

# **Cornwall Primary Care Training Hub Course Prospectus**

April 2025

Multi-Professional Training  
for Primary Care Teams

Hosted by and in partnership with:



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# Welcome to Cornwall Training Hub

This prospectus details the range of courses we offer. Visit our [Education Programme webpages](#) for course dates and booking.

## Multi-Professional Clinical Training

Most courses can be accessed by any practice team members, irrespective of discipline. We deliver our courses either face to face or virtually and signpost to relevant e-learning / resources.

Where it is not immediately evident to whom courses are aimed, we have used a colour coding system to help individuals to identify the level of the course:

- **Entry**
- **Intermediate**
- **Advanced**

## Business Support Training

We provide an extensive programme of business support training. These courses are available to all staff within primary care whether you have a clinical or business support role. For further details, please go to our website or view our Prospectus for Business Support Training.

## Funding

The Education Programme is mainly funded by the primary care subscription with the use of alternative funding streams to supplement programme development and delivery. There is also individual training place purchase and support from the pharmaceutical industry where appropriate.

For updated information, further study opportunities, resources, and support, ensure you receive our fortnightly **Training Hub General Practice Bulletin**.

For all enquiries please contact:

[kernowhealthcic.workforce@nhs.net](mailto:kernowhealthcic.workforce@nhs.net)

## Navigate our programme using...

### Role Development Pathways

Our role development pathways are designed to help embed newly emerging multi-professional roles and pathways, alongside the well-established roles. The following pathways have been developed.

- Health Care Support Worker
- Practice Nurse Preceptorship
- Practice Nurse
- First Contact Practitioner
- Advanced Practitioner
- Personalised Care and Wellbeing Roles
- Administrative and Managerial Roles
- GP & GP Trainee

### [Primary Care Role Development Pathways](#)

### Clinical Training Roadmaps

Our roadmaps provide you with an 'at a glance' look at the educational offers by clinical area or role. If you are new to a clinical area, have a look at the education available under our 'Getting Going' section! As you build your skills and experience, move onto 'Journey Progression' and 'Onward Journey' for those who are seeking more advanced-level training.

- [Diabetes Training Roadmap](#)
- [Respiratory Training Roadmap](#)
- [Women's Health Training Roadmap](#)
- [Cardiovascular Training Roadmap](#)
- [Health Care Support Worker Roadmap](#)

## 1. Bladder and Bowel Health

We signpost to the following courses provided by Cornwall Foundation Trust.

- **Bowel Dysfunction in Adults**
- **Developing Confidence in Catheterisation**
- **Contenance Awareness**

## 2. Business Support

We provide an extensive programme of business support training. **These courses are available to all staff within primary care whether you have a clinical or business support role.** For further details, please go to our website or view our Prospectus for Business Support Training.

## 3. Cancer

- ● **Cancer Awareness, Signposting and Communication (virtual)**

This session is for HCAs, NAs and newly qualified Treatment Room and Practice Nurses. The session provides the opportunity to increase understanding and awareness of their role in cancer screening and prevention.

- ● ● **Cancer Care Reviews in Primary Care – Support and Education Forum (virtual)**

This forum provides the opportunity for all staff undertaking cancer care reviews to learn together. Those new to their role and experienced can come together on a regular basis to share best practice. The forums will provide the opportunity to:

- Share best practice for three month and annual cancer care reviews.
- Learn from each other and listen to expert speakers sharing their top tips.

- ● ● **Cancer Masterclass (virtual)**


Open to GPs, GP Trainees, Junior Doctors, Practice Nurses and all those working in Primary Care in Cornwall. Join this interactive masterclass with presentations from Consultants, Oncologists CNSs, and EOL/Palliative Care Specialists. This is a virtual opportunity for networking and supporting PCN staff with cancer education.

