

Principles and Practice of Injection Therapy

MSc Module, Keele University

September – December 2014

As a musculoskeletal physiotherapist with an extended role in a Musculoskeletal Interface Clinic, I have seen many patients for whom an injection would be beneficial. I have been very keen to undertake training in injection therapy to enable me to deliver this treatment. When the opportunity and funding arose, I chose the Keele course based on recommendations from colleagues.

The course was delivered in two blocks, initially 3 days, followed by a further day. We covered a range of pertinent topics, including pharmacology, health and safety and professional issues. We also had extensive practical teaching. Fellow course members were from a range of professions including nursing and sonography, as well as other physiotherapists, so there were ample opportunities to discuss and compare practice.

By the end of the day three, we were all raring to go and try out our new found skills. It is conditional when starting the course to have a mentor back in the workplace, who is responsible for clinical supervision. The mentor's role is also to assess and sign off 10 injections, which forms the competency assessment. In keeping with the style of the course, which places the emphasis on the individual to only act within their own competence, these 10 injections should be reflective of clinical practice. There is no requirement for students to undertake assessed injections that they wouldn't otherwise be required to do as part of their practice.

The highlight of follow-up day in December was a practical session in the anatomy lab, where we were able to practice using cadaveric specimens, as well as swap tales of our new experiences. To complete the module, there are two pieces of work, an essay and a portfolio, that are required over the next few months.

I'd like to thank the MACP for awarding me this bursary, which was used to pay hotel costs incurred by my two trips up to Keele.

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