

Fylde Coast CPD Training Plan 2025-2026

Eligible staff (unless otherwise stated)

Advanced Nurse Practitioners	Υ
Nurse Specialists	Y
Extended Role Practice Nurses	Y
Practice Nurses	Υ
Nursing Partners	Υ
Nurse Dispensers	Υ
Nursing Associates (qualified)	Υ
Podiatrists	Υ
Physiotherapists	Y
Occupational Therapists	Υ
Paramedics	Y
Dieticians	Υ

Places are limited on all the courses advertised below and places will be allocated on a first come first serve basis. We recommend that you register early to avoid disappointment.



Vaginal Prolapse and Fitting Ring Pessaries

Provided by M&K Update

Course Name	Description	Learning Outcomes	Date & Location	Register your interest by clicking on the link below
Vaginal Prolapse and Fitting Ring Pessaries	As women are now living longer, genital prolapse is becoming an everincreasing problem. Nurses working in Primary/Secondary Care settings have to fit and change vaginal (ring) pessaries on a frequent basis. This half day session aims to provide nurses with the theoretical/practical skills and knowledge required to safely fit and change pessaries and includes: • An overview of the female genital tract • Signs and symptoms of prolapse • Types of pessaries available How to fit and change a ring pessary • Practical workshop using a manikin • Identification of problems and how to solve them • Hormone Replacement Therapy for the genital tract	 Understand the causes of female genital prolapse Describe the signs and symptoms associated this condition Explain to women how gynaecological surgery may help Identify problems associated with ring pessaries Describe how to fit and change ring pessaries 	Live online half day course delivered over Zoom. Monday 6 th October 2025: AM session – 9:00 to 12:00 OR PM session – 13:00 to 16:00 More dates and sessions to follow!	This course is now full. Alternative ring pessary training can be found at: Ring Pessary Training medtribe.com We have a limited number of pelvis mannequins available to borrow if anyone would like to practice after the training. Collection only from Lytham Primary Care Centre. Please email: jenny.cole4@nhs.net



Understanding Blood Results

Provided by M&K Update

Course Name	Description	Learning Outcomes	Date & Location	Register your interest by clicking on the link below
Understanding Blood Results	Early recognition of abnormalities can avert potential life threatening or at least harmful situations. This well established and respected two day course allows the candidate a chance to fully understand routine haematology and biochemistry results and includes: Full Blood Count; parameters of the full blood count Haemoglobin and erythrocyte physiology; ESR, INR Clinical examples workshop Patterns in anaemia Differential White Cell Count Clinical Biochemistry Clinical electrolyte and water homeostasis Hypo and hypernatraemia Potassium homeostasis Liver function tests Thyroid function tests Clinical case studies	 Routine full blood count results Clinical physiology of the haematological system Routine biochemistry tests and electrolyte and water homeostasis Physiology of liver and cardiac enzymes Clinical implications of results 	Live online two-day course delivered over Zoom Thursday 12 th & Friday 13 th February 2026 You must be able to attend both days of training (09:00-16:00)	This course is now full. Please email jenny.cole4@nhs.net to be added to the waitlist.



New Smear Taker Training

Provided by the University of Liverpool

Course Name	Description	Learning Outcomes	Date & Location	Register your interest by clicking on the link below
New Smear Taker Course	Training for new smear takers will comprise theoretical learning followed by a period of practical training in practice.	Topic 1: the NHS CSP Topic 2: background to cervical screening Topic 3: organisation of the NHS CSP Topic 4: equality of access to cervical screening Topic 5: cervical screening sample requests Topic 6: understanding the test results Topic 7: anatomy and physiology of the pelvic organs Topic 8: practical aspects of taking cervical samples	2-day course Holiday Inn Express Preston South, Reedfield Place, Walton Summit, Preston PR5 8AA	Please click HERE to register your interest in booking a place on this course. Please note: Expressing your interest does not guarantee you a place. You will need to complete a separate application form after registering interest.
Smear Mentor Training	This course will allow you to act as both a practice mentor OR an external assessor for a new smear taker		The course is delivered via an E-Learning package where you will have access to PowerPoint presentations. At the end of the programme you will need to complete a short reflective assessment.	Please click HERE to register your interest in booking a place on this course.



