HAMPSHIRE & ISLE OF WIGHT
PRIMARY CARE TRAINING HUB
Supporting workforce learning & development

Hampshire and Isle of Wight

Continuing Professional Development

Course Catalogue 2026/27

NHS England South East

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Summary of Acronyms

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Foreword

Calling all Allied Health Professionals, registered Nurses and Nursing Associates working in Primary Care in Hampshire and the Isle of Wight! Search no further for your CPD planning.

Hampshire and the Isle of Wight (HIOW) Training Hub exists to lead, connect and enable the development of the entire Primary Care workforce, as part of a national network of Training Hubs, and we're delighted to invite you to join us for a wide range of educational sessions, aimed at enabling you to keep up to date and to develop your career.

With support from the NHS England Thames Valley and Wessex Primary Care school, our training hubs offer support to practices and educators and enable placements for learners of all professions in primary care. We champion learning and improving the quality of educational experience for everyone, and in recent years have vastly expanded the number of PCNs approved to host learners through our Clinical Learning Environment approvals process. We know that involvement in education and training is one of the most effective routes to improvement in the quality of patient care, so we're committed to enabling this activity to become part of the culture in every healthcare setting across the region.

Please take a moment to review the CPD on offer from HIOW Training Hub and sign up for whatever you need to develop yourself and your practice, helping you to ensure your patients can access the confident and excellent care they need.



Professor Chris Warwick
Primary Care Dean
NHS England – South East

Bloods



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

Managing Blood Results in Primary Care

Our one-day online course covering key to 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

Interpreting Blood Results for AHPs, ACPs and GPNs

By the end of this course, participants will have achieved the following learning outcomes:

- Understanding of FBC: Develop the ability to interpret a Full Blood Count (FBC), including knowing when to repeat, escalate, and manage simple anaemias effectively.
- Organ-Blood Test Link: Gain insight into the connections between various organs and their relevant blood tests, fostering a holistic understanding of patient health.
- Medication-Test Relationship: Review the links between different drug groups and the necessary monitoring required for safe practice and prescribing.
- Chronic Disease Relevance: Develop an awareness of why specific tests are appropriate within various chronic disease groups, improving patient care.
- National Guidance Awareness: Examine the connections between national guidance (e.g., NICE) and professional judgment, ensuring adherence to best practices.
- Professional Development: Enhance your awareness of ongoing development within your practice and uphold professional accountability in this specialized field.

Dates: please see provider website
Provider: Wessex LMCs
Delivery method: virtual

Blood Test Analysis

This seminar is developed to support healthcare professionals, developing a knowledge of common blood tests and how to analyse them and recognise significance of abnormal findings and when to act upon them.

Dates: please see provider website

Provider: Health Sciences University

Delivery method: virtual

Level of Study:

Understanding Blood results for Physiotherapists

Provides physiotherapists and allied professionals working with a MSK caseload with the essential background in physiology and pathology for a haematological, biochemical and immunological approach to patient management.

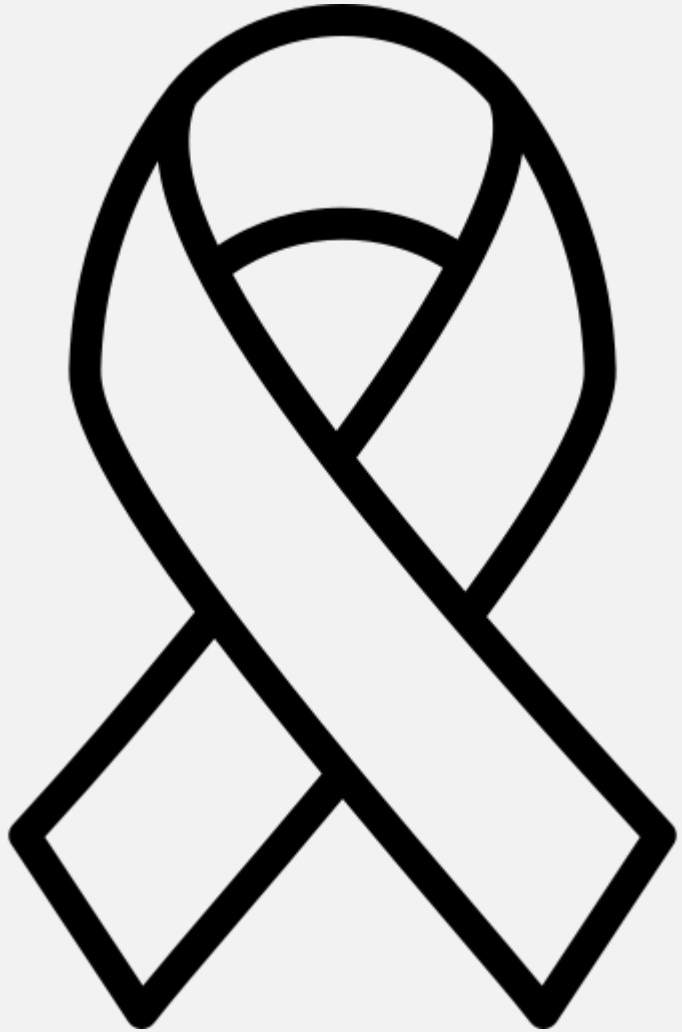
Dates: please see provider website

Provider: M&K updates

Delivery method: virtual

Level of Study:

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

Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Advanced

Cancer Care for Primary Care Clinicians

This course is designed to improve your ability to recognis early signs of cancer and provide evidence-based management for these vulnerable patients.
We will begin by exploring how health inequalities impact cancer and access to care. We will cover a number of general cancers, including those specific to men and women.

The course will conclude with oncology emergencies to avoid the risk of these being missed. Always remembering that behind every guideline is a person, behind every referral is a family, and behind every moment of learning is the chance to make a real difference in people's lives.

Dates: please see provider website

Provider: M&K updates

Delivery method: virtual

Cancer & Lifestyle: Prevention, Recovery and Long-Term Wellbeing

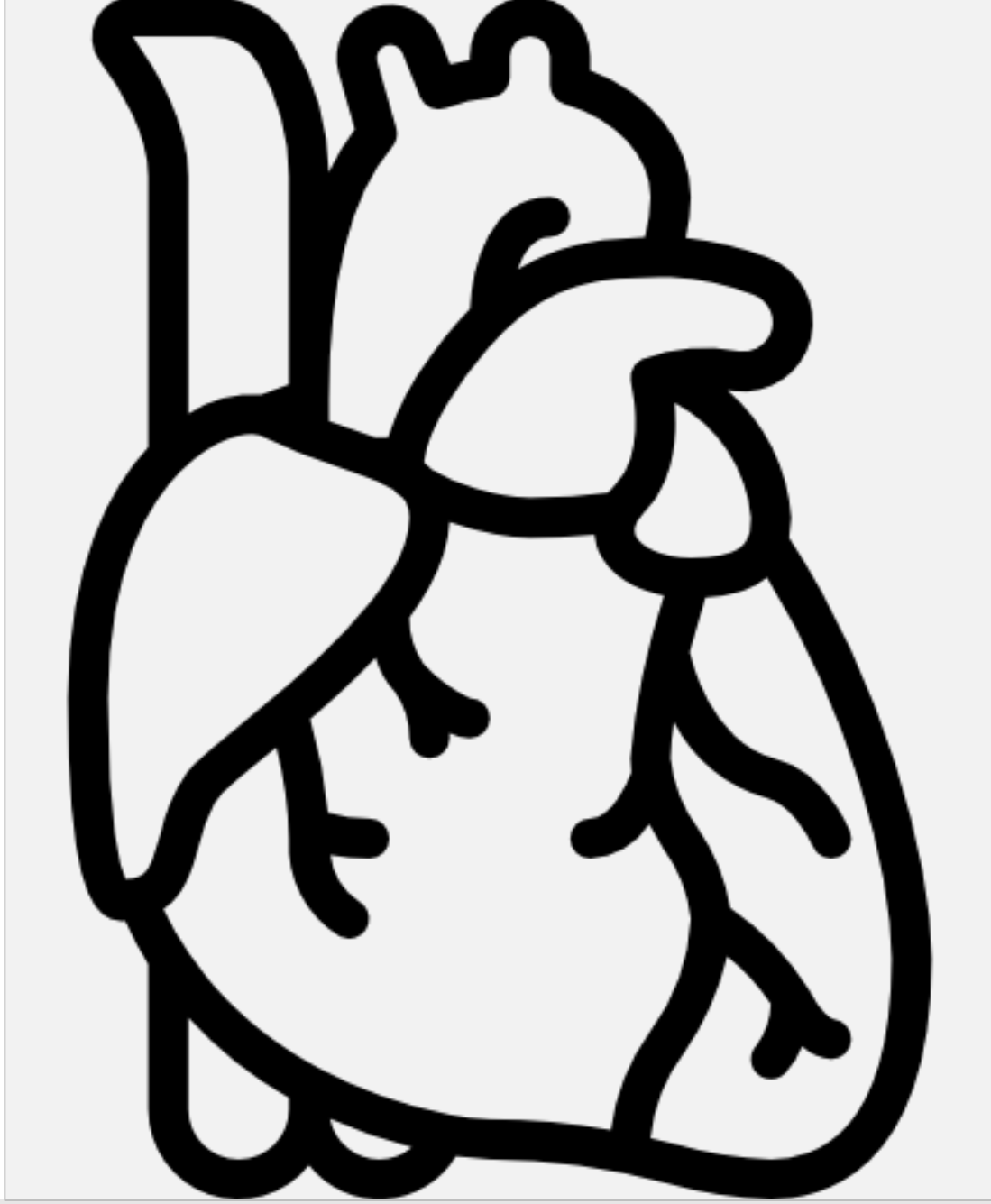
The content of this course covers the six pillars of lifestyle medicine, namely healthy diets, physical activity, restorative sleep, healthy relationships, management of stress and avoidance of harmful substances, and provides actionable take aways for personal and professional practice. The course aims to provide individuals and practitioners the confidence to disseminate this information amongst their patients, families and their communities.

Dates: please see provider website

Provider: University of Winchester

Delivery method: virtual

Cardiac



Advancing Coronary Heart Disease (CHD) Care

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

45 hours course with 4 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Advanced

Advancing Heart Failure Care

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

45 hours course with 4 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Advanced

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

Hypertension - Essentials for Nurses and AHPs

This live-online, instructor led session is aimed at Nurses and AHPs who are already managing patients with hypertension

Aims
The aims of this session are to:
provide participants with a clear understanding of hypertension as a clinical condition.
explore the underlying mechanisms, diagnosis, and treatment thresholds for hypertension.
enable clinicians to make evidence-based decisions when recommending management options for patients with hypertension.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Foundation

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

Coronary Heart Disease for Primary Care Course (online)

This course is suitable for any health care professional working in primary care in the field of coronary heart disease (CHD). It offers an opportunity to review current evidence-based practice and apply this to case studies and real-world practice.
7.5 hours course with 1 month to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Foundation

Understanding Cardiology for Nurses and AHPs

A comprehensive 2-day course for Nurses and Allied Health Professionals working in cardiology. This courses will be especially useful to those new to this speciality but will also be of use as an updater for more experienced professionals.

Dates: please see provider website

Provider: M&K updates

Delivery method: virtual

Level of Study: Foundation

Cardiovascular Examination for the primary care Practitioner (nurse and AHPs)

This online refresher session, designed for Practice Nurses and Allied Health Professionals, provides a valuable opportunity to refresh and enhance your clinical assessment skills in cardiovascular and peripheral vascular care. Whether you're aiming to build confidence in physical examination techniques or stay up to date with current best practices, this session offers practical, supportive, and interactive learning.

Aims

To increase knowledge and understanding of the systematic assessment and examination of the cardiovascular and peripheral vascular systems.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

Introduction to Heart Failure for Practice Nurses

In these 2 sessions, we 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

Clinical Skills



Clinical Skills.Net - Licence Access

Our fully illustrated guides for practical clinical skills procedures have been supporting nurses and other health care professionals in both training and practice for the past 20 years. Over that time, we have grown and expanded what we offer, which now also includes online assessments, checklists and CPD support.

Dates: please see provider website

Provider: Clinical Skills Net

Delivery method: e-learning

Level of Study: Foundation

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

Communication and Consent

This one-day online CPD starts with a session on what guidance is provided in the Osteopathic Practice Standards (OPS) and other GOsC documents. This will then be followed by a session on best practice in communication skills with Steven Vogel, Professor at the Health Sciences University, who has extensive experience teaching these subjects to undergraduate and qualified osteopaths.

The session includes:

- a workshop on communication skills
- a session on issues surrounding communication and consent with children and their parents

This seminar is 7 CPD

Dates: please see provider website

Provider: Health Sciences University

Delivery method: virtual

Remote consulting for clinicians: focus on red flags and safety netting for GPs & Advanced Practitioners

This workshop is for clinicians who undertake remote consulting in hours or in the out of hours setting

Aims

The session offers practical advice, examples, case scenarios and feedback to help you to become more confident in the skills needed for remote consulting. A recent article in the British Journal of General Practice highlighted the common pitfalls when safety netting, and this course will focus on how eliciting red flags and providing appropriate safety netting advice can improve patient safety and reduce the chances of a complaint.

Dates: please see provider website

Provider: Wessex LMC

Delivery method: Virtual

Saying No & Managing Unrealistic Patient Expectations - A course for GPs & AHP

This session is for clinicians who undertake patient consultations.

Aims

Saying no to patients is something most clinicians wrestle with - after all, we were trained to be helpful and try to solve problems and saying can feel wrong. But sometimes patient expectations are unrealistic, and we need to help them to set appropriate boundaries. Furthermore, increasingly, with longer and longer waits across every aspect of the health system, sometimes their expectations are reasonable, but we simply cannot deliver what they are hoping for - and if we try to "rescue" these situations their expectations of what we can deliver will increase further and it can be even harder to set boundaries, which can contribute to the very real risk of clinician burnout. This webinar aims to help delegates to manage these tricky situations.

Dates: please see provider website

Provider: Wessex LMC

Delivery method: Virtual

Conflict management and communication skills

A half- day training session to include:
- Conflict Management
- Communication skills
- Recognising conflict early
- Managing emotions
- Using communication techniques to de-escalate situations with patients, colleagues or families

Dates: please see provider website

Provider: Mid Hampshire Healthcare

Delivery method: Face to Face

Consultant Practice



Mind the gap: transformative learning for consultant practice

This 3-day, 10 credit masters level (level 7) unit has been developed based on the definitions and the learning and development of consultant level practice across nursing, midwifery and the Allied Health Professions with a foundation of international literature. The evidence highlights a widespread lack of clarity regarding the purpose and definitions of consultant-level practice. It reveals a distinct gap between advanced-level practice and the transition toward developing consultant-level capabilities. While advanced practice lays the groundwork for clinical expertise, it does not equip clinicians with the necessary skills to evolve into reflexive, transformational leaders within complex systems

Dates: please see provider website

Provider: Health Science University

Delivery method: Blended, Health Sciences University, Parkwood Road, Bournemouth BH5 2DF

Level of Study: 7

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

Care of the Dying Patient with Dementia for Nurses and AHPs

A one day programme of study designed for Doctors, Registered Nurses and Allied Health Professionals working in a variety of care settings, whose role may include supporting and advising patients in the latter stages of dementia.
This course provides the necessary knowledge and information to equip staff with confidence in how to manage the holistic needs of the person with dementia, as they approach the dying phase. Research has shown that the end of life care needs of this patient group and their families, are poorly understood and frequently unaddressed.

