Welcome to the special edition of the Healthcare Events nursing update newsletter – the e-newsletter that brings you the latest news on nursing and our related nursing conferences, this special edition focuses on **NURSE LED CLINICS** and provides information for nurses extending their skills to run effective clinics and services, across a number of specialities **PLUS your opportunity to take part in our first online opinion survey**...

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**Introduction to Nurse Led Clinics**

**by Dr Richard Hatchett** *Principal Lecturer in Adult Nursing*

It has been some eight years since secretary of state Alan Milburn announced roles for nurses that subsequently became the Chief Nursing Officer’s ten key roles. These included managing patient case loads, running clinics and prescribing medications and treatments. **Such a political change in the attitude to nurses’ traditional boundaries has been one of the factors leading to the enormous development in nurse-led clinics and practice.** The academic infrastructure is now well in place to allow higher education to work with practice to ensure effective and appropriate professional development, both in the classroom and importantly, within the practice environment.

Despite palpable changes in practice the key elements to developing and managing a measurably effective nurse-led clinic or service remain. This is across all specialties. The objectives of the clinic or service need to be clear to staff and service users alike; practitioners need to reflect on their current skills and work logically to develop in new areas, while considering realistic and varied methods to demonstrate competence. To survive and grow; audit and evaluation needs to be central to the service, linked to an ability to change. Higher education needs to play its part too in supporting practitioners through partnership in measuring effectiveness. This can add to the already growing body of knowledge which shows nurses can and do provide a high quality of care in nurse-led clinics and services. I am currently involved, at an early stage, in a project to review nurse led services in the expanding area of adolescent and adult congenital heart disease. It is this form of research which we hope will help shed further light on what patients and colleagues feel about the effectiveness of such services and allow a logical and focused practice development.

Related links…

[Department of Health: Developing key roles for nurses and midwives](Department of Health: Developing key roles for nurses and midwives)
Conference date: Wednesday 15th October  
Venue: Manchester Central Convention Complex

To download the conference brochure or to book a place, please click here

Chaired by Richard Hatchett Author ‘Nurse-Led Clinics: Practice Issues’ and Principal Lecturer Faculty of Health and Social Care, London South Bank University, and with an opening address from the Department of Health and an international keynote address, this conference provides an important forum to learn about the latest developments in running successful nurse clinics and the many innovative approaches being implemented across the UK and internationally both in primary and secondary care.

The conference also draws on the experience of leading practitioners to describe in practical terms how to overcome the common challenges of extending nursing practice to run effective clinics, including developing and maintaining competence in your role, nurse prescribing, risk management and legal issues, business planning and service commissioning.

The conference closes with an address from the Nursing and Midwifery Council on the future for nurses and nursing care, and an update on the regulation and revalidation of advanced nursing practice. Delegates will leave the conference with take home messages to inspire change in their practice, summed up in the final session ‘So, what do I do tomorrow?’

The conference is accredited by the RCN Accreditation Unit, recognised by the Institute of Healthcare Management, supported by Education for Health and endorsed by the Association for Perioperative Practice, the UK Oncology Nursing Society, the British Association for Nursing in Cardiovascular Care, Nursing Management and the RCN Publishing Company.

At only £160 (+VAT) delegates will receive a free copy of Dr Richard Hatchett’s book, free entry to the exhibition, lunch and refreshments and a copy of the conference handbook, which will cover all sessions.

A previous presentation by Dr Richard Hatchett is available here and details of his book are available here

Main Programme Focus Issues:
Developing Advanced Nursing Practice

Developing and maintaining competence

As nurses take on advanced roles to run clinics, demonstrating competence is essential to ensuring reliable, efficient, safe and effective patient care.

Nikki Hale Programme Manager – Competence Development Skills for Health will discuss developing, assessing and maintaining competence, and transferring knowledge and skills for career progression.

Related links...
Skills for Health
Department of Health: Non-medical Revalidation
Nurse Prescribing and Patient Group Directions

Enabling nurses to make better use of their skills by prescribing in clinics saves attending patients from having to wait to see a doctor.

**Barbara Stuttle** Chair Association for Nurse Prescribing will explain the various prescribing routes and when and how to use them successfully within a clinic setting, and discuss the challenges and issues currently facing nurses around prescribing.

