

## THE PRACTICE NURSE FOUNDATION COURSE

### **Overall Program Aim:**

To enhance the competence and confidence of registered practitioners new to working with a General Practice surgery, as autonomous professionals

### **Overall Program Objectives:**

At the end of this program of education the learner will be better able to:

- Apply and develop the knowledge, skills and values already learned to the role of a General Practice Nurse (GPN)
- Develop specific competencies related to the role of the GPN in line with recommendations laid down within the RCGP/RCN GPNF document (2015)
- Access support in embedding values and expectations of the profession
- Reflect on practice and receive constructive feedback

### **Program Format:**

This program of education will be delivered over a 12-month period via blended learning and will consist of a combination of e-learning, classroom based teaching and independent study.

### **Overarching Aim:**

This program of learning aims to provide the learner with the knowledge and skills needed to enable progression from novice to advanced beginner in the assessment and management of the following:

- CVD Risk Assessment
- Hypertension
- CKD
- Coronary Artery Disease
- Atrial Fibrillation
- Heart Failure
- Stroke
- Pre-Diabetes
- Type 2 Diabetes
- Adult Asthma
- COPD
- Tobacco Dependency

**DAY 1: AN INTRODUCTION TO GENERAL PRACTICE NURSING**

<b>Morning Session</b>
<b>Introduction to the GPN Foundation Course:</b>
<p><b>An Introduction to General Practice Nursing 1:</b></p> <ul style="list-style-type: none"> <li>• Recognising and promoting the wide remit of the GPN</li> <li>• The legal and professional issues pertinent to working as a GPN</li> <li>• Recognising and understanding the roles of individuals working in the Primary Health Care team and understand how the roles of other practitioners and agents' interface with the role of the GPN</li> <li>• The principles of appraisal and reflective practice to support and maintain a personal portfolio and professional development plan</li> </ul>
<b>Afternoon Session</b>
<p><b>An Introduction to General Practice Nursing 2:</b></p> <ul style="list-style-type: none"> <li>• The role of organisations involved in commissioning of services for patient care</li> <li>• The contractual agreements</li> <li>• How quality and outcomes are measured, monitored and rewarded</li> <li>• Local and National Quality improvement strategies and approaches including CQC standards</li> <li>• How NICE Guidelines and other national policies impact upon the work of the GPN</li> <li>• How NICE Guidelines and other national policies are communicated and implemented within the workplace</li> </ul>

**DAY 2: THE CARDIOVASCULAR SYSTEM (1)**

<b>Morning Session</b>
<b>CVD Risk Assessment and Management:</b>
<ul style="list-style-type: none"> <li>• Normal structure and function of the cardiovascular system</li> <li>• Endothelial dysfunction &gt; atherosclerosis &gt; arteriosclerosis</li> <li>• The NHS Health Check Program</li> <li>• QRISK</li> <li>• Blood Tests and other investigations</li> </ul>
<b>Case Study</b>
<b>Afternoon Session</b>
<b>Hypertension:</b>
<ul style="list-style-type: none"> <li>• Epidemiology &gt; Aetiology &gt; Pathophysiology &gt; Diagnosis &gt; Assessment &gt; Targets &gt; Complications &gt; Pharmacology &gt; NICE Guidelines</li> <li>• Blood tests and other investigations</li> </ul>
<b>Case Study</b>
<b>Chronic Kidney Disease:</b>
<ul style="list-style-type: none"> <li>• Epidemiology &gt; Aetiology &gt; Pathophysiology &gt; Diagnosis &gt; Assessment &gt; Classification &gt; Complications &gt; Pharmacology &gt; NICE Guidelines</li> <li>• Blood tests and other investigations</li> </ul>
<b>Case Study</b>

**DAY 3: THE CARDIOVASCULAR SYSTEM (2)**

<b>Morning Session</b>
<p><b>Coronary Artery Disease: Angina &gt; Stable and Unstable &gt; Acute Coronary Syndrome &gt; Silent Myocardial Ischaemia</b></p> <ul style="list-style-type: none"> <li>• Epidemiology &gt; Aetiology &gt; Pathophysiology &gt; Diagnosis &gt; Assessment &gt; Classification &gt; Complications &gt; Pharmacology &gt; NICE Guidelines</li> <li>• Blood tests and other investigations</li> </ul>
<b>Case Study</b>
<p><b>Heart Failure:</b></p> <ul style="list-style-type: none"> <li>• Epidemiology &gt; Aetiology &gt; Pathophysiology &gt; Diagnosis &gt; Assessment &gt; Classification &gt; Complications &gt; Pharmacology &gt; NICE Guidelines</li> <li>• Blood tests and other investigations</li> </ul>
<b>Case Study</b>
<b>Afternoon Session</b>
<p><b>Atrial Fibrillation:</b></p> <ul style="list-style-type: none"> <li>• Epidemiology &gt; Aetiology &gt; Pathophysiology &gt; Diagnosis &gt; Assessment &gt; Classification &gt; Complications &gt; Treatment &gt; NICE Guidelines</li> <li>• CHA2DS2VASc assessment tool &gt; HAS-BLED Score</li> <li>• Blood tests and other investigations including ECG</li> </ul>
<b>Case Study</b>
<p><b>Stroke:</b></p> <ul style="list-style-type: none"> <li>• Epidemiology &gt; Aetiology &gt; Pathophysiology &gt; Diagnosis &gt; Assessment &gt; Classification &gt; TIA &gt; CVA &gt; Complications &gt; Treatment &gt; NICE Guidelines</li> </ul>
<b>Case Study</b>