Dates: please see provider website

Provider: M&K updates

Delivery method: Virtual

Level of Study:

Dermatology



Skin Assessment and Common Dermatological Conditions

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

Aims

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

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

Dermatology 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.

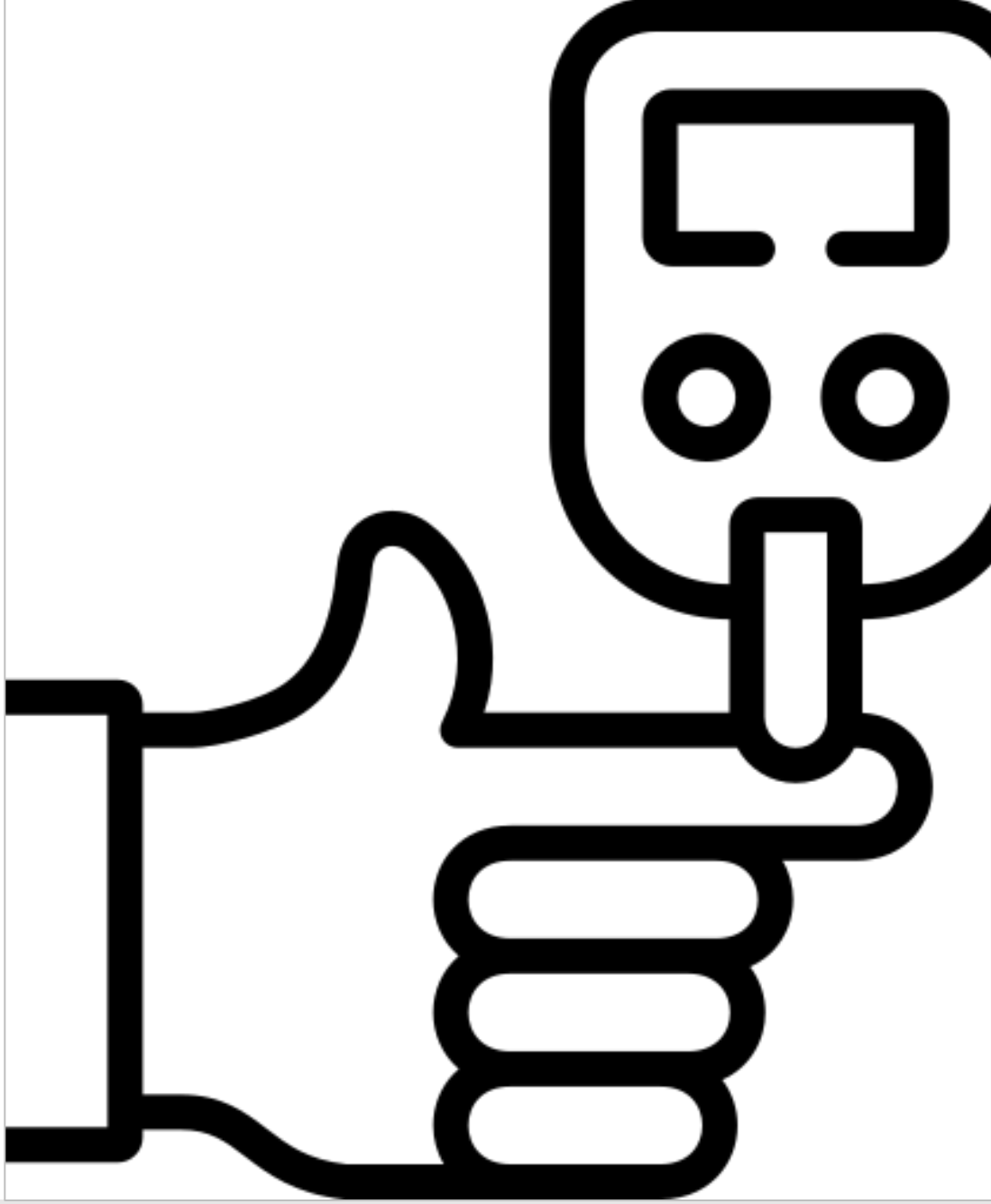
Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Intermediate

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

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

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

Diabetes course for Nurses and AHPs

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

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Intermediate

Diabetes Update 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

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

Introduction to Diabetes for Practice Nurses

This live-online, instructor led course is aimed at Practice Nurses who may be new to Primary Care and have not worked with patients with Diabetes.

Objectives
In this interactive session we will cover:
Risk factors
History taking
Diagnostic tests
Treatment - pharmacological (basics) and non-pharmacological
Supporting self-management
Recognising and managing poor control

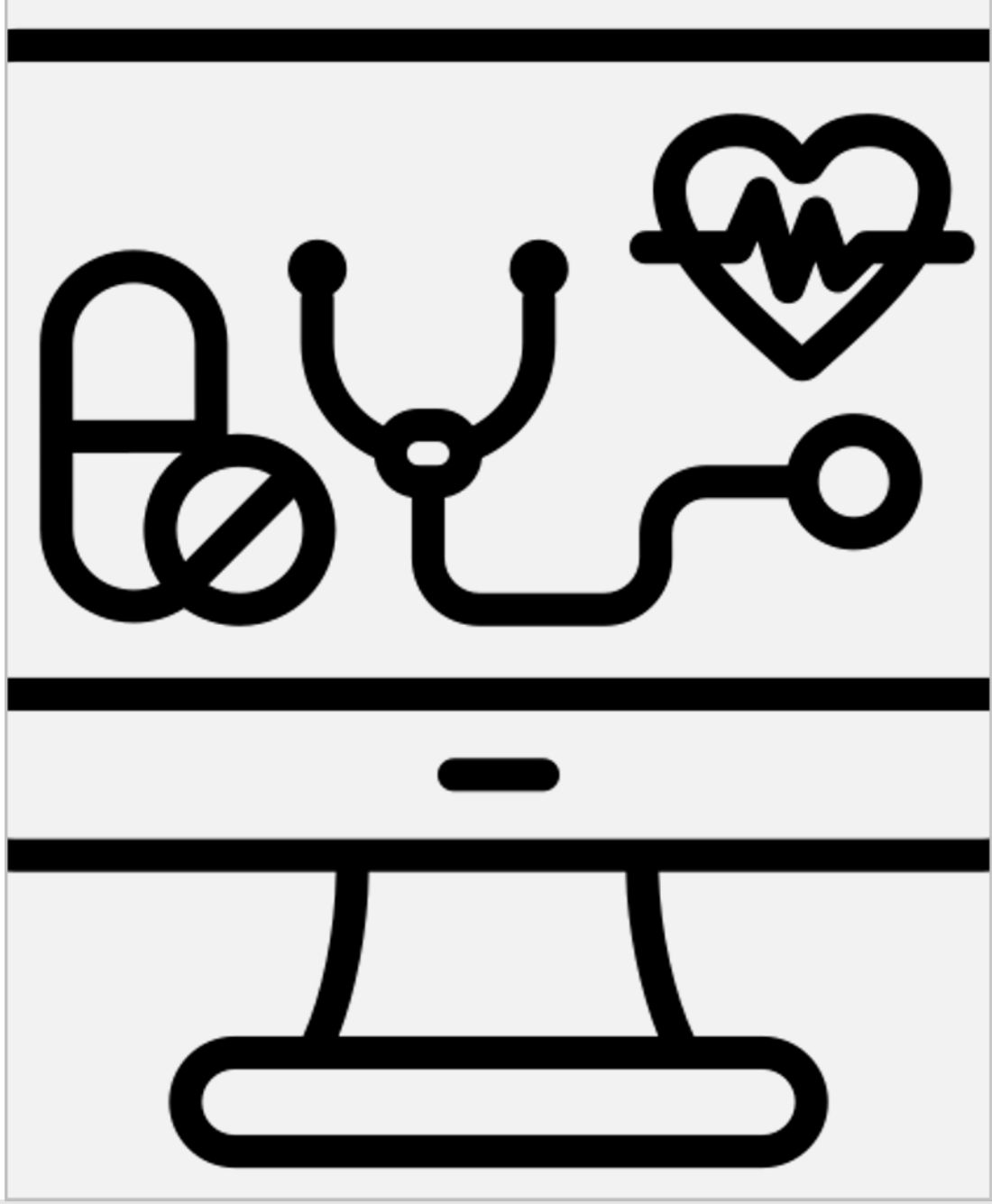
Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

Digital Health



Digital Skills for Digital Health

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

Dates: please see provider website

Provider: University of Winchester

Delivery method: blended

Level of Study: Level 7

Domestic violence



Intimate partner violence and abuse

This Master's level unit is aimed at all professionals who come across and support those who have experienced IPVA as victim/survivors.

Students will be able to gain a systematic understanding of relevant literature including a critical awareness of current issues and recent research related to coercive and controlling behaviours.

This unit seeks to address the needs of those working in a wide variety of fields who come across victim/survivors of IPVA. It is intended for practitioners and leaders within Health and Social Care and the Criminal Justice settings who have responsibilities for supporting victims/survivors and/or signposting, and those in leadership roles who lead/manage people who support those experiencing IPVA.

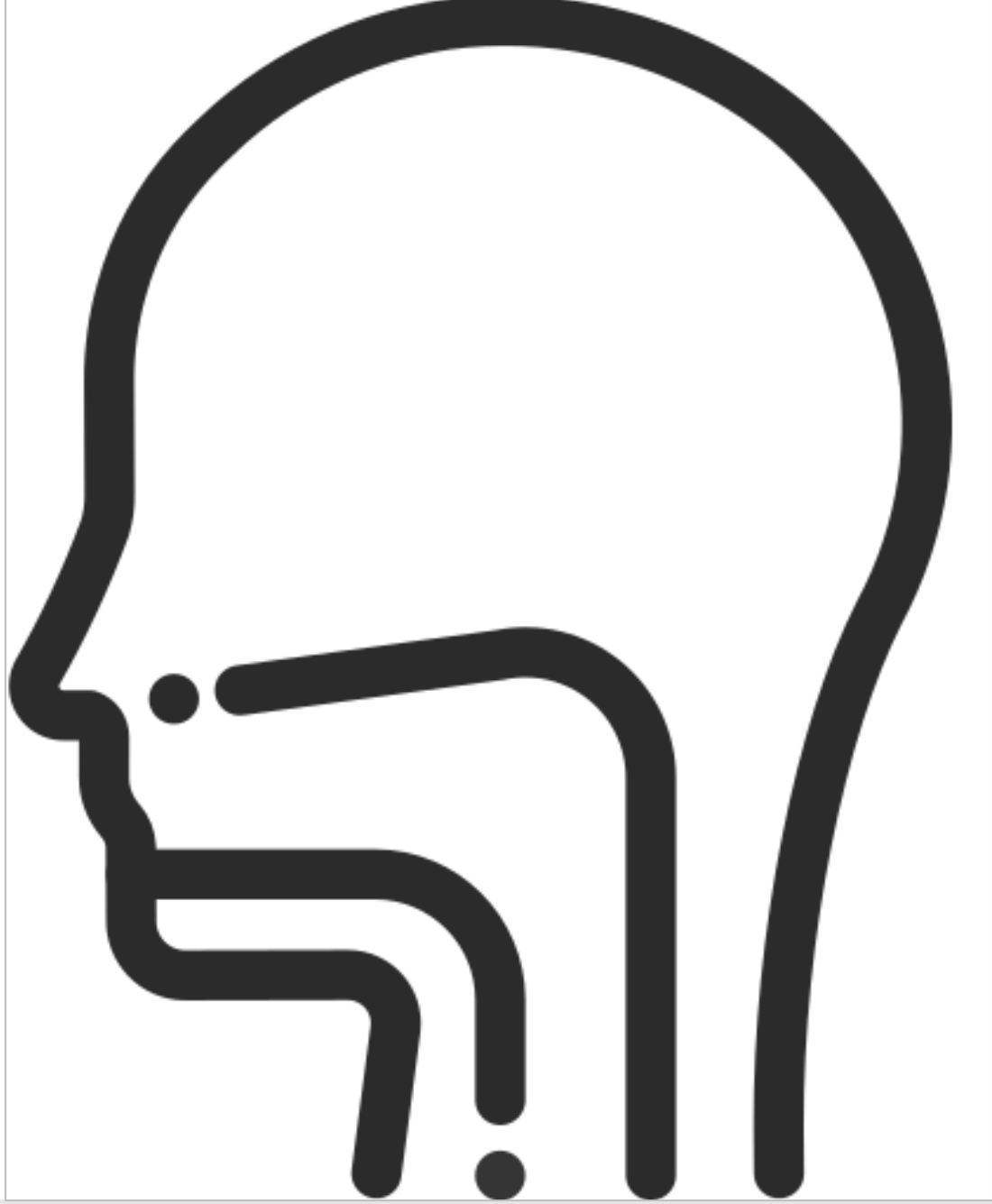
Dates: please see provider website

Provider: Bournemouth University

Delivery method: blended

Level of Study: Level 7 **or** non-credit bearing options

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

Ear Care Workshop for Nurses and AHPS

Develop safe practice in diagnostic and examination skills for ear care in an area that attracts a high level of litigation. Includes a hands-on workshop in ear irrigation (syringing).

