



MIDCENTRAL DISTRICT HEALTH BOARD
Te Pare Hauora o Ruahine o Tairāia

Professional Education Programmes

**January 2021–
December 2021**

**External
participants**



MidCentral District Health Board (MDHB) is pleased to be able to offer a number of Education and Development programmes to health professionals external to our organisation.

Most programmes are delivered by MDHB employees. While some reference is made during sessions to the MDHB's policies and procedures, it is considered that the programmes are appropriate to offer to those external to MDHB.

The programmes are set out in two sections:

- Section One – General programmes suitable for a wide range of participants
- Section Two – Clinical programmes with some specific to a particular speciality, for example, nursing.

Registrations are made by completing a copy of the form at the back of this booklet. Payment is required at the time of booking. Limited spaces may be available on some courses due to high usage from MDHB employees.

We hope those attending sessions will find them valuable and would welcome any feedback. To this end participants will be provided with an evaluation form at the end of sessions attended.

Anne Amoore
Manager Human Resources and Organisational Development

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Payment must be confirmed before registration

Leadership Development

Course code – EHRDLDo4

Aims/Purpose of the Programme

The Leadership Development programme focuses on building a strong foundation of self-leadership skills and leadership tactics for your toolkit. The philosophy embedded throughout this programme is that it is critical you lead yourself before you lead other people. The Leadership Development programme has been designed with reference to the Leadership Success Profile developed by the State Service Commission (Appendix 1 and 2)

Content of Programme

- All workshop content to be aligned with the SSC Leadership Success Profile:
- Managers workshop
- Workshop 1 – Self leadership “leading myself before I lead others”
- Workshop 2 – Leading my team with deliberate leadership
- Workshop 3 – Developing my team using praise and daily performance conversations
- Workshop 4 – Making it happen (Managing work priorities)
- Workshop 5 – Deliberate values based leadership + Celebratory afternoon tea with Managers invited
- 2 x 45 minute coaching sessions
- 4 x 30min (approx.) Homework to complete between workshops

Date	Workshops Managers Module 1 Module 2 Module 3 Module 4 Module 5	24 th June 2021 10 th and 11 th August 2021 31 st August 2021 21 st September 2021 5 th October 2021 2 nd November 2021
Duration	6 days, 9.00am - 3.30pm Plus Managers workshop ½ day 9.00am – 12.00pm	
Cost	\$1000.00 incl GST - Charge Code - AA	
Venue	Education Centre, Palmerston North Hospital	
Facilitator	Proven Performance	
Target Audience	Staff in leadership roles with staff reporting to them or people identified as future leaders and those who wish to develop their leadership skills with a view to seeking a leadership role in the future. Those registering must attend all 6 days. Places limited, subject to availability.	
Pre-requisite/ Eligibility	As above, plus the participants' Manager must attend the Managers workshop.	

Advanced Analgesia

Course code - ADV ANALGESIA2

Aims/Purpose of the Programme

On completion of this programme the nurse will be able to describe and demonstrate safe, timely and effective care of a person receiving patient controlled, epidural and intrathecal analgesia.

Content of Programme

- Theory and practical demonstration of advanced analgesic techniques and equipment.
- Identify (advanced) pain management techniques
- Describe the nursing care required for patients receiving patient controlled analgesia
- Identify the different nursing care required for patients receiving epidural or intrathecal analgesia
- Demonstrate the correct use of PCA and Epidural pumps utilised at MidCentral District Health Board

For attendees outside of MidCentral Health this course is not assessed. Certificate of attendance is provided.

Please Note : Essentials of Pain Management is covered from 1pm – 4.30pm on the Thursday of the Nursing Orientation programme.

Date	26 th January 2021 23 rd February 2021 23 rd March 2021 4 th May 2021 22 nd June 2021 17 th August 2021 19 th October 2021 23 rd November 2021
Duration	3 hours, 1.30pm - 4.30pm
Cost	\$75.00 incl GST - Charge Code - K
Venue	Education Centre, Palmerston North Hospital
Facilitator	ICU Anaesthetics
Target Audience	Registered Nurses and Midwives requiring Second Level certification in Epidural, Intrathecal, PCA.
Pre-requisite/ Eligibility	Registered Nurses & Midwives with first level IV certification plus three months experience.

CALD Cultural Competency and Working with Interpreters

Course code – ENURCCIo1

Aims/Purpose of the Programme

The aim of the course is to increase your awareness of your own cultural values and of others; to improve your understanding of how cross cultural differences, expectations and beliefs about illness and disability can affect communication, consultation and diagnosis; and to improve your skills working with interpreters and CALD patients.

Content of Programme

This course has been created as an introduction to building cultural competence when working with CALD migrant and refugee patients from Asian, Middle Eastern and African backgrounds and with Interpreters. It is a combination of the following courses from the CALD Cultural Competency Training Programme:

- CALD 1 Culture and Cultural Competency
- CALD 4 Working with Interpreters

Training Objectives

- Gain skills on how to apply the four elements of cultural competency (awareness, knowledge, sensitivity and skills) in practice to develop cultural competency.
- Gain skills on how to work effectively with Interpreters; including pre-briefing, structuring a session and de-briefing.

On completing this course you will develop skills in cultural competency, and become aware of how assumptions, interpretations and judgements impact on how we communicate and understand our CALD patients/clients during consultations.

References

www.ecald.com

Date	7 th May 2021 10 th September 2021
Duration	4 hours, 8.30am – 12.30pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	eCald Trainers
Target Audience	It is intended for anyone working in secondary care, primary care or mental health services.
Pre-requisite/ Eligibility	Nil

CALD Working with Refugee Patients

Course code – ENURCWRP02

Aims/Purpose of the Programme

The aim of this course is to increase your awareness of the settlement challenges faced by refugees; to help you work better with a refugee patient during a consultation; and to guide you on how to respond to the traumatic experiences a refugee patient may have endured.

Content of Programme

This course is intended for anyone working in secondary care, primary care or mental health services who want to work more effectively with refugee patients/clients. Very few refugees emerge from their experiences without having endured or witnessed some form of physical and/or psychological trauma.

Training Objectives

- Demonstrate an understanding of pre and post-settlement challenges for refugees.
- Gain awareness of some physical and mental health challenges for refugees.
- Demonstrate ability to handle sensitive issues (FCG and torture and trauma) with refugees.
- Demonstrate ability to use strengths of refugees in interventions.
- Integrate learning on CALD clients in role plays.

