



University of the  
Highlands and Islands  
Oilthigh na Gàidhealtachd  
agus nan Eilean



## Advanced Practice Programme Newsletter

Advanced Nurse Practitioner and Advanced Professional Practice



Welcome to the second edition of the Advanced Practice Programme newsletter. This quarterly collaborative newsletter will share information and news in relation to the Advanced Practice Programme including educational opportunities, events and good news stories.

Our [Advanced Practice Programme](#) is now into its third year with practitioners already graduating from the programme. Students are experiencing a multi-professional learning experience as the programme includes paramedics, nurses, midwives and AHP's undertaking the programme.

### Course Enquiries

Phone [01463 279190](tel:01463 279190)  
email [info@uhi.ac.uk](mailto:info@uhi.ac.uk)

### Latest News



We are delighted that Trish Gorely, our Postgraduate Module Lead for 'Understanding research in evidence-based practice', received the title of Professor in the summer. With a background in sport science and psychology, her expertise focuses on factors and interventions which promote physically active lifestyles. Congratulations to Professor Gorely.

### Follow us



## Events

An inaugural Professorial Lecture with Professor Trish Gorely

Why moving more is simple but complex: reflections on 25 years of trying

Wednesday 30 October, 5.30-7.30pm at Inverness College UHI

Professor Gorely's lecture will present various approaches to encouraging people to move more and sit less across a variety of settings and populations. She will draw on her own research and that of her colleagues and dissertation students - past and present.

For more details and to book a place, please visit <https://www.uhi.ac.uk/en/media/events/>

## Programme Information

Developed in partnership with expert clinical partners, and taught by subject experts, these programmes will equip nurses, midwives and allied health professionals to lead and deliver advanced healthcare for their client groups.

To qualify as an advanced nurse practitioner the following 3 modules are core to the programme :

- [Clinical reasoning, judgement and decision-making](#)
- [Non-medical prescribing \(NMP\)](#)
- [Clinical assessment for advanced practice](#)

The modules can also be undertaken as standalone. [Further information about the programme.](#)

The programme also includes a range of other modules including:

- [Assessing Incapacity: legal and ethical frameworks for professional practice](#)
- [Expertise in dementia practice](#)

- [Professional leadership and resilience](#)
- [Improvement science: enhancing quality in health and social care](#)
- [Complexities of care in mul-morbidity](#)
- [Understanding research in evidence-based practice](#)

### Educational opportunities

The Department is planning new curriculum for September 2020. Module development for 'Management of Minor Injuries' is underway – watch this space for further details!

## Achievements / Awards

Congratulations to our first Department of Nursing and Midwifery Postgraduate students who graduated on 4<sup>th</sup> October 2019.

Fiona Young (pictured, left) graduated with a MSc Advanced Nurse Practitioner and Caroline Simmons (pictured, right) with a Postgraduate Diploma Advanced Nurse Practitioner. Clair Kemp also graduated in absentia with a Postgraduate Diploma Advanced Nurse Practitioner.

Fiona Young commented "I feel very honoured and a huge sense of achievement at being the first person to complete the Masters programme at University of Highlands and Islands. I am hoping that others will follow my example and realise that it is possible to achieve this with hard work and the support from the tutors at UHI as well as family and friends.

This programme was very accessible for us rather than having to travel a distance or just being online. The fact that we could transfer over previous credits from other modules also made it much more feasible. UHI having this course made it much more accessible for people like myself with other commitments."



## Partnership updates

**Jimmy Myles, Senior Nurse for Acute Services from Western Isles Hospital gives us his thoughts on the ANP programme.**

"This programme is supporting our workforce development and service needs. I think that it is important for nurses working in remote and rural areas to have access to educational support which meets and is co-designed with their unique context of practice in mind. The advanced practice role of remote and rural nurses requires a different approach to healthcare delivery.

In order to address the challenges of rapidly changing health and social care delivery and societal changes nurses are taking on new responsibilities with wider spheres of influence than ever and it is crucial that our population has the nurses it deserves and needs."



## Student Blog

**In this edition, we hear from Lorraine Matheson about her experience of undertaking the ANP programme and in particular the Complexities of care in mul-morbidity module, led by Clare Carolan. Lorraine has sent us this from Colombia and included some pictures of her cycle touring!**

"I have completed the Clinical Decision Making module followed by the Care and Complexities in Mulmorbidity at MSC level which has significantly improved my practice.

I now consider elements such as human factors and the many "biases" that influence my decision making and to counteract this I use a "debiasing tool" to help me rule out the worst case scenario.

The Care and Complexities in Mulmorbidity has been really helpful as the majority of patients I see have mulmorbidity and it's so relevant to all practitioners in both primary and secondary care. I've learned so much from it! I now try to be more holistic and discuss "options" with the patients and consider the "burden of treatment" for the individual patient as well as polypharmacy.

The way it was delivered was really interactive which helped me absorb the material on a weekly basis. It also inspired me not only to change my clinical practice but to look at system change. I can't recommend this module enough!

In addition I've completed the Recognised Prior Learning process for NMP and Clinical assessment for advanced practice (CAAP) to achieve the Postgraduate Diploma in Advanced Practice which I'm delighted about."



## Meet your Module Leaders

- [Michelle Beaga](#)
- [Jonathan Gray](#)
- [Leah Macaden](#)
- [Clare Carolan](#)
- [Steph Holden](#)
- [Anne-a Smith](#)
- [Graham Geddes](#)
- [Gill Hubbard](#)
- [Joanna Smith](#)
- [Trish Gorely](#)
- [Michael McPhee](#)

Please feel free to forward this newsletter on to colleagues.