

ALSG's medical education & training programmes improve outcomes for people in life-threatening situations, anywhere along the health care pathway, anywhere in the world.

## APEX

### Acute Psychiatric Emergencies

The Acute Psychiatric Emergencies (APEX) course focusses on the emergency care of patients presenting with acute psychological and mental health problems. The course is designed to deliver the necessary knowledge and skills to trainees in both emergency medicine and psychiatry as well as to nursing and other allied health professionals that are involved in their care. It will allow a shared understanding of the patient's problem and foster a common language between professionals that expedite excellent care.

Our short courses give clinicians a practical approach to dealing with emergencies. This course will be delivered as blended learning employing a course manual, e-modules and two days face-to-face training. During the face-to-face element, modalities are selected that best deliver the required content and APEX will include skill stations, workshops, role plays and simulations.



*"To support the objective to transform pathways in and out of secure care, a workforce strategy setting out multi-disciplinary skills and capacity requirements will be produced ..."<sup>1</sup>*

### Information for candidates

This acute psychiatric emergencies programme is for those trainees in both emergency medicine and psychiatry as well as nursing and other allied health professionals that are involved in crisis care for mental health. The course is taught with combined groups from all specialties, with all benefitting from a common structured approach. Specifically, those in emergency medicine will gain a structured approach to acute psychiatric emergencies and an essential toolkit of techniques. Those in psychiatry and mental health services will gain from learning about psychiatric emergencies using the structured techniques of emergency medicine, and gain from shared learning with acute care colleagues.

### Continuous Professional Development

There are 14 hours of CPD which can be applied for according to the regulations from your own governing body.

### Information for educators and managers

As a charity, ALSG invests all profits in educational resources and partners with the most effective and respected organisations worldwide to develop exceptionally high quality programmes. ALSG education quality is verified, accredited and recognised internationally as 'best in class', contributing to better outcomes for patients in life-threatening situations.

*"What we want to see is increased consistency and quality in education and training and consequently in people's outcomes and experiences...Service delivery and education and training are fundamentally interlinked."<sup>2</sup>*

## APEX curriculum and key information

### Overview

The programme comprises 11 e-modules followed by a two day face-to-face course. The course is run at the ALSG training centre in Manchester.

### Online modular education through our VLE: 11 e-modules

- Introduction
- Structured approach
- Securing safety
- Overdose and self-harm
- Apparently drunk
- Behaving strangely
- Confusion
- Aggression
- Legal issues
- Human factors and communication
- Stigma and mental health

### Two day course with lectures, skills, workshops, simulations, demonstrations

#### Lectures

- Welcome, aims & setting the scene
- Structured approach
- Securing safety
- Overdose and self-harm
- Apparently drunk
- Behaving strangely
- Confusion
- Aggression
- Reflection: stigma and mental health

#### Demonstrations & interactive sessions

- APEX simulation: overdose/self-harm
- APEX simulations

#### Workshops, skills & simulation sessions

- Rapid tranquilisation
- Communicating with patients
- Structured communication with colleagues
- Legal issues: case based discussions
- Overdose and self-harm simulations
- Behaving strangely simulations
- Confusion and aggression simulations
- Apparently drunk simulations

#### Assessment and certification

Assessment takes place continuously throughout the course. If you are successful, APEX certification is valid for four years and includes on-going access to the e-modules and other updates.

