



— BELMATT —

HEALTHCARE TRAINING

BROCHURE

WHO ARE WE



Belmatt Healthcare Training

is focused on delivery of high quality courses presented by experts in the field. We offer a range of online sessions using Zoom or Microsoft eteams.

We want to support your organisation to grow and facilitate staff training to support safe clinical practice. Customised training is more cost effective and is targeted to meet the needs of your organisation.

Our self paced courses allows you to pace your learning and according to your individual needs and at a time that suits you. This allows you to learn while you travel or sitting in the comfort of your home.

Contact us on info@belmatt.co.uk to develop a training package that:

- Invests in staff to improve confidence, competence and career advancement opportunities
- Develops learning needs identified in staff during their appraisals.
- Meet organisational strategy and targets to enhance or improve services offered to the public.
- Uses experts in the field who are current, have experience in academic teaching and clinical practice.

Membership - we offer a range of membership packages which includes discounts, special offers and free webinars. You can register here.

<https://www.belmatt.co.uk/membership-account/membership-levels/>

We frequently offer discounted courses and free sessions which can be viewed on our page <https://www.belmatt.co.uk/>

Staffan Almer
Company Director

CONTENTS

1	ABOUT US
2	MANDATORY TRAINING
3	ADVANCED PRACTICE COURSES
4	MINOR ILLNESS
5	MINOR ILLNESS LEARNING UNITS
6	SELF PACED ONLINE COURSES
7	MINOR INJURIES
8	ADVANCED PRACTICE: INJURIES
9	GENERAL PRACTICE COURSES
10	UPDATES
11	SPEAKER PROFILES
12	OUR TEAM
13	LATEST BLOGS
14	OUR AFFILIATIONS
15	CONTACT US

ABOUT US

Our Mission

To develop the skills and knowledge of healthcare professionals through the design and delivery of high quality educational courses and services that reflect current medical science and contributing to the improvement of primary care services and postgraduate training.

Valuing Quality

We value our customers and we are committed to providing a superior service by ensuring our lecturers are of the highest calibre. They are specialists in their fields with experience in academic and clinical positions. We also strive to respond to requests for services in a timely, appropriate, and customer-focused manner

Valuing Feedback

We value the opinions and feedback from our delegates, commissioners and stakeholders. We aim to work with you to share our successes and create new visions and strategy. Our delegates form an essential part of our vision and we will always strive to treat each other with dignity, trust, respect, and equality. We support open communication, involvement, empowerment, and recognition of excellence. We therefore take all evaluations seriously and we meet regularly to reflect on these to develop robust teaching courses that acknowledges feedback from our delegates.

Valuing Diversity

We recognise that healthcare is evolving and embracing expanding roles amongst clinicians and service users. We embrace a diverse group of delegates that include doctors, nurses, paramedics, pharmacists, physiotherapists and all allied health professionals. We recognise the importance of inter - professional working and our courses incorporate problem based learning and case studies to cultivate our differences and similarities as healthcare professionals contributing to an atmosphere of acceptance and respect of the role we each play in enhancing patient safety in the community.

MANDATORY TRAINING

Our popular mandatory training which we delivered twice a year for the general practice section at the Royal Society of Medicine is now online. This robust training programme has been designed to meet your yearly mandatory training and includes:

1. A booklet
2. Audio presentation/video
3. MCQ

The audio presentations are delivered by experienced clinicians or speakers in the field. This is a self paced module that can be accessed as bundle or as individual sessions if you only require specific training to meet your mandatory training requirements.

We have developed appropriate mandatory training packages for clinical and healthcare support staff to meet the CQC quality standards and performance ratings. We have used material from trainer courses and include presentations delivered by experts in the field. The courses includes audio presentations, videos, workbooks and MCQs. Sessions can be completed as individual units. Individual modules cost £20.00. The Mandatory training bundle is £125.00 plus vat.

LIST OF MODULES

UNIT 1	Information Governance and GDPR	John Horton
UNIT 2	Mental Capacity Act	Jeshni Amblum-Almer
UNIT 3	Risk Assessment	Jeshni Amblum-Almer
UNIT 4	Whistle Blowing	Jeshni Amblum-Almer
UNIT 5	Safeguarding Adults at Risk	Fadzai Mashingade
UNIT 6	Safeguarding Children Level 3	Kenny Gibson
UNIT 7	Infection Control	Freda Takavarashe
UNIT 8	Equality and Diversity	Jeshni Amblum-Almer
UNIT 9	BLS & AED	Michael Canete
UNIT 10	Anaphylaxis	Jeshni Amblum-Almér

1. INFORMATION GOVERNANCE AND GDPR

£20.00 plus vat

LECTURER: John Horton Barrister and Patient Group Representative

SESSION AIMS

Aim of the session is to provide learners with knowledge of their roles and responsibilities regarding the General Data Protection Regulation (GDPR).

LEARNING OBJECTIVES

At the end of the session learners should be able to:

- Explain the purpose of the General Data Protection Regulation (GDPR)
- Describe what organisations should have done to comply with GDPR
- Explain the role of the Data Protection Officer (DPO) in the GDPR
- Explain how the GDPR affects the private individual and their data protection rights.

2. MENTAL CAPACITY ACT

£20.00 plus vat

LECTURER: Jeshni Amblum-Almer

This training session has been prepared to ensure that all staff are fully up-to-date with regard to the organisations and their own Mental Capacity Act and Deprivation of Liberty Safeguards responsibilities.

SESSION AIMS

This course will enable participants to have a greater understanding of the Mental Capacity Act and Deprivation of Liberty Safeguards.

