now wish to focus on the results of the test.

This course looks at spirometry interpretation and clearly defines the difference between numerical reporting and clinical interpretation leading to diagnosis. It will help to prepare you for the reporting only part of the ARTP register by teaching a systematic approach and using case studies to support reflective practice.

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Introduction

[Spirometry Update](#)

This course is aimed at anyone who has previously undertaken spirometry training or education and is feeling a little 'out of practice' or 'rusty'! It can serve as revision for those who have been practising for many years but aims to also provide new and thought provoking content to challenge the way you practice.

7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Update

Supporting Learners and Staff



[Personal and Professional Practice for Patient Safety](#)

This stand-alone module will provide nurses and allied health professionals, working in their first two year of clinical practice, with a framework for decision making, an understanding of the NHS patient safety strategy and its implications for their own clinical practice. Students will have the opportunity to critically appraise and apply theoretical concepts to practice. They will expand their understanding of accountability and competence to adopt sound, consistent, proportionate and ethical approaches to clinical decision making.

Dates: please see provider website

Provider: University of Winchester

Delivery method: virtual

Level of Study: Level 7

[Root Cause Analysis](#)

This one-day workshop designed specifically for healthcare professionals to meet the standards of the NHS Serious Incident Framework. The day will provide clinical leaders with practical skills to enable them to undertake a root cause analysis and develop an action plan in order to improve quality and safety in their clinical setting.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Advanced

Teaching and Training Skills

This two-day course has an emphasis is on competence, fitness to practice and life-long learning. Underpinning this is that clinical specialists and experts take the lead in teaching and training to develop knowledge and skills.

However, not everyone has the tools to teach knowing how to is the key to successful learning, this programme is designed to Train the Trainer.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

Working in a Multi Disciplinary Team and Supervising Other Colleagues Safely

This virtual session is aimed at those who wish to upskill or refresh their skills so they can offer others clinical advice and support.

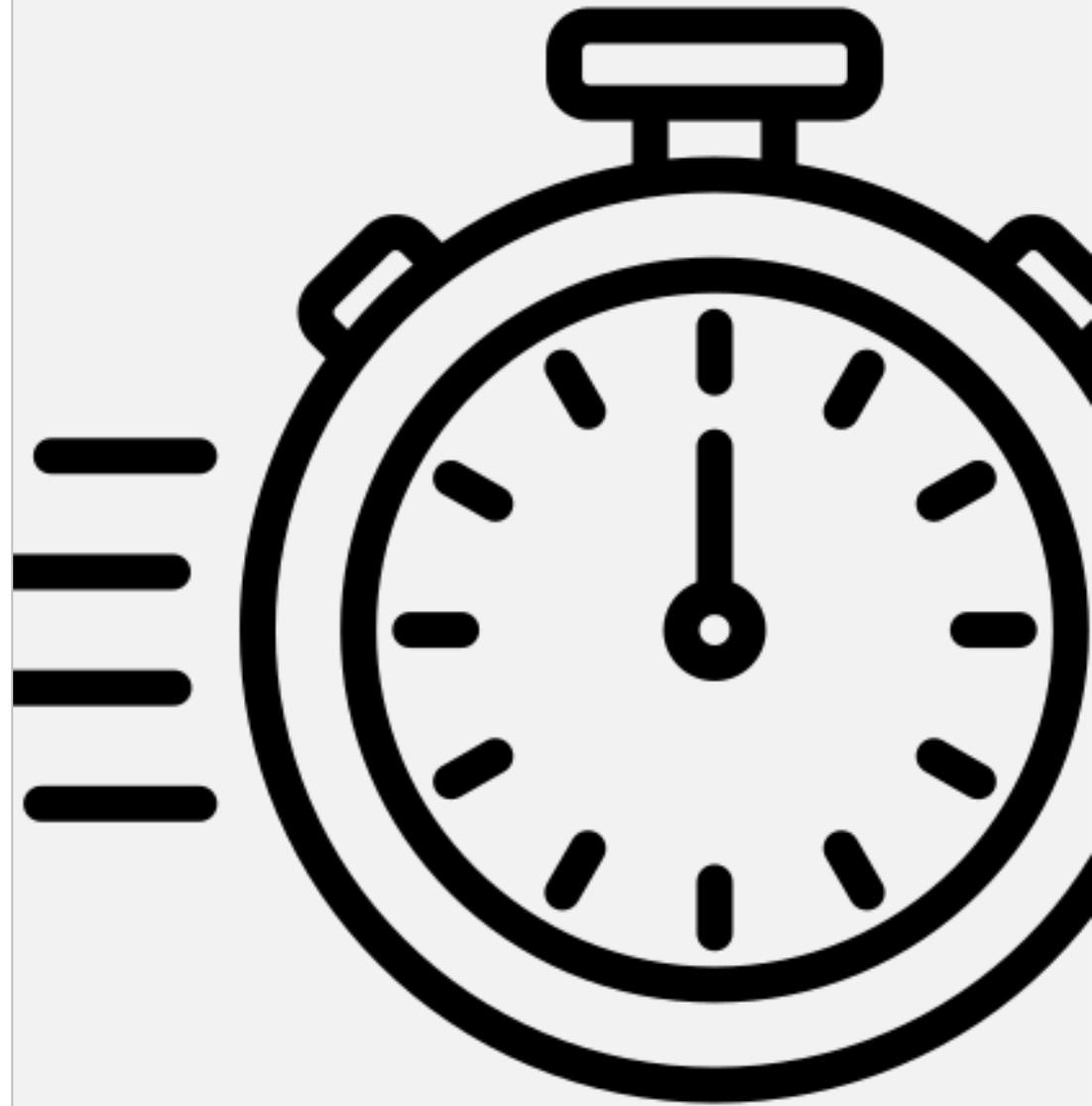
Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