Study days delivered by Et al Training

Provided by Et al Training

Course Name	Description	Learning Outcomes	Date & Location	Register your interest by clicking on the link below
Hypertension Study Day	An interactive and informal study day designed for the multi-professional primary care team. 13% of the national population are currently diagnosed with hypertension, but the majority of BP and hypertension management does not need to hit the GP. This study day will look at the diagnosis of hypertension, the use of ambulatory & home monitoring, physiology of the normal management of blood pressure, causes & management of hypertension, how BP drugs affect the system, complicated and rarer causes of hypertension, with a look at some clinical cases.	 Understand the importance of hypertension and relevance in prevention of CVD Understand the principle if diagnosis and management in the primary care and the team's roles Understand the rationale behind the National Clinical Guidelines for the management of hypertension in patients in primary care 	Live online one-day course delivered over Zoom Friday 21st November 2025 Full day course (09:00-16:00)	Click HERE to book your place on this course Limited spaces!
Cardiovascular Disease Study Day	The day will provide an overview of CVD and who is at risk. It will go on to focus on the prevention, diagnosis and management of:	The aim of the day is for healthcare practitioners to acquire knowledge of CHD, stroke and TIA so they have the confidence to care for	Live online one-day course delivered over Zoom Friday 30 th January 2026	This course is now full. Please email jenny.cole4@nhs.net to be added to the waitlist.



CHD including stable angina, acute	people with these conditions	Full day course (09:00-16:00)	
coronary syndromes and myocardial	effectively in Primary Care.		
infarction			
Stroke & transient ischaemic attacks (TIAs)			
Atrial fibrillation (AF) in stroke prevention			
We start with the importance of CVD, who is			
at risk and how it can be prevented. This will			
include lipid lowering in primary care.			
We go on to consider CUD in more detail How			
We go on to consider CHD in more detail. How the heart works and how it helps itself during			
episodes of angina. We explain the difference			
between stable angina and acute coronary			
syndromes and how these conditions present			
in primary care. Using clinical cases, we discuss			
making the diagnosis of CHD and the role of			
lifestyle choices, medication and			
revacularisation in controlling symptoms and			
increasing life expectancy.			
moreasing me expectancy.			
After lunch we move on to consider the			
diagnosis and management of stroke and TIA.			
Meet the dancing heart and the clotting chef			
to understand the importance of the diagnosis			
of atrial fibrillation (AF) and role of			
anticoagulation in preventing embolic stroke.			
Throughout the day we will refer to current			
National Guidelines and pathways.(NICE)			



Heart Failure Study Day

In this study day we begin by setting the national scene and clarify the diagnosis of heart failure which interestingly is not the underlying diagnosis! We then move on to the pathophysiology of heart failure, with a "sad story" which recounts the reactions from the body when the heart fails and lays out in a memorable non PowerPoint manner the systems which are involved in the body. This story then becomes the basis of understanding for the management of heart failure from the routine to the complex, where a "daddy dancing" approach to understanding biventricular pacing comes in handy. Keeping us focused on real life general practice we round off the day with some clinical cases to discuss the obscure and to consolidate the learning.

At the end of the day you will understand

- The practice population at risk of developing heart failure
- The impact of heart failure on the individual and wider practice population
- The importance of effective management for those with heart failure
- The benefits and monitoring of pharmacological interventions available for treatment

Live online one-day course delivered over Zoom

Friday 12th December 2025

Full day course (09:00-16:00)

Click <u>HERE</u> to book your place on this course

Limited spaces!



Diabetic Foot Screen Training

Course Name	Description	Learning Outcomes	Date & Location	Register your interest by clicking on the link below
Diabetic Foot Screen Training	This training is open to all roles in primary care including HCA's and GPA's.	 NICE Guidelines Why and how to perform a foot screen Onward referring There is an opportunity for people to perform practice examinations and the trainer is able to sign off competency of the examination skill 	This course is delivered in person at Lytham Primary Care Centre * New date coming soon * 9:30 – 11:30 Please note that no food or refreshments will be provided. Car parking is available free of charge	Please email jenny.cole4@nhs.net to be added to the waitlist