● ● **Primary Care Cancer Course (face to face and virtual)**

The course looks at all aspects of cancer from prevention to end of life. It looks at the effectiveness of good quality cancer care reviews and how improved ways of working in primary care can improve patient outcomes and reduce the demand on health resources. Delivery of this course is by Consultants, CNSs and other members of the cancer services team at RCHT via 3 full days face to face AND 3 half days virtually. This course is open to all health professionals.

[Cancer Additional Educational Resources and Training](#)

**4. Cardiovascular Training**

**CARDIOVASCULAR TRAINING ROADMAP** 

AT A GLANCE GUIDE TO CORNWALL PRIMARY CARE TRAINING HUB CARDIOVASCULAR EDUCATIONAL OFFER

**1. Getting Going**

- **Essential Clinical Skills** - venepuncture, physiological measurements, and ECG (In Person)
- **NHS Health Check's** - (In Person)

**2. Journey Progression**

- **Cardiovascular Disease Toolkit** - ELFH (eLearning)
- **Managing Raised BP Readings and Hypertension**- (Interactive Virtual)
- **Anticoagulation & \*\*INR STAR.** (In Person)
- **What's the squeeze in cardiovascular care?** - A series of interprofessional modules covering: Anatomy & physiology, Hypertension, Atrial fibrillation , Stroke and TIA, Acute coronary syndromes & Heart failure (Interactive Virtual)

**3. Onward Journey**

- **Primary Care Cardiovascular Society** - representing UK primary care professionals in cardiovascular patient care
- **The British Journal of Cardiology** - BJC Learning offers rigorous and comprehensive modular e-learning programmes.

**4. Ongoing Support**

**Diabetes & Cardiorenal CoP**

To find out more information scan the QR code or go to our website [www.kernowhealthcic.org.uk](http://www.kernowhealthcic.org.uk)

\*\*not funded through the training hub education subscription alternate funding may be available on request

### ● ● ● **What's the squeeze in Cardiovascular Care? (virtual)**

A series of modules aimed at both registered and non-registered health care professionals, covering:

- anatomy and physiology
- hypertension
- atrial fibrillation
- prevention, cause and management of stroke and TIA
- acute coronary syndromes
- heart failure

The modules are underpinned by a set of competencies. On completion the learner will have developed a foundation of knowledge to enable them to complete a review of patients at their own level of practice.

### ● ● **Management of Anticoagulant Therapy in Primary Care (and INR Star) (face to face)**

This training will be for practice nurses and health care support workers for the management of anticoagulation in primary care. This session will focus on:

- Anticoagulation including DOAC, warfarin and INR management.
- Point of care testing and best practice from the lab perspective.
- Signposting to self-directed INR star learning.

### **Blood Pressure and Hypertension (virtual)**

● This training is aimed at Health Care Assistants and entry level Practice Nurses to enable them to gain an understanding of the importance of hypertension management in general practice and feel more confident in their delivery of this service, thus ensuring that patients receive the best and most up to date advice.

### **NHS Health Checks (face to face)**

This training is aimed specifically at primary care staff delivering NHS Health Checks, suitable for those who are new to the programme as well as those who are looking for a refresher course. The training assumes you will already be competent to take a blood pressure, check for atrial fibrillation, measure height and weight.

### **Diabetes and Cardiorenal Community of Practice (virtual)**

This Diabetes and Cardio-Renal community of practice will provide an opportunity for practice nurses in Cornwall to join on a regular basis and engage in both peer and specialist nurse support.

### [Cardiovascular Additional Educational Resources and Training](#)

## 5. Clinical Assessment and Diagnostics

- **Essential Clinical Skills (face to face)**

This is a two-day essential skills course that covers the fundamentals in physiological measurements, ECG recording and venepuncture. This course is designed for health care assistants working in primary care and nursing homes, as well as registered nurses who might need a refresher. It is ideal as an entry level course for staff who need to develop their basic clinical skills to deliver safe and quality care to patients.