#### Recertification options

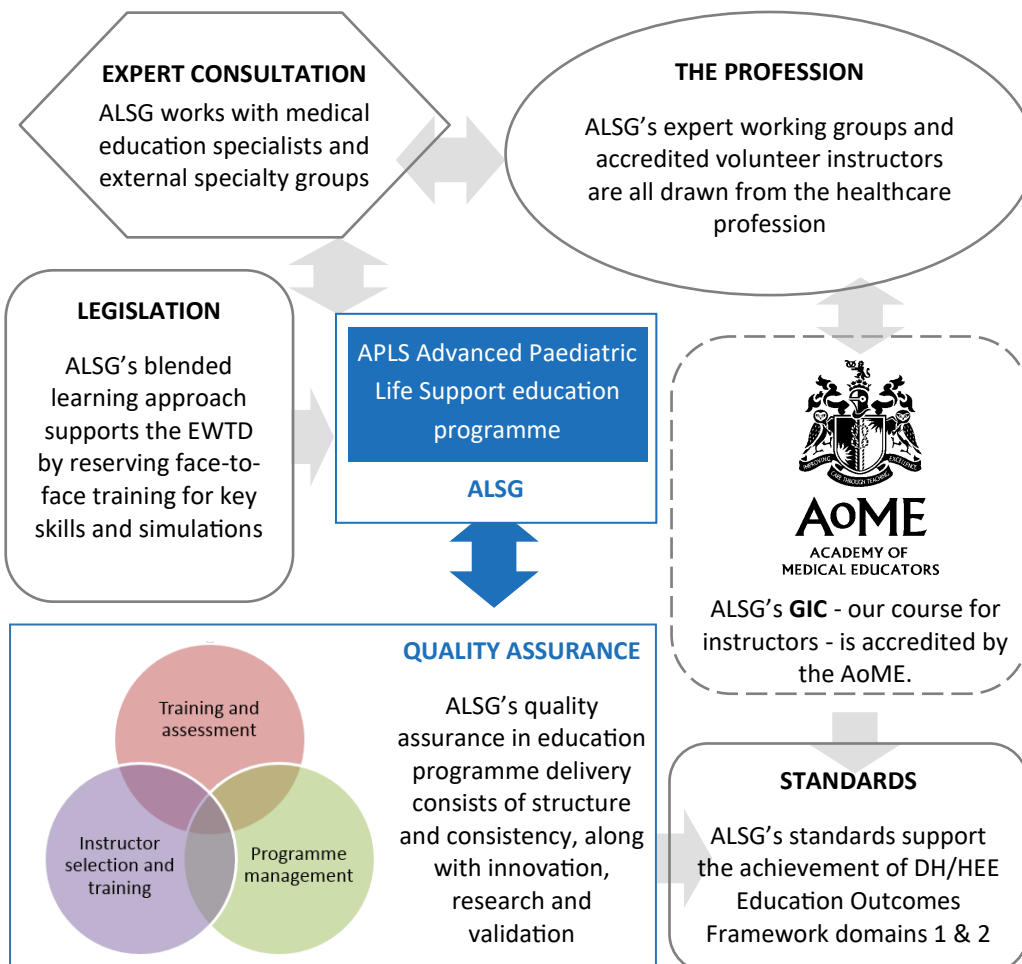
Either undertake an ALSG-approved one day recertification course within six months of expiry, or repeat the full ALSG APEX course.

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## ALSG

Education programmes created and maintained to the highest quality, through wide and deep professional input and validation



### The quality case for ALSG education programmes

This education programme operates in a profession where quality is a key metric in improving patient care.

As the NHS changes and performance measures are applied, at ALSG we compare our programme content and quality to the standards and map the result. For the most up-to-date information on standards mapping of any ALSG education programme, email [qualitymap@alsg.org](mailto:qualitymap@alsg.org).

"Excellent Education: education and training is commissioned and provided to the highest standards, ensuring learners have an excellent experience..."<sup>3</sup> - ALSG's quality standards guarantee this and support you in achieving the EOF quality standards.



### Booking a course

To book your next course, simply scan this code using your smart phone or visit us online at [www.alsg.org/uk/Book\\_now](http://www.alsg.org/uk/Book_now)



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### The patient outcome case for ALSG education programmes

Our education programmes are designed to save lives. That is why ALSG was set up in 1990 and it drives everything that we do. Where we have been able to measure outcomes, we have found that **lives have been saved**.

Following our education programme in Gambia there was a 50% reduction in maternal mortality, a 32% reduction in infant mortality and a 94% survival rate in resuscitation.

Anecdotal evidence from candidates who pass our education programmes suggests that confidence increases in individuals and their teams, and that skills are practised **immediately** with **improved patient care** and survival rates.

### The economic case for ALSG education programmes

We commissioned The University of Liverpool's Health Economics group to independently verify our belief that appropriate education programmes save money as well as lives.

Results indicate that even small improvements to outcomes result in considerable direct cost savings "...primary prevention by means of .. training may lead to significant improvements in health.." and "...may help to minimise the considerable QALY losses..."<sup>4</sup>

If you are considering developing your own training locally, please read our paper considering the pros and cons '[What do ALSG courses offer compared to locally developed training](#)' in which we consider duplication of spending and training, variation of standards, appeals, teaching quality, multi-disciplinary oversight, blended learning and international standards.

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<sup>1</sup> NHS England, 2016. Implementing the Five Year Forward View for Mental Health

<sup>2</sup> Moore et al, 2013, NHS Future Forum Education and Training - next stage, London.

<sup>3</sup> Department of Health, 2013, Education Outcomes Framework, Domain 1

<sup>4</sup> Leigh, Granby, Turner, Wieteska, Haycox & Collins, June 2014 The incidence and implications of cerebral palsy following potentially avoidable obstetric complications: a preliminary burden of disease study