

Pre-workshop activities and learning

The overall aim of this programme is to support you to develop the knowledge, skills and confidence needed to undertake effective consultations, communications and clinical assessments in order to provide the NHS Community Pharmacist Consultation Service (CPCS).

There are two parts to this CPPE workshop resource, both of which must be completed in order to achieve the learning objectives:

- the pre-workshop activities, which may include reading, information searches and tasks that you need to complete before you attend the workshop
- the workshop itself, which is focused on the knowledge, skills and behaviours which will help you manage and optimise care for individuals.

The pre-workshop tasks and activities are important as they provide you with knowledge. To get the most out of the workshop, and to allow you to participate fully on the day, please ensure that you have completed all parts of the activities before the workshop:

Task 1 – *Clinical history taking – what a good consultation looks like* - e-learning, available at:

www.cppe.ac.uk/programmes/l/consult-e-00/

In this video-based e-learning programme, we consider the key skills you can use to take an effective clinical history. The program uses the Calgary-Cambridge guide to take you through the clinical history-taking process and introduces you to tools and resources to help you demonstrate a person-centred approach to the consultation. (estimated **three** hours to complete)

Task 2 – Sepsis

Sepsis is a potentially life-threatening condition and it is important that all healthcare professionals are aware of the red flags and symptoms of sepsis.

Watch the video *Think Sepsis* available at www.youtube.com/watch?v=vxmUVCu6CDI

Complete the following three sepsis case studies available on the CPPE website:

- Early recognition of sepsis – community setting (Case 1)**
Available at: www.cppe.ac.uk/programmes/l/sepsiscs1-e-01/
- Early recognition of sepsis – general practice setting (Case 3)**
Available at: www.cppe.ac.uk/programmes/l/sepsiscs3-e-01/
- Early recognition of sepsis – children (Case 4)**
Available at: www.cppe.ac.uk/programmes/l/sepsiscs4-e-01/

You can also access these case studies via the CPPE *Sepsis* gateway page available at:

www.cppe.ac.uk/gateway/Sepsis/
(estimated **two** hours to complete)

Task 3 – Meningitis

Bacterial meningitis and meningococcal disease can present similarly to less serious infections. Classical signs of meningitis are often absent in infants with bacterial meningitis and symptoms can progress rapidly and often become more specific and severe with time.

Read the NICE Clinical Knowledge Summary for *Meningitis - bacterial meningitis and meningococcal disease* available at: <https://cks.nice.org.uk/meningitis-bacterial-meningitis-and-meningococcal-disease>. Focus on the *Diagnosis: when to suspect* page so that you are familiar with some of the observations that may affect clinical assessment.
(estimated **one** hour to complete)

Task 4 – Measuring blood pressure

Watch the *Blood pressure measurement* video from British Hypertension Society website: <https://bihsoc.org/wp-content/uploads/2017/12/May-Measurement-Month-How-to-take-a-manual-blood-pressure-measurement-English-Subtitles-v2.mp4>

You can listen to some BP sounds by accessing *BP measurement auscultatory tutorials*: <https://bihsoc.org/resources/bp-measurement/bp-measurement-auscultatory-tutorials/>

Make a note of the BP based on the sounds you hear and compare your answers to the tutorial answers available on the web page.
(estimated **one** hour to complete)

Task 5 – Handwashing

Study the NHS guidance on how to wash your hands effectively. Check if you have any local handwashing procedures and use these. Policy available at: www.improvement.nhs.uk/documents/4957/National_policy_on_hand_hygiene_and_PPE_2.pdf

You can also study the posters with illustrations of handwashing technique with soap and water at: www.nipcm.hps.scot.nhs.uk/appendices/appendix-1-best-practice-how-to-hand-wash/

Or how to hand rub at: www.nipcm.hps.scot.nhs.uk/appendices/appendix-2-best-practice-how-to-hand-rub/
(estimated **15 mins** to complete)

Task 6 – NHS CPCS resources

Access the PSNC resources available to support you with implementation of CPCS in your pharmacy: <https://psnc.org.uk/services-commissioning/advanced-services/community-pharmacist-consultation-service/>

Ensure that you are familiar with the service specification and what you and your team need to do to implement the service.
(estimated **one** hour to complete)

Peer support

To get the most out of the workshop, you will need to practise examination skills on each other during the study day.

If it is appropriate for you, and you are comfortable to consent to this, please bring along a short-sleeved shirt so that your colleagues can practise taking blood pressure readings. In addition if it is appropriate for you and you are comfortable to consent, please wear either loose trousers or transparent hosiery so that observations can be conducted on legs and feet. You will be asked to sign a consent form.