

Fylde Coast CPD Training Plan

2026-2027

Eligible staff (unless otherwise stated)

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

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.

Provided by M&K Update
Understanding Blood Results

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 19th and Friday 20th November 2026 <u>This is a two-day course and you must be able to attend both days of training</u> The course will start promptly at 09:00 (so please be ready to log on from 08:45) and will finish at approx. 16:00 each day	Please click HERE to book your place on this course (Please note, bookings for this course are through Medtribe so you will need to have your own Medtribe account to book)

Frailty – Assessment, Risk Reduction and Management

Provided by M&K update

Course Name	Description	Learning Outcomes	Date & Location	Register your interest by clicking on the link below
Frailty – Assessment, Risk Reduction and Management	The concepts of frailty, deconditioning and sarcopaenia, loss of muscle and strength, are relatively new and our knowledge of these conditions is growing. Our population is ageing, in 1951 average male life expectancy was 66.4 years, by 2016 this had risen to 79.5 years. The average female life expectancy rose from 71.5 to 83.1 years. The average man will have 16.2 years (20%) in poor health and the average woman, 19.2 years (23%) of poor health. Ageing is associated with reduced levels of physiological reserve. Around 10% of people aged 65+ and 25-50% of people aged 85+ are frail. <i>“Frailty is a distinctive health state related to the ageing process in which multiple body systems gradually lose their in-built reserves”</i> (BGS, 2014) Frailty is not an inevitable part of ageing; it is a long-term condition. It varies in severity and can improve or worsen. This study day examines the factors that increase the risk of frailty and what the nurse, as part of the multidisciplinary team can do to reduce risks and improve quality of life.	The day aims to improve your understanding of risk factors and evidence-based interventions. Candidates attending will learn: • How to live a long and healthy life • How age-related changes increase the risk of frailty and what can be done to reduce these risks • The main features of frailty, sarcopenia (loss of muscle and strength), poor nutrition, falls, and risk of hospital admission. • Who is at risk of frailty and what can we achieve by assessment and interventions • Patient centred care and treatment • The role of medication in frailty, falls and delirium exploration • of STOPP/START and Beers criteria • Cognitive assessment in ward and community settings	Live online one-day course delivered over Zoom Thursday 22nd April 2027 The course will start promptly at 09:00 (so please be ready to log on from 08:45) and will finish at approx. 16:00.	Please click HERE to book your place on this course (Please note, bookings for this course are through Medtribe so you will need to have your own Medtribe account to book)

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	6th & 7th October 2026 2-day course Farington Lodge Hotel, Stanfield Lane, Preston PR25 4QR, <i>Further dates for 2027 will be released shortly</i>	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	We briefly set out the national scene and clarify the need for the effective management of hypertension. Moving on swiftly to the diagnosis of hypertension and the more recent approach to the use of ambulatory and home monitoring, with the roles of the team members laid bare. The physiology of the normal management of blood pressure are explained with a building story on the wall. This is then the basis for explaining the causes and management of hypertension, facilitating discussion and to support the understanding of the way BP drugs affect this system, the side effects and the reasons for the selection of particular drugs. Once diagnosed and the appropriate treatment and up titration selected, according to the NICE Guidelines, monitoring and targets are the issue. Acute kidney injury (AKI) is a potential especially in the older patient, so the cause and prevention of this is explained in an interactive manner. Complicated and rarer causes of hypertension are outlined, and then clinical cases help consolidate the knowledge.	• 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 15th January 2027 Full day course (09:00-16:00)	Please click HERE to book your place on this course (Please note, bookings for this course are through Medtribe so you will need to have your own Medtribe account to book)

