## GLOSSARY OF TERMS

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Audit</td>
<td>An audit is a numerical review of past performance and can demonstrate how well your practice is achieving on a specific aspect (or criterion) of patient care. Gain independent, unbiased feedback to help drive improvement and change and help support your preparation for revalidation.</td>
</tr>
<tr>
<td>CD-ROMS</td>
<td>We have discs relating to clinical and non-clinical topics which you can borrow and work through in your own time on your PC. These interactive tools can help you keep up to date on areas of learning need.</td>
</tr>
<tr>
<td>CPD credits</td>
<td>RCGP guidelines indicate one credit = one hour of educational activity. This can be doubled after demonstrating the impact of your learning on practice. However, CPD credits are not a requirement of the GMC’s stipulations for revalidation but can act as a guide to quantify your CPD activity. See RCGP website: <a href="http://www.rcgp.org.uk/">http://www.rcgp.org.uk/</a></td>
</tr>
<tr>
<td>Good Medical Practice</td>
<td>GMC guidelines on the principles and values that general practitioners should follow. This covers broad skill areas GPs should seek to professionally develop. These guidelines can be downloaded from the GMC website: <a href="http://www.gmc-org.uk">www.gmc-org.uk</a></td>
</tr>
<tr>
<td>Inter-professional learning</td>
<td>Learning which occurs between professions and professional groups e.g. GPs learning with pharmacists, optometrists, dentists and allied health professionals across common learning needs. This form of learning means that different professions are learning from each other in order to improve patient care.</td>
</tr>
<tr>
<td>Multi-professional learning</td>
<td>Where different staff groups and professions learn at the same time, e.g. at a lecture or seminar together. Different staff groups may learn with each other (say from a lecturer), but not necessarily from each other.</td>
</tr>
</tbody>
</table>

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  •  For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
**GLOSSARY OF TERMS**

<table>
<thead>
<tr>
<th>Term</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Interactive Quiz</td>
<td>The use of interactive voting buttons to select the correct answer in a quiz style format. This is often used in a large audience, or on-line. This tool encourages interactivity and tests knowledge in ‘real’ time.</td>
</tr>
<tr>
<td>MSF</td>
<td>Multi Source Feedback.  GPs are required to do one MSF every five year cycle. A questionnaire is sent to colleagues selected by the GP for comment on a GP’s professional behaviour and attitudes. The feedback is collated and discussed during appraisal.</td>
</tr>
<tr>
<td>PBSGL</td>
<td>Practice Based Small Group Learning. A CPD Connect service where small groups of GPs and other professionals meet and discuss clinical subject areas/ case studies and share good practice and learn from each other through an informal group meeting. More info at <a href="http://www.gpcpd.nes.scot.nhs.uk">www.gpcpd.nes.scot.nhs.uk</a></td>
</tr>
<tr>
<td>Peer review</td>
<td>Independent peer review is now necessary to satisfy the governance requirements of some external bodies. It is also an effective means of identifying learning needs and confirming good practice. Audit, SEA and Video Consultation are all examples. Peer reviewers are trained individuals who are using a set instrument to give specific feedback on performance.</td>
</tr>
<tr>
<td>Podcast</td>
<td>An audio visual film which features our course provider summarising key learning points. The podcasts can be accessed via computer and are free to members and non members as a reminder, taster or summary of learning.</td>
</tr>
<tr>
<td>Portal</td>
<td>Portal is an online booking system and website used in NES to help GPs book, pay, evaluate and keep a record of learning via the portal: <a href="https://www.portal.scot.nhs.uk/">https://www.portal.scot.nhs.uk/</a> CPD Connect will be using portal from July 2014 onwards.</td>
</tr>
</tbody>
</table>

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  •  For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
### Glossary of Terms

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</tr>
</thead>
<tbody>
<tr>
<td>Revalidation</td>
<td>The GMC defines revalidation as “the process by which licensed doctors are required to demonstrate on a regular basis that they are up to date and fit to practise”.</td>
</tr>
<tr>
<td>SEA</td>
<td>Significant Event Analysis allows for an in-depth structured analysis of an event that a member of the healthcare team defines as ‘significant’. SEA can support you: in the appraisal process, in preparation for revalidation and is a core category for GP appraisal.</td>
</tr>
<tr>
<td>SEALS</td>
<td>Standards of Educational Activity and Learning Scotland. A service where NHS staff/external course providers can apply to gain quality assurance approval for educational activities (e.g. workshops/seminars/lectures).</td>
</tr>
<tr>
<td>SOAR</td>
<td>Scottish Online Appraisal Resource is a website used to manage the appraisal process and store useful documents relating to this. <a href="http://www.scottishappraisal.scot.nhs.uk/">http://www.scottishappraisal.scot.nhs.uk/</a></td>
</tr>
<tr>
<td>Video Consultation</td>
<td>Communication skills are one of the five core categories in the Scottish GP Appraisal process. Video consultations will help you: cover this category in the appraisal process, in preparation for revalidation and further develop a patient-centred approach to consulting.</td>
</tr>
<tr>
<td>Virtual Q&amp;A Sessions</td>
<td>Interactive ‘live’ workshops where course providers will deliver workshops you can access from the comfort of your home via PC. GPs will be able to submit questions which will be responded to in ‘real time’ during the workshop.</td>
</tr>
<tr>
<td>Webinar</td>
<td>GPs can log onto their home PC and experience a workshop being delivered by a course provider on their computer screen. GPs can submit questions to the course provider during the session. The word is an amalgam of Web and Seminar.</td>
</tr>
</tbody>
</table>

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  •  For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
Dr David Cunningham introduces CPD Connect, our new and exciting Continuing Professional Development service

In the past, the five NES offices in Scotland provided CPD for GPs in their own areas in Scotland. Each region offered separate CPD services with limited integration between regional workshops and events. From April this year, we merged our services together to provide a better service offering more choice to GPs and their teams.

We have an exciting year ahead – a year of change and development. We hope to launch our new website in 2015 and we are rolling out our NHS Hot Topic Days. Our plan is that Hot Topics will tour the country moving from area to area, including visiting regions that do not attract any of the private companies. Inverness, Dundee and the South-West of Scotland spring to mind. There is more detail of our Edinburgh and Aberdeen days in this brochure. In addition, we have hired a professional video-recording company who will record the day, splice the recording into small watchable components, and stream these presentations from our new website. We can then offer these recordings online so that busy GPs from Shetland to Stranraer can watch the presentations from the convenience of their own home or surgery, and at a time that fits in with work and family life. We’re continuing with face-to-face meetings in Edinburgh and Glasgow and other cities too.

