

## News and Updates

### Red Whale Live Day

6<sup>th</sup> November 10:00 to 16:00 – remote, [register here](#)  
Available to all clinical ARRS staff and will include

- A one-day clinical update session – Covering updates in topic areas including CKD & Renal, Anticoagulation & DOACs, Respiratory & Asthma, Hypertension & AF & Heart Failure.
  - Access to the recording & extended learning.
  - Access to Red Whales extensive learning resources for 12 months.
- Contact [jonathan.ord1@nhs.net](mailto:jonathan.ord1@nhs.net) if you have any questions.

### Immunisers webinars

Various dates and sessions from September 24 to January 25  
Immunisers in primary care in London can access immunisation training. The series of webinars are designed to support immunisers to fulfil the requirement for annual immunisation updates and are free to access. [Find more information including dates here.](#)

### Immediate and necessary care for a wound to the lower leg module

22<sup>th</sup> October 12:00 to 14:00 [book here](#)  
For nurses and HCAs. Immediate and necessary care for a wound to the lower leg module. Delivered by a Clinical Nurse Specialist, covering immediate & necessary care & understanding the Red Flags & when to apply compression Via MS Teams

All delegates will receive CPD certificate after the training.

### Chronic oedema management of the lower limb

24<sup>th</sup> October 12:00 to 14:00 [book here](#)  
For nurses and HCAs. Delivered by a Clinical Nurse Specialist, covering management of chronic oedema, stages of chronic oedema & selection of appropriate compression for managing the condition.

All delegates will receive CPD certificate after the training.

### GP Maternal Postnatal Check Support

17<sup>th</sup> September 13:00 – 14:00 [register here](#)  
Theme: Physical and psychosexual considerations after perineal trauma: Tips for 6-8 weeks postnatal maternal check

The London Maternity Network are hosting an event for GPs across London to join and gain updates on maternity care.

### GP Trainee opportunity for YOUR Practice - recruiting now!

Evidence from the Sonnet Report and the Fuller Report demonstrate the challenges facing General Practice Nursing, this is supported by local workforce data. Our aim is to provide a pipeline of future GPNs and develop new to General Practice Nurses, through offering you the opportunity of employing a GPN Trainee at your Practice, whilst they undertake the funded one year GPN Academic Training Programme. These are qualified and often experienced nurses, just starting or transitioning into the Primary Care setting.



- The one year GPN Training programme recruits nurses who want to become highly skilled Practice Nurses.
- We are looking for Practices or PCNs who would like to support a GPN Trainee applicant during the programme starting in January 2025.
- £20K educational grant is provided to the supporting Practice, towards the employment and supervision of the GPN Trainee.
- The course will include becoming competent in Childhood imms and cervical cytology, as they move through the course.
- The GPN Trainee divides their time between Practical clinical work at your Practice and University study time.
- You employ the GPN Trainee on a 12 month contract.

Click flyer to enlarge

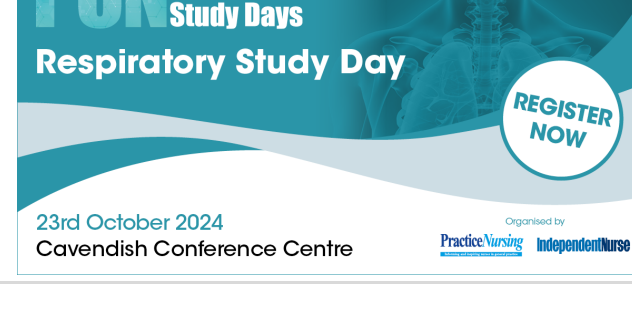
If your Practice is interested, don't miss out! Please contact Sally Armstrong or Karen Sood at the NWL Training Hub for more detail [sally.armstrong@nhs.net](mailto:sally.armstrong@nhs.net) and [karen.ood@nhs.net](mailto:karen.ood@nhs.net)

### PCN Respiratory Study Day 2024

23<sup>rd</sup> October at Cavendish Conference Centre [Register now](#)

This is a free CPD nursing conference dedicated to advancing practice of nurses. Improving respiratory health is a key responsibility for all nurses working in primary care settings, and is a field with a constantly evolving body of evidence. PCN Respiratory will provide you with the latest developments in the field to use in your day-to-day practice.

