



School of Allied Health Professions,
MacKay Building
Keele University Staffordshire ST5 5BG

Information for Mentor

Postgraduate Module: Principles and Practice of Joint and Soft Tissue Injection

(A letter from the student's mentor and a letter of support from a manager is required with the candidate's application)

Dear Colleague

Re: Postgraduate Module: Principles and Practice of Joint and Soft Tissue Injection

Thank you for agreeing to act as a mentor for this student during their period of study for the above module. This pack is to give you some information about the module and what will be required of you. There is no payment for this activity. Mentoring colleagues is often part of a health professional's role and many see this as part of their continuing professional development such that all parties benefit from the experience.

This Masters Module begins in September and will have two taught blocks where the student attends the university. This part of the module is completed by December. The clinical part and university tutorial support continues until approximately the following May – a brief resume of the programme is included.

They have two written assignments to complete; one an essay and the other a portfolio.

PLUS

Each student has to have been assessed and pass ten injections in the clinical field and evidence of this should be handed in by the date provided to the student.

All assignment due dates will be confirmed at the start of the module.

As their named clinical mentor you would act as a resource for them to discuss research, clinical evidence, skills and professional issues around the practice of injections. **You would also be responsible for their injection practice and assessing their clinical competence within the practice setting during the module. This is quite important to note as you will take responsibility for them while undertaking any injection during this module.**

We have enclosed a copy of the check list we would like you to use and the student will be asking you to complete once you have observed them undertaking a specific soft tissue or joint injection. There is also a brief guide to judge what acceptable practice is.

As with all clinical skills even if they are of an acceptable standard there is always more to learn and as such the student will gain a great deal from your verbal and written feedback. As a means of enhancing individual learning we would encourage you to add your comments to the assessment form so the student can refer back to them and self-assess their progress. We also encourage the student to reflect on their injection experiences, see enclosed.

While the student has to complete and pass ten injections with yourself, or a nominated colleague, as part of the assessment for this module they may in preparation undertake several supervised/observed injections, before putting themselves forward to be 'formally assessed'. The timetable for gaining injection experience is for the mentor and student to negotiate to ensure that this part of the assessment is complete by the formal hand in date.

We appreciate the expertise and time given by clinical colleagues, such as yourself, in developing these skills and supporting the student's professional development in the clinical field and once again thank you for the consideration of taking this role on. **We look forward to receiving written confirmation that you are the named mentor for this student and that you have read the pack and understand what is required of you.**

If you have any concerns or would like to know more about this or other modules, please do not hesitate to contact us.

Yours sincerely

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Mrs. Kay Stevenson, Consultant Physiotherapist;
Telephone: 01782 673714; Email kay.stevenson@uhns.nhs.uk

Summary of Timetable Sessions and Student Outcomes

| Topics/Sessions | By the end of the module the students will: |
|---|--|
| <ul style="list-style-type: none"> • Introduction to module and University • Management of health and safety issues related to intra-articular and joint injections • Principles of pharmacology • Clinical reasoning around the use of intra-articular joint injections • Professional/prescription issues • Evidence to support Injection Practice • Practical sessions on injection therapy related to: <ul style="list-style-type: none"> <input type="checkbox"/> Shoulder <input type="checkbox"/> Knee <input type="checkbox"/> Hand • Module formative examination • Plus: <ul style="list-style-type: none"> <input type="checkbox"/> Time for self-directed practice <input type="checkbox"/> Writing and assessment <input type="checkbox"/> Individual tutorials | <ul style="list-style-type: none"> • Have an understanding of the module content and assessment procedures, library, writing, etc. • Have had an understanding to the principles of joint and soft tissue injections. • Be introduced to the common medications used in injection therapy. • Be aware of interactions and modes of action of medications used in injection therapy. • Be aware of the possible complications arising from the use of specific medication. • Have had an introduction to the basic safety requirements when undertaking joint injections. • Be aware of the possible emergency situations that could arise following an injection and the procedures that would need to be followed in such events. • Will have undertaken a formative assessment examining aseptic and injection practice. • Have had an understanding of the professional/legal issues around the use of joint and soft tissue injections. • Have had an understanding of the professional/legal issues around prescription issues. • Be introduced to the evidence underpinning the use of injection therapy. • Have an introduction to injection techniques commonly used in management of pathologies presenting in the knee. • Have injected the knee joint of a life size model using the correct technique • Have an introduction to injection techniques commonly used in management of pathologies presenting in the hand • Have injected the hand of a life size model using the correct technique • Be aware of the variety of pathological conditions that injection therapy can be used. • Be aware of other tests and investigations that can be used in diagnosis and management of specific conditions. • Have an introduction to injection techniques commonly used in management of pathologies presenting in the shoulder. • Have injected the shoulder joint of a life size model using the correct technique. • Have had the opportunity to discuss the principles applying to other joint/soft tissue injection. • Have participated in a problem solving debates surrounding the use of injection therapy. • Be involved in a discussion around all the pertinent issues that have been covered in the course content. • Have been given the opportunity for self study or further injection practice. |