**Related links…**
- The Association for Nurse Prescribing
- Department of Health: The Non-medical Prescribing Programme
- National Prescribing Centre
- National British Formulary
- RCN: Administration of Medicines: Nurse Prescribing
- RCN: Administration of Medicines: Patient Group Directions
- NMC: Standards of Proficiency for Nurse and Midwife Prescribers

Legal and risk management issues

As nurses take on autonomous roles and increased responsibility an understanding of potential legal and risk management issues is important and necessary to protect themselves and the public.

**Chris Cox** Assistant Director of Legal Services The Royal College of Nursing will address the legal and risk management issues related to working autonomously, in extended roles and running clinics, to ensure safe practice.

**Related links…**
- RCN: legal help
- National Patient Safety Agency
- Capsticks solicitors
- Bevan Brittan Solicitors
- Radcliffes Le Brasseur Solicitors
- Hempsons Solicitors
- In Practice: Legal Training Consultants to the Healthcare Sector

Business and commissioning

Today's nurses have the knowledge and skills to join their peers in leading on business and commissioning, to improve services and access to services through redesign and transformation.

**Sharon Haggerty** Head of Adult Services County Durham and Darlington PCT will provide an update on commissioning and what it means for nurse clinics, as well as give tips for nurses to successfully taking the lead in business planning and development.

**Related links…**
- Department of Health: Commissioning
- The King's Fund: Commissioning
- NICE: Commissioning Guides Supporting Clinical Service Redesign
- RCN Management and leadership Good practice “The 10 best aids I use in business”
- RCN Nurses in operational management News stories Commissioning Nurse: a very different kind of job
Debate and discussion: clinic or not to clinic

Research1 published last year by leading education charity Education for Health looked at the types of clinics being run in primary care for the management of long term respiratory conditions and compared this with a similar study published in 1993...click here to view full article.

Led by Monica Fletcher Chief Executive Education for Health delegates will have the opportunity to debate and discuss the value and impact of nurse led clinics on patient care and outcomes, as well as nursing development.

This discussion will provide delegates with an opportunity to seek advice and discuss the challenges and issues being faced locally by nurses running or thinking of running clinics.

Speciality Streams

The conference includes five speciality streams covering cancer care, cardiology, urology, medicine and surgery.

Each stream will provide a practical guide to setting up and running nurse clinics with case study presentations on day-to-day practice and audit and evaluation.

Cancer Care

On 3 December 2007 the Cancer Reform Strategy was released. This strategy builds on the progress made since the publication of the NHS Cancer Plan in 2000 and sets a clear direction for cancer services for the next five years. It shows how by 2012 our cancer services can and should become among the best in the world. The Prime Minister Gordon Brown stated; “We must do more to ensure treatment is of the highest quality and I believe this plan can act as a road map to a higher standard of care, available to all.”

Alison Norman Director of Nursing and Governance Christie Hospital NHS Foundation Trust will open this stream with a presentation around the nursing contribution to delivering the Cancer Reform Strategy and the development of nurse led cancer clinics to support early diagnosis, better treatment and patient outcomes.

Wendy Hills Lead Macmillan Nurse East Kent Hospitals NHS Trust will later close the stream with a talk about evaluating the effectiveness of nurse led care and clinics. To view Wendy’s previous presentation; ‘The Challenges in Setting up Nurse-led Clinics and how to overcome them’ click here.

Related links…

Department of Health Cancer Reform Strategy
UK Oncology Nursing Society
Cancer Improvement
NHS Cancer Programme for England
Cancerbackup
National Cancer Research Network
Cancer Nursing
RCN Cancer Community
**Cardiology**

Coronary heart disease (CHD) is a preventable disease that kills more than 110,000 people in England every year. The Government is committed to reducing the death rate from CHD and stroke and related diseases in people under 75 by at least 40% (to 83.8 deaths per 100,000 population) by 2010.

The ability to deliver an increased cardiac service in line with the cardiac NSF will be dependent on a skilled workforce being developed at a rapid rate. Cardiology nurses have long been at the forefront of innovation and role enhancement and are taking an increasingly active role in patient care through nurse led clinics and services.

**Jenny Tagney President** British Association for Nursing in Cardiovascular Care (BANCC) will open the stream with a look at national and local developments for nurses working in cardiology.