**DAY 4: TYPE 2 DIABETES (1)**

<b>Morning Session</b>
<p><b>Pre-Diabetes:</b></p> <ul style="list-style-type: none"> <li>• Epidemiology &gt; Aetiology &gt; Pathophysiology &gt; Diagnosis &gt; Classification &gt; Assessment &gt; Complications &gt; Treatment &gt; NICE Guidelines</li> <li>• Blood tests and other investigations</li> </ul>
<b>Case Study</b>
<p><b>Type 2 Diabetes:</b></p> <ul style="list-style-type: none"> <li>• The normal regulation of blood glucose</li> <li>• T2DM Epidemiology &gt; Aetiology &gt; Defects &gt; Diagnosis</li> </ul>
<b>Afternoon Session</b>
<p><b>The Complications of T2DM:</b></p> <ul style="list-style-type: none"> <li>• Macrovascular: Cardiovascular &gt; Cerebrovascular &gt; Peripheral Vascular Disease</li> <li>• Microvascular: Retinopathy &gt; Nephropathy &gt; Neuropathy</li> </ul>
<b>Basic Foot Screening</b>

**DAY 5: TYPE 2 DIABETES (2)**

<b>Morning Session</b>
<b>Clinical Assessments in Type 2 Diabetes:</b> <ul style="list-style-type: none"> <li>• The 9 Care Processes</li> <li>• The Initial Assessment &gt; structure &gt; content &gt; target setting</li> <li>• The Follow Up and Annual Review</li> </ul>
<b>Case Study</b>
<b>Afternoon Session</b>
<b>The Management of T2DM:</b> <ul style="list-style-type: none"> <li>• Non-Pharmacological &gt; patient education &gt; diet &gt; exercise</li> <li>• Pharmacological &gt; drug classes &gt; efficacy &gt; cardiovascular and renal benefits &gt; renal considerations &gt; side effects &gt; NICE Guidelines</li> </ul>
<b>Need to Know:</b> <ul style="list-style-type: none"> <li>• Self Blood Glucose Monitoring &gt; what the guidelines say</li> <li>• Hypoglycaemia &gt; definition &gt; diagnosis &gt; management</li> <li>• Acute Kidney Injury &gt; definition &gt; diagnosis &gt; management</li> <li>• Sick Day Rules</li> <li>• Diabetic Ketoacidosis &gt; definition &gt; diagnosis &gt; management</li> <li>• DVLA: Assessing fitness to drive</li> </ul>
<b>Case Study</b>

**DAY 6: THE RESPIRATORY SYSTEM (1)**

<b>Morning Session</b>
<b>Asthma:</b> <ul style="list-style-type: none"> <li>• The normal structure and function of the respiratory system</li> <li>• Epidemiology &gt; Aetiology &gt; Pathophysiology</li> <li>• The Clinical Signs and Symptoms of Asthma</li> </ul>
<b>The Management of Asthma:</b> <ul style="list-style-type: none"> <li>• Non-Pharmacological &gt; allergen avoidance</li> <li>• Pharmacological &gt; bronchodilators &gt; corticosteroids &gt; leukotriene receptor antagonists</li> <li>• NICE Guideline Recommendations</li> <li>• Inhaler Devices</li> </ul>
<b>Case Study</b>
<b>Afternoon Session</b>
<b>The Asthma Patient Review:</b> <ul style="list-style-type: none"> <li>• The Asthma Control Test (ACT)</li> <li>• The RCP 3 Questions (RCP 3 Qs)</li> <li>• Lung Function Testing &gt; PEFR &gt; FEV1 &gt; FVC &gt; FEV/FVC ratio</li> <li>• Inhaler Technique Assessment</li> </ul>
<b>Case Study</b>

**DAY 7: THE RESPIRATORY SYSTEM (2)**

<b>Morning Session</b>
<b>COPD:</b> <ul style="list-style-type: none"><li>• Epidemiology &gt; Aetiology &gt; Pathophysiology</li><li>• Common co-morbidities</li><li>• COPD Phenotypes &gt; chronic bronchitis &gt; emphysema</li><li>• The Clinical Signs and Symptoms &gt; chronic bronchitis &gt; emphysema</li></ul>
<b>The Management of COPD:</b> <ul style="list-style-type: none"><li>• Nicotine addiction and smoking cessation</li><li>• Pharmacological &gt; bronchodilator therapies (LABAs LAMAs) &gt; inhaled corticosteroids &gt; mucolytics</li><li>• NICE Guideline Recommendations</li><li>• COPD Specific Inhaler Devices</li></ul>
<b>Case Study</b>
<b>Afternoon Session</b>
<b>The COPD Patient Review:</b> <ul style="list-style-type: none"><li>• The Modified Medical Research Council Score (mMRC)</li><li>• The COPD Assessment Test (CAT Test)</li><li>• Lung Function Testing &gt; FEV1 &gt; FVC &gt; FEV/FVC ratio</li><li>• COPD Specific Inhaler Technique Assessment</li></ul>
<b>Case Study</b>