LEARNING OBJECTIVES

At the end of the session participants will be able to :

- List the functions of the Mental Capacity
- Describe the groups that will be affected by the legislation
- Explain what is meant by the term 'best interests'
- Explain the role of Lasting Power of Attorneys
- Describe the function of the Court of Protection
- Explain the Deprivation of Liberty Safeguards

3. RISK ASSESSMENT

£20.00 plus vat

LECTURER: Jeshni Amblum-Almer

SESSION AIMS

This training session has been prepared to ensure that all staff involved in the risk assessment process are fully up-to-date with regard to the organisations and their own statutory health & safety responsibilities.

LEARNING OBJECTIVES

At the end of the session learners should be able to:

- State the legal obligations of themselves and their employers with regard to health and safety
- Recognise a range of hazards and the harms that could be caused by them in their working environment
- Identify a hierarchy of hazard controls that could be put in place to minimise hazards
Use the risk matrix risk assessment method to prioritise where controls are needed
- Identify where risk assessment processes can be used in their workplace.

4. WHISTLEBLOWING

£20.00 plus vat

LECTURER: Jeshni Amblum-Almer

This training session has been prepared to ensure that all staff are fully up to date and understand their individual responsibilities in relation to duty of candour, work within a culture of openness and transparency, and are supported to be open and honest with service users and apologise when things go wrong.

SESSION AIMS

This session aims to inform workers on how to meet the statutory obligation to understand how to raise concerns at work and address their concerns.

LEARNING OBJECTIVES

At the end of this session participants will be able to:

- Understand the legislation and standards governing raising concerns at work.
- Understand the importance of raising concerns in an appropriate manner.
- Understand the difference between a grievance and a public interest disclosure.
- Understand their role and that of their manager with regard to raising concerns.



5. SAFEGUARDING ADULTS AT RISK

£20.00 plus vat

LECTURER: Fadzai Mashingade Safeguarding Lead Hillingdon

This session has been prepared to ensure that all staff are fully up-to-date with regard to their responsibilities in meeting statutory obligations to provide safeguarding adults at risk training.

SESSION AIMS

This session aims to provide participants with knowledge of their role and responsibilities when safeguarding adults at risk.

SESSION OBJECTIVES

At the end of this session participants will be able to:

- Explain what is meant by the term 'An Adult at Risk'
- List the forms abuse may take
- Recognise signs and symptoms of abuse
- Understand how to respond appropriately to disclosures of abuse
- Understand the legislation and guidance concerning safeguarding adults at risk.

6. SAFEGUARDING CHILDREN LEVEL 3

£20.00 plus vat

LECTURER: Kenny Gibson Safeguarding Lead, NHS England

There is nothing more important than ensuring the well-being of children and as clinicians, that we have the skills to identify when a child needs help and protection. It is therefore important that we are able to work together in partnership with other agencies so that we can respond to the needs and interests of families.

SESSION AIMS

This session aims to update your knowledge of current legislature and resources available to recognise red flags and identify children who are at risk.

LEARNING OBJECTIVES

At the end of this session participants will be able to:

- Improve your knowledge of current law and policy around Children.
- Provide a systematic approach to taking a history from the parent/caregiver or child.
- Discuss terminology and its significance when assessing if there is risk of harm.
- Understand current legislature and resources available.

7. INFECTION CONTROL

£20.00 plus vat

LECTURER: Freda Takavarashe Lecturer/Nurse Practitioner

Due to the immense difficulties encountered in meeting our statutory obligation to provide infection control training, this training session has been prepared to ensure that all staff are fully up-to-date with regard to their infection control responsibilities. It will also strengthen participants' ability to protect themselves, their clients, and members of the surrounding community from infections.

SESSION AIMS

To develop staff knowledge of current statutory obligations with regard to their infection control responsibilities and focuses mainly on staff working in general practice settings.

LEARNING OBJECTIVES

At the end of this session participants will be able to:

- State their obligations and that of their employers with regard to infection control.
- Understand the consequences of poor infection control practice.
- State the actions to be taken in relation to the infection control requirements put in place within their working environment.
- Identify the correct actions with regard to a range of different infection control situations.

8. EQUALITY AND DIVERSITY

£20.00 plus vat

LECTURER: Jeshni Amblum-Almer

This training session has been prepared to ensure that all staff are fully up-to-date with the organisations and their own responsibilities with regard to Equality, Diversity and Inclusion.

SESSION AIMS

This course will enable participants to have a greater understanding of Equality & Diversity in the workplace.

LEARNING OBJECTIVES

At the end of the session participants will have an awareness of the following:

- Equality and diversity at work
- Key anti-discrimination legislation
- The impact of discrimination on individuals and the community
- Their legal rights and responsibilities
- The benefits a diverse workforce can bring to healthcare organisations.

LECTURER: Michael Canete Lecturer/ Resuscitation

This course is designed for participants to refresh and update their basic life support skills for adults, using current Resuscitation Council (UK) protocols. Includes lecture notes on Choking, Use of AED and Recovery position,

SESSION AIMS

To enable candidates to deliver safe, prompt and effective basic life support to an adult casualty, aligned to current Resuscitation Council (UK) guidelines

LEARNING OBJECTIVES**By the end of this session the student will:**

- Understand the correct sequence in Basic Life Support.
- Review the literature on the correct way to use an AED (Automatic External Defibrillator)
- Have an understanding of how to manage a choking patient
- Recognise the correct way to put a patient in recovery position.