| Guidance for Mentors | | |
|--|--|--|
| | Pass | Fail |
| Candidate was able to justify the need for injection utilising evidence from patient assessment. | <ul style="list-style-type: none"> • Good use of evidence from patient history. • Combines information from history and examination to suggest a diagnosis. | <ul style="list-style-type: none"> • No justification given for use of injection. • No diagnosis offered. |
| Candidate was able to justify the need for injection utilising appropriate evidence from literature. | <ul style="list-style-type: none"> • Good use of evidence to underpin use of injection. | <ul style="list-style-type: none"> • No justification given for use of injection. |
| Procedure explained to patient and consent gained. | <ul style="list-style-type: none"> • Explanation of potential benefits and risks given. • Verbal and/or written consent gained and documented | <ul style="list-style-type: none"> • No explanation of potential benefits and risks given. • No consent gained for procedure |
| Student checked for contra-indications. | <ul style="list-style-type: none"> • All contra-indications checked with patient prior to injection. | <ul style="list-style-type: none"> • Contra-indications not checked with patient prior to injection. |
| Student followed appropriate health and safety regulations. | <ul style="list-style-type: none"> • A safe environment was provided for injection. • Safety of the patient and injector were considered. • Aseptic techniques was used. | <ul style="list-style-type: none"> • A safe environment was not provided for injection. • Safety of the patient and injector was not considered. • Aseptic techniques was not used. |
| Student able to discuss if there is a need for aspiration and further synovial fluid analysis. | <ul style="list-style-type: none"> • Student able to establish when there is a need for aspiration and what diagnoses are possible. | <ul style="list-style-type: none"> • Student not able to establish when there is a need for aspiration and what diagnoses are possible. |
| Injection was carried out appropriately. | <ul style="list-style-type: none"> • Appropriate needle placement and depth to treat anatomical structure. | <ul style="list-style-type: none"> • Inappropriate needle placement and depth to treat anatomical structure. |
| Appropriate post injection advice was given to patient/carer. | <ul style="list-style-type: none"> • Clear advice on post injection pain, potential for infection and appropriate rest given to patient. • Advice given on managing potential side effects e.g. infection. | <ul style="list-style-type: none"> • Advice on post injection pain, potential for infection and appropriate rest was not given to patient. • No advice given on managing potential side effects e.g. infection |
| Appropriate information was recorded in appropriate records. | <ul style="list-style-type: none"> • Dose, location and technique recorded appropriately. • Patient response to injection recorded. | <ul style="list-style-type: none"> • Dose, location and technique recorded inappropriately. • Patient response to injection not recorded. |

Principles and Practice of Joint and Soft Tissue Injection



Module Check List

To be completed by clinical mentor and candidate during the following six months

Candidate Name:.....

Candidate Student number:.....

| Date / / | Pass/Fail | Mentor's Comments |
|--|-----------|-------------------|
| Candidate was able to justify the need for injection utilising evidence from patient assessment. | | |
| Candidate was able to justify the need for injection utilising appropriate evidence from literature. | | |
| Procedure explained to patient and consent gained. | | |
| Student checked for contra-indications. | | |
| Student followed appropriate health and safety regulations. | | |
| Student able to discuss if there is a need for aspiration and further synovial fluid analysis. | | |
| Injection was carried out appropriately. | | |
| Appropriate post injection advice was given to patient/carer. | | |
| Appropriate information was recorded in appropriate records. | | |

Injection Type _____ **Location** _____

Named Medication - dose and volume _____

Print Mentor name

Mentor's Signature

Candidate signature

Consider the injection you have just undertaken:

| | |
|--|--|
| What went well? | What could have been done better? |
| What would you do differently if faced with a similar situation? | What have you learnt from this experience? |
| Action plan from this experience | Date achieved |