



**GREATER
MANCHESTER**
TRAINING HUB

Foundation Programme

Primary Care Integrated Development Programme

Welcome to the Foundation & Next Steps as part of the PC IDP.

1. Roles and Responsibilities
2. Leadership – Part 1
3. Asthma x 2 Sessions
4. COPD x 2 Sessions
5. Diabetes x 4 sessions
6. Women's Health - Contraception & Sexual Health
7. Women's Health - Women in Primary Care
8. Immunisations & Vaccinations
9. Cytology
10. Pharmacology in detail for respiratory patients
11. Inhaler techniques and devices
12. Case Studies - Asthma & COPD
13. Male Health
14. Interpreting Blood results
15. Managing multi morbidities
16. Frailty and End of Life
17. Spotting the sick child
18. Sepsis and Infection Control
19. New to Travel
20. Smoking Cessation



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Frequently asked questions...

Is the Programme free?

The Foundation & Next Steps Programme as part of the Primary Care Integrated Development Programme is a fully funded programme.

Is there backfill or salary support?

No, learners will have to attend in practice, employer or own time.

When does the Programme start?

Our Welcome Days are 8th/9th/10th October 2024. There is also opportunity to join the Programme in January and April 2025, subject to available spaces.

How are the sessions delivered?

Most of the sessions are delivered virtually with a few in person sessions.

Are there any assignments/coursework to complete during the programme?

No, no formal assignments will be required. There will be some e-learning and pre-course reading for certain modules and a small presentation is required for the Imms & Vacs module.

If you have any further questions, please email Elona Williams elona.williams2@nhs.net or GMTH@GMFeds.co.uk



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1. Roles and Responsibilities

Learning Outcomes:

- Introductions to the Clinical Educators
- Context of NHS and PCNS
- Roles and responsibilities of healthcare professionals
- Develop a greater understanding of other roles within primary care
- Develop greater efficiency in utilising other roles within primary care

Feedback

It was a great introductory session.

I learned a lot.

I now understand the limitations and expectations of my role.

I enjoyed learning about other people and how they contribute to providing the best healthcare service.

Interactive networking.



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2. Leadership – Part 1

Learning Outcomes:

- Explore the concept of values-based leadership
- Explore the 'Strength Deployment Inventory' to help support effective leadership development
- Appraise your own and others behavioural styles and values
- Develop effective leadership communication and motivation techniques

Feedback

Chris was excellent! Very enthusiastic and understandable.

Thank you for making it easier to understand who I am, why I am who I am and to know and understand the people and system around me better and more clearly now.

Very informative/ engaging and entertaining.

Fantastic for self-reflection and a lot can be taken into practice.



3. Asthma

Learning Outcomes:

- Carry out an asthma patient review in people with asthma currently being treated with a low dose inhaled corticosteroid (ICS) and a short acting beta agonist (SABA)
- Identify those with sub-optimal disease control
- Identify those with an increased future risk of asthma attack
- Identify the presence of any as yet unknown common comorbid conditions associated with asthma
- Assess inhaler technique in such a way as to identify the presence of known critical errors
- Teach the patient how to use their prescribed device effectively and without critical error Construct a personalised asthma action plan (PAAP) that will identify individual patient triggers and symptoms, outline appropriate medication regimens, and specify steps for exacerbation management

Feedback

Tracy delivers the sessions fabulously, easy to understand and at a great pace. Excellent visual slides.

Thank you for inviting me. High relevance to my work

Enjoyed the session took away some valuable knowledge to use in practice



4. COPD

Learning Outcomes:

- Carry out a COPD patient review in people with COPD currently being treated with a long-acting beta agonist (LABA) and a long-acting muscarinic antagonist (LAMA)
- Identify those with sub-optimal disease control
- Identify those at future risk of an acute exacerbation of COPD Identify the presence of any as yet unknown common comorbid conditions associated with COPD
- Assess inhaler technique in such a way as to identify the presence of known critical errors
- Teach the patient how to use their prescribed device effectively and without critical error

Feedback

Tracy is amazing, very knowledgeable.