- **History Taking and Consultation Skills for the Primary Care Practitioner (virtual)**

This session covers an overview of consultation models, components of full clinical history, using a structured approach to history taking, communication skills and the consultation.

- **Interpretation of Common Blood Test Results (Day 1) (face to face)**

An advanced level interactive course for experienced registered practitioners. This course covers clinical implications of routine full blood count and biochemistry test results, including renal, liver, endocrine, calcium metabolism, inflammatory markers. The course uses real blood results for focus of discussion and students are encouraged to bring their own anonymised examples.

- **Interpretation of Common Blood Test Results and ECGs (Day 2) (face to face)**

You must have attended day 1 to attend this session. In this session, we will take the knowledge and skills from the day 1 session and start looking at applying this knowledge through case analysis focussing on common scenarios from primary care, ensuring we follow the logic, developing confidence in our interpretation of pathology results. The second part of the day will be an introduction to the analysis of the ECG.

- **Interpretation of Common Blood Test Results (Day 3) (face to face)**

This is a half-day session building on the content delivered on day 1 and 2. The session will focus and explore cases and actual results.

- **Managing Medical Uncertainty (virtual)**

What to do when you don't know what to do – this course will cover why uncertainty arises in primary care, provide a framework for exploring medical uncertainty, raise



awareness of dysfunctional ways out and provide the opportunity to practice skills to manage different types of uncertainty.

### **Venepuncture (face to face)**

The provision of skills training for obtaining venous blood samples from the arm. This course provides theory and practice to gain competence, under clinical supervision of a practitioner in your workplace.

### **● ● Verification of Death (provided by CFT)**

The overall aim of the session is to educate, train and assess registered nurses in verifying death, by underpinning it with a base knowledge of the law (national and local policies).

### **Clinical Skills.Net**

The Training Hub has purchased licences for primary care staff to access Clinical Skills.net, an online clinical procedures manual/educational resource to support training and best practice. This provides more than 350 clinical procedure guides presented in a clear, illustrated step-by-step format, aligned with current best practice and fully referenced.

### **Guide to Taking Group and Screen Blood Tests in General Practice**

Accurate blood sample labelling is crucial in general practice, especially for Group and Screen (G&S) tests. Due to a high volume of errors in labelling G&S samples, many have been rejected by the lab, leading to inconvenience for patients and possible delays to treatment. Our comprehensive guide ensures that healthcare workers can efficiently and correctly take and label G&S blood samples.

## **6. Dermatology**

### **● Dermatology in Primary Care (virtual)**

Using images and case-based teaching, this day is designed to start the process of identifying and managing skin conditions, building confidence, and developing an approach that is based on understanding.

## 7. Diabetes Training

# DIABETES TRAINING ROADMAP

AT A GLANCE GUIDE TO CORNWALL PRIMARY CARE TRAINING HUB DIABETES EDUCATIONAL OFFER



**1. DISKCO Builder**  
Initial needs analysis tool.

**2. Getting Going**

- **Beginners Guide to Diabetes** (Interactive Virtual)
- **Diabetic Foot Training** (Interactive In Person/Virtual)
- **\*\*Cambridge Diabetes Education Programme-** on request (E-learning)
- Variety of Diabetes Short Training Modules inc. RCN, Diabetes UK, FRAME, Clinical Skills Net (E-learning)

**3. Journey Progression**

- **PITStop Overview Oral Medication** (Interactive Virtual)
- **PITStop Overview GLP1 & Insulin** (Interactive Virtual)
- **Trend Diabetes: Insulin Safety** (E-Learning)
- **Diabetes on The Net** – The Six Steps to Insulin Safety (E-Learning)

**4. Onward Journey**

- **\*\*PITSTOP Advanced:** Programme for Injectable Therapies (Interactive Virtual)
- **\*\*University of Plymouth Diabetes Mellitus module** (MSc/BSc)