Highlights of the programme include updates on asthma, respiratory prescribing, improving COPD management, and how ecotherapy can help adults and children with respiratory conditions.



### Upcoming webinars on cardiovascular disease hosted by ICHP

Work in Cardiovascular Disease in North West London? Register your place at one of ICHPs upcoming education webinars:

- 11 September, 2024: Clinical and Ethical Approaches to Deprescribing and Mental Health Polypharmacy in Primary Care
- 9 October, 2024: Polypharmacy Masterclass with Dr Graham Stretch
- 15 January, 2025: Polypharmacy Masterclass with Dr Waseem Jerjes
- 12 February, 2025: Polypharmacy Masterclass with Dr Graham Stretch

Email [Cardiovascular@imperialcollegehealthpartners.com](mailto:Cardiovascular@imperialcollegehealthpartners.com) with your details and the session you'd like to join.



### Delivering greener, more sustainable, net zero mental healthcare

The module is aimed at everyone involved in providing mental health care, from frontline staff to senior leaders. It aims to provide learning around how to identify carbon intensive processes, how improving sustainability can benefit quality of care and supports individuals to understand how they can influence system change. Learners will come away with tangible actions and next steps to implement in their own practice to support their journey to net zero.

[Find out more here](#)



### Greener Practice Trainee Forum

The UK's primary care sustainability network, [Greener Practice](#), has a GP trainee forum to facilitate the exchange of knowledge and ideas on sustainable healthcare. No prior knowledge of the topic is required. They welcome all GP trainees and foundation doctors.

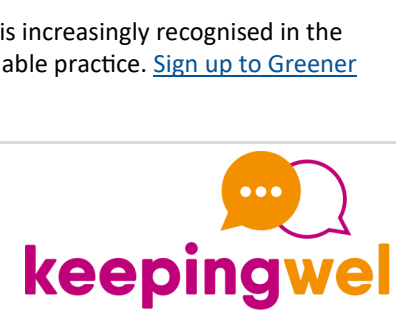
One benefit of this forum will be to gain ideas and tips for sustainable equality improvement projects and leadership activities in the e-portfolio, as sustainability is increasingly recognised in the RCGP curriculum. They host webinars, a whatsapp group, and networking events to support and empower GP trainees who care about green issues and sustainable practice. [Sign up to Greener Practice Trainee Forum.](#)

### Burnout group - NW London Keeping Well

Is work stress affecting your mental health and leading to you feeling burnt out?

Keeping Well North West London will be facilitating the Burnout Group which will be running for 6 consecutive weeks.

Starting on Wednesday 11 September 2024, 3.30 – 5pm.



The sessions will incorporate Cognitive-Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) protocols as a means of promoting positive wellbeing using psychological techniques, reflective exercises and group discussions.

Spaces are limited for these sessions and staff members can use the [self-referral form](#) and select the option " Burnout group". Please note that this is a closed group and attendees are encouraged to attend every session.

### This Week

- **Diabetes Half Day update** - Open to any ARRS clinical staff who have already completed a Foundation Programme. [apply here](#) Wed 4<sup>th</sup> Sept from 13:00 to 17:00 – 6 spaces
- **Type 2 Diabetes Path to Remission Programme: A deeper look into the service user journey** Wed 4<sup>th</sup> Sep, 13:00, [Join here](#)
- **NHSE & NMC Nursing Associate Apprenticeship Follow Up Webinar** Thurs 5<sup>th</sup> Sep, 15:00 to 16:30 [book here](#)
- **Immunisation Update Webinar Series - Influenza and RSV** 5<sup>th</sup> Sep, 14:00 to 15:00 [Register here](#)
- **General Practice Webinar** 5<sup>th</sup> Sep 17:00 to 18:00 [Register here](#)

## NWL TH Training

## Expressions of Interest forms

### Webinars

#### Improving Consistency in IBS Care

- 10<sup>th</sup> September 13:00 – 14:00 [Register here](#)

This clinical teaching encompasses how to make a positive diagnosis of IBS using current criteria, how to avoid pitfalls in clinical care, where IBS fits in the guidelines and the emerging evidence for Probiotics.