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
With regards to the payment system we’re moving away from cheques and encouraging our members to use NES Portal to register for a course, and also allow payment via a debit/credit card. Members have said that this is more convenient for them.

Lastly, our links with SOAR (Scottish Online Appraisal Resource) and our colleagues in Medical Appraisal Scotland are helping us to develop an automatic learning log that will allow our computers to construct a CPD log that can automatically communicate with their appraisal folders in SOAR.

We are keen to hear your thoughts and opinions on the new CPD Connect service – please email cpdconnect@nes.scot.nhs.uk with your feedback.
This was an excellent session. Very informative – the neurophysiology of addiction was fascinating. And to bring in recovered addicts was fantastic – a very touching and personal view which humanised the whole subject wonderfully. Superb.

Working with Drug Users

Great session. Packed

ENT

I thought it was excellent and very relevant to my daily work. Also good to meet consultants as can now put a face to a name.

Renal Medicine

This was an excellent course and I would highly recommend it to colleagues

Diabetes

I absolutely loved this course. The speaker was funny, relaxed and a delight to listen to. The content was highly relevant and his approach to what GPs need to do in primary care was refreshingly honest and realistic.

Neurology

Talks by the rheumatologists were excellent and met my needs, there was plenty of opportunity for questions and speakers were willing to answer during their talks.

Arthritis

No area for improvement, excellent course.

Joint Injections

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
WHAT’S NEW IN FORENSICS?

This is the event that we promised and your opportunity to hear what’s new from medicine, the police & the law.

The programme will include sessions on the following:

- Corroboration
- Changes to the Road Traffic Act
- Legal Highs
- Principles of Nursing & Criminal Justice
- New arrangements for Death Certification in Scotland
- Sexual Offences
- Improving Forensic Services in Scotland
- New Developments in Forensic Science

We have an impressive line-up of speakers including Frank Mulholland QC, the Lord Advocate and Professor Ian Wall from the Academy of Forensic Medical Sciences. The conference will culminate in an informal reception & the opportunity to network.

Application forms will be available next month – places will be limited so priority will be given to those actively working in the custody setting.

Anthea Lints          George Fernie          Louise Scott          Jess Davidson          Andrew Manchip

Have a look at our Portal

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
The NES approach defines peer review as the external evaluation of one element of an individual’s performance by trained colleagues using a validated review instrument to facilitate developmental feedback.

Evidence of participation in independent peer review by teams and individuals is now necessary to satisfy the governance requirements of some external bodies and is an effective means of identifying learning needs and confirming good practice, e.g. as part of quality accreditation, educational supervisor training, specialty training, professional appraisal and continuing professional development (CPD).

Although there are many types of peer review, a system of developmental review and feedback has been developed by NES. This educational approach enables clinicians, managers and healthcare teams to submit written reports of SEA and Criterion Audit for feedback from peer groups trained in the process. GPs can also submit videoed consultations for feedback under the same system.

Participation in the NES peer review system can assist GPs and practice teams with:

- Quality assured evidence for core categories in the Scottish appraisal system.
- Independent, unbiased feedback to help drive change and improvement in practice.
- Identifying learning needs and acting as a ‘double-check’ on standards and opportunities for rapid improvement within practice.

Book a workshop at: https://www.portal.scot.nhs.uk/  •  For more information see: www.gpcpd.nes.scot.nhs.uk
**PEER REVIEW SERVICES AT NES**

<table>
<thead>
<tr>
<th>Video Consultation Skills</th>
<th>Criterion Audit</th>
<th>SEA (Significant Event Analysis)</th>
</tr>
</thead>
</table>
| Submitting a video for peer feedback will:  
  • Help you cover this core category for the Scottish GP Appraisal process  
  • Develop a patient centred approach to consulting  
  • Give constructive formative feedback on your consulting style | Submitting a completed audit cycle for peer and educational feedback will:  
  • Help you cover this core category for the Scottish GP Appraisal process  
  • Give feedback on what went well and how to improve your audit  
  • Help cover Quality Improvement requirements for revalidation | Team members who submit a ‘significant’ event for in-depth, structured analysis will:  
  • Develop an insight into what has happened and why from constructive feedback  
  • Focus on lessons learned and implement change to minimise risk of ‘event’ repetition  
  • Cover this core category for the Scottish Appraisal process  
  • Allow all staff (in practices where all GPs are members) to benefit from the process |

More information on these services and how to submit peer review forms can be found at: [http://www.gpcpd.nes.scot.nhs.uk/west-overview/peer-review-resources.aspx](http://www.gpcpd.nes.scot.nhs.uk/west-overview/peer-review-resources.aspx)

CPD Connect charges the following fees for peer review activity which can be paid for by sending a cheque made payable to: ‘NHS Education for Scotland’:

<table>
<thead>
<tr>
<th>Peer review activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consultation Skills</td>
<td>£150</td>
</tr>
<tr>
<td>Video Peer Review</td>
<td>£25</td>
</tr>
<tr>
<td>SEA Peer Review</td>
<td>£25</td>
</tr>
<tr>
<td>Audit Peer Review</td>
<td>£25</td>
</tr>
</tbody>
</table>

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  
For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
LEARNING TOGETHER:
INTER-PROFESSIONAL LEARNING ACROSS PRIMARY CARE

CPD Connect aims to facilitate more opportunities to learn together across primary care professions and is encouraging a number of pharmacists to attend their workshops. Similarly, NES Pharmacy is now allowing eight GPs to attend a select number of their educational workshops with the aim of encouraging GPs and Pharmacists to learn together around a number of clinical subjects.

<table>
<thead>
<tr>
<th>Subject area</th>
<th>Location</th>
<th>Date (2014)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding Insulin</td>
<td>Dumfries &amp; Galloway</td>
<td>Thurs 25 September</td>
</tr>
<tr>
<td>Inflammatory Bowel Disease - Diet, Disease and Drugs</td>
<td>Dumfries &amp; Galloway</td>
<td>Wed 29 October</td>
</tr>
<tr>
<td>Sexual Health</td>
<td>Dumfries and Galloway</td>
<td>Tues 11 November</td>
</tr>
<tr>
<td>Sexual Health: An update</td>
<td>Ayrshire and Arran</td>
<td>Wed 19 November</td>
</tr>
<tr>
<td>Polypharmacy - how do we tackle it?</td>
<td>Glasgow</td>
<td>Wed 29 October</td>
</tr>
<tr>
<td>Stroke</td>
<td>Lanarkshire</td>
<td>Tues 9 September</td>
</tr>
<tr>
<td>Inflammatory Bowel Disease</td>
<td>Lanarkshire</td>
<td>Tues 21 October</td>
</tr>
<tr>
<td>Sexual Health</td>
<td>Lanarkshire</td>
<td>Tues 11 November</td>
</tr>
<tr>
<td>Chronic Pain</td>
<td>Lothian</td>
<td>Tues 7 October</td>
</tr>
<tr>
<td>Sexual Health</td>
<td>Lothian</td>
<td>Tues 18 November</td>
</tr>
<tr>
<td>Immunisation and Public Health</td>
<td>Webinar: from the comfort of your home via PC</td>
<td>Mon 20 October</td>
</tr>
</tbody>
</table>

To book and pay for your place please log in to portal: https://www.portal.scot.nhs.uk

GP fee per workshop: £60
Members who have already joined the Partnership in 2014/15: free.