LECTURER: Jeshni Amblum-Almer and Lala Dizon

Anaphylaxis appears to be increasingly common and has been strongly associated with the increasing prevalence of allergic disease over the last two or three decades.

The treatment of anaphylaxis needs a consistent approach which draws together relevant and appropriate expertise as provided by the Resuscitation Council (UK) and NICE clinical Guideline 134 recommendations.

SESSION AIMS

This practical presentation will update participants' knowledge of how to identify and manage anaphylaxis

LEARNING OBJECTIVES**By the end of this session the student will:**

- To have an awareness of current resuscitation guidelines on the management of anaphylaxis
- Develop skills in early recognition and diagnosis of anaphylaxis. T
- Develop a structured approach in the immediate emergency treatment of anaphylaxis.

ADVANCE PRACTICE COURSES

Our Advanced Practice modules are taught by experts and specialists who work clinically and are designed to develop your skills to work in advanced roles. These sessions are delivered as self paced e-learning modules, webinars or live online interactive sessions.

Sessions include:

1. Expert Lecturers
2. Booklets with current guidelines
3. Skills Portfolio for Minor Illness and Injuries
4. Competency Documents
5. MCQs

1 MINOR ILLNESS

2 MINOR INJURIES

3 PAEDIATRICS

4 PHYSICAL ASSESSMENT SKILLS

5 TELEPHONE TRIAGE

MINOR ILLNESS COURSE

CPD Hours: 30

This course is for independent non medical prescribers, nurses, pharmacists and paramedics.

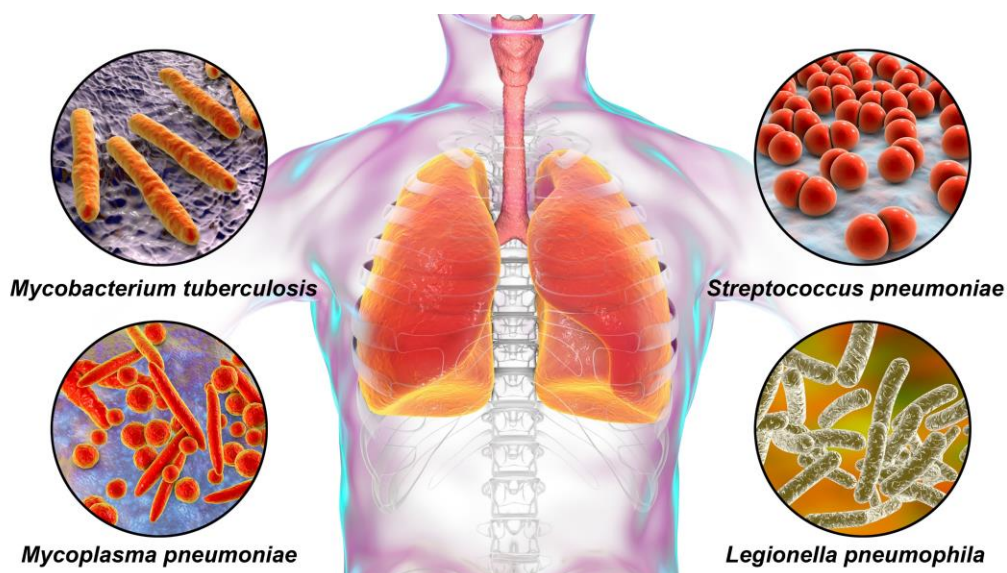
Who should attend

Pharmacists, advanced paramedics and nurses wishing to develop skills in clinical decision-making, identifying red flags and management of minor illness presentations in general practice, urgent care and walk-in centres. A case study approach is used to explore differential diagnoses, and pharmacological and non pharmacological interventions including safety netting and worsening care advice.

This course includes the following:

- Skills Portfolio
- Audio Presentation
- MCQ
- Guidelines Booklet with latest NICE guidelines
- Quizzes and crosswords
- Access to the WhatsApp educational platform
- Continuous support from lecturers and course director
- Short burst anatomy videos from course director
- Optional mentorship platform and
- Two months access to material
- Courses can be accessed as a module or standalone courses.

£375.00 plus vat



MINOR ILLNESS LEARNING UNITS

This course can be accessed as a bundle for £375.00 plus vat or individual sections accessed on their own for £50.00 plus vat.

Each unit includes:

1. Booklet with guidelines
2. PowerPoint presentation
3. Audio session
4. MCQ

LIST OF LEARNING UNITS

UNIT 1	History taking and Documentation	Jeshni Amblum-Almér
UNIT 2	Respiratory orders in primary care	Dr. Rubab Ahmed
UNIT 3	ENT Disorders in Primary Care	Dr Sanjeev Kalia
UNIT 4	Eye Disorders in Primary Care	Jeshni Amblum-Almér
UNIT 5	Headaches – Clinical Decision Making and Redflags	Dr Parmy Deol
UNIT 6	Backpain Management in Primary Care	Dr Parmy Deol
UNIT 7	Dermatology for General Practice	Kirsty Armstrong
UNIT 8	Gynae & Menopause	Dr Hayley Jenkins
UNIT 9	Antimicrobial Stewardship	Aneela Tehseen
UNIT 10	Mental Health Disorders	Dr Balu Pitchiah
UNIT 11	Gastro Intestinal Disorders	Dr Hasan Nour
UNIT 12	Contraception and Menopause	Dr Hayley Jenkins