Dermatology for Nurses and AHPs

Provided by M&K update

Course Name	Description	Learning Outcomes	Date & Location	Register your interest by clicking on the link below
Dermatology for Nurses and AHPs	A course designed to give a broader understanding of anatomy and physiology of the skin and giving ability in recognising lesions, lumps and bumps.	 At the end of the course you will understand: Anatomy and physiology of the skin Lesions, lumps and bumps Terminology and skin assessment Introduction to general dermatology and common conditions Skin cancers - how to recognise them and understanding prevalence Skin infections and infestations Caring for older skin - preventing wounds and ulcers, medicated bandages Paediatric skin How emollients work Soaps, moisturisers, emollients and shampoos, their functions and how to use them 	Live online one-day course delivered over Zoom Friday 27 th March 2026 Full day course (09:00-16:00)	This course is now full. Please email jenny.cole4@nhs.net to be added to the waitlist.



Pit Stop Diabetes Training

Provided by Pit Stop

(If you need advice on which Diabetes course would be best for your role please contact admin@pitstopdiabetes.co.uk)

Course Name	Description	Learning Outcomes	Date & Location	Register your interest by clicking on the link below
1-day HCA PITstop- Diabetes Foundation Course for Primary Care	This 1-day diabetes course focuses on preparing non-registered practitioners to get involved in both the prediabetes and diabetes pathways. They will gain an understanding of the care pathways for people with prediabetes and type 2 diabetes, the screening tasks involved and key lifestyle messages to help support people achieve their individual goals. Suitable for Non-registered practitioners including Healthcare Assistants and Assistant Practitioners Nursing Associates You will need find a mentor in your practice and work with them to achieve relevant-to-role HCA PITstop competencies	 Care pathways for high risk and type 2 diabetes, including the Diabetes Prevention Programme and structured education programmes for type 2 diabetes Screening tests associated with the annual reviews (including foot assessment and recording risk) How to maintain the Practice 'diabetes box' containing blood glucose/ketone monitoring equipment and hypoglycaemia treatment Key lifestyle messages Exploring the scope of practice of HCAs in diabetes care and the competency assessment/mentorship requirements. 	Courses are currently being delivered live, online. Duration 6.5 hours Current dates are shown on the booking link (More dates to be added soon) Each cohort has limited spaces and may fill up quickly.	Bookings are currently closed for this training. Please email jenny.cole4@nhs.net to be added to the waitlist.



1-day PrePITstop course

This 1-day multidisciplinary diabetes course takes the key messages from the popular 3-day PrePITstop course and delivers them in a 6.5-hour programme. It focuses on the core diabetes services and care provision for people with type 2 diabetes and prediabetes and emergency management for people with type 1 diabetes. It is aimed at healthcare professionals working in primary care who want to work as a team to improve diabetes services and patient outcomes using structured care pathways. The 1-day PrePITstop is designed for GPs or Practice nurses and Clinical pharmacists who already have experience in diabetes and need an update.

Programme summary

- Classification and accurate diagnosis
- Diabetes screening for at risk groups
- Day to day living choices
- Encouraging referrals to the Diabetes Prevention Programme and Structured Education
- The oral diabetes medication pathway and related subjects (DVLA, hypoglycaemia, monitoring, concordance, individual target setting)
- Managing illness
- The provision of essential diabetes care using structured care pathways
- Cardiovascular disease prevention, including blood pressure, lipid and kidney management
- The foot assessment, foot advice and appropriate referral

Courses are currently being delivered live, online. Duration 6.5 hours

Current dates are shown on the booking link —

(More dates to be added soon)

Each cohort has limited spaces and may fill up quickly.



3-day PrePITstop-Foundation Course

This 3-day multidisciplinary diabetes foundation course focuses on the core diabetes services and care provision for people with type 2 diabetes and prediabetes and emergency management for people with type 1 diabetes. It is aimed at healthcare professionals working in primary care who want to work as a team to improve diabetes services and patient outcomes using structured care pathways.