Content

- Review of anatomy and physiology
- Examination of the ear using an otoscope
- Common ear problems:

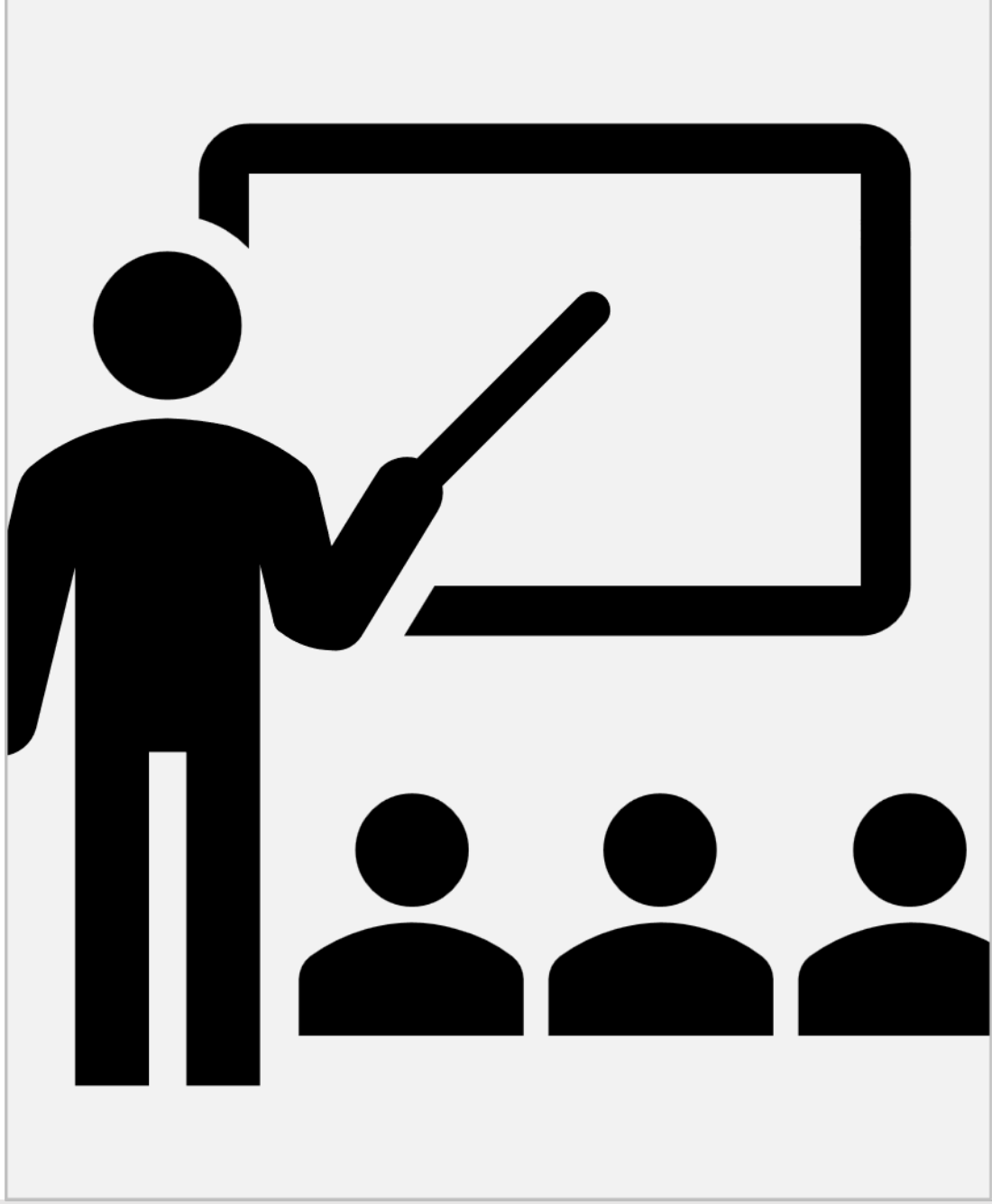
Dates: please see provider website

Provider: M&K updates

Delivery method: virtual or Face to Face

Level of Study: Introduction

Educator Training



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

Principles of Learning, Teaching and Assessment

This unit aims to equip you with appropriate professional attributes, knowledge, understanding and skills required to become or further develop as an effective, reflective educator in a professional educator role across a range of areas such as workforce/service education and higher education.
In so doing, this should support the development and delivery of high quality, educational interventions. The unit aims to facilitate development of your education practice and understanding of theoretical perspectives on teaching, learning and assessment. You are encouraged to make critical and innovative connections between policy, educational theory and your own practice.
You will be supported in analysing your own practice as an educator, evaluating a range of educational strategies in your own professional context and applying these ideas to the development of your developing education practice.

Dates: please see provider website

Provider: Health Sciences University

Delivery method: Blended

Level of Study: Advanced

End of Life Care



Palliative and End of Life Care Management

This programme includes one 30-credit module - Palliative and End of Life Care - and focuses on the delivery of holistic, patient-centred care, supporting physical, emotional, psychological, and social needs of service users and relatives at the end of life.

The programme is delivered in partnership with Mountbatten Hospice Group, who provide inpatient and community palliative and end of life care across the Isle of Wight, Southampton and parts of Hampshire. Experts from across the multi-professional team at Solent University will deliver teaching based on best practice and their knowledge and experience. Teaching will be interactive using case scenarios to support application of theory into practice.
Through this programme, professionals will be equipped with the competencies to address the complex needs of patients nearing the end of life, incorporating both clinical decision-making and compassionate care. The programme emphasises the need to develop critical thinking and decision-making skills in palliative care settings.
Dates: please see provider website

Provider: Southampton Solent University

Delivery method: Face to face

Level of Study: Intermediate

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

Key Concepts in Palliative and End of Life Care

A 2-day programme of study designed for Doctors, Registered Nurses and Allied Health Professionals, from various care settings, whose role may include supporting and advising patients with a life limiting illness.
This course provides the necessary knowledge and information to equip staff with confidence in how to manage the holistic needs of the person facing death and support those important to them.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Intermediate

Frailty



Assessment of Older People with Frailty

This non-accredited course is suitable for AHPs, nurses 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

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

Frailty for Enhanced Clinical Practice

The unit will enhance your ability to undertake frailty assessments and develop CGA skills required to plan care effectively and support the holistic health needs, recognising urgent care and other needs of those patients who maybe at risk of deterioration from their condition, understanding when and whom to refer and when to manage the patient at home.

You will be an experienced registered health or social care professional who has a rudimental understanding of the impact of ageing and frailty upon individuals.

This flexible unit aims to support and facilitate building and/or further developing your knowledge, competence and capability of frailty at an enhanced level.

Dates: please see provider website

Provider: Health Sciences University

Delivery method: Blended

Level of Study: Intermediate

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 known 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!

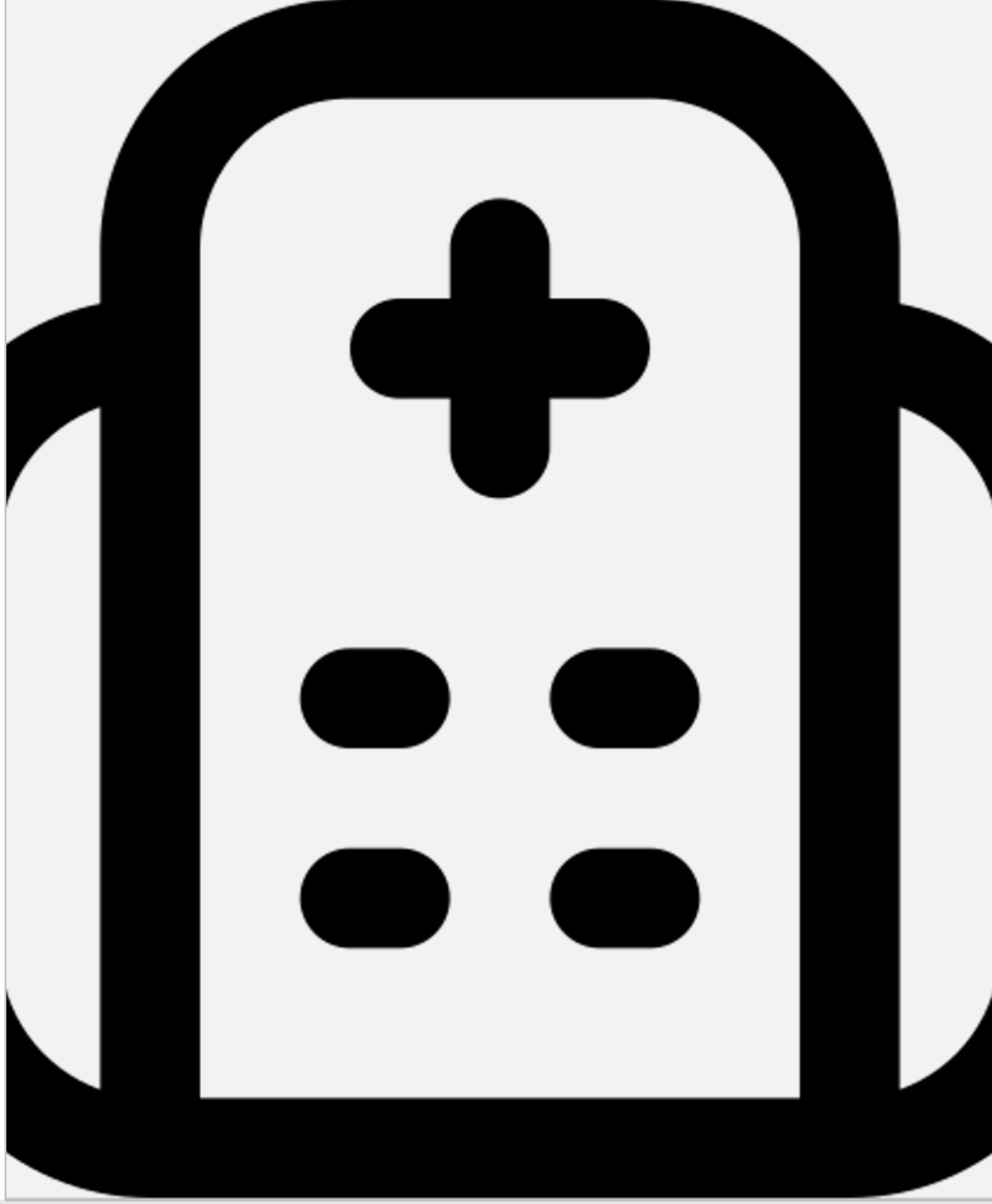
Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

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 at 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

Choosing your Attitude - from overwhelmed to untroubled - with John Perry

This highly interactive 3-hour workshop will demonstrate a range of practical tools to empower you to choose your attitude and stay on top of your inner-game.

Aims

To equip primary care professionals with practical tools to manage pressure and maintain emotional balance at work.

To strengthen resilience by helping participants consciously choose constructive attitudes in challenging situations.

To support sustained wellbeing and performance by improving stress awareness and response.

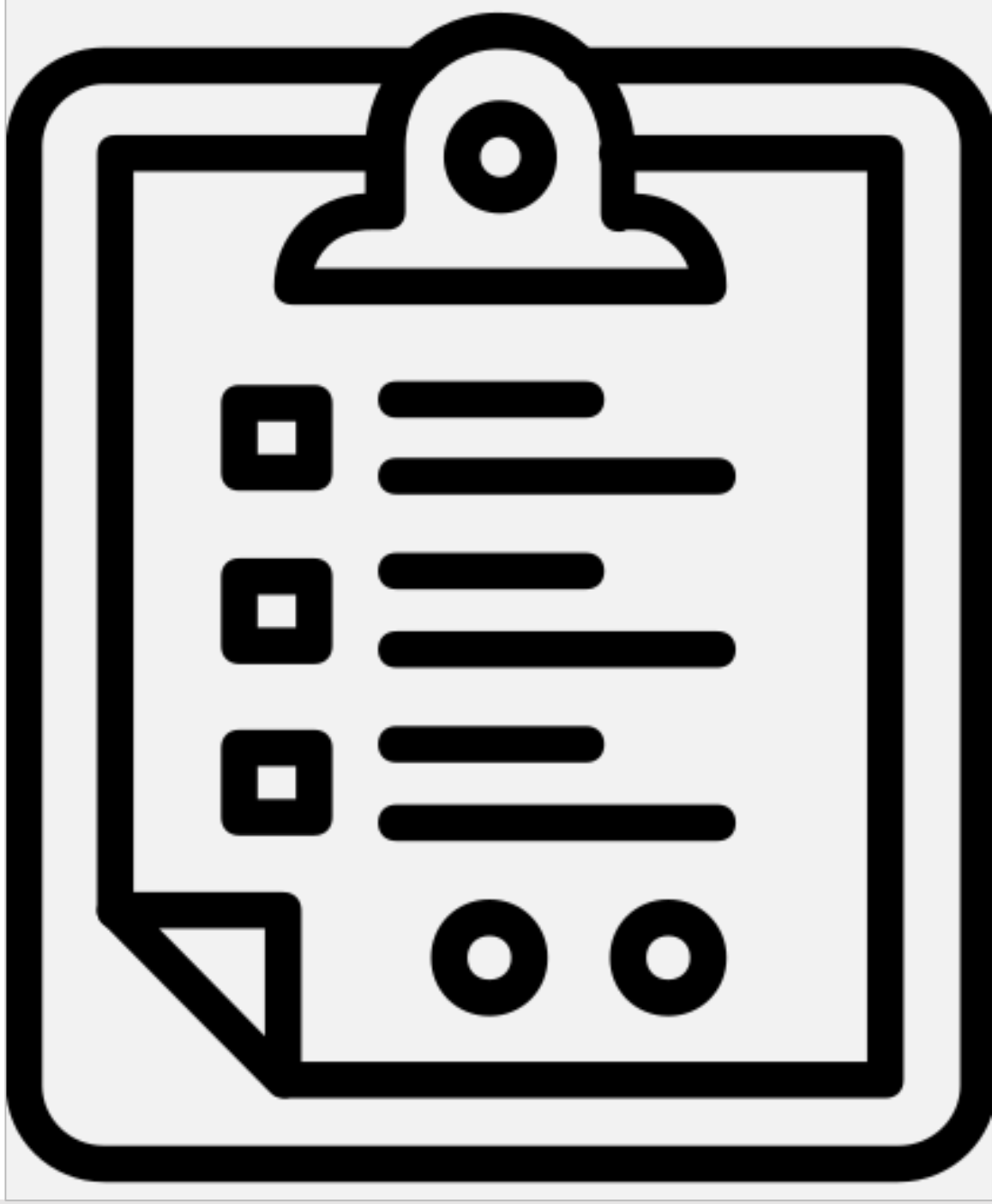
To enable participants to stay in a calm, capable mindset rather than slipping into overwhelm.

Dates: please see provider website

Provider: Wessex LMC

Delivery method: Virtual

History Taking & Assessment



Decision making for health 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

History Taking and Physical Assessment

This course is for healthcare professionals to expand their practice and acquire skills traditionally performed by doctors, such as obtaining a clinical history, performing physical assessments, and formulating differential diagnoses.
This allows registered healthcare professionals who wish to develop competencies beyond their normal scope of practice, to have the opportunity to expand their traditional nursing and allied health professional roles as part of the wider delivery of high-quality, person-centred care.
You'll learn to conduct physical examinations of various body systems (cardiovascular, respiratory, abdominal, neurological, and musculoskeletal) in individuals with complex healthcare needs, supporting high-quality, person-centred care using evidence-based tools. You will engage in effective multidisciplinary teamwork while recognising the limitations of professional practice.

Dates: please see provider website

Provider: Southampton Solent University

Delivery method: Face to face

Level of Study: Advanced

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
- Practice nurses
- Community nurses

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Overview

Enhanced assessment and clinical reasoning skills for clinical practice

This masters level unit supports registered healthcare professionals working in primary, secondary, or urgent care to develop enhanced skills in physical assessment and clinical reasoning. Aimed at clinicians with at least one year of post-registration experience, it strengthens the ability to conduct structured history taking, physical examination, and appropriate diagnostic investigations. Learners will expand their understanding of anatomy, physiology, and pathophysiology while applying evidence-based approaches to clinical problem solving. The unit focuses on recognising normal and abnormal findings, identifying red flags, and forming preliminary diagnostic impressions to guide safe and effective patient management within diverse healthcare settings.

Dates: please see provider website

Provider: Health Sciences University

Delivery method: Blended, Bournemouth

Level of Study: Level 7

Top Ten Presenting Symptoms in General Practice for AHPs and GPNs

Enhance your triage and decision-making for common presentations seen in general practice.

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

Aims

This course focuses on ten common symptoms presenting in general practice and how to assess and manage patients safely. Refresh and update your knowledge in a supportive, interactive learning environment.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

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

Abdominal Examination Skills for the Primary Care Practitioner

This dynamic refresher session is tailored for Practice Nurses and Allied Health Professionals who wish to sharpen their assessment skills in abdominal examination.

Aims

This session aims to equip participants with the skills to take a focused and relevant gastrointestinal history, develop an understanding of the key components of the abdominal examination, and learn how to distinguish normal from abnormal findings. It will also focus on recognising red flag signs and symptoms that may indicate serious gastrointestinal conditions requiring further investigation or referral.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Clinical History Taking & Physical Examination

Understand the principles of correct health examination and social history taking
Gain confidence in performing a detailed 'head to toe' physical examination.
Develop confidence in taking a detailed clinical history and an understanding of the correct examination techniques of each of the systems covered.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual or Face to Face

Enhanced Practice for Primary, Community and Social Care

This unit aims to support experienced practitioners to develop skills in integrating relevant patient data through appropriate and systematic history taking, physical examination and investigations to examine and diagnose patients with a wide range of presenting conditions.