On completing this course you will have a better understanding of how the ‘refugee experience’ has long-term physical and psychological impacts on refugees resettled in New Zealand; and have developed new skills on how to use strengths-based interventions in planning care with refugee patients and their families.

References

www.ecald.com

Date	10 th September 2021
Duration	4 hours, 1.00am – 5.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	eCald Trainers
Target Audience	Health professionals working in secondary care, primary care and NGO health sectors who are providing services to refugee patients.
Pre-requisite/ Eligibility	CALD 1 Culture and Cultural Competency (pre-requisite); CALD 4 Working with Interpreters (highly recommended).

CALD Working with Religious Diversity

Course code – ENURCWRDo1

Aims/Purpose of the Programme

The aim of this course is to build the skills and understandings needed for health practitioners to develop religio-cultural competency.

Content of Programme

This course is intended for anyone working in secondary care, primary care or mental health services. Faith and religion is one of the most significant components of cultural practice, and religious beliefs can have a critical impact on a patient and their family's healthcare decisions.

Training Objectives

- Gain an understanding for developing religio-cultural competence practice when working with CALD patients of different faiths and religious practices
- Gain knowledge about selected religious beliefs and practices, and the affect they have on health, behaviour, and wellness.
- Develop skills to enhance interventions and treatment compliance.
- Know how to raise religion in a sensitive manner to gather the information needed to aid effective healthcare.

On completing this course you will have more knowledge about a range of religious beliefs and practices from Islam, Sikhism, Hinduism and Buddhism. You will have a better understanding of the influence of religious beliefs on patients and their families' health, behaviour, and wellness; and have developed new skills to enhance your health interventions and patient compliance with treatment plans.

References

www.ecald.com

Date	7 th May 2021
Duration	4 hours, 1.00am – 5.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	eCald Trainers
Target Audience	Health professionals working in secondary care, primary care and NGO health sectors who are providing services to migrant and refugee patients.
Pre-requisite/ Eligibility	CALD 1 Culture and Cultural Competency (pre-requisite); CALD 4 Working with Interpreters (highly recommended).

Certificate of Resuscitation (CORE Advanced)

Course code – CORE 2

Aims/Purpose of the Programme

The objective of CORE Advanced is to ensure that all health professionals in NZ, have the opportunity to acquire the basic minimum skills and knowledge, that would be needed for the early management of common illnesses and injuries that threaten life'. (NZ Resuscitation Council, 2016)

Content of Programme

The CORE Advanced course is a 9 hour programme that presents CORE cases covering respiratory arrest, pulseless ventricular fibrillation/ventricular tachycardia (VF/VT) treated with Manual Defibrillation and A.E.D, VF/VT Refractory VF to initial defibrillation, pulseless electrical activity, asystole, bradycardia and hypovolaemia.

Training Objectives

The participant will, by the end of the programme, be able to:

- recognise the seriously ill adult and manage adult collapse, with a focus on early defibrillation
- recognise the seriously ill child and manage childhood collapse, with a focus on early ventilation and oxygenation'
- understand the generic approach to the early management of trauma.
- apply early management of common, treatable conditions that may deteriorate into cardio-pulmonary arrest
- develop teamwork, and respect and understanding between health professional groups who manage crisis situations

Note: Three weeks' notice is required to attend this course

Date	3 February 2021 24 February 2021 3 March 2021 17 March 2021 14 April 2021 28 April 2021 12 May 2021	26 May 2021 2 June 2021 16 June 2021 7 July 2021 14 July 2021 4 August 2021 11 August 2021	1 September 2021 29 September 2021 13 October 2021 27 October 2021 10 November 2021 1 December 2021 15 December 2021
Duration	8.5 hours, 7.45am – 5.00pm		
Cost	\$345.00 incl GST - Charge Code - M		
Venue	Education Centre, Palmerston North Hospital		
Facilitator	Steve Jenkins, Resuscitation Department		
Target Audience	Emergency, Intensive Care, Coronary Care Department nurses and all medical providers such as Physicians, Registrars, House Surgeons and other professionals whose jobs require completion of a written evaluation and successful skill performance		
Pre-requisite/ Eligibility	Health Care Professionals. 'Resuscitation – A guide for Advanced Rescuers' –can be borrowed from the Clinical Library. Ko Awatea Learn courses CORE Advanced Rhythm Practice Defibrillator Zoll R and X series		

Clinical Risk Formulation

Course code – RISK5

Aims/Purpose of the Programme

- To increase skills and knowledge in assessment of clinical risk issues and appropriate interventions for managing risk.
- To examine risk management techniques as they apply to Mental Health & Addiction Service practice areas.
- To explore and document risk assessments and management plan using the relevant frameworks
- To enable greater understanding of appropriate interventions for managing risk.

Content of Programme

- A brief history of risk, the context of risk as part of good clinical practice
- Frameworks for risk assessment, Legislation
- Risk formulation, risk management
- Reviewing case studies, Co-existing Problems
- Assessment tools & strategies-Risk benefit analysis

Training Objectives

The participant will, at the successful conclusion of the session, be able to

- discuss the factors that impact on risk assessment and management within their work setting
- articulate sound risk management techniques as they apply to their practice areas
- demonstrate their ability to apply these techniques to clinical situations
- document their risk assessment and management plan using the relevant frameworks

Reference to MDHB Documents

MDHB-255 Risk Assessment Documentation Policy

MDHB-754 Risk Assessment (Form)

MDHB-751 History of Events register (Form)

Date	24 th May 2021 19 th August 2021 25 th November 2021
Duration	1 day, 9.00am – 3.30pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health & Addiction Services
Target Audience	MH & Addiction Practitioners working towards Coexisting Capable recognition - NGO's
Pre-requisite/ Eligibility	Nil

Coexisting Problem Workshop

Course code – COEXISTING4

Aims/Purpose of the Programme

- To enable greater understanding of the nature and extent of problems where both mental health and substance use are present.
- To utilize information gleaned in assessment, of how mental health and substance use may have interacted.
- To explore latest models of care for a client with a Coexisting Mental Health & Substance Use problem e.g. Bipolar and Alcohol Abuse/Dependence.
- Application of the Te Pou Coexisting skills competency framework [Te Whare o Tiki] and MoH Coexisting Guidelines [Te Ariari o te Oranga] will be incorporated.