Programme summary

- Classification and accurate diagnosis
- Diabetes screening for at risk groups
- Day to day living choices
- Encouraging referrals to the Diabetes
 Prevention Programme and
 Structured Education
- The oral diabetes medication pathway and related subjects (DVLA, hypoglycaemia, monitoring, concordance, individual target setting)
- Managing illness
- The provision of essential diabetes care using structured care pathways
- Cardiovascular disease prevention, including blood pressure, lipid and kidney management
- Eye screening and diabetes eye complications
- Emotional and mental health
- The foot assessment, foot advice and appropriate referral
- Preconceptual counselling and family planning advice (self-directed learning)
- Case studies: putting it into practice
- Use of audit to improve outcomes

Courses are currently being delivered live, online. Duration 19.5 hours over 3 days.

You MUST be available to attend all 3 dates of the course cohort.

Current dates are shown on the booking link ———

(More dates to be added soon)

Each cohort has limited spaces and may fill up quickly.



PITstop: 2.5day-Programme for Injectable Therapies Course This popular, practical 2.5-day advanced course gives multi-disciplinary, practice teams the resources to work towards enhanced diabetes service provision for injectable initiation (type 2 diabetes only).

We recommend PITstop students seek mentorship after attending the course, to ensure they embed the skill safely in clinical practice. Please identify someone in your practice who could fulfil this role. The supervisor/mentor needs to be a practitioner who has (ideally) completed an accredited course AND they are actively initiating and titrating insulin and GLP-1s. So this could be a GP, pharmacists, ACP or DSN.

Please Note:

This course is suitable for Practitioners working at an advanced level who are already experienced in providing a diabetes service.

Ideally having attended a foundation level diabetes course or can provide evidence of self-directed learning, focusing on the oral diabetes medication pathway.

Programme summary

- Revision of diabetes oral medications
- GLP-1 Agonists, including initiation using a structured care pathway
- Insulin: building the profile
- Injection technique
- Device workshop
- Detective work at review appointments focusing on injectables
- Insulin safety (self-directed learning)
- When is insulin indicated?
- Working through the PITstop insulin pathway to assess for insulin, initiate an appropriate insulin regimen and support the patient for the first 6months: a case study approach
- Changing insulin regimens
- Dietary considerations and insulin, including minimising weight gain
- Decisions about injectable therapies: a case study approach

Courses are currently being delivered live, online. Duration 17.5 hours over 2.5 days. The first two days are held together and the half-day follow-up is approximately 2 months later.

You MUST be available to attend all 2.5 dates of the course cohort

Current dates are shown on the booking link —

(More dates to be added soon)

Each cohort has limited spaces and may fill up quickly.



4-hour PITstop Continuous Glucose Monitoring (CGM): essentials for primary care to enhance diabetes care	For past 2.5-day PITstop advanced course students	 Understand what CGM is, how it helps, and its limits compared to HbA1c and finger-pricking. Identify who qualifies for CGM and how to get started Explore steps for prescribing CGM and educating patients on its use. Understand how to use and troubleshoot CGM devices like Libre and Dexcom. Interpret the CGM AGP reports, spot trends, and make treatment decisions. Explore how to analyse real cases and understand what affects glucose levels. Explore how to adjust lifestyle or medication based on CGM data 	Date options (subject to availability at time of booking): • Wednesday 3rd December 2025 • Monday 26th January 2026 • Tuesday 3rd March 2026 At 9am – 1pm Delivered live, online on Zoom Each cohort has limited spaces and may fill up quickly.	Click HERE to book your place on this course
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PITstop, it's
time to refuel
2025/26! 1-day
online
advanced
diabetes CPD
conference

A one-day online/live CPD programme suitable for past 2.5 day advanced PITstop students.

Programme will include

- What's new in 2025
- Young Onset Type 2 Diabetes support, services and proactive holistic prevention management
- Pregnancy planning
- Revision: the insulin PITstop pathway and templates
- Revision: the GLP-1 or dual GIP/ GLP-1 agonist PITstop pathway and templates
- Themed case studies
- The use of audit to embed skills and improve patient outcomes

To enable past PITstop students to maintain skills in assessing and initiating people with type 2 diabetes for GLP-1 and dual GIP/GLP-1 Agonists or insulin and providing ongoing support.

Date options (subject to availability at time of booking):

- Thursday 13th November 2025
- Tuesday 20th January 2026
- Friday 20th March 2026

At 9am – 4pm

Delivered live, online on Zoom

Each cohort has limited spaces and may fill up quickly.