**5. Ongoing Support**

**Diabetes & Cardiorenal CoP**



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### ● ● ● Primary Care Diabetes Skills & Confidence (DiSkCo) Builder

This offers individuals, teams, and networks a comprehensive tool to assess diabetes competencies for each member of staff delivering the diabetes clinical service. The tool links to relevant training options to close competency gaps. It provides a simple route to identifying and meeting upskilling needs for PCN diabetes services. For further information contact Jackie Heffer [j.heffer@nhs.net](mailto:j.heffer@nhs.net)

### ● Beginner's Guide to Diabetes (virtual)

This training supports development of new models of care delivery and is particularly suitable for health care support workers and registered professionals new to diabetes who are becoming more involved in delivering diabetes care. It covers

foundational knowledge of what diabetes is as well as covering all components of annual review and essential aspects of person-centered care in diabetes.

### **Counterweight NHS Type 2 Diabetes Path to Remissions Awareness (virtual)**

Cornwall and Isles of Scilly Integrated Care System has partnered with Counterweight to provide the NHS England Type 2 Diabetes Path to Remission Programme. In this webinar, Counterweight will cover what the programme is, who is eligible, and how to refer.

### **● ● ● Diabetes & Cardiorenal Syndrome - Community of Practice (virtual)**

Running virtually on a bi-monthly basis, this community of practice will provide an opportunity to join together on a regular basis and engage in both peer and diabetes specialist nurse support.

### **● Diabetic Foot Training (face to face / virtual)**

This training, delivered by the local specialist podiatry team, provides an overview of diabetic foot disease, how to identify the 'at risk' foot and who, when and where to refer. It is particularly appropriate for HCA's/technicians undertaking foot screening in diabetes.

### **Thrive Tribe: Healthier You Diabetes Prevention Programme (virtual)**

The focus of this session is to provide an update on the programmes delivered countrywide, a reminder on how to refer and to learn about any recent updates.

### **● ● ● Cambridge Diabetes Education Programme E-Learning**

This is a competency-based programme with multiple topics which individuals can select. The programme offers competency assessment with accompanying resources to support knowledge of relevant national and international clinical guidelines.

*Please contact [kernowhealthcic.workforce@nhs.net](mailto:kernowhealthcic.workforce@nhs.net) for access.*

### **[Diabetes Additional Educational Resources and Training](#)**

## **8. Diet, Nutrition and Weight Management**

### **[Diet Nutrition and Weight Management – Educational Resources and Training](#)**

## 9. End of Life Care

### [End of Life Care – Educational Resources and Training](#)

## 10. ENT

### ● **ENT in the Community (virtual)**

This will be a problem-based day focussing on common ENT problems in the community. ENT issues are common and varied. This day will have space for you to bring your learning needs and cases for discussion.

## 11. Immunisation

Our immunisation training programme is interprofessional, to incorporate the many different healthcare workers in primary care who can now participate in immunisation. All immunisation training staff should ensure that their anaphylaxis skills and Hepatitis B vaccination is up to date.

### ● ● **Immunisation Foundation (Interprofessional) (face to face)**

The Foundation Immunisation training is intended for health care professionals, who will be administering vaccines within a primary care setting, including those in the childhood vaccination programme. The training programme consists of e-learning provided by E-Learning for Health, followed by attendance at an interactive seminar.

### ● ● **Immunisation Update (Interprofessional) (face to face / virtual)**

The interprofessional immunisation update will cover the following topic areas will be covered:

- Current issues in immunisation (with a particular focus on Influenza & Covid)
- Recent epidemiology of vaccine preventable disease
- Any changes to vaccine recommendations or national policy
- Update on vaccine ordering, storage and administration
- Any changes to legislation relevant to vaccination

- Review of current practice, recent vaccine incidents and identification of areas for improvement
- Interactive activities centred around problems encountered in practice.

