

# Nursing Focus

## Travel Health

*Thursday 6th November 2008*

## Women's Health 1

*Wednesday 3rd December 2008*

## Psychology and Psychiatry for Nurses

*Friday 6th February 2009*

20 Cavendish Square, London W1

*(RCN Building)*

We are delighted to present our next series of Nursing Focus meetings. Sessions have specific learning objectives relevant to the needs of modern nurses and are structured to allow ample time for questions, discussion and interaction.

<b>Travel Health</b>	<b>Women's Health 1</b>	<b>Psychology and Psychiatry for Nurses</b>
<i>Thursday 6th November 2008</i>	<i>Wednesday 3rd December 2008</i>	<i>Friday 6th February 2009</i>
Basic immunology Common travel immunisations Malaria Advice for the outward bound Fitness to travel How to set up and run a travel clinic	Contraception: Current Controversies Osteoporosis Hormone Replacement Therapy & Post-Menopausal Osteoporosis Polycystic Ovarian Syndrome Cervical Screening & Cervical Cancer	Topics to be confirmed will include: Skills needed for managing patients with mental health problems Depression Anxiety Drugs and Alcohol Dementia

Speakers are recognised leaders in their fields. Course notes will be provided for each session, containing the information presented by the speakers. The meetings will be chaired and facilitated by Mary Brice, British Heart Foundation Heart Failure Nurse Consultant.

Course fee: £135+VAT per day. £250 +VAT for 2 days if booked together.

All 3 days for £365 +VAT if booked together

Further information from Liz Banks, Conference Organiser or e-mail  
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## **Nursing Focus**

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# Travel Health

Thursday 6th November 2008

9.15am Registration

9.40am Welcome

## 9.45 Session 1

**Dr Charlie Easmon.** Specialist in Public Health and Travel Medicine. Travel Screening Services, London.

### Basic immunology

- Overview of the immune system
- How vaccines work
- What types of immunisation are available?
- Active & passive

## 10.15 Session 2

**Dr Charlie Easmon.** Specialist in Public Health and Travel Medicine. Travel Screening Services, London.

### Common travel immunisations (1)

- What do people need?
- Why do people need them?
  - Tetanus
  - Hepatitis A
  - Hepatitis B
  - Typhoid
  - Rabies
  - Yellow fever
  - Meningococcus
  - BCG
  - Polio
  - Cholera
  - Others
- Administering multiple vaccines
- Rapid Immunisation schedule
- Adverse events & contra-indications

11.15 Coffee

## 11.35 Session 3

**Dr Charlie Easmon.** Specialist in Public Health and Travel Medicine. Travel Screening Services, London.

### Common travel immunisations (2)

- Higher risk travellers
- Pregnancy
- Immunocompromised
- Minimum standards for nursing practice

12.20 Lunch

## 13.20 Session 4

**Dr Ian Cropley.** Consultant in Infectious Diseases, Royal Free Hospital.

### Malaria

- Global distribution and epidemiology
- Lifecycle overview and clinical features
- Malaria prevention
- Non-pharmacological measures
- Malaria prophylaxis - current practice

## 14.30 Session 5

**Dr Alison Rodger.** Senior Lecturer in Infectious Diseases, University College London.

### Advice for the outward bound

- General measures
- Sun & skin care
- Accident avoidance
- Travel insurance
- Sexual health
- Diarrhoeal illness
- DVT
- Risk factors and prevention
- Altitude sickness
- Travel sickness

15.05 Tea

## 15.20 Session 6

**Dr Alison Rodger.** Senior Lecturer in Infectious Diseases, University College London.

### Fitness to travel

- What are the rules with chronic respiratory disease?
- Simple assessments for in-flight oxygen
- Travelling with a medical condition
- Ischaemic heart disease and post MI
- Diabetes
- Recent pneumothorax
- Recent surgery

## 15.50 Session 7

**Ms Deborah Rennie.** Clinical Quality Nurse Lead – The Jersey Practice. Training Manager and Specialist Travel Health Nurse – Globetrotters Travel Clinics.

### How to set up and run a travel clinic

- Practicalities
- Finance. Purchasing vaccines and charges to patients
- Vaccine safety and storage
- Sources of up to date advice
- Emergencies

16.30 Close

# Women's Health 1

## Wednesday 3rd December 2008

9.15 Registration and Coffee

9.45 Welcome

### 9.50 Session 1

**Prof Gordana Prelevic.** Consultant Endocrinologist, Royal Free Hospital and Whittington Hospital.

#### Osteoporosis

- Epidemiology.
- Associated risk factors.
- Who to screen – is it worth it?
- Methods of detection. DEXA and Heel Scan.
- How to interpret a scan result and when to repeat.
- Treatment and prevention: Lifestyle factors. HRT. Vitamin D3 and calcium. Bisphosphonates. Raloxifene.
- Steroids and osteoporosis. Prevention.
- Osteoporosis in men.

