



**THE SOCIETY OF
MUSCULOSKELETAL
MEDICINE**
putting theory into practice

Effective Professional Interactions (EPI) and the Society of Musculoskeletal Medicine (SOMM) are excited to announce the launch of their new course:

Consultation and Clinical Examination Effectiveness in MSK Medicine

**LCVS BUILDING
LIVERPOOL L2 2AH
WEDNESDAY 15TH AND THURSDAY 16TH JANUARY 2020**

Day One

Increase Your Consultation Effectiveness (Best Use of Time with Patients)

The first day of the course is focused on consultation effectiveness. First contacts with patients in primary care are challenging. In an MSK consultation, the clinician (GP, Physiotherapist, Nurse Practitioner or other first contact practitioner) has to:

- Establish rapport
- Find out what the patient wants and needs (not always the same thing)
- Make, or begin to make, a diagnosis
- Conduct an examination
- Share an opinion
- Educate the patient
- Formulate a plan, usually in collaboration with the patient
- Usually give instructions
- Check that important points of the plan and safety net are understood

All this in as little as 10 minutes – and rarely more than 15 minutes.

GPs spend 18 months working in GP surgeries in training during which this is a major focus of their development – and even so, it is worth revisiting as an experienced practitioner to pick up tips and ideas that can enhance time management and reduce clinical and medico-legal risk.

Most practitioners from non-doctor roles will have had a lot less training for maximising their efficient use of time in first contact consultations.

Our seminar

- Participants will have a chance to reflect on their own experience consulting with MSK patients and compare notes with others.
- There will be presentations of significant research and theory concerning skills and behaviours to structure the consultation to promote effectiveness and time efficiency - alongside helpful suggestions, rehearsed in focused practical exercises.
- We will use a specimen (simulated) MSK consultation to consolidate the learning; comparing our thoughts in small groups
- Focus areas for skill development will then include:
 - Controlling the flow
 - Opening the consultation; the agenda; who's in charge?
 - Getting the full story
 - Patient education
- Skills are practiced in groups of three, with short specific exercises

Our goal is to help you find and overcome difficulties and to leave you with practical ideas to enhance your own consultations with patients.

EPI and your trainer

The seminar is delivered by Effective Professional Interactions, a training organisation that specializes in consultation and professional skills development for clinicians.

Your trainer is an Advanced Nurse Practitioner who works in Primary Care. He is a University Lecturer and is one of EPI's most experienced trainers.

Day 2

Increase Your Clinical Examination Effectiveness

The second day concentrates on the effective clinical examination, diagnosis and management of common MSK pathologies. The aims are to enhance skills for a quick effective examination (including recognising red flags), leading to a clinical diagnosis and therefore provide best management of the pathology. This day is aimed at the clinician who has first contact (GP, Physiotherapist, Nurse Practitioner or other first contact practitioner).

The day will include:

- Performing quick and effective MSK examinations of the shoulder, knee and lumbar spine
- Clinical diagnosis from your examination in minutes
- Practical time to practice MSK examinations
- Differential diagnosis of the common pathologies at the shoulder, knee and lumbar spine
- How to exclude red flags
- Evidence based management for these common pathologies including injection therapy
- Case study discussions
- Group work and collaboration with colleagues

Musculoskeletal medicine is a specialism that is dedicated to the examination, clinical diagnosis and non-surgical treatment of disorders of the musculoskeletal system, based on the work of Dr James Cyriax.

The SOMM Team

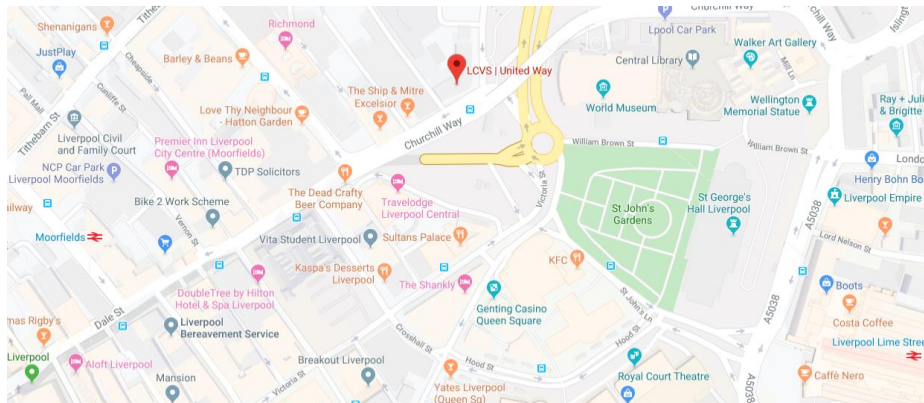
The Society has a committed team of tutors who have many years of experience practising musculoskeletal medicine in many different arenas – NHS, sport, private practice and the armed forces. This brings diversity and interest to the courses and ensures a stimulating and varied learning experience.

Course Booking

To book at this introductory fee, visit <https://effectivepi.co.uk/#book>

Price includes refreshments and lunch.

	Introductory Fee	Standard Fee
Day One	£165.00	£185.00
Day Two	£165.00	£185.00
Both Days	£295.00	£335.00



<https://effectivepi.co.uk/>

<https://www.sommcourses.org/>