To create an account, simply go to: https://www.portal.scot.nhs.uk and click “Sign Up”. On the Sign Up form there is “Video Help” button that can guide you through the process.
HOT TOPICS FOR 2014/2015
SAVE THE DATES!

Following a successful pilot in August 2013, Hot Topics returns in 2014/15 and will be hosted in Edinburgh and Aberdeen. The days will feature a range of clinical updates for GPs and practice team members. Hot Topics aims to deliver an educational format that fits around the busy working lives of GPs and provides quality assured education to meet the requirements of appraisal and revalidation.

The day is presented in a convenient, quick-fire format with time for Q&A and the opportunity to network with GP colleagues from across Scotland. The day features both GPs with specialist interests and NHS consultants. Subjects for the Edinburgh Hot Topics day will include: diabetes, dementia, dermatology, cardiovascular problems, vitamin D, respiratory update, childhood asthma and rheumatology.

Edinburgh Hot Topics
Saturday 29 November 2014
Queen Margaret University, Musselburgh

Aberdeen Hot Topics
Wednesday 28 January 2015
Aberdeen Exhibition and Conference Centre

Book your place at: www.portal.scot.nhs.uk

Any queries contact: cpdconnect@nes.scot.nhs.uk

For more information see: www.gpcpd.nes.scot.nhs.uk
An overview of health and social care integration and the implications for GPs will also be presented by NES.

Queen Margaret University (QMU) is a brilliant venue for Hot Topics as it is located close to the Edinburgh bypass with easy connections for Lothian, the Borders and Fife. QMU is a new campus with a lovely lecture theatre and facilities. A nice lunch and teas/coffees will be provided and there is ample parking on site. We hope you can make the day!

Plans for the Aberdeen Hot Topics are at an early stage but please keep an eye on our website for more information in the coming months.

At our pilot event in Bellshill, Lanarkshire, 79% of delegates said they would attend Hot Topics again and 78% of delegates would recommend Hot Topics to a colleague. Comments from GP delegates included:

“Helpful hints, tips and take away messages”.

“This has been an excellent opportunity to update my knowledge and improve my management”.

“Stimulated me to think about how I practice in each of the areas covered”.

“I have been to other Hot Topics courses in the past and feel they deliver vast amounts of knowledge but it was difficult to know what to take away from it. This format was really good. Please don’t change it”.

GP CPD is keen to improve on this format of learning to ensure Hot Topics becomes an annual event in the CPD calendar. We need your support and ideas to make this happen, so please do get in touch - all suggestions would be greatly appreciated! cpdconnect@nes.scot.nhs.uk

Book your place on Hot Topics Edinburgh or Aberdeen at https://www.portal.scot.nhs.uk
CPD Connect is the new national, pay-as-you-go GP CPD service which allows you to pick and choose the workshops you wish to attend and pay for without having to commit to a membership fee. If, however, you have already become a member of the Partnership (a west of Scotland NES CPD service which ran until June 2014), you are able to attend workshops for free (excluding Hot Topics days) until the last Partnership membership year runs out at the end of March 2015.

Please note we are no longer taking Partnership membership queries as the service has merged with other NES GP CPD functions to become CPD Connect.
2014 / 15
Workshops at a glance

- SEPTEMBER
- OCTOBER
- NOVEMBER
- DECEMBER
- JANUARY
- FEBRUARY
## SEPTEMBER

### Workshops at a glance

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindfulness for healthcare professionals</td>
<td>4 September</td>
</tr>
<tr>
<td>Sessional GP workshop</td>
<td>4 September</td>
</tr>
<tr>
<td>Arthritis</td>
<td>9 September</td>
</tr>
<tr>
<td>Benefits and sick note handling</td>
<td>16 September</td>
</tr>
<tr>
<td>Epilepsy</td>
<td>23 September</td>
</tr>
<tr>
<td>Introduction to human factors - part one</td>
<td>24 September</td>
</tr>
</tbody>
</table>

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  
For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
MINDFULNESS FOR HEALTHCARE PROFESSIONALS

DATE Thursday 4 September 2014
TIME 10:00 - 16:00
COST Free for existing Partnership members who have joined before June 2014 and £120 for non members
LOCATION NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN
FORMAT Presentation, Q&A and experiential
COURSE ORGANISERS Dr Vee Freir, Consultant Clinical Psychologist and Dr Peter Wilkes, GP
AUDIENCE GPs, health professionals

DESCRIPTION
This experiential workshop is a taster designed to demonstrate how mindfulness can benefit you as an individual and be of benefit to your patients and your practice. Mindfulness is currently one of the treatments of choice for recurring depression and has been used successfully in the reduction of stress, anxiety, fatigue and psychological problems associated with adjustment to illness, as well as being preventative to psychological problems. Information will be given regarding requirements for training should you wish to take mindfulness further. We would like to emphasise that this is an experiential day and all we would ask you to bring is your curiosity and a yoga mat.

LEARNING OUTCOMES
• What patients will get from a mindfulness course
• How you could use simple mindfulness tools to help in the consulting room
• Being able to relate and communicate better with your patients

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
SESSIONAL GP WORKSHOP

DATE    Thursday 4 September 2014
TIME    19:00 – 21:00
COST    Free workshop
LOCATION NES, 2 Central Quay, 89 Hydepark Street, Glasgow, G3 8BW
FORMAT  Lecture, case studies and Q&A
COURSE ORGANISERS Dr Janice Oliver, GP Associate Adviser and Local Appraisal Adviser, Greater Glasgow and Clyde
AUDIENCE Sessional and out of hours GPs

DESCRIPTION
This workshop is open to sessional, out of hours and ST3 GPs and aims to explain toolkits, resources and services which can help you prepare for your appraisal. There will also be an opportunity to learn from the experiences of other sessional and out of hours GPs.