Content of Programme

- What constitutes a comprehensive coexisting assessment (Te Ariari o te Oranga:, MOH, 2010)
- Assessment tools & strategies
- Clinical meaning of substance use presentations in mental health service users
- What is a formulation
- Possible interactions of common coexisting presentations
- Potential interactions of substances & medications
- Integration of treatments specific to MH problem and the substance use problem
- How harm reduction strategies can be applied

Training Objectives

The participant will at the successful conclusion of the module:

- Expand their assessment toolbox to gather information on substance use and on mental health.
- Inform the most appropriate management plan and treatment goals.
- Have an understanding of relationships between substance use and mental health and how that may have developed.
- Have an overview of the knowledge and skills associated with the management phase of care for a Coexisting problem, using a case study example.

Date	18 th March 2021 10 th November 2021
Duration	1 day, 9.00am – 4.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health Services
Target Audience	MH & Addiction Practitioners working towards Coexisting Capable recognition - NGO's
Pre-requisite/ Eligibility	Nil

Combined Preceptorship and Assessing in Practice

Course code – ENURCPAA01

Aims/Purpose of the Programme

To build on existing knowledge of Preceptorship and Assessment in Practice, also to ensure safe and effective orientation of new nursing and midwifery staff and students into the clinical area.

Content of the Programme

- Enhance nurses' knowledge and understanding of preceptorship and assessing in practice.
- Identify the roles and responsibilities of the preceptor and preceptee.
- Identify effective communication strategies.
- Explore ways to assess and manage under performance.
- Identify the assessment process, tools and application in context.
- Giving appropriate feedback

Training Objectives

Enhance nurses' knowledge and understanding of preceptorship and assessing in practice. For participants that choose to go on to become Assessors in Practice, at the successful conclusion of the programme, be able to prepare for and conduct appropriate assessments in the practice settings, against set standards or criteria, and complete the required documentation.

Resource documents

MDHB-127 Direction and Delegation of Care Related Activities to Enrolled Nurses, Care Assistants and Family/Whanau [Policy]

MDHB-1254 Preceptorship of Nurses at MidCentral Health [Guideline]

MDHB-5172 Nursing Performance Development (Policy)

MDHB-4710 Nursing Competence Assurance under the Health Practitioners Competence Assurance ACT 2003

Date	Thursday 4 th March 2021 Thursday 3 rd June 2021	Thursday 9 th September 2021 Thursday 25 th November 2021
Duration	7.5 hours, 8.30am – 4.30pm	
Cost	\$150.00 incl GST - Charge Code - L	
Venue	Education Centre, Palmerston North Hospital	
Facilitators	Tim Richards	
Target Audience	All Nurses and Midwives at MidCentral District Health Board, who preceptor students and new staff and assess peers in the workplace against standards.	
Pre-requisite/ Eligibility	Combined Preceptorship and Assessing in Practice resource book to be available to participants to print off before attending the day. Registered Nurses within MidCentral Health DHB in their 2 nd year nursing experience, Midwives	

CORE Resuscitation Skills (Clinical Core)

Course code – MODULAR4-4

Aims/Purpose of the Programme

To ensure that all health professionals in NZ, have the opportunity to acquire the basic minimum skills and knowledge, that would be needed for the early management of the collapsed casualty. (NZ Resuscitation Council, 2015).

Content of Programme

Adult, CPR, A.E.D. and basic airway management techniques.

Training Objectives

The participant will, by the end of the programme, have an understanding and be able to demonstrate skills at a level required by the NZRC for registered health practitioners (Core Immediate)

Reference to MDHB Documents

You must pick up and read the 'Resuscitation - A Guide for Health Professionals'

Date	23 rd March 2021 PM 13 th April 2021 PM 20 th April 2021 AM 20 th April 2021 PM 11 th May 2021 PM 18 th May 2021 AM 18 th May 2021 PM 15 th June 2021 PM 22 nd June 2021 AM 22 nd June 2021 PM 6 th July 2021 PM 20 th July 2021 AM 20 th July 2021 PM 3 rd August 2021 PM 10 th August 2021 AM 10 th August 2021 PM 17 th August 2021 AM 17 th August 2021 PM 7 th September 2021 AM	7 th September 2021 PM 21 st September 2021 PM 5 th October 2021 AM 5 th October 2021 PM 19 th October 2021 PM 2 nd November 2021 AM 2 nd November 2021 PM 16 th November 2021 PM 30 th November 2021 AM 30 th November 2021 PM 14 December 2021 PM
Duration	3 hours, 9.00am–12.00pm (AM) 1.00pm–4.00pm (PM)	
Cost	\$100.00 incl GST - Charge Code - R	
Venue	Education Centre, Palmerston North Hospital	
Facilitator	Steve Jenkins, Resuscitation Department	
Target Audience	Any registered health professional that requires C.P.R. as evidence of their annual competencies for example – Registered Nurses, Vaccinator nurses, practice nurses etc.	
Pre-requisite/ Eligibility	Pre-reading - Resuscitation - A Guide for Health Professionals - available from the Clinical Library	

Covid CORE Resuscitation Skills (Clinical Core)

Course code – N/A

Aims/Purpose of the Programme

To ensure that all health professionals in NZ, have the opportunity to acquire the basic minimum skills and knowledge, that would be needed for the early management of the collapsed casualty. (NZ Resuscitation Council, 2015).

Content of Programme

Adult, CPR, A.E.D. and basic airway management techniques with Anaphylaxis incorporated.

Training Objectives

The participant will have an understanding of the management of anaphylaxis and an understanding of and be able to demonstrate -Adult CPR -airway management -automatic external defibrillation.

Reference to MDHB Documents

You must pick up and read the 'Resuscitation - A Guide for Health Professionals'

Date	29 th March 2021 PM 1st th April 2021 PM 9 th April 2021 PM Dates will be added from time to time	
Duration	3 hours, 9.00am–12.00pm (AM) 1.00pm–4.00pm (PM)	
Cost	NIL	
Venue	Education Centre, Palmerston North Hospital	
Facilitator	Steve Jenkins, Resuscitation Department	
Target Audience	Covid Vaccinators	
Pre-requisite/ Eligibility	Pre-reading - Resuscitation - A Guide for Health Professionals - available from the Clinical Library	

Early Intervention in Psychosis

Course code – EMHSEIIPo1

Aims/Purpose of the Programme

To enable a greater understanding of how to support clients with significant co-existing alcohol & drug issues during a first episode of psychosis.