SELF PACED ONLINE

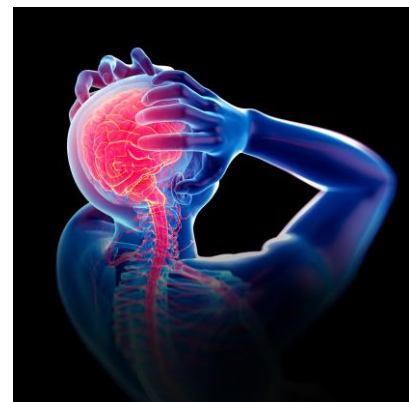
These pre recorded presentations allows you to learn at your own pace and time. Includes presentations by expert lecturers

4hrs each

Cost: £50.00 plus vat each

Includes:

1. Guidelines booklet
2. Audio presentation
3. MCQ



1	Respiratory Disorders	Dr Rubab Ahmed Consultant Psychiatrist
2	ENT	Dr Sanjeev Kalia, GP
3	Eyes	Ophthalmologist
4	Headache	Dr Parmy Deol, A&E Consultant
5	Back Pain	Dr Parmy Deol, A&E Consultant
6	Menopause and Gynae	Dr Hayley Jenkins FSRH
7	Sexual Health and Contraception	Dr Hayley Jenkins FSRH
8	Abdominal Pain	Dr Hassan Nour, A&E Reg
9	Skin Disorder	Kirsty Armstrong, Advanced Nurse Practitioner, Senior Lecturer
10	Mental Health Disorders	Dr Balu Pitchiah Consultant Psychiatrist

MINOR INJURIES

CPD HOURS: 20
£375.00 plus vat

Lecturers: Dr Asad Khan Orthopaedic Surgeon, Jeshni Amblum-Almér
ENP

Learning Units

History Taking
Guide to statement writing
Ethical and Legal issues

Burns
Bites and Crush Injuries
Wound Care

Head and c-spine injuries
Maxilla facial injuries
Eye Injuries

Upper Limb Anatomy and Assessment
Shoulder Injuries
Elbow and Upper Arm
Wrist and Hand

Lower Limb Anatomy and Assessment
Knee
Ankle and Foot
Musculoskeletal Disorders

**** Includes the following documents:**

- Minor Injuries Booklet
- Pre-course Workbook
- Skills Portfolio with competencies

Accredited by CPDUK

ADVANCED PRACTICE: INJURIES

We have a range of modules for Paediatric and Adult Courses

Plastering Workshop

£125.00 plus vat

CPD Hours: 6

Lecturers: Jeshni Amblum Almer ENP, Sara Salmon

COURSE OUTLINE

- Principles of plaster of paris application
- Application of upper and lower limb POP
- Techniques in POP application
- Plaster care
- Use of crutches
- Nursing interventions post plaster application
- Discharge advice
- Application of slings and splints
- Includes U slab, ulna splint, volar slab and back slabs
- Lower limb plasters and splints.

***This is a practical workshop with opportunity to practice on peers.



PAEDIATRICS

Paediatrics Minor Illness **£375.00 plus vat**

CPD Hours: 12

Lecturers: Dr Jai Ghanapathy Paediatric Consultant, Dr Charles Stewart Paediatric Consultant

An overview of anatomy and physiology and psychological development
Abdominal Pain in children including diarrhea, vomiting and nausea.

LEARNING UNITS

- Overview of anatomy and physiology and psychological development

Abdominal Pain in children including diarrhoea, vomiting and nausea.

- Managing UTI's in children
- Diabetes in children

Dermatology

- Clinical decision-making in rashes and skin conditions in children
- Recognising and management of meningococcal diseases in children. Managing Atopic eczema.

HEENT

- Assessment of pain in children
- Common ENT problems.
- Diagnosis and management of otitis media , externa and glue ear.

Respiratory

- Respiratory conditions. Asthma management in children.
- Bronchiolitis

PAEDIATRIC INJURIES

CPD Hours: 6
£125.00 plus vat

Lecturers: Dr Charles Stewart Paediatric Consultant, Dr Asad Khan
Orthopaedic Surgeon

Develop skills in history taking and management of children presenting with minor injuries including head injuries, upper and lower limb injuries.

Topics

- History taking and documentation in children. Capacity and Consent
- Head injuries and facial injuries
- Eye Injuries
- Burns and wounds in children
- Upper and Lower Limb injuries
- X-ray interpretation – Salter Harris Fractures.
- 'Red Dot' Xray interpreting
- Safeguarding issues. Red flags and discharge

TELEPHONE TRIAGE AND SAFEGUARDING CHILDREN LEVEL 3

CPD Hours: 6
£125.00 plus vat

LECTURER: Dr Sanjeev Kalia

TELEPHONE TRIAGE

- The recent COVID-19 pandemic has put a considerable strain on healthcare delivery. Telephone triage can be challenging even for experienced nurses, doctors, pharmacists and clinicians undertaking telephone triage.

Aims

- This session is delivered as 2 audios and 2 presentations exploring different aspects of telephone triage to develop your skills in managing telephone consultations effectively.

Objectives

- Use a structured approach in telephone consultation skills
- Develop skills in clinical decision-making during telephone triage
- Recognise potential red flags in children

SAFEGUARDING CHILDREN LEVEL 3

There is nothing more important than ensuring the well-being of children and as clinicians, that we have the skills to identify when a child needs help and protection. It is therefore important that we are able to work together in partnership with other agencies so that we can respond to the needs and interests of families.

Aims

This session aims to update your knowledge of current legislature and resources available to recognise red flags and identify children who are at risk.

