

Te Whatu Ora

Health New Zealand

Te Pae Hauora o Ruahine o Tararua
MidCentral

MidCentral District

2024

Professional
Education
Programme -
External
Learners



Kia ora koutou

Te Pae Hauora o Ruahine o Tararua: MidCentral delivers a comprehensive programme of training and development to enable staff to remain current and viable in their clinical and leadership roles.

Each year MidCentral offers a limited number of these training opportunities to external health professionals employed by organisations aligned to Te Whatu Ora across the MidCentral District rohe.

You are invited to review the training and development opportunities listed herein and apply to register for training that may be of benefit to you professionally.

Much of this training is delivered by MidCentral professionals qualified in their field of expertise. Some training will include reference to MidCentral District policy and procedure, for which you will not have access, regardless of this it is considered the general content of the training courses being offered is appropriate to health professionals externally.

Registrations are made by completing and submitting the registration form; a link to this form is below.

Whilst there is no charge for most courses at MidCentral District there are a few that do have charges levied against them. This is to recover the cost to MidCentral of delivering these courses. If a charge applies to your registration, please ensure payment or arrangement for payment, is made prior to submitting the registration form.

Unless otherwise stated, all events in this booklet will be delivered at the Education Centre on the Palmerston North Hospital campus. Access to the Education Centre is through Hospital Gate 12 off Ruahine Street in Palmerston North. There are limited parking spaces available on campus, parking incurs a charge.

There are limited courses and spaces available for training through MidCentral District. Priority for training will be given to MidCentral employees, with external health professionals registrations being processed on a first-come-first-served basis. MidCentral District reserves the right to cancel training registrations for external health professionals in order to accommodate training of MidCentral staff.

Should a training event or registration need to be canceled, or postponed, we will make every attempt to contact the applicant in advance, and wherever possible offer alternative training options.

MidCentral District training courses are only available to people working in health organisations aligned to Te Whatu Ora and MidCentral District. Training courses are not offered to employees of private organisations and MidCentral District reserves the right to accept or refuse applications at their discretion.

Te Pae Hauora o Ruahine o Tararua: MidCentral attempt to present training that is current and appropriate to the needs of health professionals across our rohe, as such at the completion of each course you will be afforded the opportunity to provide feedback on the training. Please take this opportunity.

Thank you for selecting MidCentral District as your training partner, we look forward to learning alongside you.

Anne Amoore
Manager Human Resources and Organisational Development

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Advanced Care Planning Level 1

Course code – EQAIACPL101

Aims and Objectives:

On completion of this course kaimahi will have the skills and tools to undertake advanced care planning conversations with patients, assist them with the paperwork, discuss concerns and answer questions that may arise when completing advance care plans.

Content:

This course consists a comprehensive one-day workshop covering:

- the benefits of ACP;
- the legal framework;
- case studies;
- communication skills and practice; and
- documentation practice.

Pre-requisite:

Prior to attending the one day facilitated training all participants must have completed the Ko Awatea Module: Level 1 Advanced Care Planning on the Health Quality and Safety Commission website. If you do not complete this pre-requisite your registration may be canceled.

Duration: **1 Day**

Timing: **8.30am - 4.00pm**

Facilitator: **Barbara Smith**

Target Audience: **Registered Nurses and Kaimahi working with tangata whaiora.**

Session Dates: 13th March; 19th June; 18th September

Advanced Negative Pressure Wound Therapy- VAC Therapy

Course code - ENURAVTTNPWM01

Aims/Purpose of the Programme

To enable advanced knowledge and skills for Topical Negative Pressure (V.A.C.) Therapy.

Having successfully completed this course the participant will be competent in, and have advanced knowledge of, the clinical skills for use with V.A.C. Therapy.

Content of Programme

- Advanced Dressing Techniques – diabetic foot ulcers, abdominal wounds, and fistulas.
- Biofilms and infected wounds.
- Dehiscence prevention. Treatment injury.
- V.A.C. Therapy mechanisms of action – update.

Eligibility: Attendees must have attended the Negative Pressure Wound Therapy -VAC Therapy Course. Must be VAC Certified and currently practicing VAC Therapy.