#### ● ● **Introduction to Travel Health (face to face)**

Are you interested in expanding your practice and developing your skills in the exciting and dynamic specialist area of Travel Health? This 2-day, face to face, course is designed for practice nurses not currently practicing travel health but interested in gaining a basic understanding of what is required to carry out a safe and effective consultation. It will also help with decision making regarding vaccines and malaria advice.

#### ● ● **Update in Travel Health (virtual)**

This course is designed for those working within primary care who have completed travel immunisations in the past and who require an update. It will provide an update in travel medicine, covering recent outbreaks and hot topics in travel health. The second session will provide the opportunity for delegates to engage in case study consultations and discuss with their peers.

#### ● **Vitamin B12 Deficiency**

A self-directed workbook and video, serving as an educational resource and a means to demonstrate competency in the theory and practical skills necessary for vitamin B12 administration. It is designed as an “open book” knowledge update, allowing learners to read and familiarise themselves with best practices in vitamin B12 administration and stay current in their knowledge.

### [Immunisation Additional Educational Resources and Training](#)

## 12. Medicines Management

#### ● **Non-Medical Prescribing Update (face to face)**

This course is for staff who are non-medical prescribers working within primary care. The study session will be delivered with a clinical supervision ethos, where case studies can be discussed and debated, and clinicians can work collaboratively within action learning sets.

### [Medicines Management – Additional Resources](#)

## 13. Mental Health

- **Fundamentals of Mental Health: Raising Confidence working with this Patient Group (face to face)**

This introductory course is designed to give practitioners an overview of mental health conditions, taking a practical approach to understand the impact this can have on the management of long-term physical health conditions. This course is aimed at those staff within primary care who are new to mental health and might not have any previous experience.

- **Mental Health in Primary Care (virtual)**

We have a mental health crisis on our hands? How do we: stay safe? be effective? prioritise time? make a difference? This training, delivered by Dr Colin Roberts, will cover theories around the causes of anxiety and depression, review of talking therapy, medication, brief interventional techniques in CBT.

### [Mental Health – Additional Educational Resources and Training](#)

## 14. Musculoskeletal

- **Hip and Knee Osteoarthritis (OA) – Changing Perspectives (virtual)**

This 2-hour session, delivered via MS Teams, is aimed at GPs and other primary care clinicians who manage patients with osteoarthritis (OA). Primarily, the training will focus on improving diagnosis and management of hip and knee OA in primary care and will aim to improve alignment to NICE guidelines for diagnosis and management. The training will be aimed at improving knowledge of OA and developing greater confidence.

- **Common Neurological and Musculoskeletal Problems for ACPS (virtual)**

Delivered by Dr Colin Roberts, this is a day focussing on common musculoskeletal and neurological problems in the community. We will look at a wide range of common conditions including carpal tunnel and tennis elbow, managing foot and ankle issues.

## 15. Older Person Care

### ● ● ● Dementia and Delirium Training (face to face / virtual)

This study day, open to health and social care staff, covers:

- Dementia awareness
- Dementia identification
- Dementia risk reduction and prevention
- Person centred dementia care
- Communication, interaction, behaviour in dementia care
- Health and well-being in dementia
- Pharmacological interventions and dementia
- Living well with dementia care
- Families and carers as partners in dementia care
- Equality, diversity, and inclusion in dementia care
- Law ethics and safeguarding in dementia care
- End of life dementia care
- Research and evidence-based practice in dementia care

### [Older Person Care – Additional Educational Resources and Training](#)

## 16. Paediatrics

### ● Assessment and Management of the Ill Child (virtual)

The training uses case-based scenarios to consider common conditions, such as: fever, ENT, otitis media, respiratory illness, croup/RSV/pneumonia, UTI, bowel dysfunction, D+V, rashes, orthopaedic issues.

### ● Paediatric Asthma (virtual)

This course will cover the epidemiology and impact of childhood asthma, the latest asthma guidance with regards to both diagnosis and treatment.