**Alison Pottle Cardiology Consultant** Nurse Royal Brompton and Harefield NHS Trust will later present ‘making and receiving appropriate referrals’. Alison runs rapid access chest pain clinics, her previous presentation from Nurse Led Care, Clinics and Services in Cardiology on ‘Developing Training and Competence in Extended Nursing Roles is available [here](#).

Related links…

- [British Association for Nursing in Cardiovascular Care (BANCC)](#)
- [European Society of Cardiology Council on Cardiovascular Nursing and Allied Professionals (CCNAP)](#)
- [British Journal of Cardiac Nursing](#)
- [British Heart Foundation](#)
- [National Heart Forum](#)
- [NHS Heart Improvement Programme](#)
- [RCN Cardiovascular Nurses Community](#)

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**Urology**

The introduction of nurse led clinics and services in urology offers exciting opportunities for nurses to develop new skills and take on wide ranging responsibilities that have traditionally been the remit of the medical profession.

**Lucinda Poulton Council Member** The British Association of Urology Nursing will open the conference with a national update on developments in urology services.

**Alison Gidlow Clinical Nurse Specialist**, Urological Cancers East Sussex Hospitals NHS Trust will then discuss taking on advanced urological nursing roles in nurse clinics and will cover, developing competence, developing guidelines and protocols, carrying out investigations and taking on enhanced clinical and diagnostic decision making. Alison’s previous presentation is available [here](#).

Delegates will also have the opportunity to hear case study presentations; to read about experiences from North East Essex PCT of setting up and running nurse led urology referral triage and clinics click [here](#).

Related links…

- [NHS Innovation in Urology](#)
- [British Association of Urological Nurses](#)
- [European Association of Urology Nurses](#)
“Increased life expectancy and rising expectations mean that for many older people, the age milestones of the past such as 60 and 70 are no longer this kind of curtain that gently nudges them off centre stage and into the wings, or to paraphrase T.S. Eliot, a prompt to “stand still and stagnate”.

Our aim must be to make quality of life stretch right to the end of life. Promoting health and wellbeing throughout life, coupled with preventative health interventions, will, I believe, not only improve life expectancy, but also healthy life expectancy.”

Rt Hon Alan Johnson MP Secretary of State for Health, 21 May 2008: Prevention Speech: Old Age is the New Middle Age

Promoting health and wellbeing through nurse led clinics will be covered in this stream by Julia Gray Falls Practitioner/Coordinator South Manchester Universities and Hospitals NHS Trust. Following this speakers from a number of medical specialities including stroke, paediatric medicine, dermatology and respiratory will present their experiences of running effective nurse clinics in medicine both in primary and secondary care.

The stream will be chaired by Linda Nazarko OBE Consultant Nurse Older People Ealing PCT Visiting Fellow London South Bank University and Lecturer The Nightingale Institute King’s College. Linda is a well-known author, reviews and contributes to all the major UK nursing journals, and lectures at conferences all over the UK and Europe. A previous presentation given by Linda on Essence of Care is available here.

Related links…

Full speech by the Rt Hon Alan Johnson MP, Secretary of State for Health, 21 May 2008: Prevention Speech: Old Age is the New Middle Age
Department of Health Long-term Conditions
Prevention of Falls Network Europe
Help the Aged
National Stroke Nursing Forum
Journal of Diabetes Nursing
Dermatology Nursing
Association of Respiratory Nurse Specialists

Surgery

Through appropriate training, protocols and support, nurses are now leading services by taking on more surgically oriented tasks – including minor surgeries and nurse operating for orthopaedics and hernias – therefore reducing waiting times, extending the range of services available, and affording surgeons the opportunity to better utilize their time.

These proficiencies not only improve the patient journey but provide significant opportunities for nurses to take on new and wide ranging responsibilities, and to broaden their abilities and knowledge.

Jane Reid Chair Association for Perioperative Practice will give an update in nursing surgical practice, which will be followed by a presentation from a Surgical Care Practitioner on developing competence for nurses performing surgery in clinics.

Nurses performing surgery and running pre-assessment clinics can help towards meeting the 18-week target; Clare Evans Consultant Nurse Perioperative Care United Bristol Hospitals NHS Trust will discuss her experiences. Further information about achieving 18 weeks can be found here and the role of Pre-Operative Assessment in delivering 18 weeks patient pathways here.