LEARNING OUTCOMES
• CPD and Appraisals
• Participate in interactive Q&A
• Help demystify any concerns, questions or issues you may have about your appraisal
• Review current toolkits to help with core categories and working in OOH environments

Book a workshop at: https://www.portal.scot.nhs.uk/  •  For more information see: www.gpcpd.nes.scot.nhs.uk
ARTHRITIS

DESCRIPTION

With ever-expanding therapeutic options in rheumatology practice, the identification of early inflammatory arthritis is important but can be challenging. This course will help attendees identify and assess early inflammatory disease and give an overview of the newer treatments available. There will also be interactive case-based discussion on inflammatory arthritis and metabolic bone disease, led by consultant staff.

LEARNING OUTCOMES

- Increased awareness of diagnostic dilemmas in metabolic bone disease.
- How to assess a patient with a possible connective tissue disease.
- Increased awareness of biologic therapies in rheumatology practice.
- How to identify early inflammatory arthritis.

DATE

Tuesday 9th September 2014

TIME

13:00 – 17:00

COST

Free for existing Partnership members who have joined before June 2014 and £60 for non members

LOCATION

NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN

FORMAT

Lecture, Q&A

COURSE ORGANISERS

Dr Euan McRorie, Consultant Rheumatologist

AUDIENCE

GPs

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
This workshop will provide attendees with an overview of benefits and sick note handling in general practice. This workshop will increase awareness of how GPs can support patients on the Department of Work and Pensions on employment and support allowance (ESA); disability caring allowance (DLA); and personal independence payment (PIP) for their patients.

**DATE**
Tuesday 16 September 2014

**TIME**
19:00 – 21:00

**COST**
Free for existing Partnership members who have joined before June 2014 and £60 for non members

**LOCATION**
NES, 2 Central Quay, 89 Hydepark Street, Glasgow, G3 8BW

**FORMAT**
Lecture, case studies and Q&A

**COURSE ORGANISERS**
Aileen McGrane, GP with a specialist interest in integrative care

**AUDIENCE**
GPs and practice teams

**LEARNING OUTCOMES**
- To explain the basic structure of ESA, DLA and PIP
- To discuss forms that you will be asked to complete by DW&P
- To discuss providing letters of support
- To discuss ‘The benefits system - A short guide for GPs written by DW&P’
EPILEPSY UPDATE

DESCRIPTION
This interactive workshop will provide attendees with a greater understanding of the definition, diagnosis and current treatment of the epilepsies. Attendees will learn about seizure classification and how subtle some seizures can be through the discussion of case based video examples. There will be discussion around the management of epilepsy in Primary Care and a framework for an Annual Epilepsy Review in line with SIGN Guidelines.

LEARNING OUTCOMES
- Improved knowledge of diagnosis, prevalence, investigation and treatment of seizures
- Improved understanding of the impact a diagnosis of epilepsy has and what the GPs can do to help
- Conduct structured epilepsy annual reviews by accessing the Epilepsy Scotland Toolkit.

DATE Tuesday 23 September 2014
TIME 13:30 – 16:30
COST Free for existing Partnership members who have joined before June 2014 and £60 for non members
LOCATION NES, 2 Central Quay, 89 Hydepark Street, Glasgow, G3 8BW
FORMAT Presentation, videos, small group work and Q&A
COURSE ORGANISERS Grant Wright, Epilepsy Scotland
AUDIENCE GPs, Pharmacists and practice teams

Book a workshop at: https://www.portal.scot.nhs.uk/  •  For more information see: www.gpcpd.nes.scot.nhs.uk
INTRODUCTION TO HUMAN FACTORS:
PART ONE

DESCRIPTION

There is compelling evidence that human factors can make a unique contribution to improving safety and quality. Around 80% of patient safety incidents have links with human factors; many of these involve communication and other non-technical clinical skills such as situational awareness, teamwork, and clinical decision making.

DATE

Wednesday 24 September 2014

TIME

18:00 – 21:00

COST

Free for existing Partnership members who have joined before June 2014 and £60 for non members

LOCATION

Premier Inn, Wheatpark Place, Ayr, KA8 9RT

FORMAT

Presentation, small group work, Q&A

COURSE ORGANISERS

Mark Johnston, Training & Research Officer, NES

AUDIENCE

GPs and Pharmacists

LEARNING OUTCOMES

• To raise delegates’ awareness of NES educational contributions to patient safety
• To raise delegates’ awareness of the World Health Organisation’s multi-professional curriculum for Patient Safety
• To facilitate networking of individuals engaged in similar activity and to build on knowledge and skills gained from a variety of healthcare improvement programmes
• For delegates to gain access to resources to deliver their own patient safety education workshop to suit their local context.

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
### OCTOBER

**Workshops at a glance**

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Results – What to do next</td>
<td>1 October</td>
</tr>
<tr>
<td>Basic / refresher minor surgery: level 2</td>
<td>7 October</td>
</tr>
<tr>
<td>Palliative Medicine</td>
<td>9 October</td>
</tr>
<tr>
<td>ABC of heart failure</td>
<td>22 October</td>
</tr>
<tr>
<td>Effective communication in primary care</td>
<td>29 October</td>
</tr>
<tr>
<td>Introduction to human factors: part two</td>
<td>29 October</td>
</tr>
</tbody>
</table>

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  
For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
RESULTS – WHAT TO DO NEXT: FBC, ESR, UE, LFT, TFT, Lipids

DATE: Wednesday 1st October 2014
TIME: 09:00 – 17:00
COST: Free for existing Partnership members who have joined before June 2014 and £120 for non members
LOCATION: NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN
FORMAT: Presentation and Q&A
COURSE ORGANISERS: Dr Ed Russell-Smith, General Practitioner
AUDIENCE: GPs, practice nurses, practice managers

DESCRIPTION
This popular full day focuses on Haematology and Biochemistry. Starting from basics like different blood cells, electrolytes and enzymes, you will understand indications, interpretation and action. Regarding viscera, start from the basic function of liver, thyroid and pancreas, then you will understand what is being tested and how organs go wrong. Covering anaemia, ESR, hyponatraemia, hyperkalaemia, lipids, abnormal LFTs, TFTs and glucose results, this theme is very relevant to all GPs and extremely important to our everyday work.