Enjoyable session a lot of information but high relevance to my work. Delivery excellent - made easy to understand. Thank you

Enjoyable and interesting session. Learnt quite a lot, relevant to my COPD clinic sessions.

Tracy Kirk is an excellent teacher.



5. Diabetes

Learning Outcomes:

- Review the anatomy & physiology relevant to diabetes and endocrinology
- To understand different types of diabetes and how they are diagnosed
- To understand the short and long-term symptoms and complications of diabetes
- To understand what we check in a diabetes review and why - 9KCP
- To understand the different anti-hyperglycaemic agents and when we use them
- To apply our knowledge and understanding of diabetes to the 9KCP to review our patients following the latest evidence and guidance

Feedback

Ricky is a really good speaker - he makes it interacting and is supportive of when we aren't understanding things he explains it in easier terms.

amazing 4 weeks thank you Ricky and Elona

Ricky's diabetic sessions have been my favourite teaching sessions so far. I find them really well structured, not too in depth (does go into more detail if needed) and time managed. Great resources for further training too



6. Women's Health - Contraception & Sexual health

Learning Outcomes:

- To be able to assess whether a woman is at risk of pregnancy and advise women on the various types of emergency contraception
- To be able to discuss the advantages, disadvantages and contraindications to different types of contraceptive methods and recommend oral EC safely using UKMEC
- To be able to re-issue the following contraceptives: combined hormonal contraception; progesterone-only pill; progesterone-only injection
- To be able to teach a patient to use a condom correctly
- To understand which organism's cause the various types of STI and how they might present
- To understand the various causes of vaginal discharge
- To be able to advise; counsel and signpost sexual health problems, offer asymptomatic screening and capable of taking a partner history

Feedback

Lizzie is an inspiration! She keeps you engaged and is passionate about what she does and delivers the course in a easy to understand way. Thank you.

Thank you so much. I found this training so helpful and educational. I really enjoyed it and has been my favourite training yet. Lizzie was so funny and made the training really enjoyable. Hoping to do my coil training at some point now thanks to her!



7. Women's Health - Women in Primary Care

Learning Outcomes:

- To understand the various types of urinary incontinence and their causes and be able to undertake an initial assessment and advise on the most appropriate management options and signpost/ refer on as appropriate
- To understand normal menstruation and be able to make an initial assessment of abnormalities of menstruation including pre-menstrual syndrome
- To understand and be able to make an initial assessment of the effects of the menopause on individuals
- To appreciate the management of debilitating symptoms associated with menopause (including use of HRT) and the management of associated co-morbidities (eg osteoporosis)
- To be able to make an initial assessment of the effects of hysterectomy
- To gain an understanding of infertility and other pre-conceptual issues and be able to refer patients onto other services as appropriate
- To teach and encourage patients to be breast aware and be aware of and, if appropriate provide information about early indications of breast cancer, endometrial cancer and ovarian cancer
- To understand the various causes of vaginal discharge

Feedback

Very enjoyable and feel lucky to have had a place on this course thank you. Feel safer and more confident.

Thank you, Lizzie. Very informative and made it fun 🥰

Lizzie is a fantastic teacher, makes its easy and fun to understand



8. Immunisations and Vaccinations

Learning Outcomes:

- Able to explain the aims of immunisation and describe national vaccine policy and schedules
- Able to explain the immune response to vaccines and describe how vaccines provide individual and community protection
- Able to describe and recognise the main features of vaccine preventable diseases and the nature and frequency of their acute and long-term complication
- Has knowledge of the different types of vaccines used
- Knows about relevant and current issues/controversies in immunisation
- Can effectively communicate with patients, parents and carers and other relevant people about Immunisation
- Understands the legal aspects of immunisation
- Follows correct procedures for storage and handling of vaccines
- Able to reconstitute and administer vaccines correctly
- Able to manage anaphylaxis and other adverse events appropriately
- Correctly documents and reports all vaccines given
- Able to identify and implement strategies for improving vaccine uptake

Feedback

Trainer is excellent and displays adequate knowledge

Love it, lot of knowledge thanks Rachel

Very good knowledgeable course. Trainer was very informative

Rachel was brill and great at explaining everything with greater detail



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9. Cytology

Learning Outcomes:

Delivered by NEPSEC

The NHS Cervical Screening Programme (NHSCSP) requires that all cytology sample takers have undertaken appropriate training in the cervical screening programme and sample taking technique.