**Urgent and on the
Day**



[Urgent and on the day Primary Care](#)

Our one-day online Urgent and On-The-Day Primary Care course is jam-packed with more than 30 topics and is designed to suit the needs of the whole multidisciplinary primary care team. What we cover:

- An approach to fever in kids
- Cough in children - Bronchiolitis, croup and viral wheeze
- Breathlessness - Acute asthma and COPD exacerbation
- Ear issues - Otitis media and externa; Sudden hearing loss
- Sore throats
- Back pain - Cauda equina syndrome and spinal cord compression
- Pain when walking - Limp in children; Gout; Cellulitis
- Belly pain - Ectopic pregnancy; Acute scrotal pain; Pelvic inflammatory disease
- Pain when peeing - All things UTI
- Eye issues - Conjunctivitis; Giant cell arteritis
- Rashes - Chicken pox and shingles PEP
- Anaphylaxis and BLS update
- Venous thromboembolism (DVT & PE)
- Delirium
- Bites
- Fits and funny turns in children
- Diagnosis of diabetes in children
- Bacterial meningitis and meningococcal disease
- Headaches
- Dermatology with 'Spot the Rash'.

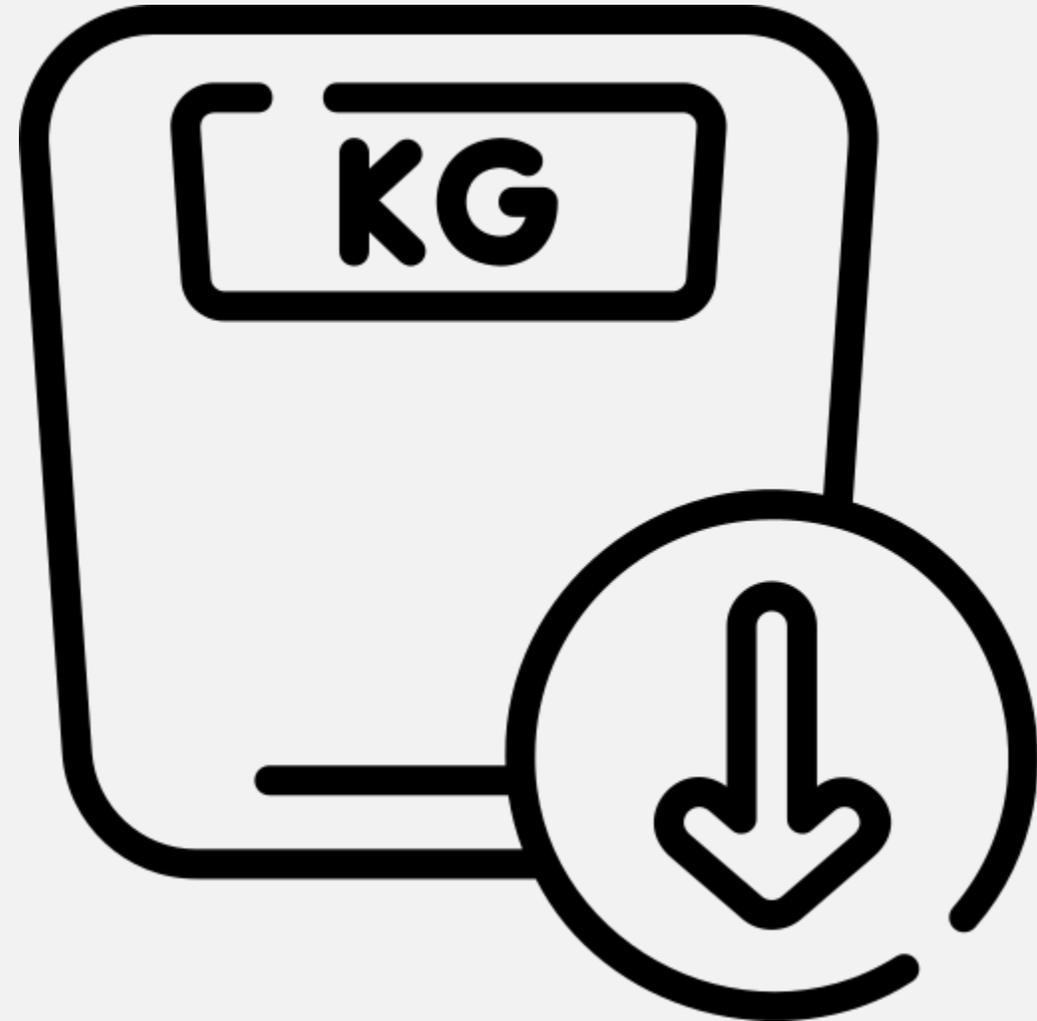
Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

Weight Management



[Obesity Medicine: Weight Management, GLP-1s and Beyond](#)

Our one-day online Obesity medicine course will help you transform your practice and patient outcomes in this fast-evolving field of medicine. Learn about the latest in holistic obesity management and treatment strategies, and discover innovative, evidence-based methods to enable us to offer better patient care and improved outcomes.

What we cover

- Understanding obesity: explore the underlying pathophysiology and social determinants
- Changing pharmacological landscape: gain insights into the mechanisms, safety profiles and clinical applications of new obesity medications, including the practicalities of prescribing
- Case-based learning: analyse real-world examples and patient scenarios to see how emerging therapies are applied in practice, plus hear patient insights as they share their experiences
- Lifestyle and behavioural interventions: learn strategies for integrating nutritional counselling, physical activity, sleep hygiene and behavioural therapy into treatment plans
- Managing comorbidities: understand the relationship between obesity and related conditions such as diabetes, cardiovascular disease and mental health
- Confident conversations and coaching skills: learn from behaviour-change experts Dr Hart and Dr Williams, with practical tips to help you embed coaching frameworks into clinical practice.

Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Advanced



Women's Health



[Advanced Menopause Masterclass - for GPs & AHPs](#)

This session is aimed at HRT prescribers, GPs and Advanced Practitioners. This is not suitable for general practice nurses.

Aims

This interactive webinar will help to build confidence for those with some experience of prescribing HRT to know what you can do as well as what you should not be offering, in a primary care setting.

- Are you already an HRT prescriber and want to ensure you are up to date?
- Do you have a sound understanding of the basics of menopause care and prescribing HRT and want to build on this?
- Do you need help with more complex patients?
- Do you want to feel more confident when counselling patients?

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Advanced

[Contraception and Sexual Health in Primary Care](#) **England**

Our half-day online course is a comprehensive, relevant and pragmatic update on contraception and female sexual health issues in primary care.

What we cover

- Emergency contraception and quick-starting
- What's new in the world of contraception: LARC and Intrauterine system update, progestogen only pills, Combined hormonal contraception, injectables
- Medical problems, drugs and contraceptive choices
- Contraception in women with a history of migraine
- Approaching bleeding issues on contraception
- Investigation and management of vaginal discharge – including bacterial vaginosis, trichomonas, candida and infections
- Acute pelvic pain and pelvic inflammatory disease
- 'Bad sex' - dyspareunia and psychosexual issues..

Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

[Contraception Update for GPs and Allied Health Professionals](#)

Dr Camilla Janssen talks to Dr Alison Vaughan to cover the new developments and guidelines in the contraceptive world.

The course aims to equip GPs and allied health professionals with skills to navigate the complexities of contraception presentations. There will be a use of cases, relevant to everyday practice, to demonstrate contraceptive conundrums covering a wide range of different issues.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

[Contraception Update: Review of current contraception choices](#)

This course is aimed at GPNS / NAs / AHPs who are providing contraception clinics

This one-day update course will be workshop learning and discussion focussed on managing women's contraceptive choices. Revisiting the contraception consultation, you will consider evidence-based guidance to support the patient with their decision making and increase confidence to manage the episode of care.

Learning Outcomes

- Review of current contraception choices
- A focus on LARCs
- Emergency contraception (including TOP)
- Managing the complex consultation (what to do in UKMEC 3-4)
- Conundrums of contraception – case studies
- Telephone contraception consultations

Dates: please see provider website

Provider: J2S

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

Level of Study: Update

[Introduction to Basic Contraception and Sexual Health](#)

This introductory course is suitable for Practice Nurses, Registered Nurse Associates, and AHPs who are new to contraception and sexual health care. In order to get the most out of the course we would recommend reading the free e-learning for Healthcare - Sexual and Reproductive Health – modules 2 and 3, and if you have time, module 4 (emergency contraception).

Aims

Through a mix of lectures, small group work and case discussions, the course aims to give you the basic knowledge required to discuss the range of available contraceptive methods, manage safe repeat issuing of common methods, and carry out asymptomatic sexual health screening.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

[Long-Acting Reversible Contraception Training \(LARC\)](#)

Fully-funded FRSH Diploma and Practical Training in Contraceptive Coil and Implant management

Dates: please see provider website

Provider: Mid Hants Healthcare

Delivery method: face to face, Adelaide Health Centre, Andover

Level of Study: FRSH Diploma

[Menopause Foundations](#)

Our half-day online course covering a comprehensive, holistic and evidence informed approach to supporting women through the menopause transition. What we cover

Definitions diagnosis and implications of menopause including the role of FSH

Shared decision making around choices for managing menopausal symptoms and headlines from the new NICE guidelines

A pragmatic guide to prescribing HRT, specifics of HRT regimes and troubleshooting

Approaching and managing bleeding problems on HRT

Alternatives to HRT

Managing sexual problems, including the role of testosterone

Menopause in certain groups, including women with a history of breast cancer, liver disease, premature ovarian insufficiency and endometriosis

HRT, cognition and dementia.

Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

[Menopause Masterclass](#)

his one-day Menopause Masterclass is aimed at clinicians who already have a good working knowledge of menopause management and want a deeper understanding of more complex and challenging issues, and how to approach them in a pragmatic and evidence-informed way. What we cover

Managing menopause in women with complex medical histories or at increased risk of complications: including vascular disease (heart disease, stroke and VTE), migraine, and cancer (breast and other malignancies)

Expert insights into HRT: how to prescribe safely, effectively and individually. A closer look at some of the challenges, including symptoms that persist despite HRT, when to test hormone levels and the use off-licence regimens

Alternatives to HRT: an evaluation of the evidence and efficacy

Mental health issues: the latest guidance and emerging evidence on the psychological and cognitive side of the menopause transition

Sexual problems: including when to recommend testosterone

A holistic approach to menopause care: how to encourage and incorporate lifestyle optimisation as a core intervention for long-term health and wellbeing

Q&A-based learning: using clinical scenarios and delegate interaction to develop deeper understanding and embed skills.

Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Advanced

Women's Health

Our one-day online Women's Health course covering key topics for primary care. Suitable for the whole primary care team and meets the CPD requirements for recertification of DFRSH and letters of competence.

What we cover

- Update in contraception including – Drug interactions and choosing contraception, Intrauterine systems, Progestogen only pills and combined hormonal contraception, contraception options for women with migraine, contraception and HRT
- Sexual health: Causes of vaginal discharge – what to do about bacterial vaginosis, trichomonas and candida, PID and acute pelvic pain
- Primary care gynaecology - Managing period problems in adolescents, bleeding on contraception and bleeding on HRT. Endometriosis and chronic pelvic pain, management of fibroids
- Amenorrhoea – Investigation of amenorrhoea, PCOS and functional hypothalamic amenorrhoea
- Miscarriage and recurrent miscarriage – our role in primary care
- Menopause – 'Headlines' from the new NICE guidelines, HRT regimes and progestogen doses, Sexual issues and testosterone
- Pelvic floor dysfunction and urinary incontinence.