Objectives

- Improve your knowledge of current law and policy around Children.
- Provide a systematic approach to taking a history from the parent/caregiver or child.
- Discuss terminology and its significance when assessing if there is risk of harm.
- Understand current legislature and resources available.

GENERAL PRACTICE COURSES

1 CHILDHOOD IMMUNISATIONS

2 TRAVEL HEALTH

3 EMIS TEMPLATES

4 BLOOD RESULTS INTERPRETATION

5 COPD/ASTHMA

6 HEART FAILURE AND HYPERTENSION

7 DIABETES



1. CHILDHOOD IMMUNIZATIONS

£100.00 plus vat

CPD Hours: 12

LECTURER: Kirsty Armstrong

Kirsty Armstrong is an advanced nurse practitioner in out-of-hours care and a senior lecturer in primary care and workforce development at Kingston University and St George's University of London.

Course Content

- Immunisation national policy and schedule.
- Immune system and how vaccines work
- Different Vaccines used and controversies with immunisation.
- Medicine management, storage and handling of vaccines.
- Case Studies

COURSE PRE-REQUISITES

1. The 7 ELFH modules online must be completed before the session
2. Have an identified * mentor to go through the competency document with them
3. Complete scenarios which will be given to delegates when the booking is made.
4. QUIZ

POST COURSE

- Completion of above
- 75% pass on MCQ

2. TRAVEL HEALTH

£100.00 plus vat

CPD Hours: 6

LECTURER: Kirsty Armstrong

Course Content

- Travel Quiz/competencies
- Common travel related conditions and management
- Travelers with co-morbidities e.g. LTCs, pregnancy and children
- Malaria workshop with scenarios
- Vaccine storage

3. INTRODUCTION TO EMIS TEMPLATE

£75.00 plus vat

CPD Hours: 3

LECTURER: Aneela Tehseen

This session is taught by a pharmacist who works in general practice.
Aneela Tehseen's templates have been accepted by NICE.

Course content

- Understanding Documentary components of a consultation and using them effectively
- Organising medication list
- Understanding and effectively using Documents folder
- Audits of various kinds

The Consultation notes:

- Adding a consultation
- Use the relevant fields
- Searching for a consultation from the past
- How to add templates to an open consultation
- Organising a medication list:

Miscellaneous:

- Updating allergies
- Documents folder
- Identifying the required documents from other health care providers

EMIS TEMPLATE

£75.00 plus vat

CPD Hours: 3

LECTURER: Aneela Tehseen

Course content

- Template design to suit individual scenarios
- Editing existing templates
- Preparing individualized concepts and protocols
- Set up alerts

4. BLOOD RESULTS INTERPRETATION

£100.00 plus vat

CPD Hours: 6

LECTURERS: Dr Parmy Deol and Dr Sanjeev Kalia

MAJOR HIGHLIGHTS OF THE COURSE

- Full Blood Count; Haemoglobin and erythrocyte physiology. Patterns in anaemia. Iron studies.
- Interpretation of inflammatory markers: ESR, WCC, CRP
- Metabolic and Clinical Biochemistry
- Hypo and hypernatraemia.
- LFT, Albumin, ALT and association to Liver Disease.
- Bloods in general practice
- Case Study Approach using clinical cases.

This online interactive Zoom session is delivered by an A&E consultant who uses a case study approach to interpret common blood tests requested in general practice.

INCLUDES

- Booklet and Guidelines

5. COPD/ASTHMA

£100.00 plus vat

CPD Hours: 6

LECTURERS:

This session is suitable for healthcare professionals regularly involved in the care of patients with chronic obstructive pulmonary disease (COPD) and asthma. This includes nurses working in the community, GP practices, out of hours, rapid response and community settings who, given the burden of respiratory disease in the NHS, now require more knowledge regarding COPD and asthma and how these conditions can be optimally managed in accordance with current guidance to improve patient outcomes.

Learning Objectives

- Understand the pathophysiological changes that occur in COPD and the associated symptoms
- Understand the importance of holistic assessment of a patient with COPD
- Develop knowledge of current treatment options for patients with COPD
- Understand the evidence based clinical guidelines for assessment and management of COPD
- Develop knowledge of current NICE guidelines and GOLD standards.

6. HEART FAILURE AND HYPERTENSION

£100.00 plus vat

CPD Hours: 3

LECTURERS: Nadia Dallsingh – Cardiology Specialist Nurse

This course that explores management of hypertension and heart failure in primary care, general practice and the community.

SESSION AIMS

Develop skills in managing hypertension, cardiac disease and heart failure in primary care.
Demonstrate an understanding of common medications and clinical decision making in heart failure and hypertension in out of hospital settings.

***This is a recorded zoom session.



7. INTRODUCTION TO DIABETES

£100.00 plus vat

CPD Hours: 3

LECTURERS: Maggie Dixon

The course provides essential knowledge and skills for all healthcare professionals in primary care, enabling effective management of diabetic patients using an evidence-informed and patient-centered approach.

Content

- Understand the pathophysiology of diabetes and its effects on the body.
- Update knowledge of the current NHS Diabetes prevention programme
- Increase confidence in assessing and monitoring the patient with diabetes.
- Distinguish between Type 1 and Type 2 Diabetes and pitfalls of using HbA1c as a diagnostic tool.
- Understand the pros and cons of different classes of agent, prescribing in real impairment.
- Increase awareness of different types of insulin and how they work.
- Highlight pitfalls and risks involved in insulin therapy.
- Apply these options appropriately for safe patient care and management
- Recognise diabetes complications and manage these appropriately.

