



**New  
Courses  
2014!**

**Your career development is important to the INMO.  
The Professional Development Centre is committed to providing high  
quality, relevant and up-to-date programmes for Irish nurses and midwives.**

**For further information contact: INMO Professional Development Centre, Whitworth Building,  
North Brunswick Street, Dublin 7. Tel: 01 664 0641/2. Email: marian@inmo.ie**

**Information on all courses is also available on our website [www.inmo.ie](http://www.inmo.ie)  
All courses listed are held in the Professional Development Centre, INMO, North Brunswick Street,  
Dublin 7. Courses are limited to 15 participants and under (except in exceptional circumstances).**

**The Professional Development Centre would like to wish  
you a Merry Christmas and Best Wishes for 2014**



### **Boosting Your Self Care in Challenging Nursing Roles**

**NEW COURSE** This workshop is a practical, person-centered day of learning how to optimise your own self-care to be resilient, stay well, and thrive in your nursing role. It is suitable for all nurses/midwives and particularly in acute areas such as palliative care, oncology, ICU etc.

**Date:** Feb 26, 2014

**Fee:** €80 members; €140 non-members

### **Assessment and Care Planning for Older People in Residential Care**

This workshop is aimed at providing nurses working in this sector with the most up-to-date information regarding policy and standards in older person care and will focus on the need for comprehensive assessment, including risk assessment and care planning for older people in residential care settings.

**Date:** Feb 11, 2014. **Fee:** €80 members; €140 non-members

### **Assessment and Management of the Patient with Respiratory Conditions**

The study day is designed to provide nurses from the acute hospital setting with the knowledge to manage patients with respiratory conditions. Nursing services are now delivered in an environment involving greater complexity and increasing levels of technology. Nurses may have to intervene promptly in response to sudden changes in a patient's respiratory status. This study day will provide an opportunity for nurses to update their

knowledge, skills and understanding of respiratory assessment, problems and interventions to provide quality nursing care to patients.

**Date:** Apr 2, 2014. **Fee:** €80 members; €140 non-members

### **Assessment and Management of the Patient with Sepsis**

Sepsis can occur at any age and in any clinical situation. It is considered a medical emergency and continues to have a high mortality despite advances in treatment. Nurses may need to take the lead in its assessment and management. This study day is designed to broaden the nurse's knowledge and understanding of the: Body's defence systems; Pathophysiology underpinning sepsis; Classification/stages of sepsis; Signs and symptoms; Importance of early recognition of sepsis and the initiation of appropriate interventions; Nurse's role in caring for patients with sepsis; Discussion and rationale for Sepsis Six Regimen.

**Date:** Mar 13, 2014 **Fee:** €80 member; €140 non-member

### **Best Practice in Medication Management**

This study day provides participants with an overview of the main issues associated with medication errors and near misses and explores evidence-based approaches to promote and implement safe medication practice. It helps participants to understand the 'risk management' approach to safe medication management practice in an organisation. It is underpinned by legislation and L, An Bord Altranais guidelines.

**Date:** Jan 27, 2014. **Fee:** €80 members; €140 non-members

### **Continuous Quality Tools for Safer Care**

**NEW COURSE** This programme shows participants how to monitor quality improvement over time and how to introduce quality control in the current and future regulatory environment. It aims to provide nurses and midwives with greater knowledge and understanding of how to use and apply quality improvement theory, quality improvement tools and metrics in order to demonstrate that improvement has taken place within a framework of continuous quality improvement.

**Date:** Mar 12, 2014. **Fee:** €80 members; €140 non members



## Delegation & Clinical Supervision

NEW COURSE

This workshop explores the issues surrounding delegation and decision making, including appropriate supervision and delegated functions. It is aimed towards all nurse/midwife managers working with health care assistants.

**Date:** Mar 13, 2014. **Fee:** €80 members; €140 non-members

## Falls: Prevention, Management and Review

The purpose of this programme is to promote a consistent approach in falls reduction for older people through assessment, individualised care planning and post falls review. This education programme promotes excellence amongst nurses who provide care to the patients at risk of falls, informed by current best evidence, lifelong and practice based learning. The main aim is to assist nurses to identify those patients or residents who are at risk of falls and to reduce that risk by providing knowledge on falls reduction techniques and ultimately improving patient safety and minimising injuries in the older population.