At the end of this unit, you will:

- Be able to identify, select, and apply a range of assessment tools and techniques
- Understand personalised approaches to patient care that value co-production and shared decision making
- Know how to develop management plans, considering the circumstances, priorities, preferences, risks and benefits for patients.
- Be able to draw on your understanding of local service provision and relevant guidelines to support your decision making
- Have learned to monitor changes in response to treatment, using relevant outcomes measures, proactively managing risk.

Throughout the unit, you will be encouraged in the development of your skills in condition management through intervention, self-management, health promotion and behaviour change.

Dates: please see provider website

Provider: Health Sciences University

Delivery method: Virtual

Level of Study: Level 7

Chest Pain: Clinical Presentation & Assessment for Nurses and AHPs

The session aimed at nurses and AHPs will review the prevalence of chest pain and the various clinical presentations associated with this.

Aims

The aim of this session is to enhance clinicians' knowledge and confidence in the assessment and management of patients presenting with chest pain.

Content

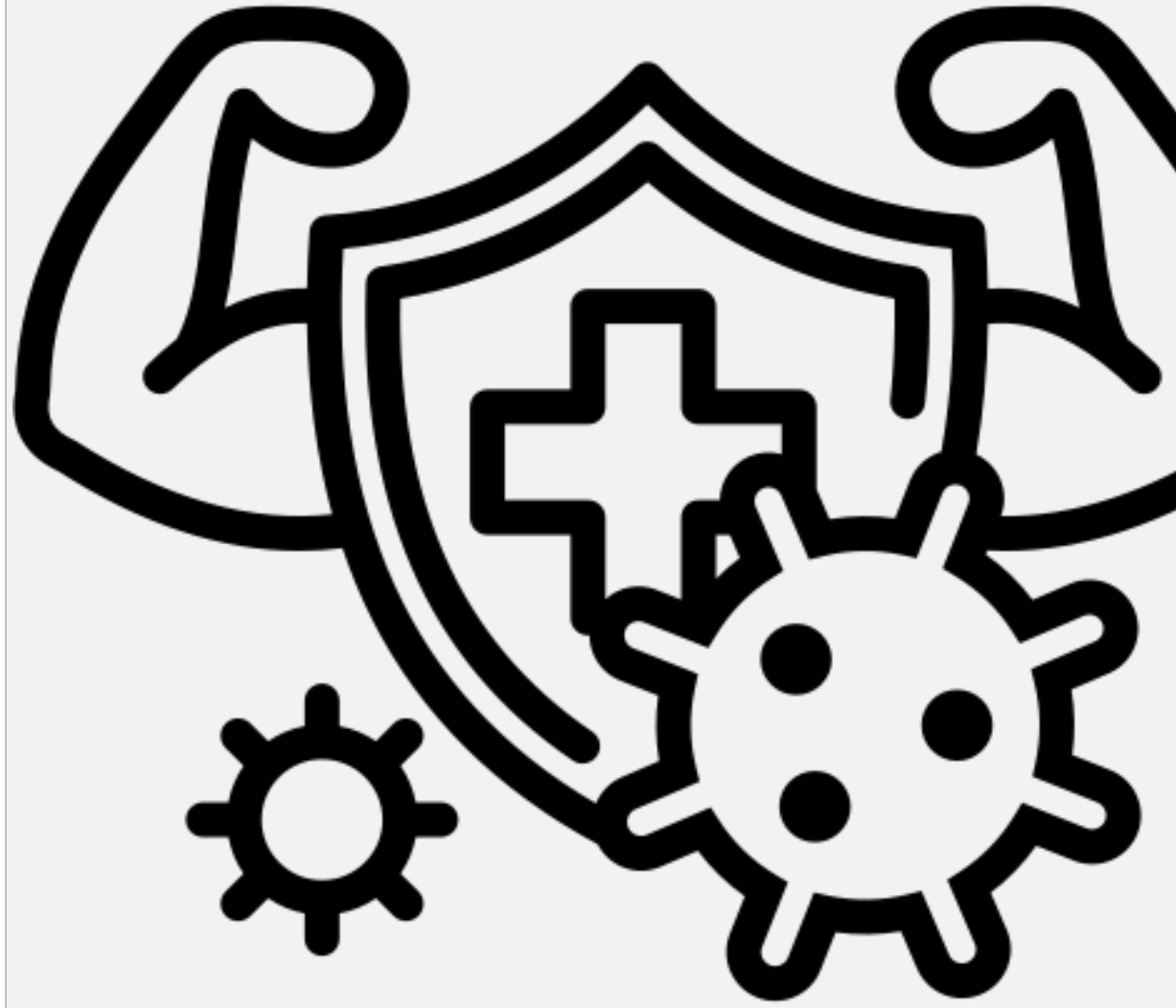
- A range of differential diagnosis will be considered and how the clinician may identify them.
- The key components of a clinical history will be addressed, including risk factors and 'red flag' presentations.
- Additional considerations from a clinical perspective will be discussed, with an explanation of how chest pain is managed in secondary care, providing context for the primary care approach.
- The session will conclude with some top tips on chest pain identification and management.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Immunisation & Travel Health



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

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

Childhood Immunisations

This 2-day course is for professionally registered staff involved in childhood vaccinations.

The programme follows the current Public Health England Standards for Immunisation, Department of Health guidance on childhood immunisation and the Green Book.

Dates: please see provider website

Provider: M&K Updates

Delivery method: virtual

Level of Study: Intermediate

Immunisation Training for Nurses & AHPs

This 2-day foundation course follows the guidelines of the National Minimum Standards and Core Curriculum for Vaccination Training (2025). It includes an overview of childhood and travel immunisations.

Dates: please see provider website

Provider: M&K Updates

Delivery method: virtual

Level of Study: Intermediate

Tuberculosis (TB), Mantoux & BCG Immunisation Training for Nurses

This comprehensive course is suitable for health care professionals who will be providing Tuberculosis (TB) immunisation services including nurses, occupational health workers, midwives, neonatal nurses, school nurses and allied health professionals working in primary care. The course is also suitable for anyone who is required to perform scar checks and/or provide BCG vaccination and related screening, or just has a general interest in TB vaccination services will find this course useful.

Dates: please see provider website

Provider: M&K Updates

Delivery method: virtual

Level of Study: Intermediate

Immunisation update for Nurses and AHPs

This update meets the recommendations of National Minimum Standards and Core Curriculum for Vaccination Training (2025). The update covers:

- Current issues in vaccination
- Recent epidemiology of vaccine preventable diseases
- Changes to the National Immunisation Schedule
- Changes to legislation relevant to vaccination
- Anaphylaxis recognition and management
- Review of current practice and identification of areas for improvement
- Q&A session for commonly encountered problems in practice

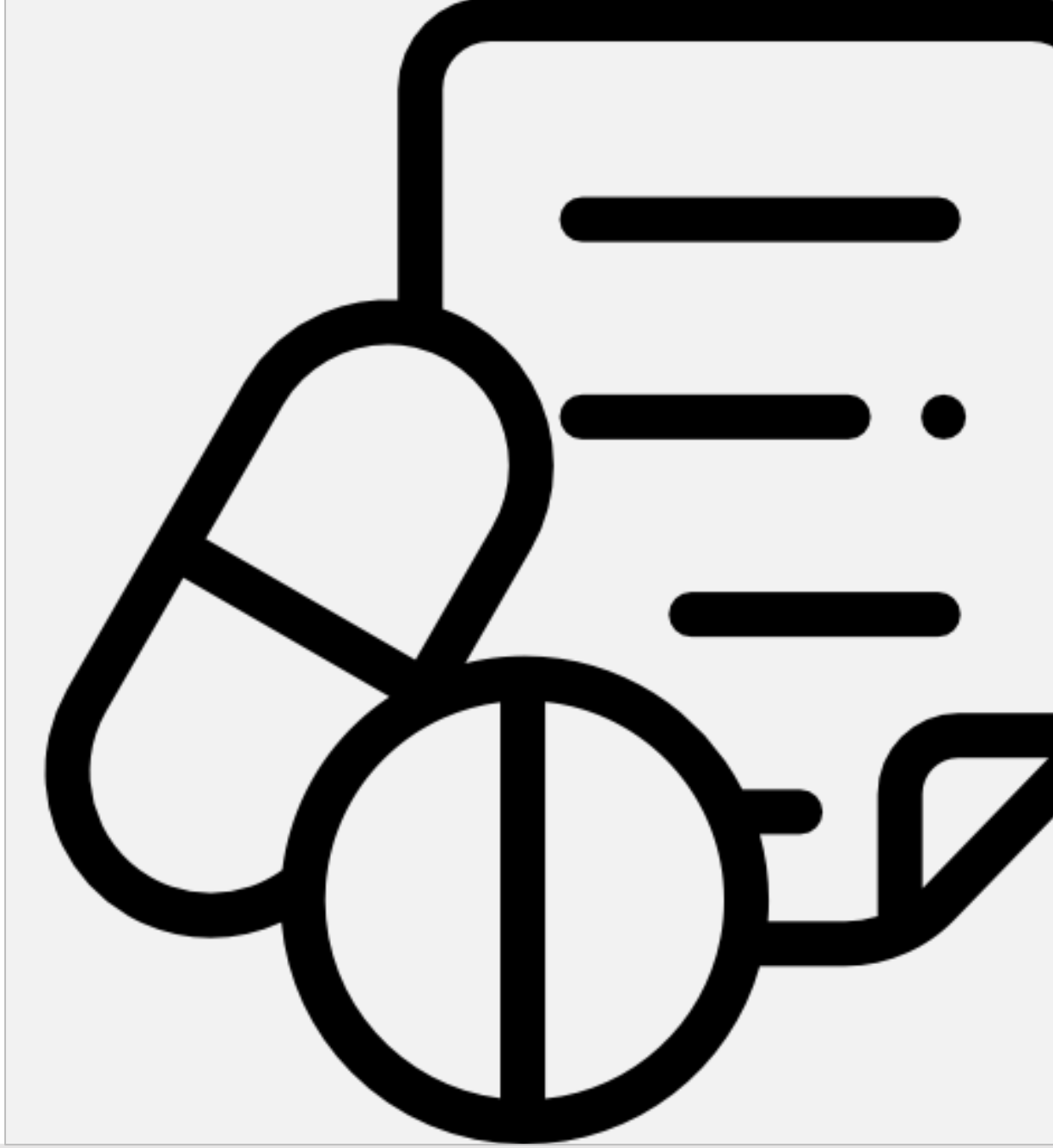
Dates: please see provider website

Provider: M&K Updates

Delivery method: virtual

Level of Study: Foundation

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

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

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

Prescribing Safely in Geriatrics and Frailty Patients

A comprehensive approach to prescribing safely in geriatrics and frailty patients for any clinical setting. The course will explore the most relevant conditions presented in elderly care providing examples, patient cases and an interactive approach with attendees. The aim of the course is to allow attendees to explore the most relevant conditions in elderly care with a prescribing approach - so you will be able to identify adverse drug reactions, learn how to use tools to prescribe and de-prescribe safely, and how to manage a patient using an MDT approach.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Advanced

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

Project Management in Healthcare

This two-day programme is designed to support participants to work through the technical steps and stages as well as the more practical realities of project management. It will cover the recognised steps and stages of project management, giving participants the opportunity to bring their own projects to work through in a very practical way. The course will also cover the more challenging aspects of project management such as sustaining staff engagement, understanding and managing resistance, working across departmental and organisational boundaries.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

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 and Managing Teams

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.

This unit is built on the fundamental knowledge you have gained from either the **Self-leadership** or **Improving Personal and Organisational Performance (IPOP)** units, see prerequisite section on provider website for further information.

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 [illegible] 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

Introduction to Quality Improvement in Healthcare

Quality improvement refers to the use of systematic tools and methods to continuously improve the quality of care and outcomes for patients. Quality improvement tools can play a key role in improving health care, including improvements in time-saving, timeliness of service provision, cost reductions and a decrease in the number of errors or mistakes.

Quality improvement is about giving the people closest to these issues the time, permission, skills and resources they need to solve them. It involves a systematic and coordinated approach to solving a problem using specific methods and tools with the aim of bringing about a measurable improvement.
The course will explore models for improvement, emotional intelligence, and systematic approaches to initiate a Quality Improvement Project and the most relevant frameworks to support you as a leader of a QIP.

Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Operational and Strategic Leadership for Health and Social Care Short Course

This short course is designed for health and social care professionals seeking to enhance their leadership capabilities. It will provide learners with the opportunity to critically evaluate and apply leadership theories within their practice, with a strong focus on the connection between leadership, quality care, and service user safety.

Successful completion of this module will enable learners to expand their understanding of contemporary professionalism and accountability. The module explores an evidence-based, compassionate, and collective approach to leadership, with a particular emphasis on civility. Learners will also deepen their understanding of the NHS Patient Safety Strategy and the implications of the Care Act (2014) for leadership in their own practice. This module will also include reference to professionals' skills of ethical reasoning and decision-making, equipping you to better address the diverse scenarios faced in practice.