Content of Programme

- Using a case study approach we will look at assessment and treatment of psychosis.
- Frameworks used to comprehensively assess co-existing problems.
- Examine the Equally Well initiative endorsed by CCDHB, Hawkes Bay and Whanganui DHBs.
- How to track changes in physical health markers.
- To explain how to develop a wellness program which include behavioural therapy, physical activity and healthy lifestyle counselling.

Training Objectives

The participant will at the successful conclusion of the module:

- Expand their knowledge on assessment and treatment of psychosis
- Utilise frameworks to assess clients with co-existing problems.
- Have an understanding of the Equally Well initiative and be able to put this into their practice setting.
- To have an understanding of physical health markers.

Date	18 th May 2021
Duration	1 Day, 10.00am – 3.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health Services
Target Audience	Mental Health & Addiction Services, NGO staff
Pre-requisite/ Eligibility	Nil

Eating Disorders – Assessment and Management Overview of Treatment

Course code – EATDISORDER1

Aims/Purpose of the Programme

- To have an understanding of the principles, priorities and models used in treatment for clients with eating disorders.
- To enable clinicians to complete a basic eating disorder assessment.
- To enable greater understanding of the range of eating disorder diagnosis.
- To explore the medical and psychiatric risks associated with eating disorders.

Content of Programme

- How to complete an eating disorder assessment.
- Case study discussions.
- Exploring the current eating disorder diagnoses.
- Complete a basic assessment for eating disorders.
- Identifying the medical and psychiatric risks of eating disorders.
- An overview of principles, priorities and models used in treatment.
- The referral pathway for eating disorder referrals across youth and adult mental health and addiction services.

Training Objectives

The participant will, by the end of the programme, be able to:

- Describe the current eating disorder diagnoses.
- Complete a basic assessment for eating disorders.
- Name specific medical and psychiatric risks of eating disorders.
- Understand the principles, priorities and models used in treatment for clients with eating disorders.
- Refer a client to the appropriate pathway for eating disorder referrals across youth and adult mental health and addiction services.

Date	13 th September 2021
Duration	3 hours, 9.00am – 12.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health and Addiction Services
Target Audience	Mental health and Addiction Service staff; NGO's
Pre-requisite/ Eligibility	Nil

Essentials of Pain Management

Course code – PAIN ESSENTIAL09

Aims/Purpose of the Programme

The nurse-midwife will be able to:

- Describe physiology to rationalise analgesic interventions and demonstrate comprehensive pain assessment.
- Demonstrate competence in IV opioid administration

Content of Programme

- Assessment of pain.
- Pathophysiology of pain
- Education on IV Opioid administration

Training Objectives

Generic pain management

At the completion of this programme the nurse will be able to:

- Define chronic/acute pain
- Describe the pathophysiology of pain
- Identify and integrate the components of pain assessment
- Identify and describe the mechanisms of action for medications most commonly utilised in acute pain management
- Identify the side effects of opioids
- Complete the educational component of the IV opioids certification process

Date	21st January 2021 18 th February 2021 18 th March 2021 15 th April 2021 13 th May 2021 17 th June 2021 8 th July 2021	5 th August 2021 26 th August 2021 23 rd September 2021 18 th November 2021 16 th December 2021
Duration	3.5 hours, 1.00pm – 4.30pm	
Cost	\$75.00 incl GST - Charge Code - P	
Venue	Education Centre, Palmerston North Hospital	
Facilitator	Nurse Practitioner Pain Management or Acute Pain Clinical Nurse Specialists	
Target Audience	Registered Nurses and Midwives requiring Second Level IV Opioid administration	
Pre-requisite/ Eligibility	Registered Nurses & Midwives with Fundamental IV certification plus three months experience.	

Fetal Surveillance Education Programme (FSEP)

Course code – EMWFFSEPo2

Aims/Purpose of the Programme

FSEP teaches practitioners how to understand fetal physiology and how this affects the CTG trace.

Content of Programme

Normal CTG, abnormal CTG, interpretation and management, fetal blood sampling, lactate sampling, maternal monitoring, the whole clinical picture.

Training Objectives

The participant will at the successful conclusion of the course be able to demonstrate a comprehensive understanding of fetal surveillance.

Note: Midwifery Registration see separate registration form

Date	Wednesday 5 th May 2021
Duration	1 day, 8.00am - 3.30pm
Cost	WDHB Employee midwives – No cost MDHB/WDHB LMC's - \$30.00 incl GST All others - \$175.00 incl GST Charge Code – D
Venue	TBC
Facilitator	RANZCOG Educator – Anna Krakosky
Target Audience	Multi-disciplinary audience, midwives and doctors.
Pre-requisite/ Eligibility	Pre-reading-Fetal Surveillance: a practical guide (2009) RANZCOG, available for purchase from RANZCOG website or to loan from Centennial Clinical Library. Or OFSEP (online fetal surveillance education available at http://www.fsep.edu.au)

Integrated Pain Management Study Day

Course code – ENURIPMS01

Aims/Purpose of the Programme

An interdisciplinary forum intended to promote the care of people experiencing pain within our community.

Content of Programme

- A patients reflection
- Anatomy and physiology of pain
- Pain assessment
- Depression, anxiety and pain
- Spirituality and pain
- Pharmacological pain management
- Patient education
- Complex pain presentations

Training Objectives

At the completion of this study day the learner will be able to:

- Reflect on pain from a personal perspective
- Demonstrate an understanding of holistic pain assessment, problem/strength identification, planning and evaluation of patients with altered comfort
- Identify individualized strategies for improving patient comfort
- Describe the pharmacology, action, side effects of commonly utilized analgesics
- Identify tools to assist in planning patient pain management care in partnership
- Demonstrate knowledge of legislation and ethical decision making
- Identify local networks to assist in caring for the person experiencing pain

Date	26 th May 2021 27 th October 2021
Duration	1 day, 8.30am – 4.30pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Pain Team
Target Audience	All MDHB employees and Primary Health professionals, including MDHB providers and NGO's
Pre-requisite/ Eligibility	Nil

Introduction to Clinical Supervision for Supervisees

Course code - INTROSUPERVISION

Aims/Purpose of the Programme

Supervision in Health work environments is a process commonly used to enhance professional and personal competence. For this process to be effective both the Supervisors and Supervisees need to have a shared understanding of what is involved in Supervision. The objective of this programme is for supervisees to have enhanced knowledge of the supervision process to enable them to make the most of supervision.