LEARNING OUTCOMES
• What to do with abnormalities

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
DATE: Tuesday 7 October 2014
TIME: 09:00 to 16:30
COST: £250
LOCATION: The Health Village, 50 Frederick Street, Aberdeen AB24 5HY
FORMAT: Presentation and Q&A
COURSE ORGANISERS: Dr Doug Nicol
AUDIENCE: GPs, Registrars & FY2s

DESCRIPTION
This course was previously hosted by the Cuschieri Skills Centre at the University of Dundee. It has been approved by the RCGP and Royal College of Surgeons. Feedback from previous courses has been very positive.
PALLIATIVE MEDICINE

DATE Thursday 9 October 2014
TIME 09:00 – 17:00
COST Free for existing Partnership members who have joined before June 2014 and £120 for non members
LOCATION St Columba’s Hospice, Edinburgh
FORMAT Presentation and Q&A
COURSE ORGANISERS Dr Duncan Brown, Medical Director, St Columba’s Hospice
AUDIENCE GPs

DESCRIPTION
Based at St Columba’s Hospice, this course will focus on symptom management, psychological and spiritual support and anticipatory care planning with cancer and non-cancer patients. Places are limited and the course fills up very quickly.

LEARNING OUTCOMES
- Anticipatory care planning
- Management of psychological/spiritual distress
- Management of common physical symptoms
- Non-cancer palliative care

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
This workshop will provide GPs with a comprehensive overview of heart failure in patients and cover key areas which can help support GPs in more effective assessment, treatment and management to improve patient symptoms and prognosis.

LEARNING OUTCOMES

Attendees will be provided with an overview of:

- The mal-adaptive hormonal response to reduced cardiac function
- The importance of Furosemide, ACE inhibition, beta blockade & aldosterone antagonists
- How and why these drugs improve symptoms and prognosis
- The common pit falls in managing these heart failure patients
- Why internal defibrillators and biventricular pacemakers are used in heart failure.
EFFECTIVE COMMUNICATION IN PRIMARY CARE

DATE       Wednesday 29 October 2014
TIME       18:45 – 21:15
COST       Free for existing Partnership members who have joined before June 2014 and £60 for non members
LOCATION   Centre for Integrative Care (old Homeopathic Hospital), Gartnavel General Hospital, Glasgow
FORMAT     Presentation, small group work, Q&A
COURSE ORGANISERS    Karen Glass, Senior Physiotherapist, NHS GG&C & Bridie O Dowd, GP at Centre for Integrative Care, Gartnavel General Hospital
AUDIENCE   GPs and practice teams

DESCRIPTION
This interactive workshop will explore communication scenarios commonly met by healthcare professionals in their clinical day. The workshop will deal with common challenges around dealing with anger (from patients and colleagues) and poor performance and participants will have a chance to observe and explore new communication skills in a supportive environment.

LEARNING OUTCOMES
Attendees will be provided with an overview of:
• Current communication skills and how to plan more complex interactions
• How to plan goals and become more aware of own reactions
• How to slow down and listen more effectively and how to apply these skills
• Exploring and observing new skills being played out in an interactive setting

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
INTRODUCTION TO HUMAN FACTORS: PART TWO

DESCRIPTION

Building on Part One, during Introduction to Human Factors: Part Two delegates will be encouraged to consider human factors in quality and patient safety within their own work context and develop an action plan to continue discussions once back in the workplace.

LEARNING OUTCOMES

• Define human factors
• Describe how factors impacting on an individual may increase the likelihood of error
• Explain the systemic factors that increase the likelihood of error
• Participate in discussion with delegates
• Formulate an action plan for discussion with colleagues back in your work setting

DATE

Wednesday 29 October 2014

TIME

18:00 – 21:00

COST

Free for existing Partnership members who have joined before June 2014 and £60 for non members

LOCATION

Premier Inn, Wheatpark Place, Ayr, KA8 9RT

FORMAT

Presentation, small group work, Q&A

COURSE ORGANISERS

Mark Johnston, Training & Research Officer, NES

AUDIENCE

GPs and Pharmacists

Book a workshop at: https://www.portal.scot.nhs.uk/

For more information see: www.gpcpd.nes.scot.nhs.uk
<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dementia update</td>
<td>11 November</td>
</tr>
<tr>
<td>Update on palliative management of nausea, vomiting and dyspnoea</td>
<td>13 November</td>
</tr>
<tr>
<td>Chronic fatigue syndrome &amp; ME</td>
<td>19 November</td>
</tr>
<tr>
<td>Sexual health update</td>
<td>19 November</td>
</tr>
<tr>
<td>Stroke update</td>
<td>25 November</td>
</tr>
<tr>
<td>Paediatrics</td>
<td>28 November</td>
</tr>
<tr>
<td>Hot Topics in Edinburgh</td>
<td>29 November</td>
</tr>
</tbody>
</table>

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/) • For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
DESCRIPTION

This workshop will provide participants with an overview of person-centred approaches to working with people with advanced dementia and palliative care. It will raise awareness of the impact of a diagnosis on the person with dementia, their families and carers as well as the supports and interventions that will enable the person to continue to live well following diagnosis.

LEARNING OUTCOMES

- Understand the concept of the dementia journey and its different stages
- Understand the impact of dementia on the person, their family and carers
- Support people to explore the benefits and risks in receiving a diagnosis of dementia, including the options for assessment
- Distinguish between dementia, depression and delirium
- Awareness of person-centred non pharmacological responses to a person with dementia expressing stress and distress

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  •  For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
UPDATE ON PALLIATIVE MANAGEMENT OF NAUSEA, VOMITING AND DYSPNOEAE

DESCRIPTION
This workshop will enable GPs to learn more about the treatment and management of nausea and vomiting and learn more about new products which are available for effective patient care.

DATE Thursday 13 November 2014
TIME 18:45 – 21:00
COST Free for existing Partnership members who have joined before June 2014 and £60 for non members
LOCATION NES, 2 Central Quay, 89 Hydepark Street, Glasgow, G3 8BW
FORMAT Lecture and case based small group work, Q & A session
COURSE ORGANISERS Dr Alison Mitchell, Consultant in Palliative Medicine, Beatson West of Scotland Cancer Centre, Glasgow & Dr Emma Dymond, ST6 registrar in Palliative Medicine, West of Scotland Training programme
AUDIENCE GPs and practice teams

LEARNING OUTCOMES
At the end of this activity learners will be able to:
• Be more confident in the assessment and management of palliative patients with nausea and vomiting
• Be aware of the receptor coverage of different antiemetics
• Be able to tailor antiemetic choice to different causes of nausea/vomiting
• Be more confident in the assessment and management of palliative patients with refractory dyspnoea

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
CHRONIC FATIGUE SYNDROME & ME

DESCRIPTION
This workshop will look at the complex aetiology and extensive research relating to chronic fatigue syndrome and ME in primary care. Attendees will be provided with an overview of a holistic approach to helping and supporting patients and be offered practical tips on treatment and management of both chronic fatigue and ME.