North of England Pathology Screening & Education Centre currently offers the basic training course in cervical cytology sample taking and has recognised accreditation from the Royal College of Nursing for the theoretical elements.

The NEPSEC course adheres to the **NHSCSP Guidance for the Training of Cervical Sample Takers February 2020** as a minimum.



10. Pharmacology in detail for respiratory patients

Learning Outcomes:

- Construct a patient specific, evidence-based management plan that will reduce the future risk of adverse outcome in person's diagnosed with Asthma or COPD
- Discuss the modes of action, indications and contraindications of:
 - Beta2 Agonists
 - Anti-Muscarinic Antagonists
 - Inhaled Corticosteroids
- Differentiate between dry powdered inhalers (DPIs), soft mist inhalers (SMIs) and pressurised metered dose inhalers (pMDIs) in relation to:
 - Environmental Impact
 - Critical Errors
 - Effective inhaler technique
- Analyse a set of Asthma and COPD patient data in such a way as to identify those at an increased future risk of adverse outcome
- Formulate and implement a patient specific and evidence-based Asthma or COPD management plan that will reduce the future risk of adverse outcome

Feedback

Enhanced my knowledge in Respiratory medicine

Very in depth and useful

I found this session very interesting. Tracey has a lot of knowledge which she shared with us.



11. Inhaler techniques and devices

Learning Outcomes:

- You will be able to evaluate inhaler technique, recognise ineffective techniques and match the patient to a device that they can use effectively and without critical error.
- Assess inhaler technique in such a way as to identify the presence of known critical errors
- Teach the patient how to use their prescribed device effectively and without critical error

Feedback

Being able to use the knowledge/information given and bringing it into practice to enable me to provide better care for patients.

Gained more knowledge on the different inhalers and how to use them correctly

Very relevant to the job



12. Case Studies – Asthma & COPD

Learning Outcomes:

- Construct a patient specific, evidence-based management plan that will reduce the future risk of adverse outcome in person's diagnosed with Asthma or COPD
- Discuss the modes of action, indications and contraindications of:
 - Beta2 Agonists
 - Anti-Muscarinic Antagonists
 - Inhaled Corticosteroids
- Differentiate between dry powdered inhalers (DPIs), soft mist inhalers (SMIs) and pressurised metered dose inhalers (pMDIs) in relation to:
 - Environmental Impact
 - Critical Errors
 - Effective inhaler technique
- Analyse a set of Asthma and COPD patient data in such a way as to identify those at an increased future risk of adverse outcome
- Formulate and implement a patient specific and evidence-based Asthma or COPD management plan that will reduce the future risk of adverse outcome

Feedback

Informative, good to be able to use case studies and relate it to reviews which we undertake in practice.

Enhanced my knowledge in Respiratory medicine

The case studies are very helpful



14. Interpretation of blood results

Learning Outcomes:

- The importance of the trend
- The full blood count
- The urea and electrolytes
- The liver function tests
- Urine cultures
- Stool cultures and additional tests
- Additional tests including tumour markers

Feedback

Thanks Ricky, for another brilliant session. Always so informative and answers questions in an understandable way.

Gained more knowledge and Feel more confident.

Very informative session about different blood results, why they are requested and what can be found out from them.



13. Male Health

Learning Outcomes:

- To understand, carry out, and be able to counsel on the Male Health Checks including the assessment of mental health
- To be able to advise; counsel, and signpost sexual health problems, including an update on HIV medicine
- To appreciate the signs and symptoms of testicular; prostate; penile; bladder cancer and breast, including appropriate signposting
- To appreciate the diagnosis (patient journey) and management of prostate cancer
- To be able to effectively carry out consultations surrounding libido/erectile dysfunction and provide support/signpost as appropriate
- To appreciate the morbidity and mortality statistics relevant to Male Health

Feedback

Brilliant session. Good interaction and well explained.