11.00 Coffee

### 11.15 Session 2

**Prof Gordana Prelevic** Consultant Endocrinologist, Royal Free Hospital and Whittington Hospital.

#### Hormone Replacement Therapy & Post-Menopausal Osteoporosis

- Pros and cons of HRT: the evidence:
  - Breast cancer
  - DVT
  - Endometrial cancer
  - IHD
  - Osteoporosis
- Peri-menopausal symptoms – when to start HRT. When does a woman on the pill know she is menopausal?
- Use of blood tests in diagnosis and monitoring.
- Non-hormonal treatment.
- Hormonal treatment. Methods of delivery. Phyto-oestrogens. Progesterone creams. Gels.
- BP checks on HRT – why?
- How long to take HRT?
- When stopping – how fast do the benefits wane?

### 12.05 Session 3

**Prof Gordana Prelevic.** Consultant Endocrinologist, Royal Free Hospital and Whittington Hospital.

#### Polycystic Ovarian Syndrome

- Epidemiology
- Pathogenesis
- Screening?
- Diagnosis and what confounds it.
- Treatments. Use of metformin and spironolactone. Dianette and dangers of long-term use.
- Outcome. Effect on fertility.

13.05 Lunch

### 14.05 Session 4

**Dr Anne Szarewski.** Margaret Pyke Centre. Clinical Consultant, Cancer Research UK.

#### Contraception: Current Controversies

##### *The Pill*

- Risk v. benefits. Cancer. DVT. Are newer pills safer?
- Which preparations for which patients? Treatment of side effects.
- Cerazette, the new progestogen only pill.
- Yasmin. Helpful for weight gain?

##### *Implants and Injectables*

- New devices. Pros and cons.
- Depo Provera and osteoporosis.

##### *IUDs*

- Recommendations for coil insertion and screening for infection.
- Gynefix, Nova T380 and Mirena.
- Post-coital contraception.

14.55 Tea

### 15.15 Session 5

**Mr Carl Chow.** Consultant Gynaecologist, Kingston Hospital, Kingston upon Thames.

#### Cervical Screening & Cervical Cancer

- Causes of cervical cancer.
- Associated and protective factors.
- Has the National Cervical Screening programme affected mortality?
- How do the current guidelines link in with the natural history of cervical cancer? Are they in need of change? Interval cancers.
- Liquid based cytology.
- Follow up of patient with mild/borderline changes and normal colposcopy.
- Treatment and prognosis of established cervical cancer. Use of radiotherapy and chemotherapy.

16.30 Close

# Psychology and Psychiatry for Nurses

*Friday 6th February 2009*

This new course provides an introduction to mental health for nurses. The morning sessions will set the scene and explore the generic skills needed to recognise and manage the psychiatric and psychological issues which arise in your practice. The afternoon sessions provide an insight into specific disorders using a case-based approach.

## Morning sessions

### Session 1

**Prof Michael King.** Professor of Primary Care Psychiatry, Department of Mental Health Sciences, University College London.

#### Setting the scene

- What is “normal” and “abnormal” behaviour and thinking?
- Recognising there may be a problem in your patients
- Asking “difficult questions”
- Assessing the patient

### Session 2

**Prof Michael King.** Professor of Primary Care Psychiatry, Department of Mental Health Sciences, University College London.

#### Treatment strategies - an overview

- Drug therapies
- What you need to know
- Which drugs need careful monitoring
- Stopping drugs – what are the risks?
- Talking therapies
- When are they helpful?
- What sort are there?
- Impact in the older patient & those with intellectual disability

## Afternoon sessions

### Session 3

#### Speaker to be confirmed

#### Depression and anxiety

- How common are these conditions?
- Cultural issues. Differences in presentation.
- What constitutes a phobia? How should it be treated?
- What is a normal grief reaction?
- Assessment.
- Indications for specialist referral.
- Management strategies.
- Pharmacological & non-pharmacological therapy.
- Role of link workers between psychiatrist and primary care team.

### Session 4

#### Speaker to be confirmed

#### Drugs and alcohol

##### *Alcohol dependence*

- What can be done in primary care to identify problem drinking? AUDIT and CAGE screening tools.
- Assessment of patients with alcohol dependence.
- Management
- Brief interventions. What works?
- How to advise people on cutting down their drinking.
- Pharmacological treatment.
- Services, links and resources.

##### *Substance misuse*

- The scale of the problem – who takes what?
- Being aware of substance misuse in your patients
- Assessment
- Opportunities for intervention
- Management and referral to other services

### Session 5

#### Speaker to be confirmed

#### Dementia

- Incidence and prevalence of dementia.
- Assessment.
- When to refer to specialist services.
- Management.
- Specific drug therapy & treatment of behavioural problems.
- Community services.