Two day course for General Practice Nurses

# Course format and aims

The main purpose of this short course is to give practice nurses (ANPs, NPs, GPNs, and HCSWs) the knowledge, skills and confidence to implement the NICE recommendations on core treatments for osteoarthritis (OA), including:

* Understanding the clinical basis for diagnosing OA, with an awareness of other conditions and "red flags"
* Exploring health beliefs and impact of OA on a patient's life
* Giving patients a clear diagnosis and explanation of OA
* Giving positive messages about natural history and treatment options
* Guiding patients about: pain relief, exercise (including demonstrating muscle strengthening exercise and helping patients become more physically active), weight management; and providing good written information and other resources
* Supporting self-management through guiding as above, and agenda and goal setting, and review

This is to be an informal workshop-type course, utilising the knowledge and experience of participants and exploring how management of OA fits with current management of long term conditions in primary care. Day 2 focuses on practical aspects of OA consultations, providing advice to patients and demonstrating appropriate exercises.

# Facilitators

Andrew Finney (AF), Lizzie Cottrell (LC), Jonathan Quicke (JQ), Vincent Cooper (VC) Nicki Evans (NE)

# Day 1 Outline programme (Enhancing Primary Care Management of OA)

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| 09.00 – 09.30 | Registration and refreshments | | |
| 09.30 – 09.50 | Introductions | Introduce brief overview of JIGSAW. Participant introductions and role and experience of managing long term conditions. | AF |
| 09.50 – 10.20 | What does joint pain mean for someone you know? | Focus on a patient, friend or relative:  Pairs discussion – describe them, their lives and how joint pain affects them and those around them  Thoughts to share with the group? | AF |
| 10.20 – 10.50 | OA: How does it present? | Flip chart exercises: (pairs discussion for 5 mins)   * How does it present? * OA or inflammatory? | AF |
| 10.50 – 11.20 | What is OA? | Slides:   * The fit with other LTCs * The underlying problem * Making the diagnosis * The natural history | VC |
| 11.20 – 11.35 | Break |  |  |
| 11.35 – 13.00 | Managing OA | Slide - NICE recommended treatments.  Discuss the main options and share participants’ current experience of them | LC |
| 13.00 – 13.45 | Lunch | | |
| 13.45 – 14.10 | Explaining OA | The importance of an explanation  Use of written information  Group work (try in pairs)  Flip chart exercise (group discussion and facilitator feedback)  Suggested structure for OA explanation | LC |
| 14.10 – 15.00 | Supporting OA self-management | 3 groups with facilitator and flip chart – discussion on how to support self-management focusing on   * Weight loss * Pain management * Physical activity and exercise   Share with other groups and discuss principles | AF  LC  VC |
| 15.00 – 15.15 | Refreshment break | | |
| 15.15 – 16.00 | A model nurse consultation for OA | 1 or 2 groups with flip chart:  Produce a map or flow chart to use next week for a first consultation and a follow-up consultation | AF  LC  VC |
| 16.00 – 16.15 | Questions, take-home messages, feedback, plans for next week  Reminder about e-learning course unit | | AF |

# Day 2 Outline programme

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| 09.00 – 09.30 | Registration and refreshments | |
| 09.30 – 09.45 | Any issues/questions from Day 1 | AF |
| 09.45 – 10.30 | Clinical signs of OA and simple assessment – slides and practical session | LS |
| 10.30 – 11.00 | The role of exercise and physical activity   * Evidence for exercise * Barriers to exercise * Demos and practice: Exercises in “Keep Moving” leaflet | LS |
| 11.00 – 11.15 | Refreshment break | |
| 11.15 – 12.00 | Practical session and discussion on demonstrating and supporting:   * Working with patient’s story about impact, aspirations, preferences * Goal setting, pacing, follow-up, problem-solving | LS  AF  LC |
| 12.00 – 12.15 | Brief update/ discussion and Q/A on pain management | LC |
| 12:15 –  12:30 | The OA EMIS templates | LC |
| 12.30 – 13.00 | Preparation for afternoon session:  Putting it into practice  Review of last week’s consultation plan | AF |
| 13.00 – 13.45 | Lunch |  |
| 13.45 – 14.45 | Putting it into practice  Practice with a first consultation, explaining OA and getting the patients story | AF  LC  LS |
| 14.45 – 15.00 | Refreshments | |
| 15.00 – 16.00 | Putting it into practice (reflection on group activity)  Goal setting for self-management and review of consultation | AF  LC  LS |
| 16.00 – 16.30 | Action plan – how we might implement this in practice (Q&A) | All |