LEARNING OUTCOMES
• Nutrition and supplements which can aid treatment and management
• Supporting poor mitochondrial ATP production
• Understanding the role of adrenal function and managing and minimising the stress response
• Exploring the psychological aspects of this condition in terms of aetiology and potential change in behaviour patterns
• Pacing, prioritising and mindfulness in relation to Boom and Bust tendencies

DATE: Wednesday 19 November 2014
TIME: 18:45 – 21:15
COST: Free for existing Partnership members who have joined before June 2014 and £60 for non members
LOCATION: Centre for Integrative Care (old Homeopathic Hospital), Gartnavel General Hospital, Glasgow
FORMAT: Presentation, small group work, Q&A
COURSE ORGANISERS: Bridie O Dowd, GP at Centre for Integrative Care
AUDIENCE: GPs, Pharmacists and practice teams

Book a workshop at: https://www.portal.scot.nhs.uk/
For more information see: www.gpcpd.nes.scot.nhs.uk
DESCRIPTION
This course is designed for GPs and practice nurses who do not see themselves as experts in sexual health but who will encounter aspects of sexual health within their practice. The aim of the course is to build knowledge and confidence in this area. The speakers have been asked to allow lots of time for questions so you can ask about cases which have challenged you.

LEARNING OUTCOMES
• Learn who and when to test for sexually transmitted infections and some top tips on sexual history taking
• Acquire an easy guide to HRT, advice on the right pill for the right woman, and guidance on starting and ‘bridging’ contraception.
• Understand what further history, examination and investigations are needed for unusual bleeding in middle aged women
• Be updated on the many more options for emergency contraception and termination of pregnancy.

DATE Wednesday 19 November 2014
TIME 09:00 – 17:00
COST Free for existing Partnership members who have joined before June 2014 and £120 for non members
LOCATION NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN
FORMAT Presentation and Q&A
COURSE ORGANISERS Dr Helen Kettle, General Practitioner
AUDIENCE GPs, practice nurses

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
**STROKE UPDATE**

**DESCRIPTION**

This workshop will update you about the assessment of patients who might have had an acute stroke or TIA – including advice on what you need to do for these patients acutely and some reminders about how to recognise common stroke mimics. There will be case studies to outline best practice in secondary prevention of stroke and short talks on important aspects of longer term management of stroke patients such as managing post stroke pain.

**LEARNING OUTCOMES**

- Overview of acute stroke/TIA assessment
- Overview of ‘stroke mimics’
- Update knowledge about stroke secondary prevention
- Enhance knowledge of longer term stroke management

**DATE**

Tuesday 25 November 2014

**TIME**

19:00 – 21:00

**COST**

Free for existing Partnership members who have joined before June 2014 and £60 for non members

**LOCATION**

NES, 2 Central Quay, 89 Hydepark Street, Glasgow, G3 8BW

**FORMAT**

Presentation, small group work, Q&A

**COURSE ORGANISERS**

Christine McAlpine, NHS GG&C Stroke Managed Clinical Network

**AUDIENCE**

GPs, Pharmacists and practice teams

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)

For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
**PAEDIATRICS**

<table>
<thead>
<tr>
<th>DATE</th>
<th>Friday 28 November 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME</td>
<td>09:00 – 13:00</td>
</tr>
<tr>
<td>COST</td>
<td>Free for existing Partnership members who have joined before June 2014 and £60 for non members</td>
</tr>
<tr>
<td>LOCATION</td>
<td>NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN</td>
</tr>
<tr>
<td>FORMAT</td>
<td>Presentation and Q&amp;A</td>
</tr>
<tr>
<td>COURSE ORGANISERS</td>
<td>Dr Tom Beattie, Consultant in Paediatric Emergency Medicine</td>
</tr>
<tr>
<td>AUDIENCE</td>
<td>GPs</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Children and young people represent a large part of the Primary Care workload yet many GPs have limited training and experience in the field. Starting with how to recognise the sick child, this half-day course covers many of the commonly presenting or less common but important acute illnesses that crop up in primary care. Local paediatricians with a strong interest in education will make this an enjoyable and worthwhile day, leaving you in a better position to diagnose and manage the ill or deteriorating child.

**LEARNING OUTCOMES**

- Recognising a sick child
- Interpreting and managing faints, fits, and funny turns
- Dealing with acute abdominal pain and common paediatric surgical problems in general practice
- Managing acute asthma and other respiratory problems

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
**HOT TOPICS IN EDINBURGH**

<table>
<thead>
<tr>
<th>DATE</th>
<th>Saturday 29 November 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME</td>
<td>09:30 – 16:30</td>
</tr>
<tr>
<td>COST</td>
<td>£135 for the day</td>
</tr>
<tr>
<td>LOCATION</td>
<td>Queen Margaret University, Queen Margaret University Drive, Musselburgh, EH21 6UU</td>
</tr>
<tr>
<td>FORMAT</td>
<td>Presentations in a convenient, quick-fire format with time for Q&amp;A and the opportunity to network with GP colleagues from across Scotland.</td>
</tr>
<tr>
<td>COURSE ORGANISERS</td>
<td>Various speakers across primary and secondary care</td>
</tr>
<tr>
<td>AUDIENCE</td>
<td>GPs</td>
</tr>
</tbody>
</table>

**DESCRIPTION**

Hot Topics will feature presentations from both GPs with specialist interests and NHS consultants. Subjects on the day will include: diabetes, dementia, dermatology, cardiovascular problems, vitamin D, respiratory update, childhood asthma, and rheumatology. An overview of health and social care integration and the implications for GPs will also be presented by NES. The day will include lunch and plenty of time to network with GP colleagues from across Scotland.

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/) • For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
DECEMBER
Workshops at a glance

- Building resilience in primary care • 4 December
- Young people at risk • 9 December
- Joint injections • 17 December
BUILDING RESILIENCE IN PRIMARY CARE

DESCRIPTION

Resilience is the ability to cope in the face of adversity and “bounce back” from setbacks. So often at work, we get caught up in moment-to-moment issues within the practice and lose perspective of the bigger picture. This workshop will look at the day-to-day stressors that arise for the leaders within a GP practice and how to manage putting things into “big picture” perspective thus improving personal energy and resilience and in turn more positive leadership styles.