#### Updates on the Type 2 Diabetes in the Young (T2DAY) programme

The training will be a deep five into the five key components of the Early Onset Type 2 Diabetes (EOT2D)/T2DAY extended reviews. The webinar aims to address any grey areas that may require further discussion or input as well as pathway queries followed by a Q&A session.

- 19<sup>th</sup> September 12:30 to 13:30 [Register here](#)
- 2<sup>nd</sup> October 17:00 to 18:00 [Register here](#)

#### Library Services - NHS Library and Knowledge Hub

- 26<sup>th</sup> September 13:00 – 14:00 [Register here](#).

Unlock cutting-edge insights with the NHS Library and Knowledge Hub—the ultimate online resource for all NHS healthcare professionals accessible via your NHS OpenAthens account. Dive into an extensive collection of medical journals, research papers, and clinical guidelines accessible anytime, anywhere. Streamline your decision-making with intuitive search tools and stay updated with the latest advancements in your field. Elevate your practice and patient care with this indispensable, tailored platform

#### Webinar: NWL Respiratory

- 9<sup>th</sup> October via Teams 13:00 – 14:00 [Register here](#).

- We will cover:
- Identifying risk: WSIC Tools and UCLP searches
- Managing risk in practice
- How to use UCP for high risk respiratory patients

For some training we don't currently have training dates arranged, if this is training you would like please complete the relevant expression of interest form and we will be able to run training based on demand. Those who have expressed interest will also be notified when dates are arranged.

[Advanced Diabetes PITstop](#)

[Anticoagulation Training - New to anticoagulation](#)

[Mental Health First Aid](#)

[Interpreting ECG Training - New to Interpreting](#)

[Interpreting ECG Training - Refresher](#)

[Paediatric Phlebotomy](#)

[Ring Pessary](#)

## Supervisor courses

NWL Training Hub holds a waitlist for both the multi-professional and GP Supervisor courses, if you would like to attend please complete the relevant application form.

[Multi-professional Supervisor Course](#) application form  
4 sessions, dates as follows; 10<sup>th</sup> Sep, 9<sup>th</sup> Oct, 14<sup>th</sup> Nov, 10<sup>th</sup> Dec Venue TBC.

[GP Supervisor Course](#) application form  
September Cohorts - fully booked.

Complete the application form to be added to the waitlist for the next available cohorts.

[Pharmacy Educational Supervisor Training programme](#) – available via eLHF

## Useful links and Resources

[Knowledge and Library Resources for GP and Practice Teams](#)

[Greener NHS – Resources for a more sustainable NHS](#)

[Survival Toolkit](#)

[Supported Return to Training](#)

[Podcast Learning Library](#)

[Primary Care Resources](#)

[GP Resources](#)

[Webinar Recordings](#)

## Other Training / Webinars / Events

### NHS Type 2 Diabetes Path to Remission Programme Webinars

Counterweight are running webinars to provide primary care with the necessary information to refer into the path to remission programme and will be running 2 webinar topics over a 4 week long period each. Dates and links below:

**Topic 2: A deeper look into the service user journey**

- Wed, 4 Sep 2024, 13:00, [Join webinar here](#)
- Tue, 10 Sep 2024, 12:00, [Join webinar here](#)

### Benefits of patient safety in primary care – what's in it for you?

13<sup>th</sup> September 12:30 to 14:00 [Register here](#).

NHS Resolution's Safety and Learning team, in collaboration with Health Services Safety Investigations Body and NHS England, are hosting an interactive virtual forum on the benefits of implementing safety science in primary care, responding to patient safety incidents and the support available to staff working in general practice and primary care.

The forum will be of interest to both clinical and non-clinical staff involved in patient care across primary and urgent care.