Dates: please see provider website

Provider: University of Winchester

Delivery method: Blended

Level of Study: 7

Lifestyle Medicine



Lifestyle Medicine

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

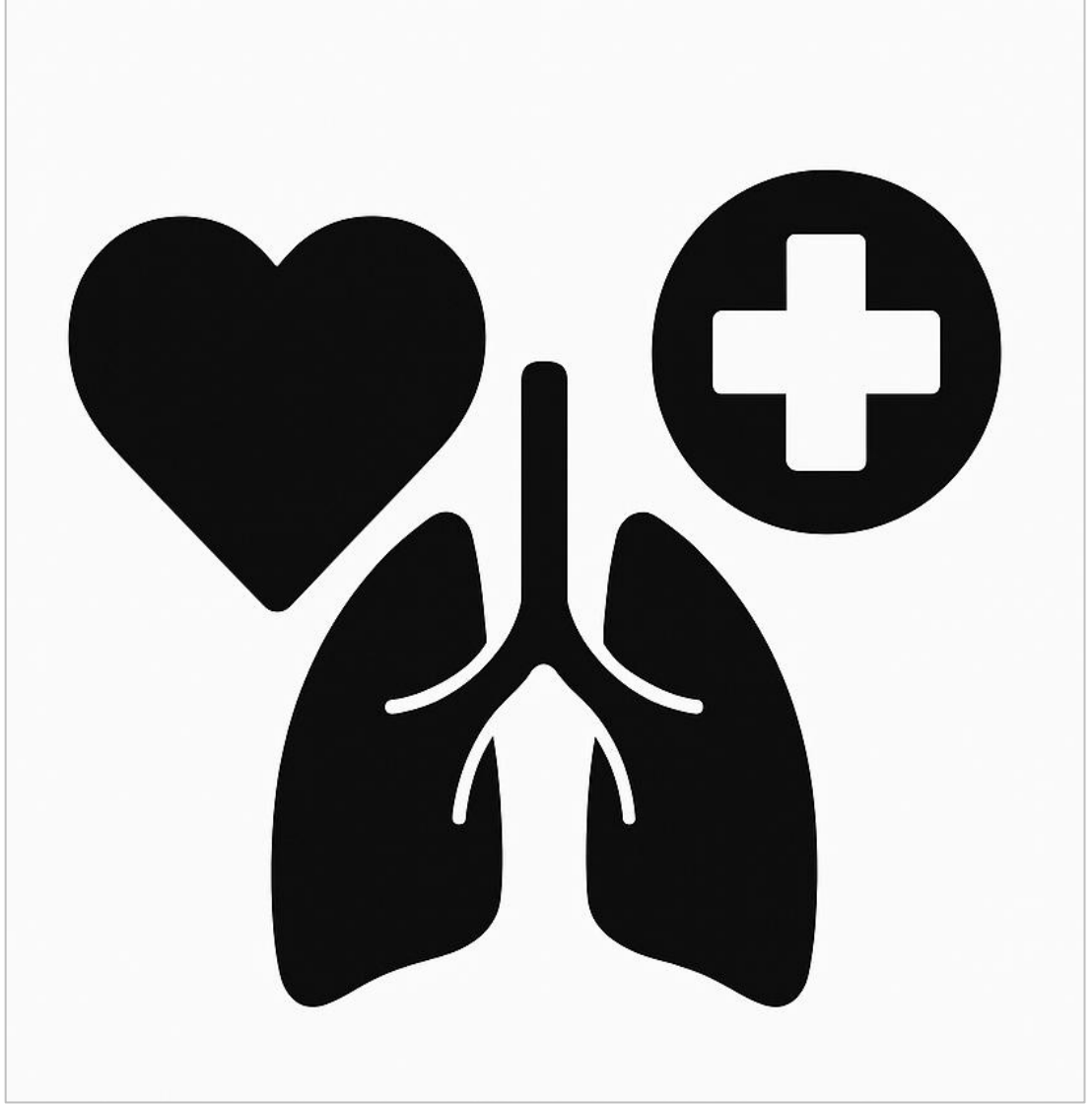
Why is lifestyle medicine needed?
The scale of the problem
What is a modern developed lifestyle?
Why lifestyle medicine ?
The social determinants of health
6 pillars of lifestyle medicine - Nutrition; Physical activity; Sleep; Minimizing harmful substances; Mental wellbeing and stress; Healthy relationships
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

Diagnosis & Management of Vitamin B12 Deficiency

This 1-day course will adhere to guidance from NICE (2024) which aims to improve the diagnosis and management of vitamin B12 deficiency, in order to reduce complications and improve quality of life for people with suspected or confirmed vitamin B12 deficiency.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

Long Term Conditions (LTCs) - 10-minute review for AHPs and Nurses

Is it possible to carry out a long-term condition review in 10 minutes? Well, it depends how you do them! In this session, Bev Bostock explains the must-do elements versus the nice-to-do elements, the challenges of delivering person-focused care vs template-based care and how to deliver group consultations with confidence.

Aims

The aims of this session are to:

To explore whether it is feasible to carry out a long-term condition (LTC) review in a 10-minute consultation.

To provide practical guidance on balancing quality, efficiency, and person-centred care in time-limited reviews.

To increase confidence in using different consultation formats, including group consultations, to support effective care delivery.

Dates: please see provider website

Provider: Wessex LMC

Delivery method: virtual

Dietary Essentials for Long Term Conditions

This course is aimed at Nurses, HCAs and AHPs working in Primary or Secondary care who wish to increase their knowledge and confidence with management of common long-term conditions.

CONTENT

- Obesity
- Type 1 and 2 Diabetes
- Cardiovascular disease
- Hypertension
- Arthritis
- Coeliac Disease
- Irritable Bowel Syndrome
- Diverticulitis
- Anaemia
- Frailty/ underweight/ pressure ulcers
- Women's health; preconception, pregnancy, menopause
- Overview of conditions
- Dietary advice; theory and practical tips
- When to refer on

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Vitamin B12 Injection training

This half day course is open to all Health Care Providers (HCPs) who are currently working with clients that require regular vitamin B12 injections for health management.

The course will explore the disease process of Pernicious Anaemia before discussing treatments and on-going administration. Discussion will focus on the legal frameworks for injectable medicines and examples will be shared to include a competency framework for completion with an Assessor in practice. It is a prerequisite that the student has already completed the “core training for immunisations” prior to attending this course

Dates: please see provider website

Provider: Wessex LMC

Delivery method: Virtual

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
- Haematospermia

Dates: please see provider website

Provider: Red Whale

Delivery method: virtual

Level of Study: Intermediate

Men’s Health for Primary Care Clinicians

Develop an understanding of common men's health conditions and how to manage them in the primary care setting.

Working knowledge of the different screening programmes and what they entail.

Understand the importance of good history taking and assessment.

Able to formulate a differential diagnosis in order to get a definitive one.

Dates: please see provider website

Provider: M&K updates

Delivery method: virtual

Men's Health for Primary Care Nurses & AHPs

A 1-day Men's health course to include

- Male GU anatomy
- Common complaints of the penis and testes (cancers, testicular torsion, infections etc)
- Lower UTI symptoms and management
- Understanding prostate cancer screening in primary care
- PSA testing and its value
- GU red flags in men
- Introduction to STIs in men
- Erectile Dysfunction
- Premature ejaculation
- Suicide in men

Dates: please see provider website

Provider: Mid Hampshire Healthcare

Delivery method: virtual

Level of Study: Intermediate

Mental Health



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

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

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

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

Identifying, Assessing & Managing Mental Health Issues

This unit is designed to support and empower experienced healthcare professionals whose core profession is not primarily in mental health, in relation to identification, assessment and management of patients who present with a range of mental health issues within their own non-mental health settings, including primary, intermediate, and secondary care areas. You will learn through a mix of live and recorded lectures, with access to online reading materials and literature through our learning services. You will also engage with the contents taught through guided activities with your peers and staff.

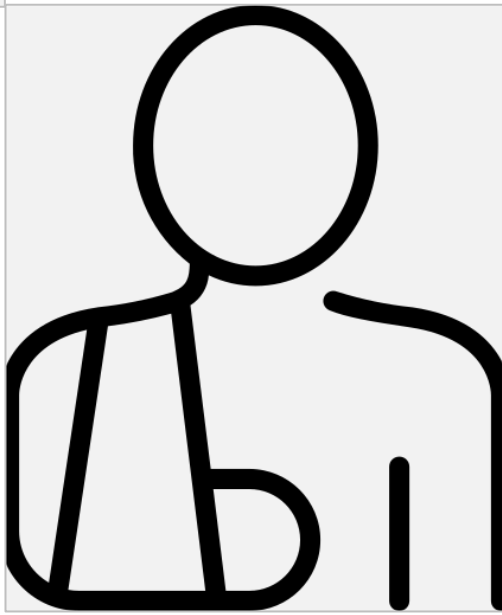
Dates: please see provider website

Provider: Health Sciences University

Delivery method: Blended

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 in managing common conditions

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

Minor Illness – update day

This training provides a practical refresh on the assessment and management of common minor illness presentations, with a focus on current guidance, patient safety and recognising red flag symptoms.

Objectives
Refresh knowledge of current minor illness management within primary care
Recognise red flag signs and symptoms requiring escalation or urgent referral
Apply current evidence and national guidance to common presentations
Enhance clinical reasoning and decision-making skills
Develop confidence in managing diagnostic uncertainty safely
Strengthen prescribing awareness, safety netting and documentation

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

Minor Illness

This course is delivered by clinical experts who have up to date working knowledge and skills. The three-days will progress candidates towards a safe standard for practice in the management of adults with a minor illness. Attendees will then be ready to gain competency when returning to their place of work.

AIMS AND OUTCOMES

- To equip the practitioner with history taking and clinical examination skills to deal with a wide range of minor illness conditions
- Explore current best practice and provide the theoretical underpinning for a range of commonly encountered conditions

Dates: please see provider website

Provider: M&K updates

Delivery method: face to face, or Virtual

Musculoskeletal Conditions



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

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

Enhance your knowledge & clinical decision-making in musculoskeletal (MSK) practice

Three-part webinar series in collaboration with the Hong Kong Chiropractic College Foundation, designed specifically for primary care clinicians seeking to enhance their knowledge and clinical decision-making in musculoskeletal (MSK) practice. Delivered by academic and clinical experts, these sessions will explore contemporary approaches to assessing and managing patients presenting with MSK conditions in community and primary care settings.

Dates: please see provider website

Provider: Health Sciences University

Delivery method: virtual

Level of Study:

Theory and Practice of Injection Therapy

The module reviews and develops the clinical reasoning and injection therapy skills needed to practise injection therapy effectively and safely. It is open to all experienced HCPC registered allied health professionals, registered osteopaths, registered nurses and medical practitioners, wishing to integrate these skills into the clinical management of patients with musculoskeletal disorders.

This module is run in 2 Units.
Unit 1 is the taught component
Unit 2 is a review, submission of assessed work and practical viva.

There is a 6-month inter-unit gap between units in which you will undertake the required number of supervised injections. You must be able to attend both Unit 1 and Unit 2 dates.

Dates: Please see provider website

Provider: Society of Musculoskeletal Medicine

Delivery method: Face to Face

Level of Study: Advanced

Annual Injection Therapy Competency Day

A practical and interactive annual one-day competency course will enable injection therapists to maintain and evidence ongoing competency in Injection Therapy. This engaging and practical one-day programme provides an opportunity to revisit both common and less frequently performed injection procedures, while exploring recent developments, best practice guidance and current clinical thinking.

Dates: please see provider website

Provider: Society of Musculoskeletal Medicine

Delivery method: Face to Face

Level of Study: Advanced

Cervical Spine and Upper Limb – Foundation module unit 1

A 4-day unit covering the cervical spine, shoulder, elbow and wrist/hand. The unit is highly practical and combines this with theory lectures, clinical reasoning, and a review of functional anatomy.
This unit provides core training that enables clinicians working in the MSK field to examine, diagnose and treat common disorders accurately and effectively. The units are ideally suited to clinicians working with MSK patients in all settings including hospital out-patients (physiotherapy, rheumatology), sport, general practice, private practice and orthopaedics.

Dates: Please see provider website

Provider: Society of Musculoskeletal Medicine

Delivery method: Face to Face

Level of Study: Advanced

Lumbar Spine and Lower Limb – Foundation modules unit 2

A 4-day unit covering the lumbar spine, hip, knee and ankle/foot. The unit is highly practical and combines this with theory lectures, clinical reasoning, and a review of functional anatomy.

This unit provides core training that enables clinicians working in the MSK field to examine, diagnose and treat common disorders accurately and effectively. The units are ideally suited to clinicians working with MSK patients in all settings including hospital out-patients (physiotherapy, rheumatology), sport, general practice, private practice and orthopaedics.

Dates: please see provider website

Provider: Society of Musculoskeletal Medicine

Delivery method: Face to Face

Level of Study: Advanced

Thoracic Spine, Sacroiliac Joint & Advanced Techniques – Foundation modules unit 3

The unit 3 (thoracic spine, sacroiliac joint & advanced techniques) is open to people who have completed both units 1 (cervical spine & upper limb) and unit 2 (lumbar spine & lower limb).

A 5-day unit (4 days plus exam day) covering the thoracic spine and sacroiliac joint, advanced techniques, principles of lumbar injections, and a review of units 1 & 2 in preparation for the Society of Musculoskeletal Medicine membership examination on the final day. This unit can also be valuable as a refresher course for those who have attended our units previously.

Dates: Please see provider website

Provider: Society of Musculoskeletal Medicine

Delivery method: Face to Face

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

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?

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Advanced

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.

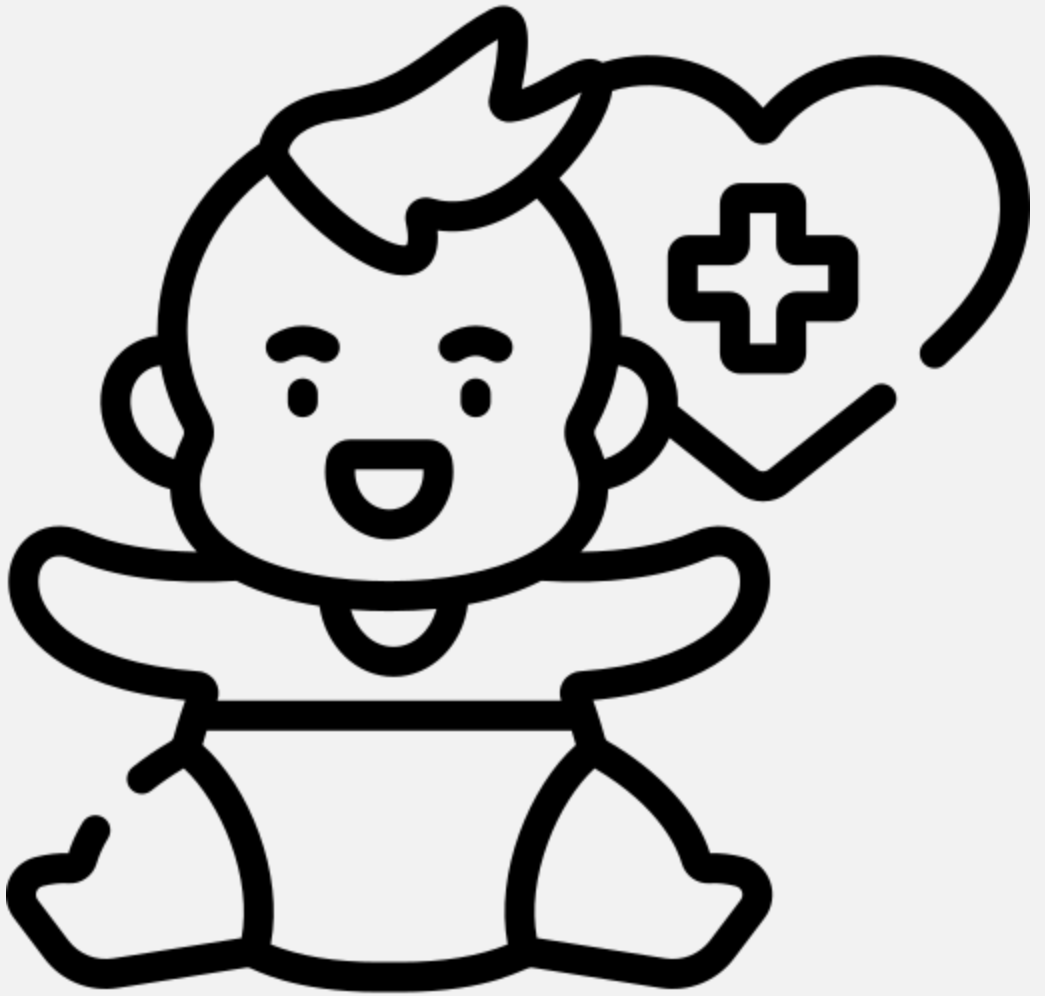
Dates: please see provider website

Provider: M&K Updates Ltd

Delivery method: virtual

Level of Study: Advanced

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

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

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

Respiratory



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 Paediatric Update

The focus of this course is to provide an update on clinical management and current issues in asthma for healthcare professionals already delivering asthma care to children.

On completion of this course, it is expected that learners will be able to:

- Discuss the current issues impacting asthma outcomes for children, young people and families
- Evaluate the adoption of guideline recommendations into diagnosis pathways
- Analyse recent changes to recommendations for asthma management and consider how these can be implemented for CYP
- Ensure the needs of children experiencing asthma attacks are fully met
- Consider the application of theory to practice in a range of situations

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Update

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 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

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

Asthma Half Day 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

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

Advancing COPD Care

This module aims to give an in-depth understanding of the breadth of COPD.