*** This is a recorded zoom session

UPDATES

LONG TERM CONDITIONS

MINOR ILLNESS

PAEDIATRIC ILLNESS

Target Audience	Practice nurses, pharmacists and nurse practitioners
Time	09H00 – 12H00
Delivery mode	MS Teams or ZOOM
Course Overview	This course covers long term illnesses managed in general practice. Each session is delivered by an expert in the field who will discuss the latest guidelines and treatment options in managing diabetes, COPD , Heart failure and Hypertension in general practice. Lecturers are nurse specialists in the specific long-term conditions.
Course Aims	This course intends to update your knowledge of current guidelines and prescribing options for long term conditions.
Registration	Registration and Introduction. Jeshni Amblum-Almer
Learning Outcomes	<p>At the end of this session you will:</p> <ul style="list-style-type: none"> • Update your knowledge of latest prescribing options for diabetics, asthmatics and patients with heart failure or hypertension • Recognise symptoms indicating a worsening of the condition and identify appropriate resources available to support management strategies. • Have an opportunity to discuss common concerns through interactive participation and questioning of lecturers who are specialists in each area.
CPD Points/ Accreditation	3
Format	PowerPoint Presentations and scenarios
08H30	Registration and Introduction
09H00	Diabetes Update: Current health strategy and guidance. Overview of prescribing options for diabetes.
Lecturer	Maggie Dixon, Diabetes Specialist Nurse
10H00	Heart failure and Hypertension: Overview of each condition with a discussion of options and resources available to support clinicians in general practice
Lecturer	Nadia Dallsingh, Cardiology nurse specialist
11H00	Asthma and COPD Update: Latest GOLD guidelines for COPD and treatment options for asthma for effective management prevention of exacerbations.
Lecturer	Loulia Mariaki, ARTP qualified respiratory specialist
12H00	Close and Evaluations

LECTURERS: Aneela Tehseen – Senior Clinical Pharmacist Lecturer, Shiv Ganjian, Clinical Pharmacist

This session explores the latest guidelines when prescribing in general practice, primary care and the community.

Who should attend

Nurses, nurse practitioners, pharmacists, non medical prescribers, paramedics

Programme

- 09h00 Antimicrobial stewardship in primary care
- 10h00 DMARDs and High risk drugs. Amber Level 3 drug monitoring
- 11h00 Pain management in children
- 12h00 Close and Evaluations

CPD Hours: 3

LECTURERS: Dr Sanjeev Kalia , General Practitioner, Dr Parmy Deol, A&E Consultant, Dr Balu Pitchiah, Consultant Psychiatrist

Programme

- 09h00 ENT Conditions in Primary Care
- 10h00 Management of Headaches and Back Pain
- 11h00 Depression
- 12h00 Close and Evaluations

LECTURERS: Dr Charles Stewart Paediatric Consultant

Session: Online using Microsoft teams

Develop skills in history taking and management of children presenting with minor injuries including head injuries, upper and lower limb injuries.

Topics

- History taking and documentation in children . Capacity and Consent
- Head Injuries and facial injuries
- Eye Injuries
- Burns and wounds in children

Orthopedic

- Upper and Lower Limb Injuries
- x-ray interpretation – Salter Harris Fractures
- 'Red Dot' xray interpreting
- Safeguarding issues.Red flags and discharge



SPEAKER PROFILES



JESHNI AMBLUM-ALMER

Jeshni Amblum-Almer is your course director for this programme. She has been a nurse for 30yrs, and has been a nurse practitioner and university lecturer for the past 16years.

Trained in South Africa as a midwife, psychiatric nurse and community nurse, I've worked mainly in A&E and community clinics. In England, I initially worked in the emergency department, before taking a site clinical manager post. Since 2006, I have worked part time in urgent care and my main role included the Minor Illness and Minor Injuries modules and teaching on various other courses including Prescribing, Interprofessional Problem Based Learning at St. Georges Medical School and pre reg nurses at Kingston University. More recently, I have been the Course Director for the RCN accredited MSc Advanced Practice at City University.

My main role now is reviewing the lectures, applying for accreditation and teaching on some of the courses.

I have recently been elected as the next President of the General Practice and Primary Care Section at the Royal Society of Medicine, the first nurse in its 200year history. I have been an external examiner for the MSc Advanced Practice programme at Glyndwr university in Wales and hold positions on various governing bodies. I also hold a Masters in Medical Law.



— BELMATT —
HEALTHCARE TRAINING

SPEAKER PROFILES



Dr SANJEEV KALIA

Dr Sanjeev Kalia

General Practitioner and Medical Lecturer

He is a GP partner in a busy urban practice where 65% of our patient population is under the age of 35. This means any tech changes that can allow us to deliver a safe, caring, clinical environment to meet the needs of our patients are welcome. As part of Cohort 1 of the NHS Digital Academy I was exposed to the variety of challenges new technologies face when trying to break into the NHS from systems application to procurement.

Since completing the diploma I have been enthused about sustainability and digital health within the NHS -whilst learning the hard way about the difficulties in trying to employ any change within the current structure and organisation of our beloved healthcare system. This blog is a forum to not only discuss the changes the NHS faces but to also critically review whether these changes are in fact meeting the needs of our patients. The aim is to relay current digital news to clinicians, patients and industry experts in a short summary.

SPEAKER PROFILES



Dr PARMY DEOL

Dr Parmy Deol

A&E consultant at Chelsea and Westminster Hospital in London.

Works closely with GP's and urgent care centres to bridge relationships between primary and secondary care.