[This course is not assessed for external participants.](#)

Duration: **7.5 hours**

Timings: **8.30m - 4.30pm**

Facilitator/s: **Kim Struthers & Nicola Hughes**

Target Audience: **Nurses and Medical staff**

Session Dates: 17th October

Beyond Borderline: helping with struggles in relationships and intense emotions

Course code – EMHSBB01

Aims/Purpose of the Programme

To provide clinicians the training and tools to support tangata whaiora who are 'at risk' or in intense emotional distress.

Content of Programme

- Formulation;
- Understanding risk in the context of chronic patterns of risk-taking behaviours;
- Principles of reinforcement;
- Distress tolerance skills;
- Providing talking therapy;
- Setting goals;
- Therapy agreements;
- Targets; and
- Teaching emotional and interpersonal effectiveness skills.

This course is not assessed for external participants.

Duration: 7.5 hours each day

Timings: 9.00am - 4.30pm daily

Facilitator/s: Nga Tai Oranga (MHAIDS) and Sheridan McIlsac

Target Audience: Mental Health Clinicians

Session Dates: 29th April – 1st May inclusive

Breastfeeding Study Day

Course code - EMWBFSD01

Aims/Purpose of the Programme

To improve breastfeeding outcomes by providing staff with the skills to support breastfeeding women.

Eligibility: Attendees must have a basic knowledge of breastfeeding.

Pre-reading: will be sent out by facilitator.

This course is not assessed for external participants

Duration: 7.5 hours

Timing: 8.30m - 4.30pm

Facilitator/s: Louise Wedgewood/Ivy Hao/Chris Broome/Debra McCormack

Target Audience: Midwives; Nurses and other medical professionals.

Session Dates: 20th March; 19th June; 13 November

Certificate of Resuscitation CORE Advanced

Course code – ENURSCOREA01

Aims/Purpose of the Programme

To ensure all health professionals in NZ have the basic minimum skills and knowledge needed for the early management of common illnesses and injuries that threaten life. (NZ Resuscitation Council, 2016)

Content of Programme

- 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
- hypovolemia.

Training Objectives:

By the end of the programme participants will 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; and
- develop teamwork, respect and understanding between health professional groups who manage crisis situations.

Pre-reading: Resuscitation - A guide for Advanced Rescuers

Pre-requisites: Ko Awatea Courses: CORE Advanced Rhythm Practice and Defibrillator Zoll R and X Series
Failure to complete these pre-requisites prior to training will result in 'incomplete assessment'.

Duration: 8.5 hours

Timing: 7:45am – 5.00pm

Facilitator: Stephen Jenkins

Target Audience: Emergency, Intensive Care, Coronary Care Department Nurses and all medical providers whose job requires completion of written evaluation and successful skill performance in this area.

CHARGES: \$395.00+ GST Code: M

**Session Dates: 28th February; 27th March; 1st May; 19th June; 24th July;
28th August; 16th October; 13th November; 18th December**

Clinical CORE Resuscitation Skills (Mod4)

Course code – ERESCCRS01

Aims/Purpose of the Programme

Health professionals in NZ have the basic minimum skills and knowledge needed for the early management of common illnesses and injuries that threaten life.

(NZ Resuscitation Council, 2016)

Content of Programme

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

Training Objectives

At the successful completion of the programme the practitioner will have an understanding of, and be able to demonstrate, skills at a level required by the NZRC for registered health practitioners (Core Immediate).

Duration: 3 hours;

Timing: 1pm - 4pm

Facilitator: Stephen Jenkins

Target Audience: Registered health professional requiring C.P.R. as evidence of their annual competencies for example – Registered Nurses, Vaccinator Nurses, Practice Nurses etc.

Pre-reading: Resuscitation - A guide for Advanced Rescuers

Sessions: 2 April; 18 June; 27 August; 8 October; 19 November

Co-existing Problem Workshop

Course code – EMHSCEPW01

Aims/Purpose of the Programme

This programme seeks to enable a greater understanding of the nature and extent of problems where both mental health and substance use are present.

Content of Programme

- What constitutes a comprehensive coexisting assessment (Te Ariari o te Oranga: MoH 2010).
- Assessment tools and strategies.
- Clinical meaning of substance use presentations in mental health service users.
- What is formulation.
- Possible interactions of common coexisting presentations.
- Potential interactions of substance and medications.

