

SCHOOL OF HEALTH,
MEDICINE & LIFE SCIENCES

Mentor Information Pack

Musculoskeletal Injection Therapy

7HSK2058

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Introduction to Mentors

Dear Colleague,

Thank you for considering mentoring a University of Hertfordshire student whilst they undertake this period of study. This document will give you the necessary information about the module and its requirements for both the student and the mentor. Whilst there is no payment for mentoring, it is normally an aspect of a Healthcare Professional role, we hope this also provides you with continuing professional development for your injection therapy practice.

To be accepted onto this level 7 module students must provide evidence of the following pre-requisites:

1. Be a current registered Physiotherapist with the Health and Care Professions Council (HCPC).
2. Be able to evidence current appropriate indemnity insurance to practice (Chartered Society of Physiotherapy membership or other appropriate certificate of indemnity). CSP certificates can be located on the CSP Website, at: <https://www.csp.org.uk/evidence-professional-liability-insurance>
3. Provide a signed /dated letter of evidence of appropriate Hepatitis B immunisation from applicants employing the Occupational Health Department or General Practitioner (using the mandatory UH template provided).
4. Provide a signed/dated letter from a qualified practitioner who has agreed to prescribe the necessary drugs for injection therapy (using the mandatory UH template provided).
5. Provide a signed/dated letter from a suitably qualified mentor who will supervise and examine injection therapy in the workplace (using the mandatory UH template provided).
6. Provide a signed/dated letter from their employer confirming support for attendance on the module and access to relevant clinical cases to achieve the practical experience of injection with support from their mentor (using the mandatory UH template provided).
7. Provide evidence of contemporary adult basic life support training (level 2 accepted only).

This level 7, 15 credit module equates to 150 hours of student effort. There will be 5 face-to-face teaching days normally across 2 semesters. The remaining hours are expected to come from supervised clinical practice, completion of assessments, and student self-directed learning.

This module has two formal pieces of assessment:

1. A 2500-word essay (+/-10%)
2. A clinical portfolio evidencing a minimum of 10 supervised injections and a signed assessment of competence, both signed by the mentor. These need to demonstrate a range of injection-therapy techniques used in musculoskeletal physiotherapy.

As the named mentor you will be the resource for the student to discuss their current learning relating to the taught content and their clinical experience of musculoskeletal injection therapy. You will also be responsible for assessing the student's competence within clinical practice.

To support you in making this assessment, we have included a checklist of competencies and examples of expected knowledge/skill that the student needs to demonstrate for each of their 10 injections. The student will ask you to complete this for each of their observed injections (which can include intra-articular and soft tissue to a range of regions). Students may wish to undertake several injections under your supervision before being formally assessed against the competency checklist, this approach can be encouraged to gain initial confidence and proficiency.

To ensure the authenticity of student submitted portfolio you will be contacted by the Module Lead to verify authenticity.

This module encourages students to continue their professional development in the field of injection therapy beyond the completion of this module. To enhance this, we would encourage the student to reflect on their learning journey and consider future development needs that can be supported in the clinical setting.

Finally, we very much appreciate the time and expertise you can give to this University of Hertfordshire student during this module and hopefully beyond. If you have any questions regarding the mentor role then please do not hesitate to contact the module lead on the details below.

Yours Sincerely,

Matthew Guilliat

Senior Lecturer and Module Lead

Email: m.guiliatt2@herts.ac.uk

Typical Module Content

CSP Requirements for Education Programmes (2021)	Typical Content	Teaching Day
Introduction Module requirements Assessment requirements Musculoskeletal Injection Therapy	<ul style="list-style-type: none"> • Evidence base for injection therapy • Principles of assessment and diagnosis • Differential diagnosis • Selection of injection therapy as the intervention of choice • Contraindications to injection therapy 	Day 1
Legal Issues	<ul style="list-style-type: none"> • Knowledge and understanding of medicines legislation – PSD/PGD/Exemptions/SP/IP • Management of POMs • NHS medicines legal issues • Non-NHS medicines legal issues • Private practice medicines legal issues 	Day 1
Practical skills Injection therapy upper limb Injection therapy lower limb Aspiration techniques	<ul style="list-style-type: none"> • Equipment • Safety • Aseptic technique • Infection control • Management of aspirate • Managing emergencies and complications • Regional intra-articular, extra-articular, peri-articular, and intramuscular injection techniques • Post-injection aftercare and follow-up • Concurrent rehabilitation strategies • Introduction to US-guided injection techniques 	Day 2: Equipment, Safety, Aseptic technique, Post injection aftercare, and follow-up Day 3: Upper limb injection techniques, Managing emergencies, and complications, Concurrent rehabilitation Day 3: Lower limb injection techniques, Concurrent rehabilitation Day 4: Revision of day 1-3 content, Formative safety, screening, and consent assessment Day 5: Introduction to US-guided injection techniques, Management of aspirate
Consent and Documentation	<ul style="list-style-type: none"> • Communicating with patient • Communication with the healthcare team including GP • Record-keeping 	Day 1 -5
Screening and Consenting Patients	<ul style="list-style-type: none"> • Risks and benefits of injection therapy • Significant risks (>1% chance of occurrence) • Comparative risks of injection therapy with alternatives for the presenting condition • Answering patient questions 	Day 1 -5