**Date:** Feb 13, 2014. **Fee:** €80 members; €140 non-members

## Healthcare Provider CPR & AED Course – The New 2010 Guidelines

This one-day course is the newly released 2010 American Heart Association's (AHA) guidelines for CPR and ECC for healthcare providers. The changes from the A-B-C Sequence to the C-A-B Sequence, and the rationale behind it, are explained in detail while providing the maximum time for each participant to gain the skills of resuscitation. The content of this course includes: adult, child and infant CPR; bag and mask ventilation; foreign body airway obstruction; use of the AED for adult and child. Before the course you will receive the new 2010 *BLS for Healthcare Providers* textbook. Limited to six participants per instructor. A fee of €50 will be charged if you wish to cancel your booking 10 days before the course begins.

**Date:** Feb 28, 2014. **Registration:** 9.00am.

**Time:** 9.15am-4.00pm. **Fee:** €125 members; €195 non-members (including cost of book and light lunch)

## Infection Control

This course gives a basic understanding of microbiology and shows clearly how infections spread directly and indirectly. Topics include: UV Light Box to highlight importance of hand hygiene followed by individual demonstrations; use of personal protective equipment; health and safety and risk management issues in infection control; an overview of common infectious diseases and blood borne viruses; management of difficult situations in infection control such as MRSA, C Diff, ESBLs, TB, HIV, hepatitis; and other current challenges.

**Date:** Feb 20, 2014. **Fee:** €80 members; €140 non-members

## Introduction to Clinical Audit

The aim of this one-day workshop is to introduce participants to the theory and practical application of clinical audit in Irish healthcare. It is designed to provide participants with the necessary skills to implement clinical audit in their practice and be able to deliver evidence of improved performance for safer

and better care for patients. It also gives participants the tools to demonstrate a baseline of performance and how to monitor quality improvement over time and introduce quality control in the current and future regulatory environment.

**Date:** Mar 26, 2014. **Fee:** €80 members; €140 non-members

## Introduction to Dementia Care

This one-day programme is designed to enhance the healthcare practitioner's knowledge, strategies and skills that will improve quality of life for clients with dementia in their care. This interactive day, inclusive of case studies, DVD analysis and group work, aims to enhance participants' knowledge while providing practical strategies in promoting a person-centred approach to caring for a person with dementia. Topics include: introduction to dementia; recognising the impact of environment on a person with dementia; identifying and responding to changes in behaviour creatively within your setting. The impact and progression of dementia relating to the person, their families and healthcare workers will be outlined in tandem with strategies to enhance quality of life for the team in your setting.

**Date:** Feb 18, 2014. **Fee:** €80 members; €140 non-members

## Introduction to Palliative Care

This course will give an overview of the philosophy of end of life care, casting a wider net to include palliative care for conditions other than cancer. It will also cover the management of pain and of other distressing symptoms, spiritual pain and comfort measures in the last days of life, grief and loss.

**Date:** Jan 28, 2014. **Fee:** €80 members; €140 non-members

## Leg Ulcer Study Day

This workshop will enable practitioners to explore and analyse current theories and practice in relation to patients with leg ulcers. Aims include to: Distinguish between the different causes of ulceration and associated pathophysiology and relate to epidemiology, risk factors and assessment; Review the nurse's role in assessment of patients with leg ulcers; Review the role of Doppler in the assessment of the lower limb; Appraise the evidence for compression therapy and relate this to current practice; Explore the impact of psychosocial issues relevant to managing patients with leg ulcers and suggest strategies to incorporate these within clinical practice; Explore the importance of the multidisciplinary team and the role of specialist clinics in the assessment and management of patients with leg ulcers.

**Date:** Feb 25, 2014. **Fee:** €80 members; €140 non-members

## Management of Patient with Tracheostomy

This one-day workshop will provide the participants with the necessary knowledge, skills and confidence to evaluate and manage the nursing care of a patient with a tracheostomy.