Duration: 6.5 hours; 9.00am - 4.30pm

Facilitator/s: Ann Flintoft/ Fran Bettridge

Target Audience: MHA Practitioners working towards Co-existing Capable recognition.

Sessions: 25 March

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 to ensure safe and effective orientation of new nursing staff and nursing students into the clinical area.

Pre-requisite: Registered Nurse within the MDHB rohe; in their 2nd year of practice.

Content of 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

At the successful conclusion of this training the practitioner will have:

- An enhanced knowledge and understanding of preceptorship and assessing in practice.
- Be able to prepare for and conduct appropriate assessments.

Duration: 8 hours; 8.30am - 4.30pm

Facilitator: Tim Richards

Target Audience: Registered Nurses who preceptor students, and staff who peer assess against standards in the workplace.

NOTE: This course is not assessed for external participants.

Sessions: 21 March; 4 July; 31 October

De-escalation and Restraint Minimisation

Course code – ERSTRMSP04

Aims/Purpose of the Programme

At the completion of this training you will have:

- enhanced your tools to assist an agitated patient;
- have improved de-escalation skills; and
- understand how intervene earlier while maintaining safety of the patient and those around them.

You will also:

- be able to safely monitor any person under restraint;
- document the process accordingly; and
- have the knowledge and skills to practice within the bounds of the Health and Disability Services Standards.

Content of the Programme

- Restraint minimisation;
- correct use of restraint;
- Monitoring restraint;
- de-escalation techniques;
- trauma-informed care; and
- breakaway techniques.

References:

- NZS 8134.0:2008 Health and Disability Services (General) Standard
- NZS 8134.2:2008 Health and Disability Services (Restraint Minimisation and Safe Practice) Standards
- Mental Health (Compulsory Assessment and Treatment) Act 1992
- Crimes Act 1961
- Strategies to end seclusion and restraint. WHO Quality Rights Specialized training - Course guide 2019
- The Substance Abuse and Mental Health Services Administration (2012).

Pre-requisite Courses:

Please ensure you have completed the [CPI Prevention](#) course on Ko Awatea Learn prior to attending this course. Failure to complete this course could impact your registration.

Duration: 1 Day; 8.30am - 4.30pm

Facilitator: Julie Marsh

Target Audience: Anyone working in an environment that requires this focus.

Sessions: 17 April; 3 July; 18 September

Detection and Management of Suicide and Other Risk

Course code – EMHSDAM001

Aims/Purpose of the Programme

To assist Health Professionals to develop a structured approach to assessing risk with a focus on suicide prevention and patient safety.

Content of Programme

- Enhance health practitioners' knowledge and understanding of the processes involved in the assessment of suicide and other risk.
- Introduction to and training in **the tools involved in the assessment and management of suicide and other risk.**

Training Objectives

At the successful conclusion of this training the practitioner will have:

- an understanding of the tools available in the assessment of suicide and other risk.

Duration: 3 hours; 9.00am - 12.00pm

Facilitator/s: Robyn Girling-Butcher and Fiona Dollery

Target Audience: Health professionals working in the areas of Mental Health and Addiction.

Sessions: 18 April; 12 September

Diabetes in Pregnancy Study Day

Course code – EMWFDIP01

Aims/Purpose of the Programme

To further develop health professionals understanding of Diabetes in Pregnancy and the long-term health effects on women and baby.

Content of Programme

- Midwives will host this day with Endocrinologist, Diabetes Nurse Practitioner, Dietitians, Obstetrician, a Lactation Consultant and NNU Charge Nurse giving talks about Diabetes in Pregnancy.
- Particular concentration will be on Gestational Diabetes.

Training Objectives

At the successful conclusion of this training the practitioner will have:

- an enhanced level of knowledge and understanding of the effects of diabetes on mother and baby.

Duration: 8 hours; 8.30am - 5.00pm

Facilitator: Sue Gilmer

Target Audience: Maternity Health Professionals; multidisciplinary

Sessions: 4 September

Eating Disorders Assessment and Management

Course code – EATDISRDER1

Aims/Purpose of the Programme

To enable clinicians to complete a basic eating disorder assessment.