Respiratory Courses

Provided by Respiratory Matters

Course Name	Description	Learning Outcomes	Date	Register your interest by clicking on the link below
Asthma Certificate (adults and paediatrics)	The asthma certificate covers adult and paediatric asthma using the latest guidelines to provide learners with the knowledge to understand asthma from the point of diagnosis, exacerbation, and management of stable disease. There are no formal assessments but there are quizzes throughout the course to enable the learner to assess their knowledge following the course. Learners have 3 months to complete the course although extensions are available in required. This course is suitable for registered nurses and GP's who are new to the subject area or who would like to use this as an update.	 Recognise the signs and symptoms of asthma. Be able to use appropriate tests to assist in confirming diagnosis as per BTS/SIGN guidelines Understand the use of appropriate pharmacological and non-pharmacological management of a person with asthma as per BTS/SIGN and as per BNF and BNF-C Understand emergency pathways in primary care, to ensure that patient need is met safely and competently Be able to empower people with asthma to take control of their condition through gold standard face to face or remote reviews. 	The course is delivered via a virtual learning environment where you will have access to PowerPoint presentations with audio, interactive quizzes, and resources. The duration of the course is 3 months from point of registration. You will have the opportunity (not mandatory) for a 1-2-1 tutorial every month, via telephone or ZOOM if you prefer.	Click HERE to book your place on this course
Asthma Diploma (adults and paediatrics)	The Respiratory Matters Asthma Diploma course is suitable for health care professionals who are caring for people with asthma. The course has been designed to equip you with the knowledge and confidence to be able to provide evidence-based, gold standard care from the point of an accurate diagnosis ensuring that effective	 Recognise the signs and symptoms of asthma Be able to use appropriate tests to assist in confirming diagnosis as per BTS/SIGN guidelines Understand the use of appropriate pharmacological and non-pharmacological management of a person with asthma as per BTS/SIGN and as per BNF and BNF-C 	The course is delivered via a virtual learning environment where you will have access to PowerPoint presentations with audio, interactive quizzes, and resources. The duration of the course is 6 months. During this time, you will have a series of	Click HERE to book your place on this course



	management strategies are implemented throughout.	•	Understand emergency pathways in primary care, to ensure that patient need is met safely and competently Be able to empower people with asthma to take control of their condition Be able to utilise the knowledge learned throughout the course to deliver safe, evidence- based practice. Be able to reflect on current practice by evaluating the care of a patient within your workplace. Appraise an area of current practice by measuring it against pre-selected standards, in order to identify and implement areas for change.	short answer questions, designed to support your practice. The final assignment, submitted at the end of the course, is an audit, of a topic of your choice. The aim of this is to highlight discrepancies between actual practice and standards in order to identify the changes needed to improve the quality of care. You will implement those changes and complete another audit cycle as part of the submission. You will have the opportunity (not mandatory) for a 1-2-1 tutorial every month, via telephone or ZOOM if you prefer	
COPD Certificate (adults and paediatrics)	The COPD certificate uses the latest guidelines to provide learners with the knowledge to understand COPD from the point of diagnosis, exacerbation, and management of stable disease. There are no formal assessments but there are quizzes throughout the course to enable the learner to assess their knowledge following the course. Learners have 3 months to	•	Recognise the signs and symptoms of COPD, and gain understanding of the different phenotypes. Understand the principles of appropriate tests including spirometry to assist in confirming the diagnosis of COPD. Understanding alternative routes to making a diagnosis without spirometry due to COVID	The course is delivered via a virtual learning environment where you will have access to PowerPoint presentations with audio, interactive quizzes, and resources. The duration of the course is 3 months from point of registration. You will have the opportunity (not	Click HERE to book your place on this course