Content includes:

- How history taking and important diagnostic tests, such as spirometry, are used to ensure safe and accurate diagnosis
- How to appreciate and apply the principles of COPD management, integrating behaviour change theory, lifestyle adaptations and appropriate drug therapy
- How to effectively review and care for patients at all stages of disease, including acute exacerbation management and palliative care
- Important interventions such as pulmonary rehabilitation
- Managing respiratory failure, with reference to current evidence and guidance
- The impact of COVID-19 on COPD care

45 hours course with 4 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Advanced

Diagnosis and Management of Asthma

A study day designed to provide an overview of the diagnosis and management of asthma in a primary care setting. Of value for nurses who wish to enhance their knowledge and skill utilising evidence-based guidelines.

AIMS AND OUTCOMES

Understand the anatomy and physiology of healthy lungs
Recognise the pathophysiological changes that occur in asthma
Understand the importance of detailed clinical history taking and the relevance of accurate pulmonary function testing
Knowledge of the various inhaler delivery systems and enable appropriate device choice for individual patients
Understand the pharmacological and nonpharmacological treatment for patients with asthma
Knowledge of current treatment and management guidelines

Dates: please see provider website

Provider: M&K updates

Delivery method: virtual

The Diagnosis and Management of COPD

A day designed for health care professionals who are working in primary care, providing services for patients with COPD. This day provides an overview of COPD, assessment and management of stable COPD and exacerbations. It includes case study workshops and development of individual action plans for all delegates.

AIMS AND OUTCOMES

Understand the pathophysiological changes that occur in COPD and the associated symptoms
Understand the importance of holistic assessment of a patient with COPD
Awareness of the different treatment options for patients with COPD
Understand the evidence based clinical guidelines for assessment and management
Formation of an individual action plan for improving primary care management of COPD

Dates: please see provider website

Provider: M&K updates

Delivery method: virtual

Principles of the Respiratory Examination

Aims

- This training session aims to equip participants with the skills to undertake a focused and effective respiratory history, develop a clear understanding of the key components of the respiratory examination, and accurately distinguish between normal and abnormal findings.
- Participants will also learn to recognise red flag signs and symptoms associated with respiratory conditions and will have the opportunity to apply their knowledge by conducting a virtual reality respiratory examination in a realistic clinical scenario.

This session will be particularly beneficial for Allied Health Professionals (including pharmacists and physios) and Practice nurses

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Introduction to Asthma & COPD for General Practice

This is a three-day introduction to asthma & chronic obstructive pulmonary disease (COPD) for healthcare professionals.

Aims

- Provide an overview of the current understanding of asthma and COPD and an introduction to the monitoring and treatment available for both.
- Provide a knowledge base for HCP's new to asthma and COPD to enhance knowledge and skills relevant for general practice.
- Provide an overview of the key differences in the signs and symptoms of asthma and COPD and an awareness of differential diagnosis.
- Introduction to risk identification and discuss appropriate escalation.

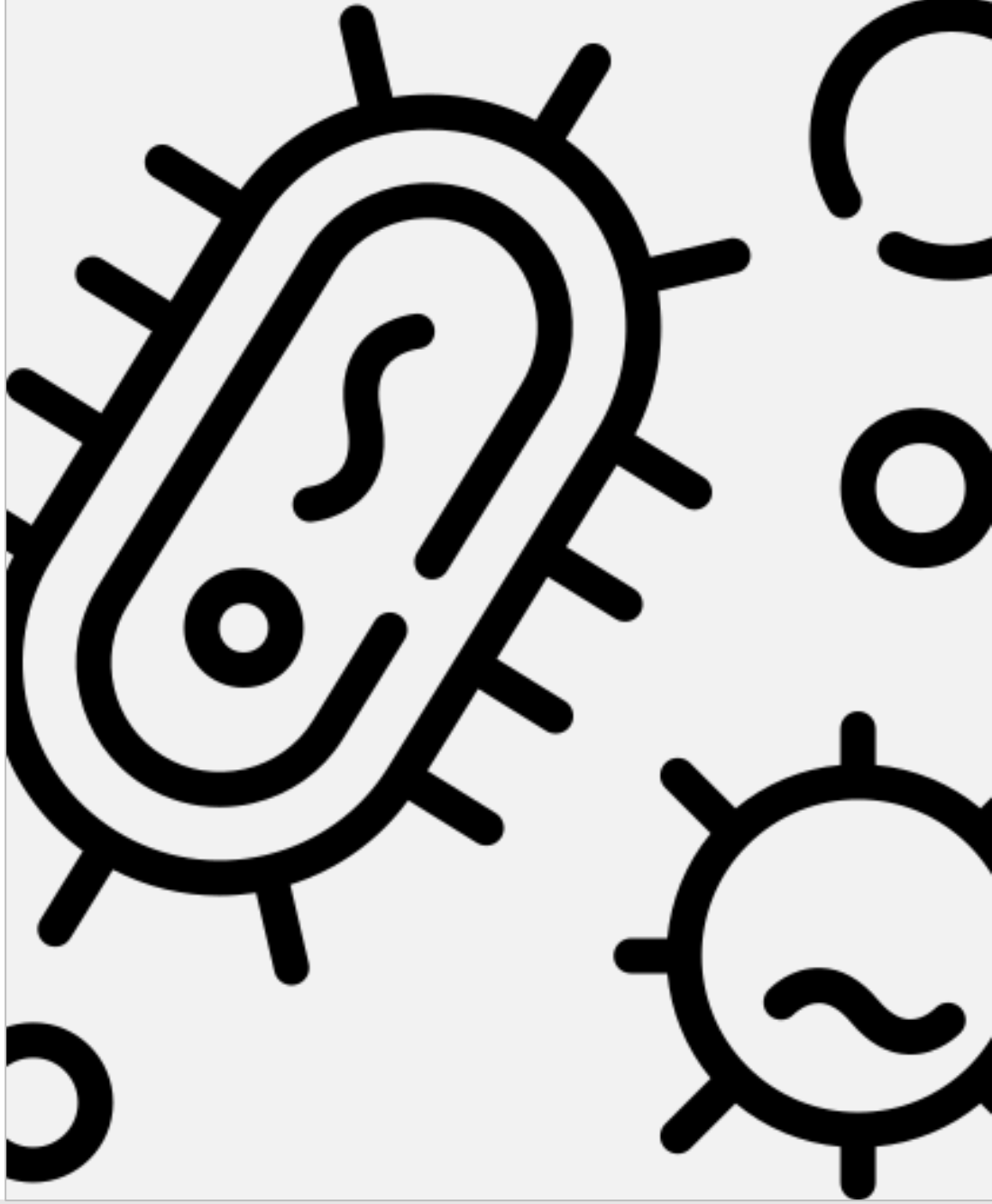
Dates: please see provider website

Provider: Wessex LMCs

Delivery method: Blended

Level of Study: Introduction

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

Periods to Pause - Contraception Update and Sexual Health During Perimenopause

This training is aimed at nurses and AHPs involved in women's health, who wish to strengthen their knowledge and confidence in supporting women through the perimenopausal transition, in relation to contraception, sexual health, and Testosterone therapy management.

Aims

To equip nurses with the knowledge and confidence to support women during the perimenopause, providing evidence-based advice on contraception, sexual health, hormone testosterone therapy and the changing reproductive health needs of this life stage.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Pre-counselling, checking and safe removal of intra-uterine contraception/systems (IUC/IUS)

The course provides a structured, evidence-based overview of IUC methods, including mechanisms of action, effectiveness, and clinical considerations for ongoing management. Particular emphasis is placed on patient counselling, routine IUC checks, and safe removal techniques. The training supports clinicians in developing the confidence to safely manage IUC care within their professional scope of practice and local governance frameworks.

Delivered by experienced clinicians and Faculty Registered Trainers, the course focuses on practical application, clinical safety, and patient-centred contraceptive care. Completion of this course supports competency development but does not replace supervised clinical practice or local competency assessment where required.

Please Note: This course focuses on IUC counselling, checking, and removal. It does **not** provide training in IUC insertion.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Contraception and Sexual Health in Primary Care

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

Introduction to Basic Contraception and Sexual Health

This introductory course is suitable for Practice Nurses, Registered Nursing 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)

Practical Training in Contraceptive Coils for nurses and AHPs

Dates: please see provider website

Provider: Mid Hants Healthcare

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

Contraception Course for Practice Nurses

This 2-day evidence-based course using information from The College of Sexual and Reproductive Healthcare (CoSRH), NHS sources and the UKHSA will be structured to help you safely perform pill checks, administer contraceptive injections as prescribed and discuss alternative methods of contraception where this is appropriate.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

Contraception Update for The Experienced AHP or Practice Nurse

This half day live-online, instructor led course is suitable for Practice Nurses and AHPs who **already have a good understanding of contraception** and sexual health care and are regularly managing these requests in practice. It is aimed to update your current knowledge and extend your confidence in managing problems with different contraceptive methods. We assume you have a basic level of knowledge in contraception and sexual health to the level covered in modules 2 and 3 of the e-learning for Healthcare - Sexual and Reproductive Health. To get the most out of this update we would recommend looking at module 4 (emergency contraception) and Module 5 (Contraception: complications/side-effects) prior to the course. If you haven't already used e-learning for healthcare, you can register for free access here

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Update

Contraception Update

A half-day contraception update session in partnership with CoSRH - aimed at nurses who regularly see and advise women about contraception issues.

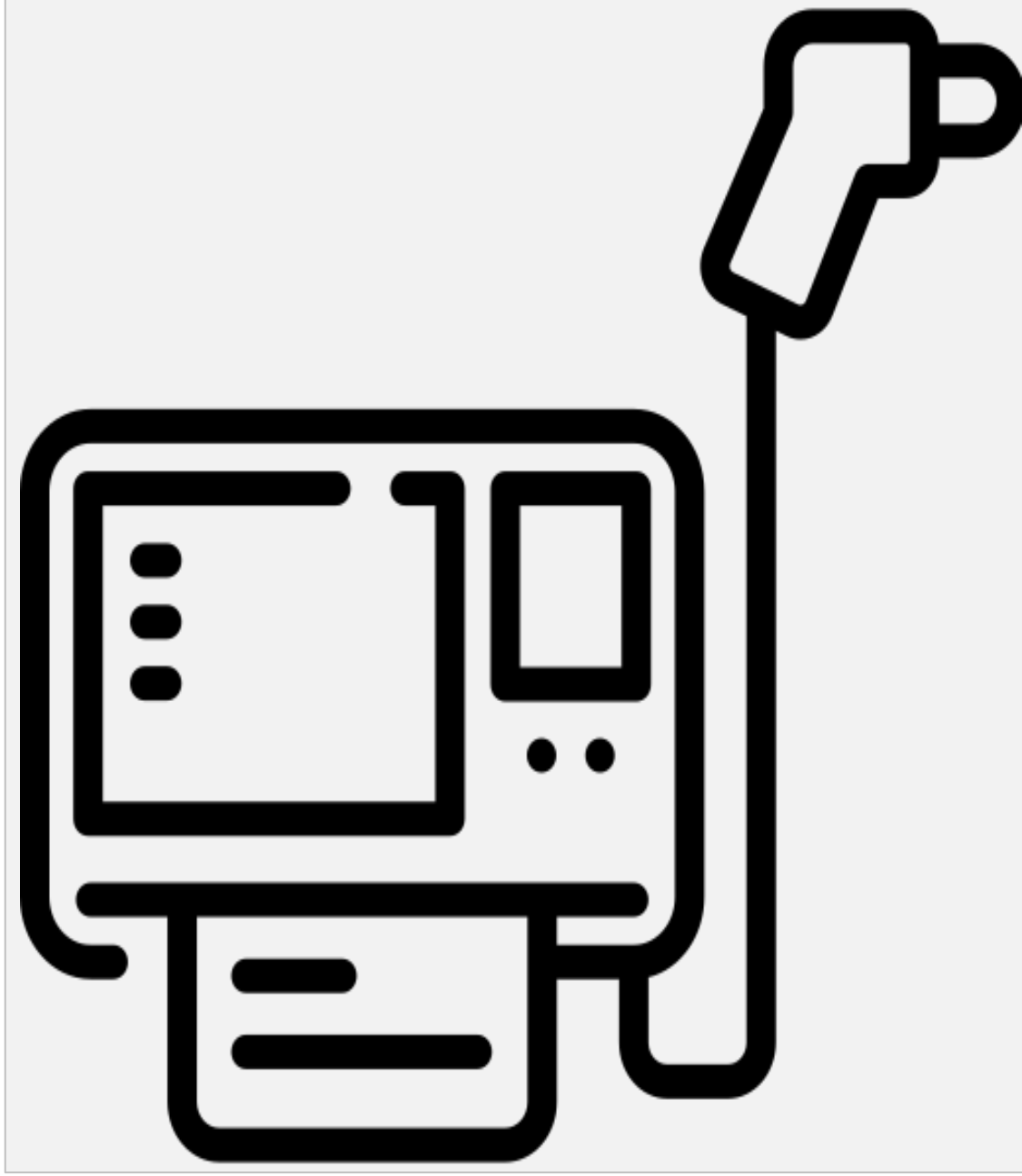
Dates: please see provider website

Provider: Mid Hampshire Healthcare

Delivery method: virtual or Face to Face

Level of Study: Update

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

Advancing Spirometry

The content of this spirometry course will enable learners to confidently perform and report spirometry whilst at the same time providing them the underpinning knowledge to question the diversity of guidance and practice, whether reviewing evidence or peer performance.

The course will prepare delegates for portfolio assessment. Throughout the course learners will collate a reflective learning log which will contain key documents, reflections and understanding required to take the ARTP assessment, but will also enable the learner to appreciate the difference between numerical reporting and clinical interpretation using current, 'real life' anonymised case studies.

45 hours course with 4 months to complete

Dates: please see provider website

Provider: Rotherham Respiratory

Delivery method: virtual

Level of Study: Advanced

Understanding Spirometry for Nurses and AHPs

This course is taught by an Association for Respiratory Technology & Physiology (ARTP) Registered tutor.
The day is aimed at health professionals who are familiar with performing spirometry and develops an understanding of the data and common problems that are encountered.

AIMS AND OUTCOMES
Perform spirometry to get accurate and reproducible results
Recognise and rectify errors in a patient's performance
Understand the need and have the ability to perform routine calibration and quality control
Effectively report the findings of spirometric testing
Recognise the most common contraindications to testing
Understand and recognise patterns of lung disease in relation to the patient's clinical history

Dates: please see provider website

Provider: M&K updates

Delivery method: virtual

Supporting Staff



Effective Appraisals

The dreaded Appraisal? Many managers and members of staff have this thought, but this should not be the case. An effective appraisal is a communication opportunity – it should build relationships, motivate and enable personal development. The two key elements of giving feedback and setting objectives will be covered on this workshop and is designed at making appraisers feel more comfortable with the whole process. Suitable for those new to appraisals or for those with experience seeking a refresher.

Content

- During these sessions we will be looking at:
- Why? What? How?
- Appraisal and performance management
- Giving constructive feedback (praise and developmental)
- How to set meaningful objectives
- Enabling personal development
- Concept of appraisal as an action plan
- Reviewing your appraisal system – what to consider

Dates: please see provider website

Provider: Wessex LMC

Delivery method: Virtual

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

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

Introduction to Coaching Conversations

Workplace coaching has been shown to enhance employee performance and facilitate personal growth of the coachee.