**Date:** Feb 25, 2014. **Fee:** €80 members; €140 non-members

## Management Skills for Clinical Nurses Managers and Staff Nurses

This course is aimed at equipping clinical nurse managers and staff nurses with management skills. Key topics include:

## INMO Safe Practice Campaign

The Professional Development Centre is providing a nationwide series of workshops in workplaces and venues across the country. The aim of these workshops is to advise INMO members on key areas of practice such as clinical risk, report writing and statement writing, documentation and professional misconduct complaints to An Bord Altranaís agus Cnáimhseachais na hÉireann.

**Dates:** Dec 2 – St Lukes Hospital, Clonmel; Dec 3 – Brothers of Charity, Belmont Park, Waterford; Dec 5 – Monaghan General Hospital; Dec 5 – St Mary's Hospital, Castleblaney; Dec 6 – Highfield Healthcare Whitehall, Dublin; Dec 9 – Mater Misericordiae Hospital; Dec 17 – O'Donovan's Hotel, Clonakilty; Jan 9 – Our Lady's Hospital, Navan; Jan 14 Hazel Hotel, Monasterevin; Jan 31 – Castle Hotel, Macroom

**More dates and venues are available on our website [www.inmo.ie](http://www.inmo.ie)**

To book a place please email [helen@inmo.ie](mailto:helen@inmo.ie) or call 01 664 0616

**Fee:** INMO members Free; €75 non-members.

**TOOLS FOR  
SAFE PRACTICE**

management principles; decision making; team building; motivation of staff; and managing different skill mixes.

**Date:** Feb 24, 2014. **Fee:** €80 members; €140 non-members

### Medication Management in Diabetes

This study day centres on two workshops, one focused on type 2 diabetes and the other on type 1 diabetes. Both workshops will look at the principles of safe and effective medicines management within clinical practice, as well as building on participants' previous knowledge and understanding of pharmacology. Other issues include the evidence base for medication management in diabetes, legal and professional frameworks, accountability, patient-centred care, self-management.

**Date:** Jan 15, 2014. **Fee:** €80; €140 non member

### Non-Violent Crisis Intervention

This one day programme is to assist staff to provide the best care, welfare, safety and security for staff working in healthcare environments. The programme identifies behaviour levels that contribute to the development of a crisis and outlines appropriate staff intervention for each response. It also identifies verbal and non-verbal techniques to de-escalate behaviour. In addition the course outlines break away techniques that can be adopted in a physical crisis situation while maintaining the care, welfare, safety and security of clients and staff.

**Date:** Feb 27, 2014. **Registration:** 9.15am

**Time:** 9.30am-5.00pm. **Fee:** €100 members; €160 non-members

### Nursing/Midwifery Documentation

This course is designed to help all nurses/midwives in any healthcare setting, examine the role and the importance of record-keeping. The particular type of records you keep will vary widely, but the principles of good record-keeping apply to anyone caring for patients or clients. The aim of the course is not to give complex theory about record-keeping, nor overwhelm with details. Rather, it is designed to help improve your practice by becoming more aware of the vital importance of good records.

**Date:** Mar 25, 2014. **Fee:** €80 members; €140 non-members

### Pain Management

This programme provides a comprehensive approach to assessment and management of pain in elderly care

settings. It focuses on pharmacological and non-pharmacological methods and includes an overview of the ASK and LISTEN Approach. It discusses pain types, effective approaches and pain assessment tools. It provides an overview of the psychological consequences of unresolved pain and looks at use of the WHO three-step pain ladder. The concept of 'total pain' is explored. Spiritual or 'soul pain' is part of the discussion around advanced cancer pain.

**Date:** Feb 19, 2014. **Fee:** €80 members; €140 non-members

### Practical Skills in the Management of People with Diabetes

This one day course aims to provide nurses with the knowledge and confidence to deliver care to individuals with diabetes. It offers nurses a practical approach to diabetes, whether based in a community or hospital setting. It covers many theoretical aspects to diabetes, such as an explanation of the different types of diabetes, national and international guidelines, best practice, how to offer lifestyle advice to patients, as well as interactive workshops focused on blood glucose monitoring and injection technique. Other topics to be covered include treatment options in diabetes, understanding blood results, and dealing with the complications of diabetes.