Related links…

Association for Perioperative Practice (incorporating NATN)
Royal College of Surgeons of England, Non-medically Qualified Practitioners
Department of Health: The Curriculum Framework for the Surgical Care Practitioner
Networking Forums
Healthcare Events is pleased to include a series of speciality focus and networking forums, designed to be interactive and facilitate discussion and networking with others developing and running clinics in the same area.

These interactive sessions will include brief case study and poster presentations, followed by facilitated discussion. The forums encompass mental health, colorectal and stoma care, wound care and nurse led follow up.

Mental Health
Mental Health Nurses (MHNs) are the largest profession working in mental health today. They make a vital contribution to providing care to service users of all age groups and in all settings. If we are to improve the outcomes and experiences of service users it is essential to strengthen and develop mental health nursing so that it is prepared for the future.

From values to actions: the Chief Nursing Officer’s review of mental health nursing – Summary
The CNO’s review published in April 2006 sets out recommendations for guiding the development of mental health nursing over the next 10 years, with the core aim of improving the outcomes and experience of care for service users and carers.

This forum will provide an opportunity to network with others setting up and running nurse led clinics in mental health, with supporting presentations from three Nurse Consultants who will each share their experiences including the impact their service has had on patient outcomes.

Related links...
Department of Health: From values to actions
Department of Health Mental Health pages
Mental Health Nurses Association
National Institute for Mental Health in England

Colorectal and stoma care
Fiona Hibberts Consultant Nurse Coloproctology and colleagues at Guy’s and St Thomas’ NHS Foundation Trust are leading nurse led services in colorectal and stoma care, see here. After presentations around the practicalities of setting up nurse led endoscopy and stoma clinics, and clinics within the Enhanced Recovery Programme, delegates will have the opportunity to meet and chat with others developing clinics within this area.

Related links...
RCN Documentation in Colorectal and Stoma Care Nursing
The Association of Coloproctology of Great Britain and Ireland
The Burdett Institute of Gastrointestinal Nursing
Wound Care

In the UK the standard of care for patients with wounds has undoubtedly improved in recent years. However, spreading good practice is essential to ensure all patients benefit from these improvements. In order to improve wound management it is essential to not only involve patients but also to raise public awareness.

This forum will provide an opportunity for delegates to share their experiences of developing nurse clinics in wound care and involving patients and the public.

Related links…
Tissue Viability Nurses Association
Wounds UK
Tissue Viability Society
National Pressure Ulcer Advisory Panel
Wound Care Society

Nurse led follow up

The successful running of a nurse led follow up clinic is essential to plan ahead for patients with long term care needs. This is achieved through focussing on quality of life, developing an integrated service and working collaboratively to ensure patient centred care. Auditing and evaluating your nurse led follow up services is also crucial to changing and improving the effectiveness of your service.

This interactive workshop will be facilitated by Sandra Harriss Assistant Chief Nurse United Bristol Healthcare NHS Trust, who will address the practicalities of running and expanding nurse led follow-up clinics.

Also at Nurse Clinics 2008

Large exhibition of companies displaying, demonstrating and explaining products and services of direct relevance to aide and support you in the day-to-day running of clinics.

Series of poster displays outlining some of the latest research and best practice developments in nurse led clinics and services.

Literature display providing an opportunity to display and view research, literature and information, including example competency frameworks and protocols and guideless for nurses running clinics.

Conference date: Wednesday 15th October Venue: Manchester Central Convention Complex

To download the conference brochure or to book a place, please click here
Help us provide quality nursing conferences.

Healthcare Events would like to invite you to take part in our first online opinion survey. We are keen to know what you think about our conferences and hear how we can continuously improve our nursing events.

Your views are important to us and we hope the survey will provide a snapshot of how nurses feel about attending conferences, how you would like to hear about them and the topics you wish to see.

Any information that you submit will not be used in any way that will personally identify you or your employer. It only takes a few minutes to complete and you will not receive any unsolicited emails as a result of taking part.

Take part in our survey now >

If you have information that you would like to share in the next newsletter or have an idea for a future conference, alternatively if you are interested in speaking at a Healthcare Events conference, please email kerry@healthcare-events.co.uk

Previous issues and an up to date list of Healthcare Events nursing conferences are available at www.healthcare-events.co.uk To sign up for Healthcare Events updates, either by email or post, click here

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