Content of Programme

The “Introduction to Supervision for Supervisees” is a three hour programme that reviews the existing knowledge of supervision and participants experiences of supervision. There will be discussion of the supervision process and roles of the supervisor and supervisees. There will be some experimentation of strategies for making effective use of supervision. The barriers to effective supervision will be explored and the process of how to negotiate supervision contracts/agreements.

Training Objectives

The participant will, by the end of the programme, be able to:

- Understand the whole process of supervision
- Recognise how supervision underpins professional competency in practice
- Recognise the separate roles of supervisee and supervisors
- Have a range of ideas on how to make effective use of supervision
- Recognise and decrease any barriers in supervision
- Negotiate a supervision contract/agreement with their supervisor.

Reference Documents

MDHB-260 Professional Clinical Supervision Policy

MDHB-4979 Allied Health Clinical Supervision Policy

Date	3rd September 2021
Duration	3 hours, 9.00am – 12.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health & Addiction Services
Target Audience	All Clinicians, not intended for admin staff - NGO's
Pre-requisite/ Eligibility	Staff must be working in clinical practice.

IV Cannulation & Venepuncture

Course code – IV CAN & VEN 3

Aims/Purpose of the Programme

The learner will understand the theory necessary to perform intravenous cannulation, as part of their practice at MidCentral District Health Board.

Content of Programme

- Anatomy and physiology of the vein
- Cannulation technique
- Venepuncture technique
- Care and maintenance of a peripheral catheter
- Practical session

Training Objectives

Health Practitioners, who have successfully completed the programme, will be competent at peripheral intravenous cannulation and intravenous venepuncture in their work area within MidCentral District Health Board.

Date	Thursday 11 th February 2021 Thursday 11 th March 2021 Thursday 8 th April 2021 Thursday 6 th May 2021 Thursday 10 th June 2021 Thursday 29 th July 2021 Thursday 9 th September 2021 Thursday 28 th October 2021 Thursday 25 th November 2021
Duration	Half day, 8.30am – 12.00noon
Cost	\$150.00 incl GST - Charge Code - Q
Venue	Education Centre, Palmerston North Hospital
Facilitator	Catharine O'Hara, Clinical Nurse Specialist IV Therapy
Target Audience	Registered Nurses/Midwives /Technicians who have identified intravenous cannulation and venepuncture as an identified learning need for their role.
Pre-requisite/ Eligibility	Registered Nurses or Midwives who have completed Fundamental IV Certification or identified in position description.

Mental Health Act

Course code – MH ACT 2

Aims/Purpose of the Programme

- To provide an overview of the Mental Health (Compulsory Assessment and Treatment) Act 1992.
- To explore the process of applying the Act.
- For staff to understand their obligations and responsibilities in relation to the Mental Health Act.
- To enable a greater understanding of patients and family/whanau rights and responsibilities when the Mental Health Act is required.

Content of Programme

- An examination of the Mental Health Act process.
- The sectioning process and the accompanying legal paperwork.
- To look at the patient rights in relation to the Mental Health Act.
- An explanation of the legal definitions of mentally disordered as contained within the Act.

Training Objectives

The participant will, by the end of the programme, be able to:

- Articulate the statutory definition of Mental Disorder as it applies to the Mental Health Act '92 and amendment '99.
- Identify who to contact in MidCentral DHB for advice regarding MHA '92 matters, and have an awareness of the legal requirements that is the DAO role in the process of application to assessment under the terms of the Act.
- Describe the rights of patients who are subject to the MHA
- Understand the implications associated with CTO – Compulsory Treatment Order.

Reference Documents

MDHB-255 Risk Assessment Documentation

Date	27 th May 2021 - PM 16 th September 2021 - PM
Duration	3 hours, 1.00pm – 4.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health & Addiction Services
Target Audience	Interested MDHB & NGO staff
Pre-requisite/ Eligibility	Nil

Mental Status Examination Assessment

Course code – MS EXAM

Aims/Purpose of the Programme

- To enable greater understanding of how to conduct a mental status examination.
- To explore the models to undertake a mental status examination.
- To ensure that there is an understanding of what is assessed during a mental health assessment.

Content of Programme

- The Mental Status Examination framework.
- Case studies to discuss symptoms and how they help inform a diagnosis.
- DSM IV diagnosis and how this is established.
- Mental health assessments and processes.

Training Objectives

The participant will, by the end of the programme, be able to:

- Articulate what is Mental Status Examination framework.
- Conduct a mental status examination, report and document findings.
- Recognise this process and support the needs of consumer / Tangata Whaiora and family / whanau in the process of Mental Status Examination.

Date	24 th September 2021
Duration	3 hours, 9.00am – 12.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health and Addiction Services
Target Audience	Interested MDHB & NGO staff
Pre-requisite/ Eligibility	Nil

Midwifery Emergency Skills Refresher

Course code – MIDWIFERY2

Aims/Purpose of the Programme

Gives midwives the opportunity to practise and refresh on resuscitation techniques. Course designed to meet requirements of Midwifery Council recertification programme for midwives, compulsory annual education for midwives.

Content of Programme

Maternal Collapse, newborn resuscitation, childbirth emergencies including bleeding, shoulder dystocia, breech, cord prolapse.

Training Objectives

Meet Midwifery Council Annual Practising Certificate requirements.

Note: Midwifery Registration see separate registration form

Date	9 th February 2021 8 th March 2021 5 th April 2021 10 th May 2021 5 th July 2021 9 th August 2021 6 th September 2021 8 th November 2021 6 th December 2021
Duration	8.5 hours, 8.00am – 4.30pm
Cost	WDHB Employed Midwives – No cost \$150.00 incl GST - Charge Code - A
Venue	Education Centre, Palmerston North Hospital
Facilitator	Anna Krakosky
Target Audience	Midwives (Core and LMC)
Pre-requisite/ Eligibility	Pre-reading to be completed prior to the day, sent out by facilitator.

Newborn Life Support

Course code – NEWBORN2

Aims/Purpose of the Programme

This course gives healthcare professionals knowledge and skills for the standard management of a newborn collapse.

Content of Programme

The course concentrates on the importance of practical airway management, ventilatory support, circulatory support and temperature control.