LEARNING OUTCOMES

• Tips on how to thrive and not just survive in your practice
• Be aware of your key stressors and how to build your resilience in relation to them
• Boost your energy levels
• Be aware of how to positively affect your team and the dynamics within the team

DATE Thursday 4 December 2014
TIME 19:00 – 21:00
COST Free for existing Partnership members who have joined before June 2014 and £60 for non members
LOCATION NES, 2 Central Quay, 89 Hydepark Street, Glasgow, G3 8BW
FORMAT Presentation and Q&A
COURSE ORGANISERS Wendy Chalmers Mill, MD at Positive Performance
AUDIENCE GPs, pharmacists and general practice teams

Book a workshop at: https://www.portal.scot.nhs.uk/
For more information see: www.gpcpd.nes.scot.nhs.uk
### DESCRIPTION

Safe-guarding children and young people from abuse and neglect is an essential skill for healthcare professionals and numerous cases involving serious injury or death to young children have been brought to the public’s attention by the media over recent years. More recently there has also been some recognition of the risks faced by young people aged 11 to 17 who are likely to face risks that may be quite different to those faced by very young children. This course will draw together a range of topics relevant to children and young people, using presentations and case reviews to stimulate thought and discussion.

### LEARNING OUTCOMES

- Understanding how to identify and manage suspected abuse in children and young people, integrating experience from both health and social care
- Learn more about adolescent substance use
- Understand some of the mental health issues of looked after young people
- Appreciate the sexual health risks that may be involved, and how to detect them

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**DATE**
Tuesday 9 December 2014

**TIME**
09:00 – 13:00

**COST**
Free for existing Partnership members who have joined before June 2014 and £60 for non members

**LOCATION**
NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN

**FORMAT**
Presentation and Q&A

**COURSE ORGANISERS**
Dr Dayeel Goh, Consultant Community Paediatrician

**AUDIENCE**
GPs

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Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  •  For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
JOINT INJECTIONS

DESCRIPTION
The course is aimed at beginners and those with some joint injection experience
Part 1: Indications for corticosteroid injections – a 30-40 minute interactive presentation
Part 2: Hands-on injection of the knee, shoulder and elbow using both 1:1 and group formats. Ample time for questions and case discussions

LEARNING OUTCOMES
• How to diagnose different pathologies at the shoulder, elbow and knee
• Understanding when corticosteroid injection is appropriate
• Being able to undertake corticosteroid injection of the knee, shoulder, subacromial bursa and medial and lateral epicondyles of the elbow

DATE Wednesday 17 December 2014
TIME 09.00 – 13.00
COST Free for existing Partnership members who have joined before June 2014 and £60 for non members
LOCATION NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN
FORMAT Practical group work with presentation and Q&A.
COURSE ORGANISERS Dr Helen Harris, Consultant Rheumatologist
AUDIENCE GPs, FY1, 2 and 3 doctors, Rheumatology nurses and physios and other AHPs wishing to learn joint injections

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
## JANUARY
Workshops at a glance

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common orthopaedic problems</td>
<td>14 January</td>
</tr>
<tr>
<td>Learning disability services &amp; psychiatry</td>
<td>15 January</td>
</tr>
<tr>
<td>Cardiology</td>
<td>23 January</td>
</tr>
<tr>
<td>Obstructive sleep apnoea &amp; other sleep disorders in adults</td>
<td>27 January</td>
</tr>
<tr>
<td>Hot Topics in Aberdeen</td>
<td>28 January</td>
</tr>
</tbody>
</table>

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/) • For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
COMMON ORTHOPAEDIC PROBLEMS

DESCRIPTION
This workshop will provide an overview of common orthopaedic problems which regularly present in general practice. Examination techniques in small groups and best practice case management will also be discussed.

LEARNING OUTCOMES
Be aware of the examination and management techniques which can be useful in general practice for:

• Lower back pain
• Neck/shoulder pain

DATE Wednesday 14 January 2015
TIME 18:45 – 21:15
COST Free for existing Partnership members who have joined before June 2014 and £60 for non members
LOCATION NES, 2 Central Quay, 89 Hydepark Street, Glasgow, G3 8BW
FORMAT Lecture, small group work, Q&A
COURSE ORGANISERS Dr Iain Henderson, GP Principal & Dr Fraser Henderson, ST1 Orthopaedic Clinical Research Fellow - The Golden Jubilee Hospital, Glasgow.
AUDIENCE GPs and Pharmacists

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
LEARNING DISABILITY SERVICES AND PSYCHIATRY

DESCRIPTION

The course offers help and guidance to GPs in managing people with a learning disability. This will cover communication, advice on recognising and managing mental health problems, autism, legislation (MHA and AWI), as well as further information about the SE Scotland LD Services.

DATE
Thursday 15 January 2015

TIME
09:00 – 17:00

COURSE ORGANISERS
Dr John Russell, Consultant Psychiatrist, Fife & Lothian Disability Service

LOCATION
NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN

FORMAT
Presentation and Q&A

AUDIENCE
GPs

COST
Free for existing Partnership members who have joined before June 2014 and £120 for non members

LEARNING OUTCOMES

• Gain an understanding of how to manage patients with a LD who present to the surgery and the role of psychiatry including age related issues.
• Learn more about communication with patients with a LD.
• Learn about the assessment and management of those on the Autism Spectrum
• Learn who to contact for help i.e. by gaining an understanding of the role of the Acute Hospitals Liaison Nursing Service, the LD Epilepsy Service and the GP Liaison Nurse.

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpdpd.nes.scot.nhs.uk
### Description

The cardiology course for primary care is aimed specifically at GPs and practice nurses to support primary care clinicians in the evidence-based care of patients with heart problems in general practice. It will cover the main QOF areas relating to cardiology. The course speakers will reference important national guidelines.

### Learning Outcomes

- Improve the knowledge of key primary care cardiological conditions (diagnosis and management)
- Share an understanding of primary and secondary care roles in the management of patients with cardiological problems
- Improve the management of patients with cardiological problems across the primary/secondary care interface

<table>
<thead>
<tr>
<th>Date</th>
<th>Friday 23 January 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>09:00 – 17:00</td>
</tr>
<tr>
<td>Cost</td>
<td>Free for existing Partnership members who have joined before June 2014 and £120 for non members</td>
</tr>
<tr>
<td>Location</td>
<td>NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN</td>
</tr>
<tr>
<td>Format</td>
<td>Presentation and Q&amp;A</td>
</tr>
<tr>
<td>Course Organisers</td>
<td>Dr Carl Bickler, GP and Dr Peter Henriksen, Consultant Cardiologist</td>
</tr>
<tr>
<td>Audience</td>
<td>GPs, practice nurses involved in heart disease management in primary care</td>
</tr>
</tbody>
</table>

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)

For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
OBSTRUCTIVE SLEEP APNOEA AND OTHER SLEEP DISORDERS IN ADULTS

DATE: Tuesday 27 January 2015
TIME: 19:00 – 21:00
COST: Free for existing Partnership members who have joined before June 2014 and £60 for non members
LOCATION: NES, 2 Central Quay, 89 Hydepark Street, Glasgow, G3 8BW
FORMAT: Lecture and Q&A
COURSE ORGANISERS: Dr Eric Livingston, Consultant Respiratory Physician, Glasgow Royal Infirmary
AUDIENCE: GPs, Pharmacists and health professionals

DESCRIPTION
In this workshop we will aim to highlight the cardinal presenting features of patients with Obstructive Sleep Apnoea Syndrome, and the treatment options available. We will also discuss Narcolepsy and some of the other parasomnias.