Content of Programme

By the end of the programme the participant will 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.
- Have an overview of principles, priorities and models used in treatment.
- Note the referral pathway for eating disorder referrals across youth and adult mental health services.

Duration: 3 hours; 9.00am - 12.00pm

Facilitator/s: Robyn Girling-Butcher

Target Audience: Mental Health Service Staff and NGOs

Sessions: 21 May

Family Violence Intervention

Course code – ENURFVI01

Aims and purpose of this course

Increase your understanding and skills in Family Violence Intervention, including the brief 6 step intervention model for partner and child abuse **Pre-requisite:** Family Violence Pre-training Course on Ko Awatea Learn.

Content of Programme

- Screening
- Safety planning
- Referral

Training Objectives

- At the successful conclusion of this training the participant will be able to confidently screen for family violence, initiate a safety plan with the client and articulate and apply the intervention model.

Duration: 1 day; 8.30am - 4.30pm

Facilitator: Jonelle Culling

Target Audience: Think Hauora Health professionals only.

Sessions: 20 February; 21 March; 13 June; 24 September; 31 October; 19 November

Fetal Surveillance Education Programme

Course code – EMWFFSEP02

Aims/Purpose of the Programme

A course designed for Doctors and Midwives assessing fetal wellbeing.

Pre-reading:

Fetal Surveillance: a practical guide (2009) RANZCOG, (available for purchase from RANZCOG website or to loan from Centennial Clinical Library.) and <https://fsep.ranzcog.edu.au/what-we-offer/online-program>

Content of Programme

This multi-disciplinary face-to-face session is appropriate for all professionals involved in antenatal and intrapartum care.

Training Objectives

This is a multi-disciplinary course focuses on improving understanding, interpretation, and management of the CTG and associated fetal monitoring techniques.

Duration: 1 day 9.00am – 4.30pm

Facilitator: Megan Hooper-Smith

Target Audience: Health professionals in the areas of antenatal and intrapartum care.

Sessions: 14 May

Gender and Sexual Diversity at Work

Course code – EAHSG&SD01

Aims/Purpose of the Programme

To increase understanding and support work environments to become more inclusive for sexual gender diverse colleagues, patients/clients and whanau.

Content of Programme

- Creating a safe space
- Who is the LGBTIQ+ Community - definitions exercise
- Experiencing homo/bi/trans* phobia in society
- How discrimination happens in the workplace
- How inclusion happens

Training Objectives

At the conclusion of this training participants will have an understanding of:

- Terminology (LGBTIQ+).
- Difference between sexual and gender diversity.
- LGBTIQ+ identity, expression, attraction and sex as different aspects.
- Discrimination and inclusion at different levels

Duration: 1 day 9.00am – 12.00pm

Facilitator: Melva Davey

Target Audience: Health professionals

Sessions: 12 February; 2 April; 22 May; 11 July; 30 August; 14 October; 3 December

Infant Humidification

Course code – ENURIH01

Aims/Purpose of the Programme

To ensure that patients requiring high flow oxygen or patients with Tracheostomy are given Oxygen via humidified circuits.

Content of Program

- What is humidity?
- Airway physiology;
- Optimal humidity;
- Oxygen therapy, humidification device for high flow nasal oxygen therapy; and non-invasive ventilation Workshops

Training Objectives

Participants will at the end of the study day be able to understand the indications for humidification/HFNO and be able to administer oxygen therapy via AIRVO system using appropriate equipment.

Duration: 1 Day; 8.30am - 4.00pm

Facilitator: This courses is facilitated by Fisher and Paykel/Lucy Ratana

Target Audience: Registered and Enrolled Nurses

Sessions: 22 October

Integrated Pain Management Study Day

Course code – ENURIPMS01

Aims/Purpose of the Programme

An inter-disciplinary forum intended to promote the care of people experiencing pain within our community.

Content of Programme

- A patient's reflection Pain assessment
- Spirituality and pain Patient education
- Anatomy and physiology of pain Depression, anxiety and pain
- Pharmacological pain management 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 and side effects of commonly utilized analgesics.
- Identify tools to assist in the planning of patient pain management and care, in partnership with the patient and whanau.
- Demonstrate knowledge of legislation and ethical decision making. Identify local networks to assist in caring for the person experiencing pain.