### Help us shape our new EDI improvement plan for primary care

NHS England is inviting colleagues from all four sectors of primary care, in both clinical and non-clinical roles, to help shape the new Equality Diversity Inclusion (EDI) Improvement Plan for primary care. We are hosting a number of virtual engagement sessions where you can hear about the work underway. During these sessions, you will have the opportunity to contribute to this exciting piece of work, share your reflections and help to co-design and shape this new national resource. You can register for one of three dates:

- 17 September 2024, 10:00-11:30
- 2 October 2024, 13:00-14:30
- 7 November 2024, 12:00-13:30

If you have any questions, please contact the EDI team at [england.nationaleditteam@nhs.net](mailto:england.nationaleditteam@nhs.net).

### Clinical and Ethical Approaches to Deprescribing and Mental Health Polypharmacy in Primary Care

- 18<sup>th</sup> September via Teams 12:00 – 14:00 [Register here](#).

In this session we will focus on understanding and managing polypharmacy in primary care, with an emphasis on deprescribing and mental health polypharmacy. This masterclass aims to equip healthcare professionals with practical strategies to optimise medication regimens, improve patient outcomes, and address the complexities associated with polypharmacy.

### Cancer Community of Practice Webinar : Cancer risk assessment

- 18<sup>th</sup> September, 12:30 – 13:30 – [book here](#)

The session will cover:

- What is the Cancer Risk Assessment Service?
- Reasons for assessing cancer risk based on family history
- How does the service benefit individuals?
- Recognising the need for a family history assessment or a genetics referral
- Making every contact count – the Nurses role

### Working with people and communities to improve general practice in primary care

- 19<sup>th</sup> September, 15:30 to 16:30 [Register here](#)

This webinar will act as an introduction to NHS England's course "Working with People and Communities to Improve General Practice in Primary Care".

### 7<sup>th</sup> NWL Polypharmacy Community of Practice

- Thursday 26<sup>th</sup> September 2024 from 13:00 – 14:00, [Register here](#).

The NWL Polypharmacy Community of Practice (CoP) is looking to expand the reach and diversity of its members. Problematic polypharmacy attributable costs to the healthcare system as well as diminishes care for the patient, most of this is preventable.

To join the CoP, you need to be able to commit one hour once a quarter, to join a virtual meet.

For further information please contact [catherine.caldwell@imperialcollegehealthpartners.com](mailto:catherine.caldwell@imperialcollegehealthpartners.com)

### Accessing HealthCare Information Online

Help your patients to learn how to access healthcare information and services online with this series of virtual learning events find out more via [the flyer](#) or book below;

- 26<sup>th</sup> September from 18:30 to 19:30 – [book here](#)
- 17<sup>th</sup> October from 18:30 to 19:30 – [book here](#)
- 28<sup>th</sup> November from 18:30 to 19:30 – [book here](#)

### NHSE London Becoming an Advanced Practitioner; Unlocking Your Career Potential

- 27<sup>th</sup> September 2024 from 11:30 – 13:00 [Book here](#)

The webinar is aimed at providing a better understanding of advanced practice roles, the career benefits of becoming an Advanced Practitioner (AP), and how to get started.

### Polypharmacy: medicines and the risk of falls in older people lunchtime masterclass

- 10<sup>th</sup> October, 12:00 to 13:30 [Register here](#)

Open to GPs, Pharmacists, Nurse prescribers and other interested health professionals this webinar will cover;

- The importance of medication in falls causation.
- How medication reviews can reduce the risk of falls.
- Information and guidance that can be used when conducting a falls related medication review.

### Get Online Week

14<sup>th</sup> to 20<sup>th</sup> October

The UK's largest digital inclusion campaign with the aim of helping people discover the benefits of being online and build their confidence in using the internet.

Just during this week if there is interest from GP surgeries, we can run additional online sessions to cater to your unique community needs that will allow attendees to experience and understand the benefits of getting online. The purpose of this is to support the fact that everyone deserves an equal opportunity to benefit from being online - and that free support is out there.

[If you would like to host a collaborative session for your patient communities, please contact katarina.durisova@nhs.net and we will put you in touch with the relevant team.](#)

### The Population Health Management & Trench Equity Academy

14<sup>th</sup> & 28<sup>th</sup> October from 9:30 to 12:00 on both days [book here](#)

### SRH Essentials for Primary Care

16<sup>th</sup> November, online, 8:30 – 16:30 [Register here](#).