Participants at this workshop will have the opportunity to develop their knowledge and skills using a coaching style technique and practice these skills in a conducive manner during the session.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Motivational Interviewing (Foundation)

This unit will develop your knowledge, understanding and skills of Motivational Interviewing, an evidence based psychologically informed approach recommended to support and increase sustainable change. The unit will introduce you to a range of MI techniques and skills and develop how to practice these within the ethos of this approach to support change.

The unit is an interactive course that will require you to be ready to practice skills, be observed and obtain feedback through coaching in order to increase MI proficiency

Dates: please see provider website

Provider: Health Sciences University

Delivery method: Blended

Personal and Professional Practice for Patient Safety Short Course

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: Blended

Research, Evaluation, Audit and Literature

A beginner-level course which provides foundational knowledge and practical skills in health, social care, public health and life sciences, research, audit, literature review and evaluation, with a focus on making a real-world difference in practice.

Dates: please see provider website

Provider: University of Winchester

Delivery method: Blended

Supervision



Resilience Based Clinical Supervision

FoNS are delighted to provide a programme which is delivered virtually, comprising of 13 hours participated learning spread over 5 days.

To enable clinical educators, advanced practitioners and those already familiar with models of clinical supervision or reflection (Champions), to develop the necessary knowledge, skills and confidence to implement RBCS (Cascade) across practices/PCNs and/or organisations.

This supports the development of a resilient organisation and workforce, who are able to protect themselves from the emotional and physiological impacts of their roles and develop cognitive transformation practices, education and environmental support.

Please choose one cohort with dates stipulated and remember each date within that cohort has required attendance.

Dates: please see provider website

Provider: Foundation of Nursing Studies (FoNS)

Delivery method: virtual

Level of Study: Intermediate

Introduction to Workplace Supervision

This seminar is for Allied Health Professionals (Level 6 & above). High-quality workplace supervision for healthcare professionals is essential for supporting the development of confidence and capability and underpins patient and practitioner safety. Workplace supervision can support a culture of openness and candour and provide the opportunity to reflect on practise and discuss challenges, with the support and guidance of another professional.

This short course aims to introduce the concept of workplace supervision through exploring the role of the supervisor, the skills and attributes required for effective supervision and introduce theories and models of supervision to provide an evidence base for application in the workplace.

This is 2.5 CPD Hours

Dates: please see provider website

Provider: Health Sciences university

Delivery method: virtual

Level of Study:

Clinical Supervision - Training for Supervisors

This one-day workshop is designed for Nurses and Allied Health Professionals.
Clinical supervision is the term used to describe a formal process of professional support and differs from line management and the supervision of learners and students.
It provides a confidential environment for staff to:
Reflect on and review their practice.
Discuss their mental health and well being
Develop their analytical skills
Change or modify their practice
Build their confidence

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Advanced

Workplace Supervision - Supporting Health & Social Care Professionals

This unit aims to support and facilitate building and/or further developing your competence and capability as a workplace supervisor or guiding others to develop as such, within the context of relevant practice or educational settings.
The unit offers a flexible approach for embedding your learning and professional development within your practice, with particular focus on formative, normative and restorative functions of being a supervisor and developing as an effective and supportive mentor.

You will be guided and supported to critically evaluate and reflect on your supervisor and mentor role and its impact on supporting professional colleagues and/or students. This will involve considering your own values and beliefs systems and ethical and legal dilemmas that may occur within supervisory practice.

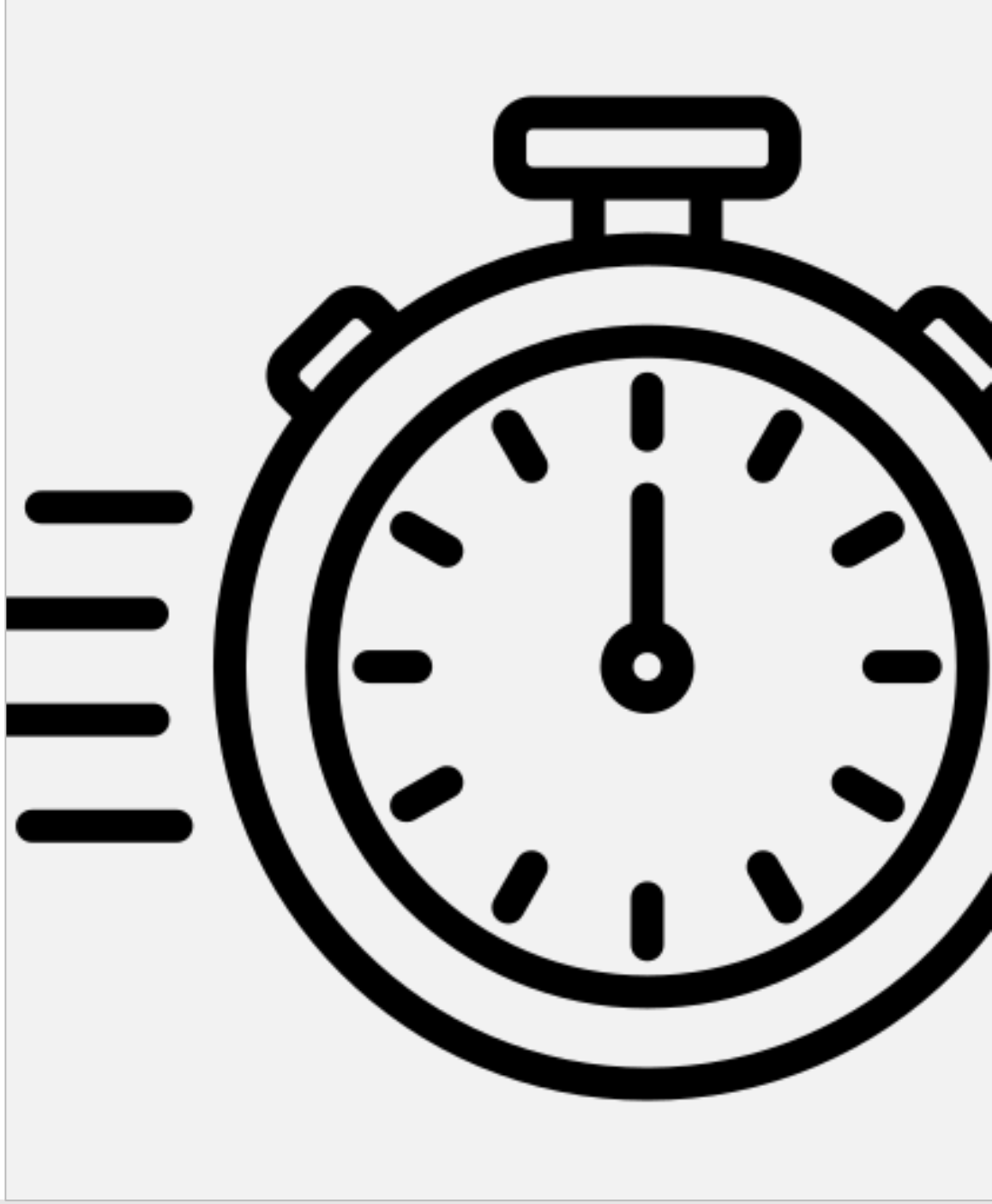
Dates: please see provider website

Provider: Health Sciences University

Delivery method: Blended

Level of Study: Foundation

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

Acute Medical Emergencies

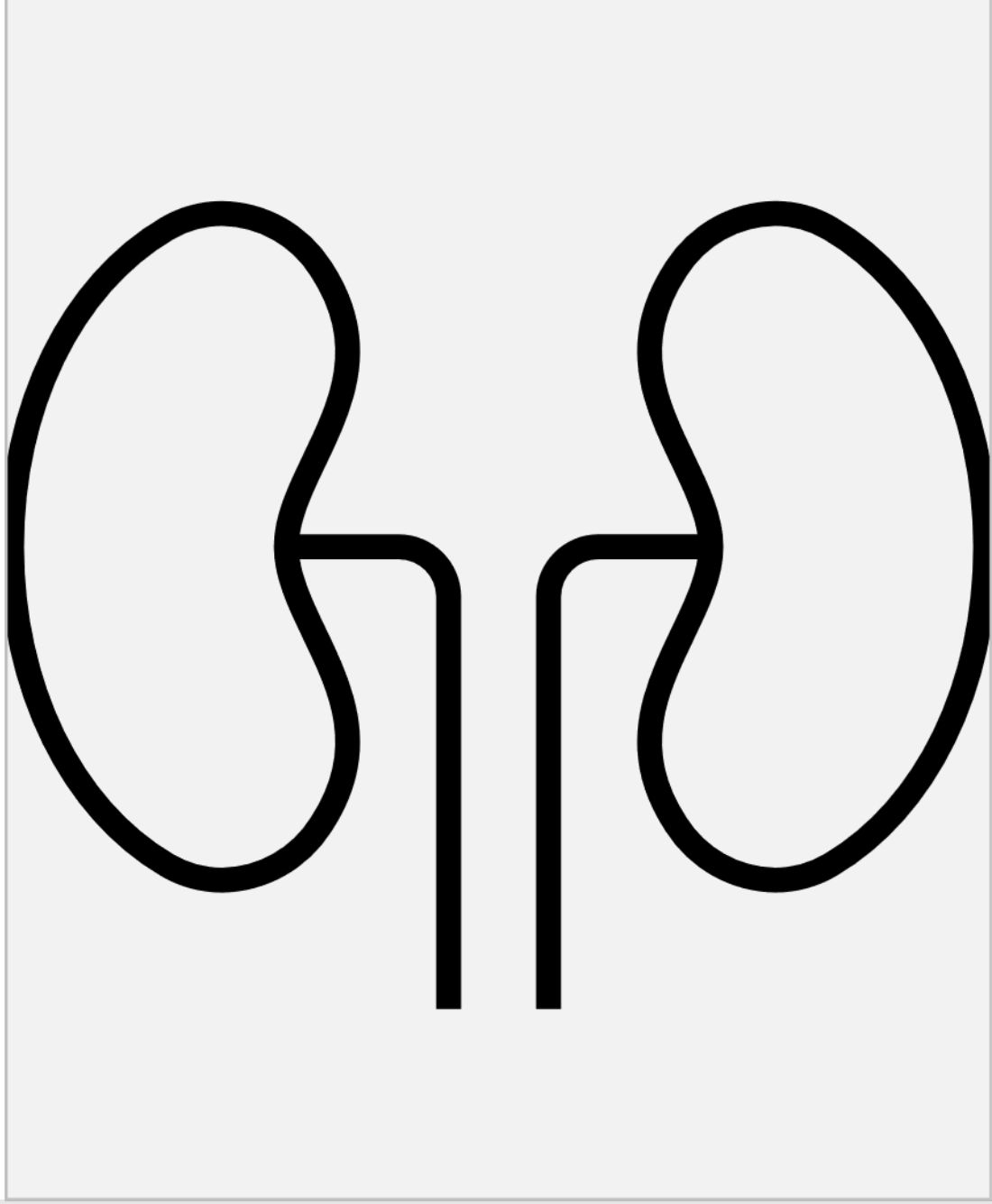
A comprehensive two days, delivered using a variety of teaching styles, by professionals who manage medical emergencies on a day-to-day basis.

A number of the more common presenting conditions are covered providing a structured approach to the pathophysiology, initial assessment and management of the acutely ill medical patient.

Attended by nurses, junior doctors and allied health professionals who are likely to encounter this category of patient. The main aim of the course is to allow you to explore the crucial identification and early management of acutely unwell patients before referring to more specialist and experienced support.

Dates: please see provider website
Provider: M&K updates
Delivery method: virtual

Urology



Urological Care in Primary Care

This 1-day course is designed to equip clinicians with the knowledge to appropriately assess and manage common urological complaints in primary care. You will be able to conduct a comprehensive urological assessment including the evaluation of urinary incontinence, storage and voiding symptoms, prostate assessment, PSA testing and investigation of haematuria. Recognise red flag symptoms and early signs of urological cancers to ensure timely referral and appropriate management in line with current clinical pathways.

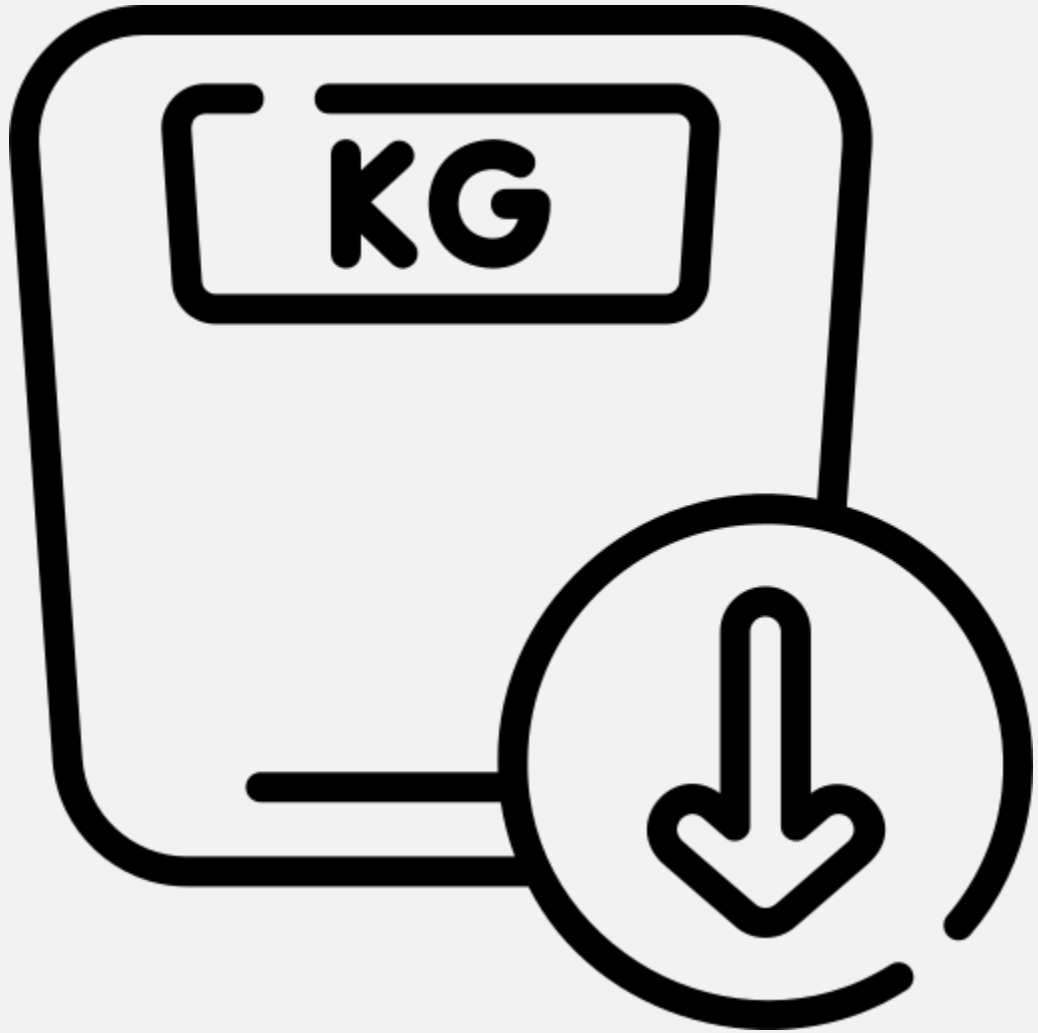
Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