### [Paediatrics Additional Educational Resources](#)

## 17. Personalised Care

### ● ● ● Coaching Conversations (face to face)

The NHS long term plan talks about a shift in the relationship with the people we support, hence we need new skills for a new kind of relationship. Instead of treating patients as passive recipients of care, they must be viewed as partners. A coaching approach enables a culture of encouraging people to be resourceful and focuses on intrinsic and extrinsic motivators. This 2-day accredited training enables participants to understand how coaching can be used effectively within a clinical or professional role, examining not only how to coach conversation skills, but also looking at when and where a coaching approach is effective.

[Personalised Care Additional Educational Resources and Training](#)

## 18. Primary Care Access

### Passport to Primary Care

The Passport to Primary Care self-directed study guide is an asynchronous learning tool designed for healthcare workers new to general practice. This resource is intended to form part of the employer induction programme, providing an introduction to general practice. This programme includes interactive videos, self-directed study materials, and e-learning modules. The Passport to Primary Care self-directed study guide content will cover:

- commissioning, funding, indemnity and regulation
- scope of practice, lone working, consent, record keeping
- medicine management and the law
- personalised care and health coaching

## 19. Public / Population Health

### Infection Prevention and Control Annual Update for Primary Care (virtual)

The two-part session will run for one hour. The first half for clinical and business support staff and then the second half for clinical staff only. The session will provide



an annual infection prevention and control update to support Cornwall primary care providers in complying with CQC requirements.

### NHS Health Checks (face to face)

This in-person training is aimed at primary care staff delivering NHS Health Checks. It is suitable for staff new to the programme as well as those looking for a refresher course.

### Health Inequalities

We are planning to host a series of monthly health inequalities webinar training in conjunction with the Deep End Cornwall Network, with topics yet to be confirmed. Check our website for the latest details as they become available.

## Public / Population Health Additional Educational Resources and Training

# 20. Respiratory Training

## RESPIRATORY TRAINING ROADMAP



AT A GLANCE GUIDE TO CORNWALL PRIMARY CARE TRAINING HUB RESPIRATORY EDUCATIONAL OFFER

### 1. Getting Going

- Asthma Programme – E-Learning for Health foundation level educational resource (e-learning)
- Respiratory Education to Support Professionals: (RESPE) (e-learning)
- Respiratory Basics: Asthma & COPD (Interactive Virtual)
- Inhaler Devices & Techniques (Interactive Virtual)
- Inhaler Technique Staff Awareness Learning Resource (e-learning)

### 2. Journey Progression

- Clinical Assessment, Diagnosis & Management of Adult Asthma (Interactive Virtual)
- Clinical Assessment, Diagnosis & Management of COPD (Interactive Virtual)
- Paediatric Asthma (Interactive Virtual)
- An Update in Asthma (Interactive Virtual)
- An Update in COPD (Interactive Virtual)
- \*\*Best Practice in Spirometry & ARTP Assessment (In Person & Interactive Virtual)

### 3. Onward Journey

- Clinical Examination of the Chest (Interactive Virtual)
- Breathlessness and Differential Diagnosis (Interactive Virtual)
- An Update in Spirometry – Interpretation/Performing (Interactive Virtual)
- \*\*University of Plymouth Asthma & COPD module (MSc/Bsc)

### 4. Ongoing Support

Respiratory CoP



To find out more information scan the QR code or go to our website [www.kernowhealthcic.org.uk](http://www.kernowhealthcic.org.uk)

\*\*not funded through the training hub education subscription alternate funding may be available on request

- ● **An Update in Asthma (virtual)**

This webinar is aimed at healthcare professionals that are already managing asthma patients in practice and are wanting an update.

- ● **An Update in COPD (virtual)**

This webinar is aimed at healthcare professionals that are already managing asthma patients in practice and are wanting an update.