Training Objectives

The participant will be able to:

- Perform competent newborn life support following the New Zealand resuscitation council guidelines
- Understand the process for initial resuscitation of all infants including the preterm.
- Gain knowledge of newborn physiology as it relates to resuscitation

Note: Midwifery Registration see separate registration form

Date	Wednesday 24 th March 2021 Wednesday 19 th May 2021 Wednesday 15 th September 2021 Wednesday 24 th November 2021
Duration	1 day, 8.30am to 4.30pm
Cost	WDHB Employed Midwives – No cost MDHB/WDHB LMC's - \$30.00 incl GST All others - \$150.00 incl GST Charge Code – C
Venue	Education Centre, Palmerston North Hospital
Facilitator	Gillian Allen
Target Audience	Junior Doctors, Registered Nurses and Midwives
Pre-requisite/ Eligibility	Please read section 13: neonatal guidelines. http://www.nzrc.org.nz/guidelines/ Pre-reading Quiz to be sent out on confirmation of registration

Paediatric Life Support (One day advanced)

Course code – PAEDIATRIC1

Aims/Purpose of the Programme

To enable staff to increase confidence in dealing with seriously unwell or injured children. Teach a structured team approach to resuscitation

Content of Programme

- Lectures
- Arrest Management
- Skill training
- Scenario training in seriously ill /injured infants/children.

Training Objectives

The participant will at the successful conclusion of the day have a structured approach to dealing with the seriously ill/injured child.

Date	5 th May 2021 18 th October 2021 10 th December 2021
Duration	1 day, 8.00am to 5.00pm
Cost	\$150 incl GST - Charge Code – S
Venue	Education Centre, Palmerston North Hospital
Facilitator	Gillian Allen
Target Audience	Medical and Nursing staff dealing with unwell children.
Pre-requisite/ Eligibility	Please read section 12: Paediatric Advanced Life Support Guidelines. http://www.nzrc.org.nz/guidelines/ Pre-reading to be sent out on confirmation of registration

Palliative Care: Beyond the basics for nurses

Course code – ENURPCBB01

Aims/Purpose of the Programme

To expand nurses knowledge and understanding of palliative care approaches and practices. Including

- Symptom management
- Communication skills (difficult critical and crucial conversations)
- Ethics in clinical practice

Content of Programme

This study day will include multidisciplinary speakers and require attendees active participation

- Focus on selected symptoms (including pain), pharmacological and non-pharmacological interventions
- Communication
- Ethics – focus on selected ethical issue(s) and this will overlap and interface with symptom management and communication

Training Objectives

- To build on participants previous palliative care education and experience to enhance the management of nursing care for people with palliative care needs
- To encourage reflective and critical thinking in the provision of palliative care

Reference Documents

- MDHB 113 Witness of wills and legal documents
- MDHB-148 Return of Body Parts [Procedure]
- MDHB- 6397 Death of a patient MDHB-1225 - Not for Resuscitation (NFR) Order [Policy]
- MDHB-1521 Infection control manual
- MDHB-15 Care of the dying adult
- MDHB-1024 Subcutaneous Infusion via the Niki T34 syringe driver

Date	4 th November 2021
Duration	1 day, 8.30am – 4.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Pain Team
Target Audience	Registered Nurses and Enrolled Nurses.
Pre-requisite/ Eligibility	Previous palliative care education –i.e. via resource nurse role, NETP programme, the MDHB Palliative and end of life care study day, Fundamentals of palliative care or other palliative care education.

Professional Development & Recognition Programme (PDRP) – Competent, Proficient & Expert

Course code – ENURPDRPo4

Aims/Purpose of the Programme

A workshop to educate nursing staff about PDRP requirements. The session will provide a focus of how nurses can bring together evidence and examples from the clinical setting to support successful completion of a professional portfolio.

Content of Programme

Provide a snapshot of the legal, professional and ethical requirement for nurses to have a professional portfolio. Identify the model used by NCNZ for the PDRP process, levels and time-frames, tools and templates to support the evidence required to demonstrate competency.

Training Objectives

The participant will, at the successful completion of the module, have the knowledge and skills to develop their PDRP portfolio to meet legal, ethical and professional requirements of their job description and Nursing Council of New Zealand.

Date	Wednesday 10 th February 2021 – PM Thursday 11 th February 2021 – AM Tuesday 23 rd March 2021 – PM Wednesday 24 th March 2021 AM Wednesday 14 th April 2021 – PM Tuesday 18 th May 2021 – PM Wednesday 19 th May 2021 - AM Monday 21 st June 2021 – PM Tuesday 20 th July 2021 – PM Wednesday 21 st July 2021 - AM Wednesday 18 th August 2021 – PM Tuesday 14 th September 2021– PM Wednesday 15 th September 2021 - AM Thursday 28 th October 2021 – AM Tuesday 23 rd November 2021 –PM Wednesday 24 th November 2021 – AM
Duration	4 hours, AM 8am – 12pm <u>OR</u> 12.30pm - 4.30pm PM
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Kathryn Fraser
Target Audience	All Nursing staff and Nurse Managers of MidCentral District Health Board and partner organisations
Pre-requisite/ Eligibility	MDHB Health Professionals.

PROMPT Course

Course code – EMWFPROMo2

Aims/Purpose of the Programme

Provide an exciting one day multi-disciplinary course, training you to manage obstetric emergencies. The course uses a mixture of lectures and simulated emergencies set in the most realistic environment possible – your delivery suite.

Content of Programme

- Lectures
- Drills

Training Objectives

Gain confidence in working effectively and quickly with your colleagues in a TEAM during obstetric emergencies.

Note: Midwifery Registration see separate registration form

Date	21 st June 2021 20 th September 2021 1 st December 2021
Duration	1 day, 8.30am –4.30pm
Cost	WDHB Employed Midwives - No cost LMC Midwives - \$30.00 incl GST Doctors - \$200.00 incl GST - Charge Code – E
Venue	Maternity, Level 2, C Block, Palmerston North Hospital
Facilitator	Womens Health Unit
Target Audience	All clinicians responding to obstetric emergencies; especially Midwives, Obstetric doctors (all levels), Anaesthetic doctors (all levels).
Pre-requisite/ Eligibility	Pre-reading is required. PROMPT manual available at the centennial clinical library.

RESOURCE NURSE – PDRP ASSESSOR

Course code – PDRP4

Aims/Purpose of the Programme

To support the professional development needs of PDRP Assessor's by providing updates of the professional and legislative requirements for PDRP and to ensure they are knowledgeable of NCNZ and MidCentral mandatory standards for PDRP.

