



Professional Development Centre

Conferences • Workshops • Seminars



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
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).

Special Promotion for INMO Members
Get €45 discount when you book 3 courses by credit/laser card before September 30, 2013.
Phone: 01 664 0641 / 2 for more information.

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: Sept 11, 2013. **Fee:** €80 members; €140 non-members

Academic Writing and Research Appraisal Simplified!



This one day course is aimed at nurses and midwives undertaking third level academic programmes to assist them in completing their written assignments. The objective of the workshop is to help prepare the student for academic study which requires efficient literature searching, research critique and accurate referencing skills.

Date: Oct 14, 2013. **Fee:** €80 members; €140 non-members

Assertion Training – The Eight Step Approach To Healthy Self-Assertion

Learning to be assertive is an important part of self-development and can help replace passivity and dependent behaviours with behaviours that will increase personal effectiveness in all areas of life. Assertion training can help people to gain greater self-confidence and control over their lives. This course is designed to help people to discover what they want in life and then how to generate their own solutions to achieve what they want.

Date: Sept 25, 2013. **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: Oct 10, 2013. **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: Nov 7, 2013. **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: Nov 21, 2013 **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 by An Bord Altranais guidelines.

Date: Oct 22, 2013. **Fee:** €80 members; €140 non-members

Breast Cancer Therapy, Side-Effects and Management

This study day is designed to provide nurses from the acute hospital setting with the knowledge to effectively manage breast cancer patients throughout their cancer treatment trajectory. Topics include: Understanding mechanism of action of each treatment modality; Enhancing participant's knowledge of chemotherapy/targeted therapy/hormonal therapy/radiotherapy in the treatment of breast cancer; Review the nurse's role in assessment of patients undergoing breast cancer treatment; Assessment and management of the main side effects of treatment; Explore the psychosocial issues that are relevant to patients with breast cancer.

Date: Sept 19, 2013. **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: Nov 12, 2013. **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: Sept 27, 2013. **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; a 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: Sept 26, 2013. **Fee:** €80 members; €140 non-members

Interview Skills

This one-day new training course focuses on increasing the confidence and effectiveness of participants in a selection interview situation. The aim of this course is to develop the awareness, knowledge, skills and confidence of the delegates concerned in the very important process of recruitment and selection interviewing.

Date: Sept 10, 2013. **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: Sept 18, 2013. **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: Sept 18, 2013. **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

Early Warning Score and Associated Education Programme



The INMO has agreed with the HSE to hold 20 workshops on behalf of the HSE Nursing Services Unit over the next 10 months to update nurses and teach them how to use the early warning scoring system. This Train the Trainer education programme recommended by the HSE is the COMPASS programme.

Further information is available on www.inmo.ie

To book a place Email: marian@inmo.ie **Venue:** Professional Development Centre, INMO

Dates: Sept 13 (Full); Oct 21, 2013. (More dates available on www.inmo.ie)



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: Oct 15, 2013. **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: Oct 3, 2013. **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: management principles; decision making; team building; motivation of staff; and managing different skill mixes.

Date: Oct 16, 2013. **Fee:** €80 members; €140 non-members

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: Oct 9, 2013. **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: Oct 23, 2013. **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: Oct 8, 2013. **Fee:** €80 members; €140 non-members

Recognising Pregnancy Complications

Pregnancy-related complications can range from mild to moderate to life-threatening. The midwife's role has always been paramount in recognising early signs which can easily be missed in busy antenatal clinics and wards. This one-day workshop will prepare midwives to listen to women's concerns with a special focus on recognising those warning signs. The workshop is of extra benefit to new entrants to the midwifery profession.

Date: Sept 19, 2013. **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: Oct 10, 2013. **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: Sept 24, 2013. **Fee:** €80 members; €140 non-members

INMO Safe Practice Campaign

The PDC 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 Altranais agus Cnáimhseachais na hÉireann. **For dates, times and venues go to www.inmo.ie**

To book a place please email helen@inmo.ie or call 01 664 0616. **Fee:** INMO

members Free; €75 non-members

TOOLS FOR SAFE PRACTICE

HELP YOUR PATIENTS QUIT SMOKING

Ex-smokers are healthier. Old news? We agree. In addition to the many health benefits associated with giving up tobacco, ex-smokers smell better, feel better and have more money. Help your patients today and direct them to iCoach, our free digital quit smoking tool. iCoach is already helping almost 400,000 Europeans to quit smoking.

For free help to quit smoking, visit: www.exsmokers.eu



Download the
free Exsmokers
iCoach app here



BECOME
UNSTOPPABLE ON
EXSMOKERS.EU



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.**