- ● **An Update in Spirometry – Interpretation (virtual)**

This 2-hour standalone webinar is aimed at healthcare professionals that have already completed training in spirometry and are interpreting it in clinical practice and require an update.

- ● **An Update in Spirometry – Performing (virtual)**

This 2-hour standalone webinar is aimed at healthcare professionals that have already completed training in spirometry and are performing it in clinical practice and require an update.

- ● **Clinical Examination of the Chest (virtual)**

This webinar is aimed at registered healthcare professionals that are both new to listening to chests or those experienced and wanting an update.

- ● **Clinical Examination of the Chest Part 2 - Breathlessness and Differential Diagnosis (virtual)**

This webinar is for registered health care professionals who have completed the Clinical Examination of the Chest training and who wish to consolidate their learning further through case studies.

- ● **Clinical Assessment, Diagnosis & Management of Adult Asthma (virtual)**

This course is suitable for healthcare professionals who are looking to enhance their knowledge and skills in asthma utilising the most up to date evidence-based guidance.

- ● **Clinical Assessment, Diagnosis & Management of COPD (virtual)**

Suitable for healthcare professionals who wish to improve their knowledge and skills in COPD utilising the most up to date evidence-based guidance.

- ● ● **Inhaler Techniques & Devices (virtual)**

Aimed at healthcare professionals involved in the teaching and assessment of inhaler technique and those that prescribe or make respiratory treatment recommendations.

- **Paediatric Asthma (virtual)**

This course will cover the epidemiology and impact of childhood asthma, the latest asthma guidance with regards to both diagnosis and treatment.

- **Respiratory Basics (Asthma & COPD) (virtual)**

Facilitated by a Practice Nurse Specialist in Respiratory Care, this is a course for any healthcare professional beginning to work in respiratory care or who require an update. It covers the basics of Asthma and COPD and provides a good knowledge foundation.

- ● ● **Respiratory Community of Practice (virtual)**

Running virtually on a bi-monthly basis, this community of practice will provide an opportunity to join together on a regular basis and engage in both peer and respiratory specialist nurse support.

- ● **Pathway to Best Practice in Spirometry ARTP Assessment (virtual)**

This is designed for healthcare professionals who are responsible for performing, recording and interpreting spirometry and who wish to gain entry onto the ARTP register.

### [Respiratory Additional Educational Resources and Training](#)

## 21. Sexual / Reproductive Health Training

### WOMENS HEALTH TRAINING ROADMAP



AT A GLANCE GUIDE TO CORNWALL PRIMARY CARE TRAINING HUB WOMENS HEALTH EDUCATIONAL OFFER

#### 1. Getting Going

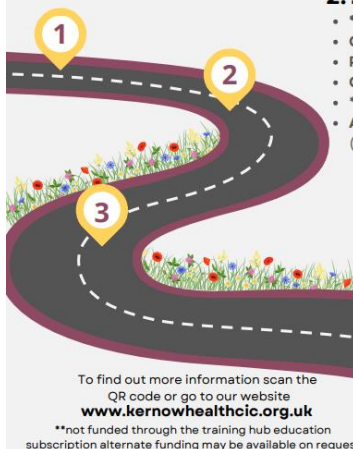
- E-Learning For Sexual And Reproductive Healthcare (e-SRH) (e-learning)
- Essentials of Sexual & Reproductive Health (Interactive Virtual)
- \*\*Foundation Cervical Sample Taker's Course (In Person / Virtual/ e-learning)
- Menopause Matters – Resource (e-learning)
- Fundamentals of Menopause management - foundation course (Interactive Virtual)

#### 2. Journey Progression

- \*\*FSRH Diploma (DFSRH) (Blended Learning)
- Contraception Update (In Person)
- Prolapse and Pessaries (In Person)
- Cervical Cytology Update E-Learning for Health (E-learning)
- \*\*Primary Care Women's Health latest information (E-Learning and Resources)
- Advanced Menopause Practice follows on from fundamentals course (Interactive Virtual)