Duration: 8 hours; 8.30am - 4.30pm

Facilitator/s: Erica Gleeson

Target Audience: All primary health professionals

Sessions: 3 April; 30 October

Introduction to Palliative and End of Life Care for Nurses

Course code – ENURPELCN01

Aims/Purpose of the Programme

An introduction to the management of common palliative symptoms.

Content of Programme

Palliative care overview and interfaces.

Holistic nursing assessment, symptom control and end of life care.

interdisciplinary approach, communication, spirituality, end of life issues.

Pre-requisite Please ensure you have taken the opportunity to look at the [Palliative Care Handbook](#)

Training Objectives

At the completion of this training the participant will:

- understand the principles that guide and inform palliative care to enable the provision of quality care for those with palliative requirements in MedCentral Health Services.
- have the knowledge and skills to care holistically for patients and their family / whanau with palliative care needs and those at the end of life in MedCentral Health Services.

Duration: 8 hours; 8.30am - 5.00pm

Facilitator: Karen Sheward

Target Audience: Nurses and Primary Health Professionals who support tangata whaiora with palliative care.

Sessions: 25 March; 5 November

IV Cannulation & Venepuncture

Course code – EANAIVCANVEN01

Aims/Purpose of the Programme

To understand the theory necessary to perform intravenous cannulation, as part of your professional practice.

Pre-requisite: Must be a Registered Nurse or Midwife and have completed MidCentral - GP Practice Nurses IV Cannulation on koawatealearn.co.nz. ([Click here to go to the course.](#))

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 the MedCentral rohe.

This course is assessed. Attainment of completion will be confirmed on completion of the requisite assessment.

Duration: 4 hours; 8.30am - 12.00pm

Facilitator: Linu Varghese or Emma Nash

Target Audience: Registered Nurses/Midwives /Technicians who have intravenous cannulation and venepuncture as a requirement of their role.

PLEASE NOTE: Spaces on these events are limited, registrations will be accommodated on a first in-first served basis. Please ensure you provide a preferred and alternative date for training.

**Sessions: 4 April; 30 May; 20 June; 4 July; 15 August; 12 September; 24 October;
21 November; 19 December**

Leading an Empowered Organisation (LEO)

Course code – ENURLEO02

Aims/Purpose of the Programme

This three day programme aims to prepare nurses and midwives to be more fully involved in the running of their services and, in particular, to lead their clinical teams. On completion of the programme all learners must attend a presentation and graduation workshop.

Content of Programme

- Leadership and Management
- Responsibility, Authority and Accountability;
- Leadership Development
- Building Relationships
- Empowerment
- Action Planning

Objectives

- Identification of your current level of responsibility, authority and accountability;
- Skills development to build honest, open relationships based on trust and mutual respect;
- Ideas to develop your personal and organisational capacity;
- Ways to implement effective, non-punitive responses to mistakes;
- Leading change through consensus and dialogue;
- Creating a personal development plan for your leadership role.

This programme comprises three consecutive full days of training and a follow up session for presentations and graduation for a total of 31 hours. Participants must attend all sessions to complete the programme.

Duration: 31 hours; 9.00am – 4.30pm daily and 3pm – 6pm Presentation and graduation

Facilitator: Tim Richards

Target Audience: Participants must be endorsed by their manager to attend this training.

Sessions: Programme 1 – 26-28 March (inclusive) and 9th May graduation
Programme 2: 23-25 October (inclusive) and 5th December graduation

Maternity Nurses Skills Day

Course code – ENURMNSK01

Aims/Purpose of the Programme

To equip nurses with the skills required to work with postnatal wahine and pepi by providing evidence based knowledge of the New Zealand maternity system to complement their practice.

Content of Programme

- Newborn Resuscitation and scenarios
- Maternal Collapse and scenarios
- Obstetric emergencies and scenarios
- Breastfeeding education
- Safe sleep for pepi
- Evidence based practice updates

Training Objectives

This day aims to provide nurses with skills needed for working with wāhine and their pepi in the inpatient maternity setting. The day will include newborn resuscitation, maternal collapse, emergency scenarios and relevant updates to practice

Duration: 1 day 8.30am – 5.00pm

Facilitator: Megan Hooper-Smith

Target Audience: Health professionals working in the maternity field.