Content of Programme

Educate PDRP Assessors of the legislative requirements as mandated by the NCNZ and the MidCentral PDRP framework & provide training to support nurses writing clear examples from the clinical setting that reflect their level of practice. Provide clarity of definitions, process and the tools used by the PDRP Assessor to support the assessment of a professional portfolio.

Training Objectives

At the conclusion the participant will have information to support them assessing nurses professional portfolios that will provide clarity of what the expectations are of the Nursing Council of New Zealand and to meet the criteria for MidCentral PDRP.

Date	11 th May 2021 AM 11 th May 2021 PM 13 th May 2021 AM
Duration	2 hours AM 9.00am to 11.00am PM 12.30pm to 14.30 pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Kathryn Fraser
Target Audience	Resource Nurse: PDRP Assessors.
Pre-requisite/ Eligibility	PDRP Assessor Invites will be sent to “PDRP Assessors” only

Sensory Modulation

Course code –**SENSORY1**

Aims/Purpose of the Programme

This workshop teaches the theory (neurological and physiological aspects of sensory processing) and practical application, to enable clinicians to provide effective sensory intervention with service users.

- To enable participants to engage in therapeutic practices that may reduce the use of seclusion and restraint in the mental health setting
- To learn a calming response that enables a person to use a sensory coping strategy when experiencing high anxiety or agitation
- To provide training consistent with national guidelines in the delivery of sensory modulation interventions, for the acute inpatient and community mental health settings

Content of Programme

Te Pou sensory modulation workshop focusing on:

- Understanding the research and practice evidence of sensory modulation
- Understanding the physiology of trauma, distress and sensory modulation
- Applying a range of sensory modulation tools in ways that offer choice, empowerment and self management techniques for service users
- Understanding own sensory preferences
- Understanding current policy and procedure to ensure quality of experience and safety of staff and service users
- Case examples and discussion

Training Objectives

The participant will, at the successful conclusion of the workshop, be able to:

- Have an understanding of the principles of sensory modulation
- Apply sensory modulation to practice in a therapeutic manner
- Have an awareness of sensory assessment tools and complete a personal sensory profile

Date	28 th June 2021 14 th September 2021
Duration	1 Day, 9.00am – 3.30pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health Services
Target Audience	All staff
Pre-requisite/ Eligibility	Nil

Spiritual and Compassionate Practice Essentials

Course code – ECHPSACCo1

Aims/Purpose of the Programme

To help health professionals engage with the sometimes challenging dimensions of spirituality and compassion so that they feel more confident about incorporating them in their every day practice.

Content of Programme

Developing the skills of spiritual conversation and compassionate presence can be challenging. To assist, we explore the academic literature, our own perspectives, how to cultivate the art of presence, along with tools for spiritual screening and self-reflection. There is opportunity for reflection and discussion around how to embed these skills into practice in mindful ways

Training Objectives

Participants will gain an appreciation of spirituality and compassion as integral to holistic healthcare and how human suffering can be mitigated through developing their personal practice in these areas.

Date	Mon 22nd February 2021 PM Wed 24 th March 2021 AM Tues 4 th May 2021 PM Tues 25 th May 2021 PM Wed 1 st September 2021 AM Wed 20 th October 2021 AM
Duration	4 hours, AM 0830-1230 OR PM 1200-1600
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Sande Ramage
Target Audience	All health professionals with a special focus on nursing, health care assistants and allied health.
Pre-requisite/ Eligibility	NIL

Supporting Parents Healthy Children: Essential Training (SPHC)

Course code – EMHSSPHCo1

Aims/Purpose of the Programme

To provide clinicians with a framework for family inclusive care of clients with mental illness and/or addiction who are parents.

Content of Programme

This Essential Level training is also supportive of family inclusive practice/ whanau ora. Staff will have a better understanding of organisations in their community who can support parents of children with mental illness and/or addiction.

Children raised in families with mental illness and/or substance dependence are at risk of adverse health and social outcomes. They may experience higher rates of suicidal ideation, interpersonal and behavioural problems; and through challenges with attachment and family functioning experience poverty, violence, abuse, increased caregiver responsibility etc. The quality of parenting and family interaction is a key mediating variable in these outcomes and international evidence suggests that they respond to interventions if the child population/needs are visible in adult mental health & addiction services. This includes four modules these are:

- Rationale and the SPHC Guideline
- Impacts on children and parenting
- Resources including a panel of parenting organizations
- How to integrate this into my practice using case scenarios

Training Objectives

To raise the issue with clients, to identify impacts on children, and to provide options of assistance.

Reference Documents

Ministry of Health. 2015. Supporting Parents Healthy Children. Wellington. Ministry of Health.

Date	25 th June 2021 16 th September 2021
Duration	3 hours, 9.00am-12.30pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health Services
Target Audience	Staff in Mental Health & Addiction services in DHB or community.
Pre-requisite/ Eligibility	Nil

Transformational Leadership Programme

Course code – ENURTLPO1

Aims/Purpose of the Programme

The Transformational Leadership Programme focuses on understanding your leadership style and that of others; how to develop and execute a shared vision and strategy; how to lead transformational change by mobilizing others to join and be part of the planned change; the mechanics and dynamics of team leadership and team performance; and the role of improvement in reducing waste and variation.

Content of Programme

- Personality Type and Leadership Development
- Transformational v Transactional Leadership
- Advancing Communication & Narrative for Change
- Leading Transformational Change
- Leading and Building Healthcare Teams
- Leading performance and service improvement
- Graduation and presentation of Project for leading and managing change

Training Objectives

At the end of the programme the participant will:

- Understand the role of the Transformational Leader
- Be able to create a Narrative for Change
- Identify a range of Performance and Service Improvement tools and the application
- Develop an approach to Leading and Building High Performing Health Care Teams

Date *Please note you will be expected to attend a full set – No swapping dates between sets.	Set 1 Cancelled Presentations & Graduation	Set 2 3 August 8.00-4.00pm 4 August 8.00-4.00pm 7 – 8 September 8.00-4.00pm 26 October 8.00-4.00pm 27 October 8.00-4.00pm Presentations & Graduation 24 November 3-6pm
Duration	6.5 days, 51 hours (as above)	
Cost	NIL	
Venue	Education Centre, Palmerston North Hospital	
Facilitator	Nursing	
Target Audience	Staff in leadership roles with staff reporting to them or people identified as future leaders and those who wish to develop their leadership skills with a view to seeking a leadership role in the future. Those registering must attend all days.	
Pre-requisite/ Eligibility	Pre-reading and timetables will be sent prior to each module.	