#### 3. Onward Journey

- Women's Health in Primary Care (In Person)
- Intimate Examinations the Basics (In Person)
- Implants for Contraception (In Person)
- Intra-Uterine Device Update (In Person)
- Menopause for Prescribers (In Person)



To find out more information scan the QR code or go to our website [www.kernowhealthcic.org.uk](http://www.kernowhealthcic.org.uk)

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#### ● ● Contraception Update (face to face)

This is a group session aimed at primary care clinicians who provide contraception advice and counselling. It will revise the principles of all recommendable methods and help you to guide women through the choices available to them.

#### ● ● Essentials of Sexual & Reproductive Health (virtual)

This course, delivered by accredited trainer, provides updated information for current issues in sexual health, including contraception, sexually transmitted infections, HIV and teenage pregnancy. It is suitable for any Health Care Professional who has a role in delivering sexual health services.

- ● **Foundation Cervical Sample Taker's Course**

*This course is not included in the programme subscription and places must be purchased on an individual basis.*

The aim of this course is to assist Cervical Sample Taker Trainees to maintain high standards of sample taking in accordance with local and national standards. Trainees are required to attend 2-day training before completing the rest of the programme by undertaking supported procedures in practice with their Mentor.

- **Implants for Contraception (face to face)**

Delivered by Dr Sarah Gray, this is a workshop aimed at those who are new to the provision of implants as well as existing or lapsed providers who wish to refresh.

- **Intra-Uterine Device Update (face to face)**

This session, delivered by Dr Sarah Gray, will cover options available, patient assessment and counselling, pain relief, fitting techniques, complications, follow up and troubleshooting, removal / replacement.

- ● **Fundamentals of Menopause Management (virtual)**

While the menopause is a natural stage of life, the fact that each women's experience can be different, makes diagnosis, treatment, and management a complex area for clinicians. This session provides an overview of the fundamentals of menopause management for those new to the area, or those that may need a refresh. It is aimed at clinicians, particularly GPs, Nurses and AHPs.

- ● **Advanced Menopause Practice (virtual)**

This session is provided as a follow up to 'Fundamentals of Menopause Management' where common problems within menopause management will be explored, such as unscheduled / post-menopausal bleeding, use of progesterone, oestrogen and testosterone, breast cancer and family history of cancer.

- **Menopause for Prescribers (face to face)**

This session will cover physiology of menopause, patient assessment, what can be offered, prescribing HRT, review and problem solving and contraception in the perimenopause. There will also be the opportunity for Q&A.

- ● **Prolapse and Pessaries (face to face)**

This course is aimed at experienced nurses and GPs who are already competent to perform vaginal speculum examinations (e.g. smear takers). This session is suitable for both clinicians who do not currently fit and replace pessaries for prolapse, but who would like to do so, and, also, those who would like a refresher.

[Sexual and Reproductive Health Additional Educational Resources and Training](#)

## 22. Teaching and Research

[Research Educational Resources](#)

[Teaching Educational Resources and Training](#)

## 23. Tissue Viability

We signpost to the following courses provided by Cornwall Foundation Trust (CFT).

- **Leg Ulcer Management (for HCAs)**
- **Management of Leg Ulcers Refresher course**
- **Practical Training for Leg Ulcer Management (for Registered Staff)**
- **Prevention of Pressure Ulcers**
- **Wound Care**

[Tissue Viability Additional Educational Resources and Training](#)

For current course delivery dates see The Training Hub website or contact  
The Training Hub

**If you would like to find out more about any of our courses or  
support, please contact us at:**

[Kernowhealthcic.workforce@nhs.net](mailto:Kernowhealthcic.workforce@nhs.net)

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**Keep up to date with latest training opportunities visit our website or  
follow us on social media.**

[kernowhealthcic.org.uk/cornwall-training-hub](http://kernowhealthcic.org.uk/cornwall-training-hub)

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