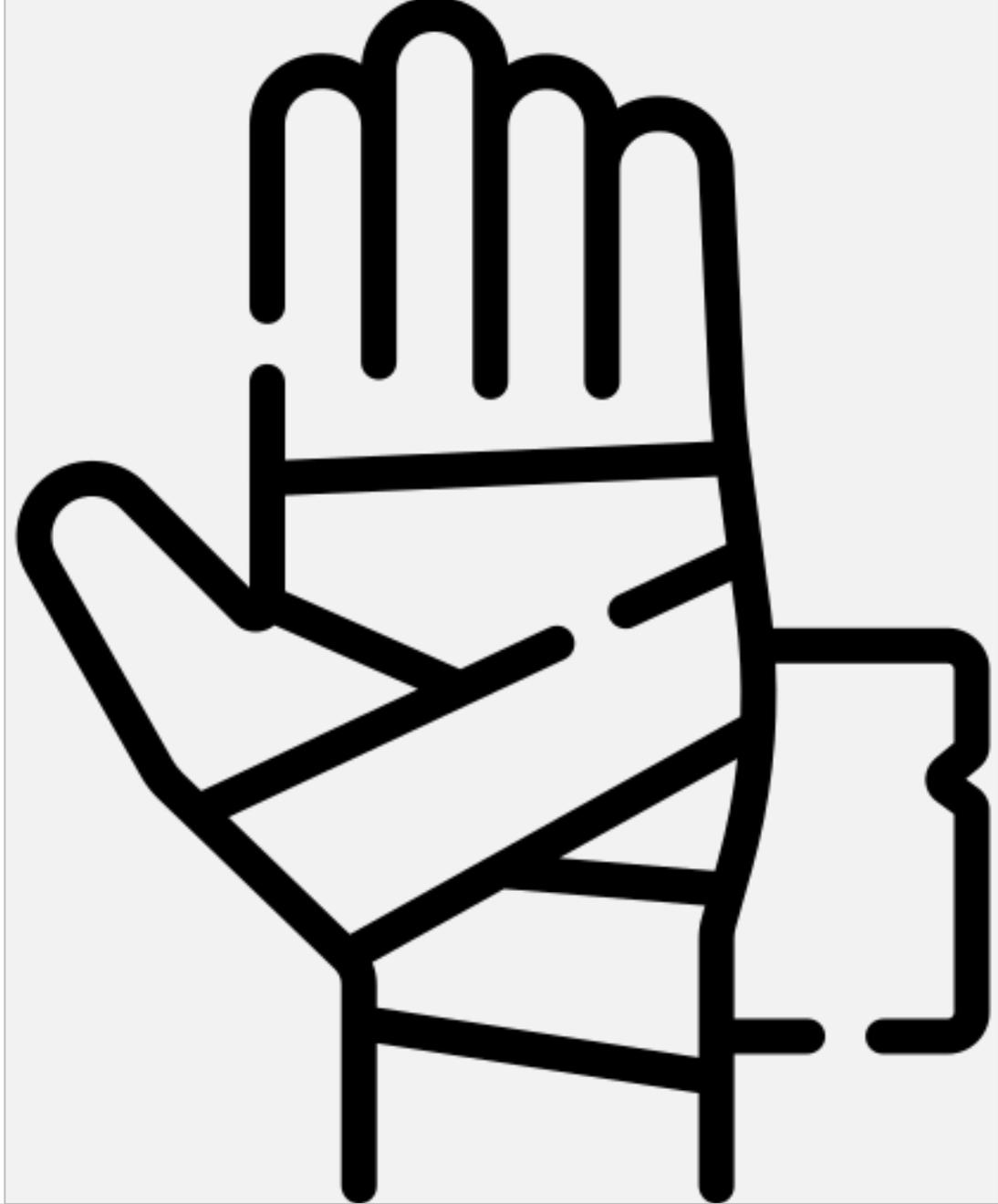
Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Introduction

Wound Care



Complex Leg Ulcers and Hard to Heal Wounds

This is a study session for experienced Practice Nurses who want to explore realistic and practical solutions to the barriers/dilemmas faced when providing care for patients with complex leg ulcers and wounds that are deemed 'hard to heal'. The session will explore factors that make a leg ulcer 'complex', or a wound as being 'hard to heal'.

For complex leg ulcers, we will discuss advanced decision making in the application of the correct therapeutic treatments, despite an inconclusive or confusing ABPI. The session will explore differential diagnosis, e.g. vasculitis, cancer etc.

For hard to heal wounds, the session will explore some of the common barriers/dilemmas, again focussing on practical and realistic solutions towards healing or achieving patient goals of care.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Advanced

Dressing Selection

This session is for all healthcare practitioners and is delivered virtually. The session will explore the multiple variables and key factors to consider when selecting dressings. There will be discussion regarding the various types of dressings on your formularies, including how they work, what they do, indications and contraindications.

The session will also explore the importance of holistically assessing patients to aid appropriate and optimal care planning to maximise patient outcomes. There will be patient scenarios and wound photos to aid/embed learning.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

[Introduction to Compression Therapies for Nurses, Nursing Associates & HCAs](#)

This introductory session offers the opportunity to gain knowledge, confidence and skills in compression therapies used for venous/mixed leg ulcers, leg oedema and prevention of ulceration by using effective compression. It will provide an overview of conditions that would benefit from compression, and the choices, implications and planning for the appropriate management.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

[Introduction to Wounds & Barriers to Healing](#)

This introductory session aims to explore and enable attendees to understand the elements and importance of wound and skin assessment plus management of wounds. There will be a section on types of wound tissue and the implication, e.g. slough, necrosis.