This one day virtual course covers the following:

- Develop the skills and confidence to consult with patients about their sexual and reproductive healthcare needs
- Recommend an appropriate method of emergency contraception
- Review the COC, POP and injection/contraceptive methods
- Carry out sexual health risk assessments
- Identify when patients are at risk of STIs

*"please note this training is £170pp and is not funded via NWL TH. You can seek funding locally from CPD funds, your practice or self-fund."*

### Immunisers webinars

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### Workforce Planning & Transformation Training Available

The Workforce Planning & Transformation Training Available will share their new Workforce Planning & Transformation Training Offer Brochure which provides details and all information required on how to apply for the variety of free training on offer.

[Click here to view and download brochure.](#)

### Polypharmacy Action Learning Set workshops

[Cohort nineteen](#) – 11 Sep, 25 Sep, 9 Oct

[Cohort twenty](#) – 16 Oct, 6 Nov, 20 Nov

[Cohort twenty-one](#) – 13 Nov, 27 Nov, 11 Dec

[Cohort twenty-two](#) – 22 Jan, 5 Feb, 26 Feb 2025

This Action Learning Set (ALS), will help build GP and prescribing health care professionals' confidence in, and understanding of, the complex issue surrounding stopping inappropriate medicines safely.

### The National Capability Framework for the care of children and young people with asthma

[All staff](#) need to do this training. All Modules are free and are accessed via the link here; <https://www.e-llh.org.uk/programmes/children-and-young-peoples-asthma/>. View the [list of Tiers](#) to see what level of training you require.

**Webinars**

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• Managing risk in practice  
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**SSSA Training and Update**

**SSSA Training, 2 day online course**  
This is a course for GPNs who have not completed any mentorship qualifications (e.g. ENB 998) in the past, and who are interested in supporting learners in practice. Delegates must attend both dates to successfully finalise training.  
- Cohort 1: Fri 13<sup>th</sup> September 09:00 – 15:30 and Fri 4<sup>th</sup> October 09:00 – 14:00 [Book here](#)  
- Cohort 2: Thu 26<sup>th</sup> September 09:00 – 15:30 and Thu 28<sup>th</sup> November 09:00 – 14:00 [Book here](#)  
- Cohort 3: Mon 25<sup>th</sup> November 09:00 – 15:30 and Mon 16<sup>th</sup> December 09:00 – 14:00 [Book here](#)

**SSSA Annual Update**  
This course is suitable if you have already attended mentorship preparation training (e.g. ENB 998).  
This update provides a refresher of the knowledge, skills and behaviours needed to support learners to become outstanding nurses and midwives.  
- 17<sup>th</sup> October 9:00 to 11:30 – [Book here](#)

**Enhanced Services**

**Diabetes Updates**  
**Advanced Diabetes PitStop Update**  
Face to Face: SE1 1GA 18<sup>th</sup> September 2024 from 8:50 – 16:30  
[more details and express your interest here.](#)

**Update Diabetes PitStop For Nursing staff**  
There are 2 dates available - you only need to attend 1  
- Thursday 19<sup>th</sup> September 2024 13:00 – 17:00 [Apply here](#)  
- Wednesday 16<sup>th</sup> October 2024 09:00 – 13:00 [Apply here](#)

**Advanced Diabetes Course**  
For GPNs and Pharmacists – you must have attended the foundation course before attending this advanced course.  
GPs – please be aware to provide a summary of your diabetes related work undertaken.  
[Express your interest here](#)

**Diabetes Foot Care**  
Face to Face: The Irish Cultural Centre, Hammersmith  
- 24<sup>th</sup> October 2024 from 9:15 – 16:30 [BOOK HERE](#)

**HCA Diabetes training**  
2 dates available, training is online you only need to attend 1 session.  
- 11<sup>th</sup> December 2024, 08:50 to 16:00 – [book here](#)  
- 12<sup>th</sup> March 2025, 08:50 to 16:00 – [book here](#)  
This training is for non-registered clinical staff, training can also be attended as an update for those HCAs who have already attended HCA diabetes training before and need a refresher.

**Paediatric Phlebotomy**  
This training is for Nurses, HCAs & Phlebotomists. HCAs & Phlebotomists need to have a Care Certificate.  
-