	complete the course although extensions are available in required. This course is suitable for registered nurses and GP's who are new to the subject area or who would like to use this as an update	•	Understand appropriate pharmacological and non-pharmacological management of a person with COPD. Recognise and treat an exacerbation of COPD Be able to empower people with COPD to take control of their condition through gold standard face to face or remote reviews	mandatory) for a 1-2-1 tutorial every month, via telephone or ZOOM if you prefer.	
COPD Diploma (adults and paediatrics)	The Respiratory Matters COPD Diploma course is suitable for health care professionals who are caring for people with COPD. The course is very practical and has been designed to equip you with the skills and knowledge required to be able to provide gold standard care to the person with COPD from the point of an accurate diagnosis and ensuring that effective management strategies are implemented throughout the disease trajectory.	•	Recognise the signs and symptoms of COPD Understand the principles of appropriate tests to assist in confirming the diagnosis of COPD, as per NICE guidelines Understand appropriate pharmacological and non-pharmacological management of a person with COPD as per NICE guidance and as per BNF Understand pathways for the treatment of acute exacerbation of COPD, to ensure that patient need is met safely and competently Be able to empower people with COPD to take control of their condition Be able to reflect on current practice by evaluating the care of a patient within your workplace Be able to utilise the knowledge learned throughout the course to deliver safe, evidence- based practice Appraise an area of current practice by measuring it against pre-selected standards, in order to identify and implement areas for change.	The course is delivered via a virtual learning environment where you will have access to PowerPoint presentations with audio, interactive quizzes, and resources. You can start at any point throughout the year. The duration of the course is 6 months. During this time, you will have a series of short answer questions, designed to support your practice. The final assignment, submitted at the end of the course, is an audit, of a topic of your choice. The aim of this is to highlight discrepancies between actual practice and standards in order to identify the changes needed to improve the quality of care. You will implement those changes and complete another audit cycle as part of the submission.	Click HERE to book your place on this course



		You will have the opportunity (not mandatory) for a 1-2-1 tutorial every month, via telephone or ZOOM if you prefer	
Asthma and COPD for Health care assistants	This certificate course covers the role of the HCA in supporting registered nurses in the care of patients with asthma and COPD. It provides an understanding of the diseases and how to deliver a gold standard review whilst maintaining safe practice within competencies, and job role and identifying timely escalation.	The course is delivered via a virtual learning environment where you will have access to PowerPoint presentations with audio, interactive quizzes, and resources. The duration of the course is 3 months from point of registration.	Click HERE to book your place on this course



Level 6 / Level 7 Module Requests

requests for Level 6 and 7 modules. We are inviting all eligible professional groups ONLY to submit an application for funding a specific course or programme to support your professional development in line with your personal development plan and/or practice/PCN service needs. You can apply for funding to cover the cost of training you would like to attend, or you can claim back the cost of training you have already undertaken (cannot claim for anything started before April 2025). Please note: if we receive requests for funding greater than the value of the pot of funding available then	Opportunity		Register your interest by clicking on the link below
possible. In this instance, the decision on what is funded and how much is allocated will be confirmed by the Board. This link will close once the funding has been exhausted. You will be notified of the outcome of your training request via email within one week of applying.	=	requests for Level 6 and 7 modules. We are inviting all eligible professional groups ONLY to submit an application for funding a specific course or programme to support your professional development in line with your personal development plan and/or practice/PCN service needs. You can apply for funding to cover the cost of training you would like to attend, or you can claim back the cost of training you have already undertaken (cannot claim for anything started before April 2025). Please note: if we receive requests for funding greater than the value of the pot of funding available then we will offer a relative proportion of funding to everyone so we can support as many of the applications as possible. In this instance, the decision on what is funded and how much is allocated will be confirmed by the Board. This link will close once the funding has been exhausted. You will be notified of the outcome of your	Click HERE to express your interest in undertaking a



Individual CPD Requests for Training

Opportunity		Register your interest by clicking on the link below
Individual CPD Requests	I am pleased to be able to confirm that the application process for funding for individual CPD requests has been re-opened. We have a <i>small</i> pot of funding available for individual professional development opportunities that have not been covered in our at scale offering above. We are inviting all eligible professional groups ONLY to submit an application for funding a specific course or programme to support your professional development in line with your personal development plan and/or practice/PCN service needs. You can apply for funding to cover the cost of training you would like to attend, or you can claim back the cost of training you have already undertaken (cannot claim for anything started before April 2025). Please note: if we receive requests for funding greater than the value of the pot of funding available then we will offer a relative proportion of funding to everyone so we can support as many of the applications as possible. In this instance, the decision on what is funded and how much is allocated will be confirmed by the Board. This link will close once the funding has been exhausted. You will be notified of the outcome of your training request via email within one week of applying.	Click HERE to express your interest in undertaking a bespoke training course