LEARNING OUTCOMES
• Overview of the key symptoms of Obstructive Sleep Apnoea Syndrome
• Knowledge of treatment of Obstructive Sleep Apnoea Syndrome
• Knowledge of presenting symptoms of Narcolepsy and other parasomnias and treatment approaches
• Overview of local referral guidelines and resources available

Book a workshop at: https://www.portal.scot.nhs.uk/  •  For more information see: www.gpcpd.nes.scot.nhs.uk
Hot Topics will feature a day of clinical updates from a range of speakers from GPs with specialist interests to hospital consultants. The day will include lunch and plenty of time to network with GP colleagues from across Scotland.
Workshops at a glance

- Managing multi-morbidities • 2 February
- Gynaecology • 11 February
- Update on Asthma • 24 February
- Mindfulness for healthcare professionals • 27 February

Book a workshop at: https://www.portal.scot.nhs.uk/ • For more information see: www.gpcpd.nes.scot.nhs.uk
**MANAGING MULTI-MORBIDITIES**

**DATE**  Monday 2 February 2015  
**TIME**  09:00 – 17:00  
**COST**  Free for existing Partnership members who have joined before June 2014 and £120 for non members  
**LOCATION**  NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN  
**FORMAT**  Lecture and Q&A  
**COURSE ORGANISERS**  Dr Andrew Elder, Consultant in Elderly Medicine  
**AUDIENCE**  GPs

**DESCRIPTION**

We consult with an increasing proportion of elderly patients, with complex problems and multi-morbidity. These patients consult more often, and need more complex and structured care. Their care is often shared and needs to be coordinated with specialist community and hospital teams. GPs will often be the main co-ordinator of care for these patients and face the considerable challenge in managing them effectively and maximising continuity of care. This one-day course draws on the experience of a variety of professionals in the field to provide an overview of these challenges and means of improving patient care at the primary-secondary care interface.

**LEARNING OUTCOMES**

- Understand the concept and practical application of the terms multi-morbidity and frailty
- Appreciate the practical approach to the assessment of these patients and the role of other professionals involved in the patient’s care
- Minimise conflicts in treatment decisions and reduce risks associated with poly-pharmacy and prescribing
- Gain an appreciation of local services that might help patients with multi-morbidity and frailty

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)  
For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
If you are confused about all the different guidance in matters gynaecological, this course is for you. It is designed to give an update on a wide range of gynaecological issues which commonly present in general practice. There will be talks on: menopause management; contraception; urogynaecology; fertility, vulval skin conditions and gynaecological cancers.

**DATE**
Wednesday 11 February 2015

**TIME**
09:00 – 17:00

**COST**
Free for existing Partnership members who have joined before June 2014 and £120 for non members

**LOCATION**
NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN

**FORMAT**
Presentation and Q&A

**COURSE ORGANISERS**
Dr Helen Kettle, General Practitioner

**AUDIENCE**
GPs

**DESCRIPTION**

**LEARNING OUTCOMES**

- What further history, examination and investigations are needed for women presenting with incontinence or prolapse, and vulval skin conditions.
- The pros and cons of HRT and other ways of managing the menopause
- Starting and ‘bridging’ contraception.
- The RMI and how it will help you decide how to manage ovarian cysts.

Book a workshop at: [https://www.portal.scot.nhs.uk/](https://www.portal.scot.nhs.uk/)

For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
This workshop will provide an overview of childhood and adult asthma and focus on diagnosis and treatment in both primary and secondary care settings. The workshop will use case study discussions to aid learning and discussion on the subject.

**LEARNING OUTCOMES**

- An updated understanding of current approaches to the diagnosis of asthma in children
- An update on the step based approach to asthma treatment in children and adults
- New developments in asthma treatments in children and adults highlighted
- The above points are illustrated using relevant paediatric and adult cases
This experiential day workshop is a taster designed to demonstrate how mindfulness can benefit you as an individual and be of benefit to your patients and your practice. Mindfulness is currently one of the treatments of choice for recurring depression and has been used successfully in the reduction of stress, anxiety, fatigue and psychological problems associated with adjustment to illness, as well as being preventative to psychological problems. Information will be given regarding requirements for training should you wish to take mindfulness further. We would like to emphasise that this is an experiential day and all we would ask you to bring is your curiosity and a yoga mat.

**DATE**  
Friday 27 February 2015

**TIME**  
10:00 - 16:00

**COST**  
Free for existing Partnership members who have joined before June 2014 and £120 for non members

**LOCATION**  
NHS Education for Scotland, 102 Westport, Edinburgh, EH3 9DN

**FORMAT**  
Presentation, Q&A and experiential

**COURSE ORGANISERS**  
Dr Vee Freir, Consultant Clinical Psychologist and Dr Peter Wilkes, GP

**AUDIENCE**  
GPs, health professionals

**LEARNING OUTCOMES**

- What patients will get from a mindfulness course
- How you could use simple mindfulness tools to help in the consulting room
- Being able to relate and communicate better with your patients

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For more information see: [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
For a full list of our CPD workshops and services contact CPD Connect at:

Website:  [https://www.portal.scot.nhs.uk](https://www.portal.scot.nhs.uk) or [www.gpcpd.nes.scot.nhs.uk](http://www.gpcpd.nes.scot.nhs.uk)
Email:  cpdconnect@nes.scot.nhs.uk

Don’t see a workshop you are looking for?
Get in touch with CPD Connect and tell us about your CPD needs

This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on 0131 656 3200 or email altformats@nes.scot.nhs.uk to discuss how we can best meet your requirements.
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If you are using an iPhone or iPad to view NES PDFs you will need to download a free viewer from the app store to benefit from the full range of navigation features, including the clickable contents menus. Follow the steps below to install and use the viewer.

**Downloading the viewer**

The viewer we recommend using is PDF Pro, a free to download viewer available on the app store. To install the viewer, simply click on the App Store Icon on your home screen and then search for ‘PDF Pro’.

Click on the blue box at the right hand corner which says “FREE”. It will then turn green and the word will change to “INSTALL”.

Click once more and the viewer will begin to download and install on your device. If you have a password set up on your device it may ask you for this now.

Please note: you will need to have adequate free space to install.

**Using PDF Pro**

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Click on the “Open in...” option, followed by the PDF Pro icon and the PDF will launch in the viewer.

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