**Date:** Feb 26, 2014. **Fee:** €80 members; €140 non-members

### Pressure Ulcer Prevention and Management

The aim of this workshop is to enable the practitioner to analyse their current practice and identify knowledge, strategies and skills that will improve outcome and quality of care in relation to patients with, or at risk of, pressure ulceration.

**Date:** Mar 11, 2014. **Fee:** €80 members; €140 non-members

### Understanding Obesity and Weight Management

This one-day workshop aims to provide a comprehensive understanding of the causes of obesity and the physiological principles involved in the onset of obesity and associated illnesses. Lifestyle treatment options such as dietary, exercise and behavioural interventions will be covered in depth, as well as non-pharmacological, pharmacological and surgical interventions. Participants will be equipped with the skills in the identification

and measurement of obesity and weight issues with practical approaches to management. They will be able to implement the most effective ways of working to prevent and manage obesity in their current practice.

**Date:** Feb 17, 2014. **Fee:** €80 members; €140 non-members

### Wound Care Management

This one-day workshop will cover all aspects of wound management including the physiology, assessment, cleansing and management of wounds.

**Date:** Feb 18, 2014. **Fee:** €80 members; €140 non-members

### INMO Courses – Cork

See page 43 for information on the courses that will be run at the new INMO Cork Offices

### Nursing the Cardiac Patient

This one-day workshop is aimed at enhancing general nurses' knowledge of management of the cardiac patient. Topics covered in this one-day workshop include cardiac anatomy and physiology, cardiovascular assessment, cardiac tests, medications, chest pain and heart failure.

**Registration:** 9.00am. **Time:** 9.30am-4.00pm

**Date:** Mar 6, 2014. **Fee:** €80 members; €140 non-members

### ECG Interpretation

This one-day workshop is aimed at enhancing general nurses' knowledge of cardiac electrophysiology. It will provide participants with knowledge of cardiac rhythms, rhythm analysis and ECG interpretation (It is advisable to do the workshop on March 6, 2014, *Nursing The Cardiac Patient* also).

**Date:** Mar 7, 2014. **Time:** 9.30am-4.00pm

**Fee:** €80 members; €140 non-members

All programmes have Category 1 approval from Bord Altranais agus Cnáimhseachais na hÉireann

## Application Form for PDC Courses

Early bookings are advisable

**Name:** .....

**Address:** .....

**Tel (home/mobile):\*** .....

**Tel (work):** .....

**Email:** .....

**Job title:** .....

**Place of employment:** .....

**Title of workshop:** .....

**Date of workshop:** .....

**Venue of workshop:** .....

**INMO Member:**  **Membership No:** .....

**Non-member:**  .....

**Are you a registered Nurse**  **Midwife**



**BOOK BY CREDIT/LASER CARD**  
Call 01 664 0641/2



**Fee enclosed:** € .....

Have you attended an INMO workshop before?: Yes  No

(Cheques/postal orders payable to 'INMO'. Receipts will be issued a week prior to course start date).

\* Supply of a personal contact number is essential, in case of the unlikely event of late cancellation of a course

If you have any special dietary requirements please contact us at least five days in advance at Tel: 01 664 0642

Please return form to: Professional Development Centre, INMO, Whitworth Building, North Brunswick Street, Dublin 7

**Venue and times of workshops:** Unless otherwise stated, courses listed are held at the Professional Development Centre. In order to better facilitate people attending workshops in the PDC, registration for most full-day workshops will take place at 9.45am and the courses will commence at 10.00am. **Cancellation policy:** In the event of unforeseen circumstances, a facilitator/trainer may be replaced by another suitably qualified person. Cancellation of any course must be given in writing at least seven days before the course begins. Fee will be refunded minus an administration charge. If a person cancels in less than seven days, no refund will be given. **Receipts will be issued a week prior to course start date.**