

**School of Health and
Social Work**

Mentor Information Pack

Musculoskeletal Injection Therapy

7HSK0334

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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 aims to give you the necessary information about the module and its requirements of both the student and the mentor. Whilst there is no payment for mentoring, it is normally an aspect to a Health Professionals role, we hope that this also provides you with continuing professional development for your own injection therapy practice.

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

1. Current HCPC registration
2. Evidence of current appropriate indemnity insurance to practice
3. Evidence of appropriate Hepatitis B immunisation
4. A signed letter from a qualified practitioner who has agreed to prescribe the necessary drugs for injection therapy.
5. A signed letter from a suitably qualified mentor who will supervise and examine injection therapy in the workplace.
6. A signed letter from their employer stating that they will be allowed to use injection therapy in the workplace and that they demonstrate advanced musculoskeletal assessment and clinical reasoning skills.
7. Current adult basic life (level 2) support training

This level 7, 15 credit module equates to 150 hours of student effort. There will be 5 face-to-face teaching days between November 2021 to February 2022. The remaining hours are expected to come from supervised clinical practice, completion of assessments and student self-directed learning.

This module has 2 pieces of assessment:

1. 2500-word essay due in March 2022
2. 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. This portfolio is due in March 2022.

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 a number of injections under your supervision before being formally assessed against the competency checklist, this approach can be encouraged to gain initial confidence and proficiency.

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 which 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,

Laura Eccott

Senior Lecturer and Module Lead

Email: l.eccott2@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-, extra-, peri-articular and intramuscular injection techniques • Post injection aftercare and follow-up • Concurrent rehabilitation strategies • Introduction to US guided injection techniques 	Day 1: Equipment, Safety, Aseptic technique, Post injection aftercare and follow up Day 2: 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 healthcare team including GP • Record-keeping 	Day 1
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

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 effect injection technique	Limited knowledge/understanding on relevant anatomy that effect injection technique
Named the indications and contraindications for the injection	All contra-indications checked appropriately with 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 + consenting of the patient * Appropriate skin preparation + aseptic technique	Explained to patient potential risks and benefits Verbal/written patient consent documented ANTT preparation observed following correct process	No discussion with patient on risks vs benefits Patient not consented for injection ANTT process not completed correctly
Adequately prepared the injection, including: * Correct dose * Correct needle and syringe * Correct drawing up technique	Drugs correctly checked and drawn up following local procedure Safe and clean preparation technique observed Correct equipment selected	Drugs incorrectly checked and/or drawn up A safe and/or clean preparation technique observed Incorrect injection equipment selected
Undertaken administration of the injection, including: * Accurate injection site * Correct asepsis * Correct technique * Appropriate disposal of sharps/clinical waste	Safety of patient and injector observed ANTT observed with correct process Appropriate needle placement and depth for injection site Sharps and medicines disposed of as per local policy	Inappropriate practice to ensure safety of 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 injection given completed Safety netting advice provided	Advice either not given or inappropriate to injection given No safety netting advice given

Competency Assessment Form

STUDENT:

MENTOR:

EXTRA-ARTICULAR

INTRA-ARTICULAR

1 2 3 4 5 6 7 8 9 10

I confirm the student has demonstrated competence in the following aspects of each injection (please tick each box):

Patient ID: Patient ID: Patient ID: Patient ID: Patient ID: Patient ID: Patient ID: Patient ID: Patient ID: Patient ID:

Described the surface & functional anatomy of the major structures relevant to the injection

Named the indications and contraindications for the injection

Justified their selection of the patient suitable for the injection

Adequately prepared the patient for the injection, including:

- * Appropriate communication with + consenting of the pt
- * Appropriate skin preparation + aseptic technique

Adequately prepared the injection, including:

- * Correct dose
- * Correct needle and syringe
- * Correct drawing up technique

Undertaken 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/national guidelines

Undertaken appropriate follow-up of patient

Signature of Mentor (must 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 in order 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 reflect on their own performance.

Other comments:

Signature of mentor:..... Date:

Please print name:

Email Address