Weight Management



Obesity Medicine: Weight Management, GLP-1s and Beyond

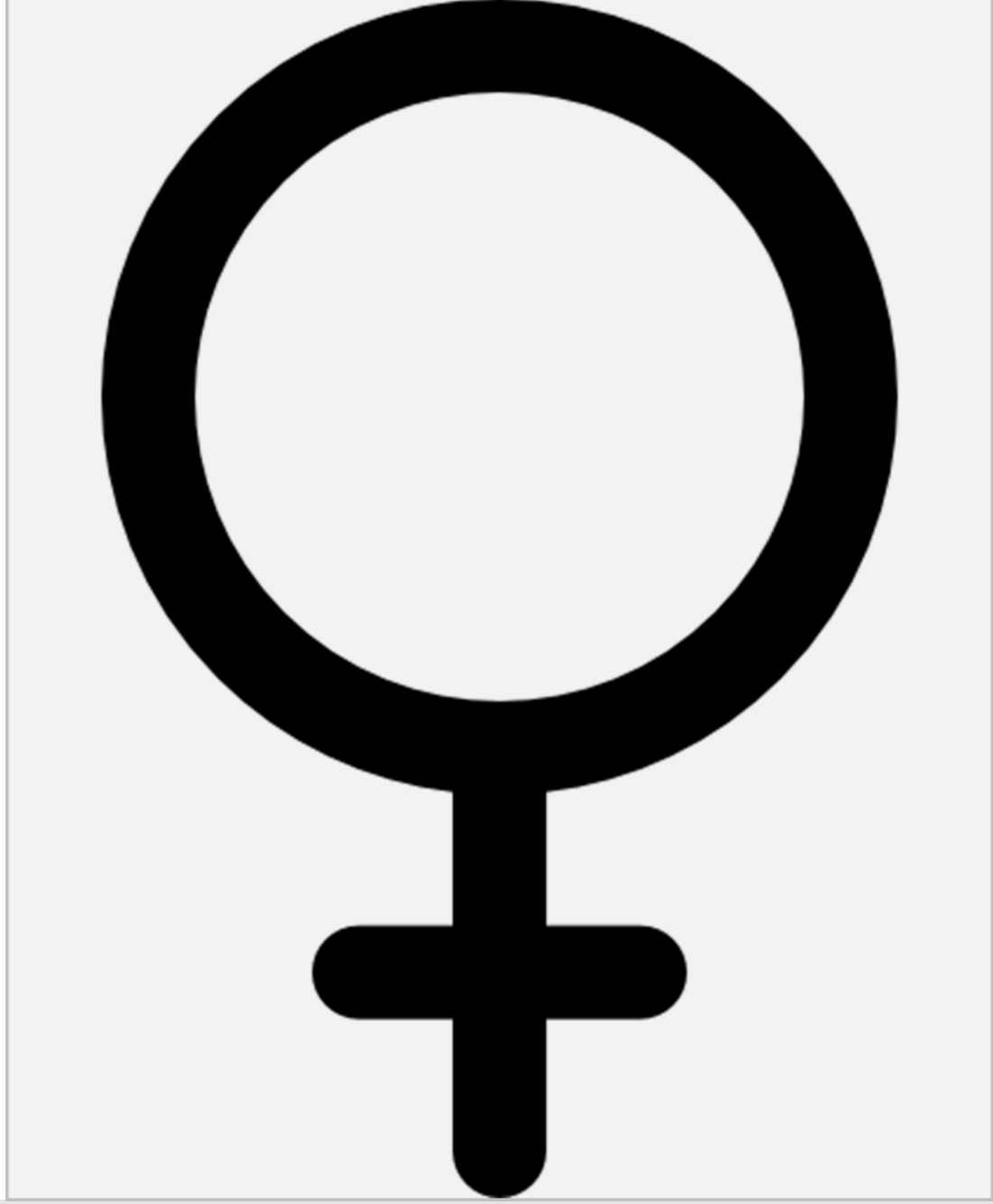
Our one-day online Obesity medicine course will help you transform your practice and patient outcomes in this fast-evolving field of medicine. Learn about the latest in holistic obesity management and treatment strategies, and discover innovative, evidence-based methods to enable us to offer better patient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



Menopause Masterclass

This session is aimed at HRT prescribers, 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

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 DFSRH 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

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

This 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

Menopause - Diagnosis & Management

If you are new to the menopause or looking to increase your confidence in basic menopause care this 1-day course is designed to provide information evidence and tools to develop confidence in general menopause care. The course is founded on current evidence-based practice covering the key principles of assessment diagnosis and management of the perimenopause and menopause giving consideration to premature ovarian insufficiency, early menopause, menopause, post menopause and genitourinary syndrome of the menopause.

Contents are underpinned by current national guidelines and competences from organisations such as the British Menopause Society (BMS) the National Institute for Health and Care Excellence (NICE) the Royal College of Obstetricians and Gynaecologists (RCOG) and the Faculty of Sexual and Reproductive Healthcare (FSRH).

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Intermediate

Gynaecology Assessment & Examination

This evidence-based, two-day, comprehensive workshop aims to develop the clinical knowledge and examination skills of Nurses and Allied Health Professionals working in first contact care. The course covers a wide range of commonly presenting gynaecological conditions.

Commonly presenting conditions include:

- Disorders of the vulva and vagina
- Update on sampling, cytology and colposcopy
- Abnormal vaginal bleeding and discharge
- Menstrual disorders
- Pelvic pain related to common gynaecological disorders
- Commonly presenting cancers of the female genital tract
- Problems in early pregnancy
- Genital prolapse and insertion of vaginal ring pessaries

Clinical skills:

- Taking a gynaecological history
- Bi-manual examination of the female genital tract
- Correct insertion of Sims's and Cusco's specula
- Update regarding investigations and sampling
- Diagnosis and assessment of vaginal prolapse
- Fitting of ring pessaries

Dates: Please see provider website
Provider: M&K Updates
Delivery Method: Online **or** Face to Face

Women's Health for Primary Care Clinicians

This 2-day course is designed for nurses and allied health professionals using evidence-based practice to develop and increase their knowledge base on women's health issues. Enabling them to deliver and promote effective healthcare for women who present in primary care settings

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Foundation

Menopause training

A 2-day menopause course in partnership with BMS - aimed at nurses who regularly see and advise women about menopause issues.

Provider: Mid Hampshire Healthcare

Delivery method: virtual

Level of Study:

Gynaecology Training for Nurses and AHPs

The course provides a comprehensive, evidence-based overview of common gynaecological conditions, supporting participants to recognise presentations, conduct appropriate assessment, and understand management options within Primary Care. Particular emphasis is placed on applying current NICE, CoSRH, RCOG, and BMS guidance, supporting safe clinical decision-making and appropriate referral.

Delivered by experienced clinicians specialising in Women's Health, the training focuses on practical application, clinical safety, and patient-centred care.

Provider: Wessex LMCs

Delivery method: Face to Face

Level of Study: Introduction

HRT Update

A half-day HRT update session in partnership with BMS - aimed at nurses who regularly see and advise women about menopause issues including:

- Overview of types, doses and regimens of HRT
- Review benefits and risks of HRT.
- Learn how to advise on starting, stopping HRT and monitor it effectively
- Understand what to expect in terms of bleeding and how to assess
- NICE updates
- Testosterone and DHEA

Provider: Mid Hampshire Healthcare

Delivery method: Virtual

Level of Study: Update

Conservative and surgical management of uterovaginal prolapse - including ring pessary fitting

A practical half-day course to enhance your skills and knowledge in the conservative and surgical management of uterovaginal prolapse. Our expert faculty and hands-on sessions will equip you with the expertise needed to provide optimal care to your patients. Participants will benefit from a structured learning experience that includes supervised practice to achieve competencies in this crucial aspect of women's health care.

Content

- Conservative and Surgical Management of Uterovaginal Prolapse Theory (1.5 hours): This segment delves into the theoretical aspects of managing uterovaginal prolapse, providing participants with a solid foundation of knowledge.
- Practical Demonstration Session on Ring Pessary Assessment and Fitting on a Model (1.5 hours): Attendees will have the opportunity to gain hands-on experience in assessing and fitting ring pessaries through a guided practical demonstration session.

Provider: Wessex LMCs

Delivery method: Face to Face

Level of Study: Foundation

Introduction to Menopause for the Nursing Team

This introductory session for nurses and AHPs is ideal for those who are new to women's health or to menopause. Particularly relevant to those doing NHS Health Checks, introducing the menopause conversation.

Aims

To provide healthcare professionals with a practical introduction to menopause, enabling them to recognise normal menopausal symptoms, identify red flags requiring further investigation or referral, understand available treatment options, and confidently signpost patients to appropriate support and resources.

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Introduction

Cervical Cytology Training (including mentorship)

2 days 1:1 training theory plus mentorship /clinical supervision

Provider: Mid Hampshire Healthcare

Delivery method: Face to Face

Level of Study:

Ring Pessary training

1:1 training in person

Provider: Mid Hampshire Healthcare

Delivery method: Face to Face 1:1

Level of Study:

IUD (Coil) training

IUD (Coil) Training delivered on-site within the practice setting, across 5 x 3 hour sessions

Provider: Mid Hampshire Healthcare

Delivery method: Face to Face

Level of Study:

Cervical block training

Cervical block training for IUD fitting, delivered on-site within the practice setting.

Provider: Mid Hampshire Healthcare

Delivery method: Face to Face

Level of Study:

In Practice Implant training

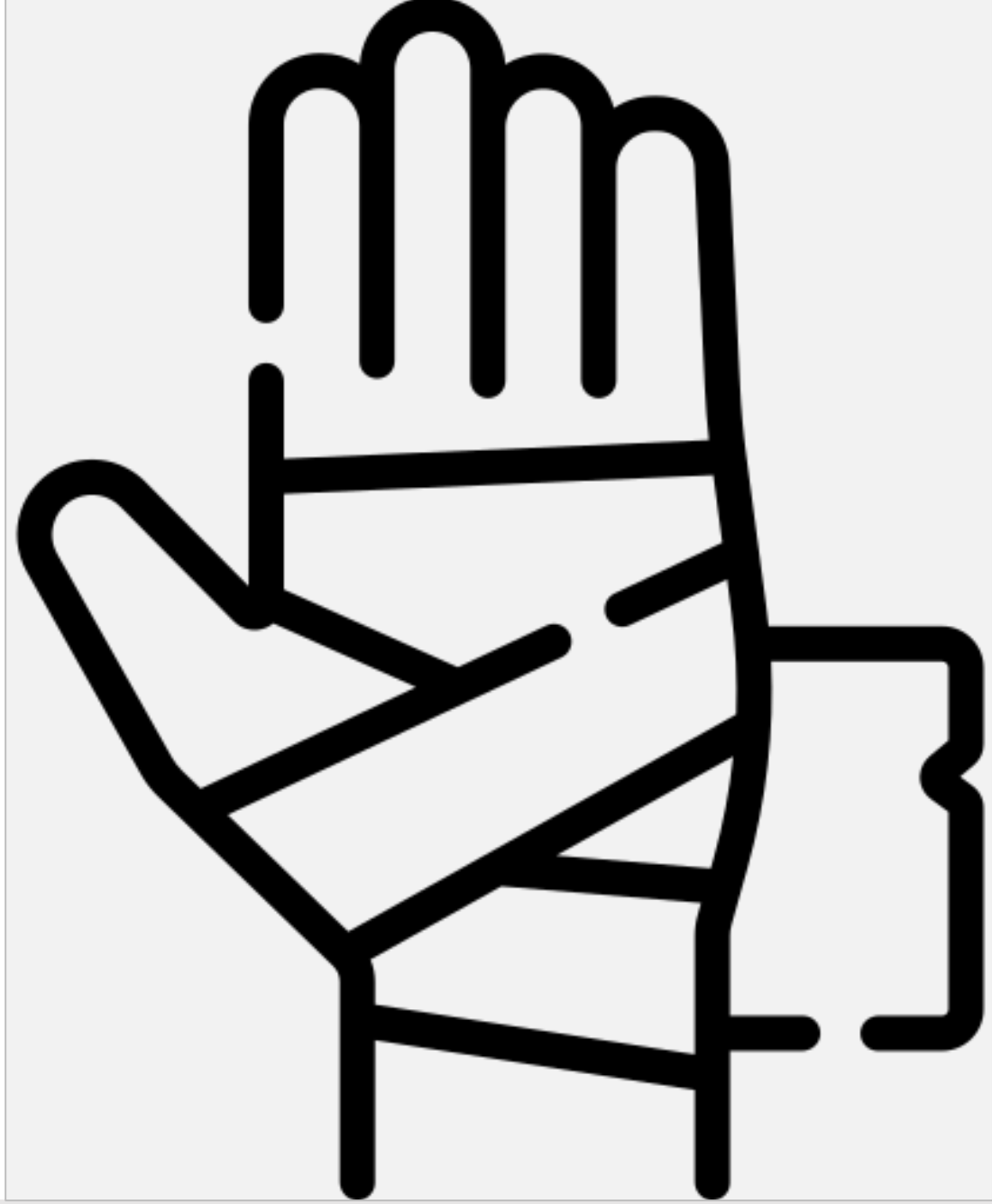
Implant Training delivered on-site within the practice setting. 1:1 teaching and support for 8 hours.

Provider: Mid Hampshire Healthcare

Delivery method: Face to Face

Level of Study:

Wound Care



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

Dilemmas in Doppler and Challenges in Compression

This study session is aimed at the experienced Practice Nurse/practitioner who wants to explore issues and actions required when these two core skills cannot be undertaken or completed due to complications, or the outcomes are confusing when planning care, or onward referral.

It offers realistic and practical solutions to these dilemmas and challenges when caring for patients with leg ulcers, chronic oedema, etc.

Aim

To enable the experienced practitioner to manage the patient with leg conditions more effectively in the presence of a complicated or incomplete assessment, and thereby to improve treatment options and outcomes.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: virtual

Level of Study: Intermediate

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

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

Prevention & Management of Pressure Ulcers

This 1-day course aims to enable nurses and AHPs to understand who is at risk of pressure ulcers and what can be done to prevent pressure ulcers developing.

It is important that healthcare professionals can differentiate between moisture lesions and pressure ulcers as treatment differs. When pressure ulcers develop the nurse needs to able to stage the pressure ulcer, assess the wound and use appropriate dressings and treatment.

You will also explore the reasons why pressure ulcers fail to heal and advocates a holistic approach to management and treatment of pressure ulcers.

Dates: please see provider website

Provider: M&K Update Ltd

Delivery method: virtual

Level of Study: Foundation

Introduction to leg assessment & doppler for nurses and experienced HCAs

This interactive session is aimed at the GPN, Nursing Associate and the experienced HCA whose job role and scope includes Leg Assessment/ Doppler. The content includes assessment of the patient with a leg condition/ulcer and those at risk of ulceration. It will include the elements and importance of holistic assessment, plus early risk recognition of signs and symptoms, followed by an interactive clinical skills session of undertaking a Doppler test and actions following the assessment.

Dates: please see provider website

Provider: Wessex LMCs

Delivery method: Face to Face

Level of Study: Introduction

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