Dr Deol leads the urgent care centre at Chelsea and teaches extensively on innovative methods of practice. Dr Deol provides training on blood results interpretation and teaches on the minor illness modules. His other teachings include training on point of care ultrasound to support diagnosis in primary care.

He teaches on our Blood Results Interpretation session and on the Minor Illness programme.

Dr Deol also helps us develop some of our courses and reviews our GP/medical lecturers.

<https://www.chelwest.nhs.uk/about-us/news/newsarchive/2017/calling-gpsto-join-our-team-at-chelsea-and-westminster-hospital>

SPEAKER PROFILES



Dr ASAD KHAN

Dr Asad Khan

Locum Doctor Trauma and Orthopaedic Surgery London

Including Membership of the Royal College of Surgeons of England. He teaches on our Minor Injuries courses. His most popular sessions include: "Red Dot" Upper and Lower Limb X-Ray Interpretation, Upper and Lower Limb Assessment and Clinical Decision-making, Assessing a patient with sports injuries.

SPEAKER PROFILES



Dr HAYLEY JENKINS

Dr Hayley Jenkins

FSRSH GP Women's Health

Dr Hayley Jenkins has an extensive history in Family planning and women's health. She spent her GP reg year with a doctor who specialised in family planning (FP) and women's health too. During that time she achieved her DFSRH and LOC for coils and implants and has since become a FP trainer. As a partner in a larger training practice, she developed a weekly FP clinic and trained other doctors. Dr Jenkins worked with the local sexual health clinic in addition to her GP role and has since had roles as a FP trainer

And in her own words:

"Initially this was just 2.5hrs a fortnight but over time these hours increased and I was able to reduce my core GP hours to accommodate. The more I've trained and worked in family planning the more specialist skills I've mastered mainly through practice and experience rather than exams and qualifications. I became known in Milton Keynes as an expert in my field and was then approached to lecture and teach local GPs and nurses. I secured a bid with my practice to run a community gynae clinic working alongside a local consultant – pushing my skills to another level. Looking back at my career, it's made up of three key components, GP, women's health and teaching/training. I value them all equally and like the diversity this brings to my working life. I recently resigned from partnership and plan to work more in both the MK and Northampton FP clinics with some GP locum sessions."

SPEAKER PROFILES



Dr RAKESH CHOPRA

Dr Rakesh Chopra

MS DNB FRCS MRCGP. Nationally recognised teacher of ENT in Primary Care.

Dr Rakesh Chopra MS DNB FRCS MRCGP. Is a nationally recognised teacher of ENT in Primary Care. He is an ENT GPSI for the Bridgewater trust; He works in Cheshire and Merseyside. His ENT GPSI service is now in its 14th year. He had nearly 14 years' experience in hospital based ENT prior to that. He has been extensively involved in the development and teaching of ENT in General Practice. His models and published pathways in ENT have gained wide appeal and are now used all over the country. He has conducted the annual 'ENT in Primary Care' course for the Mersey chapter of the RCGP for the last 10 years. He is also the ENT tutor for Mediconf and Pulse Live. He has also been an ENT tutor for NB Medical 'Hot topics' group course. I was recently invited to teach at the GP retraining programme in West of Scotland.

He has multiple international publications in ENT. He has been the referee for the ENT section of the Journal of the Royal Society for Promotion of Health. He also has a degree module in Allergy from the National Respiratory Training Centre. He has contributed articles for the Pulse and GP magazine and the BIDA journal.

He has been invited to be the Chairperson for the RCGP, London, ENT ODE conference, this year for the third year running.

SPEAKER PROFILES



KIRSTY ARMSTRONG

Kirsty Armstrong is an advanced nurse practitioner in out-of hours care and a senior lecturer in primary care and workforce development at Kingston University and St George's University of London. Kirsty works in primary care and has published extensively.

Her most recent publications

Armstrong, Kirsty and Olphonse, Michele (2018) Debate: Should patients be charged for missing appointments? *Nursing in Practice: Voices*,

Armstrong, Kirsty (2018) The safe storage and management of vaccines. *Practice Nursing*, 29(4), pp.167-170. ISSN(print)0964-9271

Armstrong, Kirsty (2018) Undertaking ear assessment and irrigation. *Journal of General Practice Nursing*, 4(1), pp.56-60.

Armstrong, Kirsty (2017) Safely administering and storing vaccines in the community setting. *British Journal of Community Nursing*, 22(9), pp.226-229. ISSN(print)1462-4753

SPEAKER PROFILES



NADIA DALLSINGH

Nadia Dallsingh RGN, BSc, MSc
Cardiac Specialist Nurse Practitioner

Nadia has been employed in the NHS for more than thirty years and specialised in cardiology nursing since 1994. Her interests have mainly focused around interventional cardiology related to coronary artery disease, acute coronary syndrome, heart failure and cardiac rehabilitation. She has extensive experience in the field of cardiology nursing where she worked in cardiac critical care settings for nine years from 1994 to 2003, and then embarked into cardiac diagnostics, risk prevention/intervention combined with research, and cardiac rehabilitation from 2003 to 2015.

Since January 2015, her current role involves screening and preparing patients for elective cardiac procedures such as angiograms, percutaneous coronary interventions, transcatheter aortic valve interventions, cardiac ablations, pacemakers and internal cardiac defibrillators.

Her main aim and goal is to deliver education and training to nurses so that the general population can access information and care related to cardiac conditions.