The management of people with cardiovascular disease (CVD) in Primary Care with focus on coronary heart disease (CHD) and stroke & TIA (CVA)	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: • CHD including stable angina, acute coronary syndromes and myocardial 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 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 revascularisation in controlling symptoms and increasing life 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)	At the end of the day delegates will have an appreciation of: • The importance of CVD and who is most at risk. • The diagnosis and management of stable angina and unstable CAD • The diagnosis and management of stroke & TIA. • The importance of diagnosis and role of anticoagulation in stroke prevention for people with AF	Live online one-day course delivered over Zoom Friday 26th February 2027 Full day course (09:00-16:00)	Please click HERE to book your place on this course (Please note, bookings for this course are through Medtribe so you will need to have your own Medtribe account to book)
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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 • The rationale behind the Current Clinical Guidelines for the diagnosis and management of heart failure in primary care	Live online one-day course delivered over Zoom Thursday 11th March 2027 Full day course (09:00-16:00)	Please click HERE to book your place on this course (Please note, bookings for this course are through Medtribe so you will need to have your own Medtribe account to book)
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Chronic Kidney Disease Study Day	We set the national and individual impact of CKD in perspective,. The role of the tests for CKD are immortalised in the “TV style kidney chef” production where we turn blood into urine in front of your very eyes! The latest NICE Guidance for CKD is covered, so from diagnosis to the appropriate management principles for CKD in primary care is explained, with the very important aspect of when to refer included. Avoiding acute kidney injury (AKI) is a vital aspect of primary care management of hypertension, CKD and simply the elderly population. This study day demystifies this and offers practical solutions. The day is relaxed and interactive using demonstrations, case studies and totally focused on what people working in general practice need to know and do about kidneys.	At the end of the day you will understand: • The importance of CKD & relevance in prevention of CVD. • The benefits & limitations of testing renal function. • The function of the normal kidney & what goes wrong in CKD. • The rationale behind National Clinical Guidelines for the management of CKD	Live online one-day course delivered over Zoom Friday 9th October 2026 Full day course (09:00-16:00)	Please click HERE to book your place on this course (Please note, bookings for this course are through Medtribe so you will need to have your own Medtribe account to book)
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Obesity – A Long-Term Condition Study Day	Obesity is a growing healthcare problem affecting around 1 in 4 adults in UK. Living with obesity can have a significant impact on physical and emotional wellbeing. Losing weight can be challenging and lost weight usually returns. There is no quick fix and one approach does not fit all. Support is available both on the NHS and privately and includes drugs, surgery, nutritional plans and psychological interventions. The weight loss industry is big business with billions of pounds being spent each year. Weight loss jabs have surged in popularity and accessibility and the wrap around care required is new and evolving. This study day will be an interactive and relaxed day exploring the big picture, the NHS Long Term Plan and our role as Primary Care healthcare professionals working in the NHS.	At the end of the day, Delegates will: • Understand the importance of obesity and its impact on physical and emotional well being • Understand the multifactorial causes of obesity and how these can be modified to lose and maintain a healthy weight. • Gain an appreciation of the current national and NHS environment re weight loss jab • management both the strengths and weaknesses • Experience a practical approach to having difficult conversations about weight and expectations about management.	Live online one-day course delivered over Zoom Tuesday 1st December 2026 Full day course (09:00-16:00)	Please click HERE to book your place on this course (Please note, bookings for this course are through Medtribe so you will need to have your own Medtribe account to book)
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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 TBC – MORE DATES COMING SOON 9:30 – 11:30 Please note that no food or refreshments will be provided. Car parking is available free of charge at Lytham Primary Care Centre	To be added to the waitlist, please email laurajane.lloyd@nhs.net

PITstop 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 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. <u>The 1-day PrePITstop is designed for GPs or Practice nurses and Clinical pharmacists who already have experience in diabetes and need an update.</u>	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: 1-day Please click through to book to see all the current course dates that are available. → Each cohort has limited spaces and may fill up quickly. Booking through this link does not guarantee your place on the course at this stage.	Click HERE to express your interest in attending this course



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. Please click through to book to see all the current course dates that are available. → Each cohort has limited spaces and may fill up quickly. Booking through this link does not guarantee your place on the course at this stage.	Click HERE to express your interest in attending this course
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PITstop: 2.5-day-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 <u>AND</u> 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 6-months: 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 are full days. The final half-day follow-up is approximately 2 months later. You MUST be available to attend all 2.5 dates of the course cohort Please click through to book to see all the current course dates that are available. —————> Each cohort has limited spaces and may fill up quickly. Booking through this link does not guarantee your place on the course at this stage.	Click HERE to express your interest in attending this course
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4.5-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): Thursday 1st October 2026 Course starts at 9am and is expected to finish at approx. 1.30pm Delivered live, online on Zoom Each cohort has limited spaces and may fill up quickly. More dates to be added soon!	Click HERE to express your interest in attending this course
4 hour CPD diabetes foundation update course	For HCPs who have previously completed the 3-day PrePITstop foundation or 1-day PrePITstop key message course and looking for an update	This 4-hour programme has been developed to update healthcare professionals who deliver the essential primary care services for people with type 2 diabetes and non-diabetic hyperglycaemia and have previously done a diabetes foundation course.	Date options (subject to availability at time of booking): Wednesday 16th September 2026 Course starts at 9am and is expected to finish at approx. 1pm Delivered live, online on Zoom Each cohort has limited spaces and may fill up quickly. More dates to be added soon!	Click HERE to express your interest in attending this course

Coming Soon!

- Respiratory courses in Asthma or COPD
- End of Life Care
- Dementia Care
- Complex Wound Care

Please email laurajane.lloyd@nhs.net to be added to the waitlist for any of these sessions. Please ensure you state which course you would like to attend.

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 <u>eligible professional groups ONLY</u> 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 2026) up to £1000 per person. <u>Please note:</u> if we receive requests for funding greater than the value of the pot of funding available then funding will be allocated on a first come first serve basis. This link will close once the funding has been exhausted. Once all the funding has been allocated, a waitlist will be in operation. You will be notified of the outcome of your training request via email within one week of applying.	Please click HERE to submit a request for a bespoke funded course