

# Advanced practice: The Knee

## Putting the puzzle together



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### Overview

This one day interactive course covers the more and less common knee conditions seen in advanced practice roles. It is designed for new advanced musculoskeletal practitioners wanting to build their competencies and expand their knowledge and existing specialists who want to consolidate knowledge with an opportunity for case and evidence based peer review.

This course is case based and covers the evidence, clinical reasoning and practicalities from referral to discharge of knee conditions including differential diagnosis, imaging, other diagnostic work up, best practice management, masqueraders, shared decision making and indication/timing for onward referral in the modern healthcare environment.

Overview of learning from case based scenarios:

- Learn about and discuss best practice and evidence base for directing/carry out conservative care in a physiotherapy specialist role for example:
  - The myths and truths surrounding conditions such as OA, degenerative meniscal tears, patellofemoral pain and common sporting injuries
  - Considering and using injections (safety, evidence and clinical application)
- How to integrate imaging and other diagnostic tests into your clinical reasoning to improve patient assessment and management
  - The pitfalls of imaging and diagnostics, how we interpret and discuss imaging with patients and other professionals
- Differential diagnosis of knee conditions such as:
  - Masqueraders: osteosarcoma, proliferative synovial conditions, metastatic considerations around the knee
  - Inflammatory conditions: how to spot them in MSK roles and initial work up
  - Referred pain: basics of the hip for this role, occult femoral issues
- Onward referral but considering the evidence base rather than traditional pathways on outcomes as well as appropriate work up

## Biography of lecturers:



### Jessica Gent MSc MMACP BSc(HONS)

Jessica Gent is an advanced practice physiotherapist specialising in lower limb conditions at Solent NHS Trust in Portsmouth. Her current role is as an advanced physiotherapy specialist in an AHP led self-referral pathway based within primary care MSK outpatients. She also works in secondary care orthopaedic hip/knee and foot/ankle clinics.

Jessica has been an advanced practitioner for 11 years and currently lectures on the MACP course on integrating imaging into MSK physiotherapy practice as well as a guest lecturer for postgraduate MSK masters programmes at Coventry, Kings College London and Brighton Universities. Her passion in teaching is to help others apply clinical reasoning and best practice as well as evidence base to advanced practice roles and has led on setting up and mentoring the local competency programmes for new ESP's/advanced practitioners within Solent NHS Trust building on previous work at St Mary's Hospital, Paddington. She has also completed injection training, utilised injections within practice and jointly written the local PGD for injectors across her trust as well as completed the supplementary prescribing course for physiotherapists.



### Isabella Muscat MSc BSc(HONS) MCSP

Isabella Muscat has over 15 years experience as an advanced practice physiotherapist in Lower Limb. She currently holds a post at Solent NHS Trust Portsmouth in a primary care AHP led pathway. She also works in Secondary care orthopaedic hip/knee/arthroplasty clinics and is a member of ACPA (arthroplasty care practitioners association). She has completed the M level module in injection therapy for joints and soft tissue.

Isabella lectures at conferences and courses for physiotherapists, GPs and other health professionals. She provides supervision and mentorship locally to new ESPs/advanced practitioners particularly through their first year of competencies including injection therapy.

Isabella has an MSc in Research and is currently involved in a local Quality Improvement Programme looking at MSK outcome measures.

Areas of particular clinical interest include management of patellofemoral pain, young hip OA and psychosocial aspects of pain.

**Information for venues:**

The cost for the participant will be:

£120 for MACP members

£140 for non-members

This is the cost for 2018 and will be reviewed annually.

There is one free space available to whoever organises the course locally. In addition, one further free space will be offered if more than 30 delegates book onto the course.

If a venue fee is incurred the minimum number of people required to run the course may increase. The minimum number of delegates required to qualify for an additional free place will also increase.

The course requires a minimum of 20 bookings to enable the MACP to cover expenses and will be cancelled 6 weeks prior to the commencement of the course if this number has not been reached.

If the course requires air travel (outside England) for the lecturers the prices quoted / number of bookings required will need to be adjusted to reflect the additional costs.

**What the MACP Provides:**

Tutors for delivering the courses:

Pays the accommodation for the tutor(s).

Pays tutors(s) travel.

Administers the course, taking all bookings and sending all applicants pre- course information.

£3 per person / day to cover refreshments (tea/coffee/biscuits etc).

Advertising in: MACP website and social media sites, MACP newsletters.

One copy of a flyer that you may use to circulate and advertise the course.

A list of names of those who have booked prior to the course for registration.

CPD certificates (online).

**You will need to provide:**

A large room that will seat 40 people for the main body of the lecture.

AV equipment (data projector).

1 plinth.

Provide us with local information re directions how to get to venue, parking, local accommodation list.

Someone on the on the day to deal with local venue organization (AV, putting up signs, providing refreshments, information about where to get lunch, registering delegates, locking up, this may also include picking up or dropping off tutors from their hotel