The session will also identify the key barriers to wound healing in order to select appropriate dressings/treatments that will support the selection of appropriate dressings/treatments in order to maximise outcomes (note-actual dressing selection is another session-see website) This session encompasses wound infection/biofilm recognition and decisions for treatment.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction/Refresher

Management of Venous Leg Ulcers

This one-day course aims to facilitate nurses working across primary and secondary care environments to use an evidence-based approach to the management of leg ulcers. Leg ulcers affect mortality and morbidity, and evidence-based knowledge and skills can enhance their management and improve patient outcomes. Healthcare professionals are in a key position to enhance care through the evidence-based approach to leg ulcer management. Action planning will be discussed during the session for how you may achieve competence of your skills in clinical practice.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

Refresher - Skin Care, Wounds, Doppler and Leg Ulcers for the Competent Practitioner

This session will use an evidence-based approach, using current/latest guidelines, and new practical ideas/skills for Doppler, wound care, compression products, plus practical tips, including sharing ideas and experiences.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

[Wound Management for Nurses and AHPs](#)

This one-day course will provide the latest research and treatment guideline on wound management. To increase understanding of wound classification and the correct dressing choice for a range of wound types.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

Free CPD Resources

Course Title	Provider
Mental Health Resources For Children and Young People YoungMinds	Young Minds
Asthma (Adults) – elearning for healthcare	ELearning for Health (e-LFH)
Asthma (Children and young people) – elearning for healthcare	ELearning for Health (e-LFH)
Empowering patients to manage chronic breathlessness – elearning for healthcare	ELearning for Health (e-LFH)
Healthcare professionals Asthma + Lung UK	Asthma + Lung UK HCP hub
NCSCT e-learning	National Centre for Smoking Cessation and Training (NCSCT)
Webinars and videos Primary Care Respiratory Society	Primary Care Respiratory Society
BTS Webinars	British Thoracic Society
Range of Primary Care Courses from Future Learn	Future Learn
Range of Health and Care Courses from Nescot College	Nescot College
Education resources - The UK Sepsis Trust	Sepsis UK
Open Learn Courses	OpenLearn
e-Learning Modules – Pan London Practice Learning Group	Pan London Practice Learning Group

Summary of acronyms

Acronym	Full Text
ABPI	Ankle-brachial Pressure Index
ADA	American Diabetes Association
AHP	Allied Health Professional
AIR	Anti Inflammatory Reliever
ARTP	Association for Respiratory Technology & Physiology
BTS	British Thoracic Society
CGA	Comprehensive Geriatric Assessment
CHD	Chronic Heart Disease
CKD	Chronic Kidney Disease
COPD	Chronic Obstructive Pulmonary Disease
CPD	Continuing Professional Development
CYP	Children and Young People
ECG	Electrocardiogram
EASD	European Association for the Study of Diabetes
FRSH	Faculty of Sexual and Reproductive Healthcare
GPN	General Practice Nurse
GINA	Genetic Information Non-discrimination Act

Acronym	Full Text
HCA	Healthcare Assistant
HF	Heart failure
HIOW	Hampshire and Isle of Wight
HRT	Hormone Replacement Therapy
ILD	Interstitial Lung Disease
LARC	Long-acting Reversible Contraception
LTC	Long-term Conditions
MART	Maintenance and Reliever Therapy
MDT	Multi-Disciplinary Team
NA	Nursing Associate
NICE	National Institute for Health and Care Excellence
NMP	Non-medical Prescribing
SIGN	Scottish Intercollegiate Guidelines Network
TREND	Training, Research and Education for Nurses in Diabetes
UK	United Kingdom



England



england.primarycareschooltw.se@nhs.net



[Thames Valley and Wessex Primary Care School](https://www.thamesvalleyandwessexprimarycareschool.nhs.uk)



[NHS England](https://www.nhs.uk)