Sessions: 20 May; 13 August; 22 October;

Midwifery Emergency Skills Day

Course code – EMWMESD01

Aims/Purpose of the Programme

This course is designed to meet the requirements of the Midwifery Council Recertification Programme for Midwives, a compulsory annual education. This is the opportunity for midwives to fresh and reinforce their resuscitation techniques for annual registration.

Content of Programme

Maternal collapse, newborn resuscitation, childbirth emergencies including bleeding, shoulder dystocia, breech birth and cord prolapse.

Training Objectives

For practitioners to meet the Midwifery Council Annual Practicing Certificate requirements.

Note: Midwifery Registration see separate registration form

Duration: 8 hours; 8.00am - 4.30pm

Facilitator: Megan Hooper-Smith

Target Audience: Registered Nurses/Midwives

**Sessions: 15 February; 12 March; 28 March; 6 May; 4 June; 5 August;
2 September; 4 November; 5 December**

Negative Pressure Wound Therapy

Course code – ENURTNP(Vac)01

Aims/Purpose of the Programme

To ensure the safe and effective use of Negative Pressure Wound Therapy (NPWT) to promote and improve wound healing.

Content of Programme

- What is NPWT?
- Wound Assessment
- Prescribing TNP Therapy
- Application of TNP Therapy
- Do's & Don'ts
- Accountability
- Management and Discharge Process

Training Objectives

Participants will be able to confidently articulate NPW Therapy and successfully complete one simulated dressing application.

Duration: 8 hours; 8.30am - 5.00pm

Facilitator: Nicola Hughes

Target Audience: Medical; Midwives; Nursing

Sessions: 6 March; 3 July; 16 October

Newborn Life Support

Course code – ERESNBLS01

Aims/Purpose of the Programme

Healthcare practitioners will gain the skills and knowledge required for the standard management of a newborn collapse.

Content of Programme

Focus of this training is on the importance of practical airway management, ventilatory support, circulatory support, and temperature control in a newborn life emergency.

Pre-reading: Resuscitation Council of New Zealand Guidelines.

Section 13: Neonatal Guidelines. Guidelines » New Zealand Resuscitation Council (nzrc.org.nz)
A pre-reading quiz will be sent out on confirmation of registration.

Training Objectives

On completion of training the practitioner will:

- Be competent in the process of newborn life support following the New Zealand Resuscitation Council guidelines
- Understand be able to articulate the process for initial resuscitation of all infants, including the pre-term.
- Have knowledge of newborn physiology as it relates to resuscitation.

Duration: 8 hours; 8.30am - 5.00pm

Facilitator: Ash Dam

Target Audience: Medical; Midwives; Nursing

CHARGES: \$250 + GST

Sessions: 8 February; 26 March; 10 June; 26 September; 12 November

Newborn Life Support Immediate

Course code – ERESNBLSI01

Aims/Purpose of the Programme

To equip healthcare practitioners who attend newborn life resuscitation infrequently with the skills and knowledge required for the standard management of a newborn collapse.

Content of Programme

This half day programme will focus on the importance of practical airway management, ventilatory support, circulatory support, and temperature control in a newborn life emergency.

Pre-reading: Resuscitation Council of New Zealand Guidelines.

Section 13: Neonatal Guidelines. Guidelines » New Zealand Resuscitation Council (nzrc.org.nz)

Training Objectives

On completion of training the practitioner will:

- Be competent in the process of newborn life support following the New Zealand Resuscitation Council guidelines
- Understand be able to articulate the process for initial resuscitation of all infants, including the pre-term. Have knowledge of newborn physiology as it relates to resuscitation.

Duration: 4 hours; 8.30am - 12.30pm

Facilitator: Megan Hooper-Smith

Target Audience: Medical; Midwives; Nursing

CHARGES: \$250 + GST Code C

Sessions: 5 March; 7 May

Paediatric Life Support (One day advanced)

Course code – ERESPLSODA01

Aims/Purpose of the Programme

To increase the practitioner's confidence in dealing with seriously unwell or injured children through a structured team approach to resuscitation.

Content of Programme

- Arrest Management
- Skills training
- Scenario training in seriously ill /injured infants/children

Pre-reading: Resuscitation Council of New Zealand Guidelines.