Values & attitudes – Let’s get real

Course code – EMHSV&A01

Aims/Purpose of the Programme

To describe the essential knowledge, skills and attitudes required to deliver effective mental health and addiction services.

Content of Programme

- The explanation of the seven real skills each identify a broad definition of knowledge and skills with three levels of performance indicators (essential, practitioner’s and leader).
- The examination of the essential and practitioner levels focus on individual practice and the leader level emphasis service delivery.
- The description of the Values and attitudes that are recognised as a core component of good practice and are expressed in action through each of the seven real Skills.
- The Let’s get real enablers are a set of tools and learning modules that assist real skills to be demonstrated across organisational systems as an individual practice.

Training Objectives

The participant will be by the end of the program be able to:

- Understand the Let’s get real framework
- Develop knowledge about how Let’s get real as it relates in the clinical practice setting
- Affirm their current practice and identify areas that will strengthen the ways services are delivered to meet the needs of service users, families/whanau and communities.
- Be able to acknowledge the role that the seven real skills have on the engagement with service users and families/whanau.

Reference Documents

Let’s Get real; Real Skills for people working in mental health and addiction.(Ministry of Health, 2008). www.moh.govt.nz

Date	16 th March 2021 8 th June 2021 12 October 2021
Duration	3 hours, 1.00pm – 4.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Mental Health Services
Target Audience	All Mental Health & Addiction Staff
Pre-requisite/ Eligibility	Nil

Wound, Skin and Pressure Injury Management

Course code – WOUND RESOURCE5

Aims/Purpose of the Programme

To enable nurses to competently manage patients' skin and tissue integrity using evidence-based practice and critical thinking.

Content of Programme

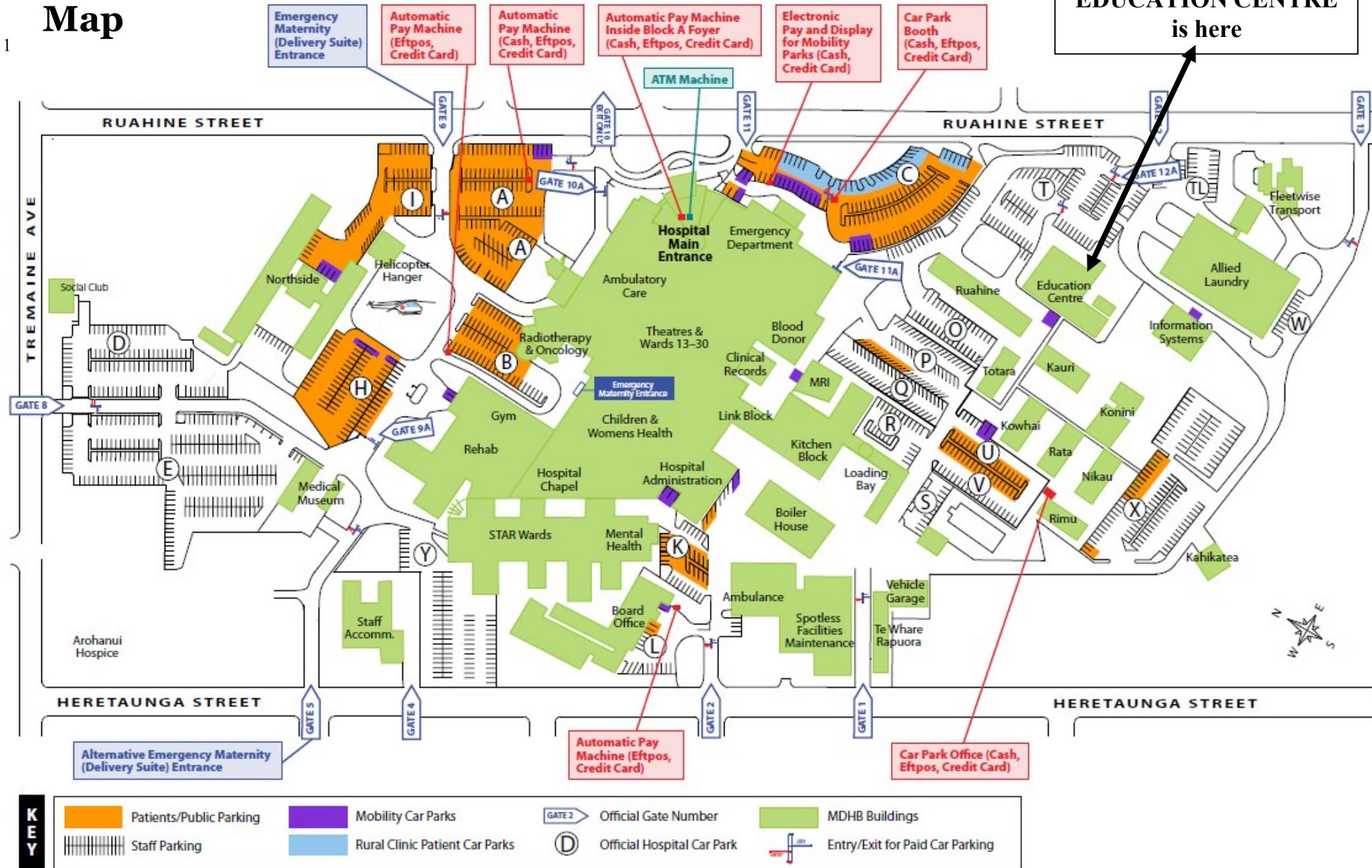
- Skin care
- Pressure injury prevention techniques
- Wound assessment
- Dressing selection
- Accountability

Training Objectives

The participant will at the successful conclusion of the day be able to confidently articulate and apply safe and effective management of patients' skin and tissue integrity.

Date	Thursday 11 th February 2021 Thursday 6 th May 2021 Thursday 12 th August 2021
Duration	1 Day, 8.30am – 4.00pm
Cost	NIL
Venue	Education Centre, Palmerston North Hospital
Facilitator	Desley Johnson
Target Audience	Registered and Enrolled Nurses
Pre-requisite/ Eligibility	Nil

Location Map



Process for making a booking.