Very good session, delivered clearly

Ricky provided us with good knowledge, informative, interactive session

It's been good to know the process of prostate testing. A lot of patients ask about it. Also, just a good background on men's health as it's not something that is often talked about.



15. Managing Multi-morbidities

Learning Outcomes:

- An introduction to multimorbidity and its management
- Individualisation and holistic care
- Consider the individual's age and functional status as this may elicit a degree of frailty which may inform the appropriate management
- Consider the risk factors driving potential progression of long-term conditions – reversible and irreversible.
- Consider rationalisation of risk factors and prioritisation as appropriate
- Consider appropriate goals and safe monitoring
- Utilise evidence-based guidance in making clinical decisions
- Referrals to specialist teams and/or discussion as a primary care MDT for complex patients

Feedback

very helpful towards understanding complex case study's and appointing my knowledge in my own primary care role

I feel like I have been given the training to help me look at the bigger picture when delivering LTC reviews. I also feel more confident to answer questions that often arise in consultations.

This has been really helpful in terms of bringing things together and prioritizing care



16. Frailty and End of Life

Learning Outcomes:

- Defining frailty and appreciating its importance
- Recognition of frailty and/or signs or symptoms suggestive of frailty
- Utilising assessment tools to identify the frail patient in primary care
- Population prevalence and life expectancy data
- Exploring reversible causes of frailty
- To appreciate the importance of STOP-START in approaching medicine within frailty
- When do we refer the frail patient to secondary care
- The involvement of the family and its importance in frailty
- The importance of a lifestyle approach and nutrition in frailty
- Mental capacity and its importance of caring for the frail patient

Feedback

It was good to look at medication rationalisation for frailty/EOL.

Very informative, interesting session

very helpful towards understanding complex case study's and appointing my knowledge in my own primary care role



17. Spotting the sick child

Learning Outcomes:

- Understand the leading causes of death in children
- Recognise the differences between adults and children and how this impacts on the recognition of the sick child
- Awareness and recognition of normal physiological parameters for respiratory rate and heart rate for the different ages ranges.
- Develop structured and systematic approaches to the management of the unwell child
- Gain a better understanding of fever and its management in children
- Exploration of the fever NICE guidelines and its implementation

Feedback

As I am a registered adults nurse i found this very good to give us the basics when coming into contact with children in the surgery, very informative, good knowledge and interesting session

Lots of good information about different common child conditions



18. Sepsis and Infection Control

Learning Outcomes:

- Patient placement/assessment of infection risk
- Hand hygiene
- Respiratory and cough hygiene
- Personal protective equipment
- Safe management of the care environment
- Safe management of care equipment
- Safe management of healthcare linen
- safe management of blood and body fluids
- Safe disposal of waste (including sharps)
- Occupational safety/managing prevention of exposure (including sharps)

Feedback

I absolutely loved today, it gave me great insight to what infection control nurse actually does. I wouldn't shy away from taking on the role now if it ever arises. A yearly update on this would be good to keep knowledge fresh.

Very informative and relevant to our role



19. New to Travel

Learning Outcomes:

- Provide you with a basic knowledge for the key aspects within a travel consultation
- Raise your awareness of the complexity of travel medicine practice
- Increase your confidence to gain control within a travel consultation, whilst recognising the levels of competence required to deliver good care
- Lead you to further tools and resources to use within your practice, thus enhancing your knowledge and learning

Feedback

The course was very good and informative. I liked the aspect that you were able to complete it at your own pace too.

Great training - it provided lots of resources that I am now using in practice. It was broken down well and really informative.



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20. Smoking Cessation

Learning Outcomes:

Delivered by ABL Health

[Stop Smoking - ABL Health | A Better Life](#)

Feedback

This is a new session, feedback to follow shortly.