Section 12 – Paediatric Life Support

A pre-reading quiz will be sent out on confirmation of registration.

Training Objectives

- The participant will at the successful conclusion of the day have a structured approach to dealing with the seriously ill/injured child.
- This course is assessed. Attainment of completion will be confirmed on completion of the requisite assessment.

Duration: 8 hours; 8.00am - 4.30pm

Facilitator: Nigel Orr

Target Audience: Registered Nurses/Midwives

CHARGES: \$250.00+GST Code: S

Sessions: 23 February; 12 April; 16 October; 4 December

Palliative Care: Beyond the Basics for Nurses

Course code – ENURPCBB01

Aims/Purpose of the Programme

To expand the practitioner's knowledge and understanding of palliative care approaches and practices, including;

- enhanced communication skills, enabling difficult critical and crucial conversations.
- symptom management, focusing on selected symptoms (including pain) and the appropriate
- ethics in clinical practice, focusing on selected ethical issue(s). This will overlap and interface with symptom management and communication.
- pharmacological and non- pharmacological interventions.

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

Pre-requisite

Previous palliative care education –i.e.via resource nurse role, NETP programme, the MidCentral Introduction to Palliative and End of Life Care Study Day, Fundamentals of Palliative Care, or other palliative care education.

Duration: 8 hours; 8.30am - 4.30pm

Facilitator: Michaela Tomecki

Target Audience: Registered Nurses/Midwives/Health Care Professionals

Sessions: 17 September

Peritoneal Dialysis (CAPD)

Course code – ENURCAPD02

Aims/Purpose of the Programme

To enable nursing staff to understand the principles involved in peritoneal dialysis and how it impacts on the lives of tangata whaiora and their family/whānau.

Content

- Introduction to Renal Failure
- Anatomy and Physiology
- Peritoneal Dialysis Exchange Procedure Fluid balance
- Peritonitis
- Exit site care

Training Objectives

- To provide staff the basic skills and knowledge required to care for tangata whaiora within the hospital setting.
- Enabling best possible care for tangata whaiora dealing with peritoneal dialysis.

Duration: 6.5 hours; 9.00am - 3.30pm

Facilitator: Morgan Park

Target Audience: Nursing staff and Health Care Professionals

Sessions: 14 February; 15 May; 21 August; 13 November

Professional Development & Recognition Programme (PDRP)

Course code – ENURPDRP04

Aims/Purpose of the Programme

A workshop to educate the requirements of the PDRP process. This session will provide an understanding 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 timeframes, tools, and templates to support the evidence required to demonstrate competency.

Training Objectives:

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

Duration: 4 hours; 8.30am - 12.30pm

Facilitator: Renee Galloway

Target Audience: Nursing staff and Health Care Professionals

**Sessions: 13 February; 12 March; 16 April; 14 May; 11 June; 16 July;
13 August; 10 September; 15 October; 19 November**

PROMPT Course

Course code – EMWF PROM02

Aims/Purpose of the Programme

A one-day course designed to deliver multi-disciplinary training in the management of obstetric emergencies. The course uses a mixture of lectures and simulated emergencies set in the most realistic environment possible – the delivery suite.

Training Objectives

Practitioners will gain confidence in working effectively and quickly within a team during obstetric emergencies.

Pre-Reading: PROMPT book available by contacting Megan Hooper Smith

Note: Midwifery Registration see separate registration form

Venue: Maternity, Level 2, C Block, MidCentral Palmerston North Hospital

Duration: 4 hours; 8.30am - 12.30pm

Facilitator: Megan Hooper-Smith

Target Audience: All clinicians responding to obstetric emergencies, especially Midwives, Obstetric Doctors (all levels) and Anaesthetic Doctors (all levels). **To ensure an appropriate mix of personnel at these sessions restrictions will apply at registration.**

Sessions: 19 February; 4 April; 20 June; 19 August; 18 November

Rainbow Competency Workshop Level 2

Course code – EHRRCWL2

Aims/Purpose of the Programme

This workshop is an opportunity for those who have already completed the "Gender and Sexual Diversity at Work" training to gain more in-depth knowledge about creating safe and inclusive environments for Rainbow colleagues/patients/clients and whanau.