SPEAKER PROFILES



FADZAI BEATRICE MASHINGAIDZE

Fadzai is a Safeguarding Lead Nurse in Hillingdon and Director of Intentional Parenting CIC, a Social enterprise, working to support, educate and empower parents. She has been nominated for Zimbabwe Achievers Community Champion Award (2019) for her contribution within the Zimbabwean Community in England.

She has spoken widely to faith communities about positive parenting, safeguarding and leadership in the home. Fadzai also speaks at the Royal Society of Medicine on Safeguarding Adults and Children in general practice. Read more on her blog: <https://intentionalparenting.blog>

SPEAKER PROFILES



Dr CHARLES STEWART

Dr Charles Stewart

Paediatric Consultant Chelsea and Westminster
MB BCH BSc(MedSci) RCPCH DipSEM

I have a clinical interest in all general paediatric conditions including acute infections, wheeze, feeding problems, gastro-oesophageal reflux, rashes, urinary infections, headaches, funny turns and routine baby checks. I also manage minor trauma and sports related injuries

Dr Stewart studied pre-clinical medicine at St Andrews and completed his clinical studies at Cardiff in 1997 where he was awarded the Prize for Paediatrics. He was placed first in the All Wales Higher National Training selection rounds and subsequently gained experience in a wide range of paediatric specialties. He has also completed fellowships in the Toronto Hospital for Sick Children and Westmead Children's Hospital, Sydney where he worked with some of the world's leading figures in paediatrics.

OUR TEAM



Dr Balu Pitchiah works as a NHS – Psychiatrist at South Kensington. He works closely with a multidisciplinary team which manages common mental disorders including anxiety disorders, depression, OCD, PTSD and Bipolar affective disorder under his expert supervision. Dr Balu routinely consults people with multiple co-morbidities and physical health problems including cancer.



Dr Hasan Nour is a registrar in the accident and emergency department at Chelsea and Westminster.



Aneela Tehseen
Pharmacist
Lecturer – Antimicrobial Stewardship & EMIS Templates



Jeshni Amblum Almer
Course Director responsible for accreditation of courses, review of lecturers and course content, and curriculum design.
First nurse to be elected as future president of the General Practice and Primary Care Section of the Royal Society of Medicine In UK.

OUR TEAM



Dr Hayley Jenkins has an extensive history in Family planning and women's health. She spent her GP reg year with a doctor who specialised in family planning (FP) and women's health too. During that time she achieved her DFSRH and LOC for coils and implants and has since become a FP trainer. As a partner in a larger training practice, she developed a weekly FP clinic and trained other doctors.



Kirsty Armstrong is an advanced nurse practitioner in out-of-hours care and a senior lecturer in primary care and workforce development at Kingston University and St George's University of London. Kirsty works in primary care and has published extensively.



Dr Parmy Deol, A&E consultant at Chelsea and Westminster Hospital in London. Works closely with GP's and urgent care centres to bridge relationships between primary and secondary care.



Dr Asad, Locum Doctor Trauma and Orthopaedic Surgery, London including Membership of the Royal College of Surgeons of England. He teaches on our Minor Injuries courses. His most popular sessions include: "Red Dot" Upper and Lower Limb X-Ray Interpretation, Upper and Lower Limb Assessment and Clinical Decision-making, Assessing a patient with sports injuries.

OUR TEAM



Dr Francesco LoMonaco is an affiliate Member of the Royal College of Physicians and has been appointed Honorary Senior Clinical Lecturer in Cardiology and Undergraduate Tutor by Imperial College School of Medicine. Since 2009 he has been appointed Cardiologist at Chelsea and Westminster Trust in West Middlesex University Hospital site.



Maggie Dixon teaches our Diabetes for General Practice course. She also provides support to surgeries putting systems in place to develop diabetes services in general practice. Maggie also works with local teams and staff developing procedures and protocols in Diabetes.



Ioulia Mariaki has an extensive history working in the community promoting respiratory services, mentoring students and supporting local initiatives in respiratory. She has worked as a lecturer at City University and has been leading the respiratory training with Belmatt for the past few years.

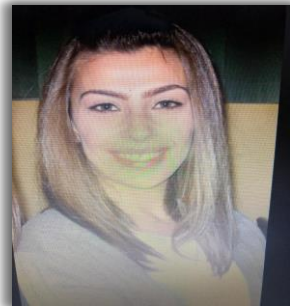


Nadia Dallsing is a Cardiac Specialist Nurse Practitioner. She has experience in critical care nursing on CCU and HDU, diagnostic cardiac investigations, coronary risks prevention/intervention nursing, research and cardiac rehabilitation.

OUR TEAM



Dr Robyn Chetty (MBBS)
Creative Specialist



Filipa Goncalves is an ENP at Chelsea and Westminster hospital with extensive skills working in advanced roles. Filipa teaches on our Minor Injuries course.



Michael Canete is a Senior Lecturer at Kingston and St. Georges University. He has extensive experience working in ITU and also teaches the Clinical Reasoning and physical Assessment module. Michael teaches our cardio-respiratory courses and some of the Clinical Examination sessions. Specialist areas are Blood Gas interpretation, Cardio respiratory assessment, ECG interpretation.



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MENTAL HEALTH IN THE WORKPLACE: WHAT CAN YOU DO?

October 9, 2020

Jeshni Amblum-Almer

<https://www.belmatt.co.uk/mental-health-in-the-workplace-what-can-you-do/>

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August 28, 2020

Staffan

<https://www.belmatt.co.uk/emergency-management-of-allergic-reactions-in-primary-care-settings/>

PREPARING FOR THE FLU SEASON

October 9, 2020

Jeshni Amblum-Almer

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