Guidance for Mentors Checklist of Competencies

Competency	Pass	Fail
Described the surface & functional anatomy of the major structures relevant to the injection	Discussed the relevant anatomy and considerations that affect injection technique	Limited knowledge/understanding of relevant anatomy that affects injection technique
Named the indications and contraindications for the injection	All contra-indications checked appropriately with the patient Discusses indications for the patient/pathology	Contra-indications not sufficiently checked with patient No clear diagnosis/indication for injection discussed
Justified their selection of the patient suitable for the injection	Evident clinical reasoning from patient history and/or assessment to justify indication Able to discuss evidence of injection therapy for patient/pathology	No/limited justification for the use of injection therapy
Adequately prepared the patient for the injection, including: * Appropriate communication with + the consent of the patient * Appropriate skin preparation + aseptic technique	Explained to patient potential risks and benefits Verbal/written patient consent documented ANTT preparation was observed following the correct process	No discussion with the patient on risks vs benefits Patient did not consent to the injection ANTT process not completed correctly
Adequately prepared the injection, including: * Correct dose * Correct needle and syringe * Correct drawing-up technique	Drugs were correctly checked and drawn up following local procedure Safe and clean preparation technique was observed. Correct equipment selected	Drugs incorrectly checked and/or drawn up. A safe and/or clean preparation technique was observed Incorrect injection equipment was selected.
Undertaken administration of the injection, including: * Accurate injection site * Correct asepsis * Correct technique * Appropriate disposal of sharps/clinical waste	Safety of the patient and injector observed ANTT observed with the correct process. Appropriate needle placement and depth for injection site Sharps and medicines disposed of as per local policy	Inappropriate practice to ensure the safety of the patient and injector observed ANTT observed with incorrect process Inappropriate needle placement and depth for injection site Sharps and medicines not disposed of as per local policy
Recorded administration correctly in line with local/national guidelines	Dose, location, batch number, and technique recorded appropriately Safety netting advice documented	Dose, location, batch number, and technique not recorded appropriately Safety netting advice not documented
Undertaken appropriate follow-up of patient	Clear post-injection advice relevant to the injection given completed Safety netting advice provided	Advice either not given or inappropriate for an injection given No safety netting advice given

Competency Assessment Form

University of Hertfordshire 7HSK2058 MSK Injection Therapy – Student Portfolio of MSK Injections

Student's name					Mentor's					
I confirm the student has demonstrated competence in the following aspects of each injection (please tick each box)										
	Extra-articular				Intra-articular					
	Patient 1	Patient 2	Patient 3	Patient 4	Patient 5	Patient 6	Patient 7	Patient 8	Patient 9	Patient 10
ID										
Described the surface & functional anatomy of the major structures relevant to the injection										
Named the indications & contraindications of the injection										
Justified their selection of the patient-suitable for the injection										
Adequately prepared the patient for the injection: *Appropriate communication + consent of the patient *Appropriate skin preparation + aseptic technique										
Adequately prepare the injection, including: *Correct dose *Correct needle & syringe *Correct drawing-up technique										
Undertake administration of the injection, including: *Accurate injection site *Correct asepsis *Correct technique *Appropriate disposal of sharps/ clinical waste										
Recorded administration correctly in line with local and national guidelines										
Undertaken appropriate follow-up of the patient.										
Signature of mentor (<u>must</u> sign for each injection)										

Assessment of Competence

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Assessment of Competence

Mentor's Final Statement

I would allow..... (name of student) to inject my patients
without supervision:
(please mark the corresponding box)

Always	
Never	
Under certain circumstances <i>Please specify:</i>	

I certify that..... (name of student) has:

Performed at least 10 corticosteroid/local anaesthetic injections and has achieved the learning outcomes below:

1. Demonstrate advanced musculoskeletal assessment skills within a clinical reasoning framework to identify and select appropriate structures for injection therapy.
2. Perform injection procedures accurately, safely, and competently.
3. Document and critically evaluate the outcome and management of procedures, communicating effectively and confidently with patients and others and reflecting on their performance.

Other comments:

Signature of mentor:..... Date:

Please print name:

Email Address