Content of Programme

- Aotearoa LGBTIQ history, colonisation and takatapu.
- Intersectionality.
- Gender and Sexual unconscious bias.
- Rainbow perspectives for health care professionals.

Training Objectives

Increased understanding of:

- Discrimination of gender and sexual diverse people;
- Aotearoa LGTBIW history;
- Intersectionality;
- Unconscious bias;
- Rainbow perspectives;
- How to create inclusive and safe spaces for Rainbow communities

Duration: 6 hours; 9.00am – 3.00pm

Facilitator: Melsa Davey

Target Audience: Anyone who has completed the "Gender and Sexual Diversity at Work" training.

Sessions: 13 March; 13 June; 11 September

Resource Nurse – PDRP Assessor

Course code – ENURRNPDPA01

Aims/Purpose of the Programme

- To educate PDRP Assessors of the legislative requirements mandated by the NCNZ and the MidCentral PDRP framework.
- To provide training to support nurses to identify and write up 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

Participant will have skills and information to support the assessment of nurses' professional portfolios and will be able to provide clarity of the requirements and expectations of the Nursing Council of New Zealand.

Duration: 4 hours; 8.30am - 10.30am

Facilitator: Renee Galloway

Target Audience: Resource Nurse PDRP Assessors by invitation

Sessions; 20 February; 23 April; 18 June; 20 August; 22 October

Respiratory Nurse Study Day

Course code – ENURRNSD01

Aims/Purpose of the Programme

This day is tailored to nurses working with patients with chronic respiratory disease, including acute presentations and co-existing complex co-morbidities.

Content of Programme

The day includes speakers from the respiratory nursing team as well as other disciplines within the team

Duration: 8 hours; 8.30am - 4.30am

Facilitator: Marina Lambert

Target Audience: Nursing

Sessions: 16 May; 28 November

Religious Diversity in Healthcare

Course code – ENURRDAD01

Aims/Purpose of the Programme

An interactive workshop to understand New Zealand's diverse spiritual and religious identities in order to become more comfortable and avoid discriminating on religious and spiritual grounds.

Content of Programme

- Creating a safe inclusive environment in which to engage;
- religion as an identity marker; world religions in New Zealand;
- what religion/spirituality means to me; religion and culture;
- stereotyping and bias around religion; and spirituality.

Training Objectives

The course provides activities which challenge participants to reflect on their own understanding of religious/ spiritual identity in order to engage with the religious values and beliefs of others. Participants become cognisant of and involved with people of varying traditions so that they can be more relaxed and positive when working in diverse groups.

Duration: 1 Day; 8.30am - 4.00pm

Facilitator: Ricky Waters; Religious Diversity Centre Aotearoa New Zealand

Target Audience: All health professionals

Sessions: 3 September

Spiritual and Compassionate Practice Essentials

Course code – ECHPSACC01

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 everyday 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.

Duration: 4 hours; 12.30pm - 4.30pm

Facilitator: Sande Ramage

Target Audience: All health professionals with a special focus on nursing, health care assistants and allied health.

Sessions: 4 March; 6 May; 1 July; 4 November

Supporting Parents Healthy Children: Essential Training (SPHC)

Course code – EMHSSPHC01

Aims/Purpose of the Programme

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

Content of Programme

This Essential Level training is supportive of family inclusive practice/whānauora. Staff will have a better understanding of the 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. International evidence suggests 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.

Duration: 3.5hours; 9.00am - 12.30pm

Facilitator: Ann Flintoft

Target Audience: All health professionals with a special focus on nursing, health care assistants and Allied Health.

Sessions: 14 March

Registering and Paying for

The general registration form for Non-MidCentral professionals can be accessed under the **Registration** heading on the webpage. Please ensure you complete all necessary sections; incomplete forms will not be processed.

Some courses will require payment. Unless you have made prior arrangements please make payment through the on-line

account before submitting the form electronically. Please include details of the payment transaction on the registration form for our reference.

Education Centre does not have a fax machine; if you are unable to use the SUBMIT function please save your registration as a file and email it through.

Any queries please contact:

Education Centre Coordinator: Education@midcentraldhb.govt.nz

or phone: 3509182