

## The School of Sport, Rehabilitation & Exercise Sciences SE718 Ultrasound Guided Musculoskeletal Injections

### Introduction

This module would be appropriate for you as a health care practitioner who has had a basic introduction to musculoskeletal ultrasound. By "practitioner" you could be an experienced physiotherapist, rheumatologist or general practitioner with a special interest in musculoskeletal medicine, for example.

This module aims to develop your knowledge, practical use and clinical application of ultrasound guided musculoskeletal injections. The potential clinical role of ultrasound guided musculoskeletal injections is evident as clinicians want to guarantee the site of injection and provide evidence of needle placement. The clinical application may vary between professionals but many experienced musculoskeletal professionals seek training in this practical skill.

### Module tutors

This module is delivered over one weekend and is led by Sue Innes. Module material has been contributed by several professionals including:

- Mark Maybury - extended scope practitioner, physiotherapist and sonographer
- Gordon Lumsdon - extended scope practitioner, physiotherapist and sonographer
- Dr S Perera - Consultant Radiologist, Southend University Hospital NHS Foundation Trust

### Learning outcomes

By the end of this module you would be expected to be able to:

- integrate musculoskeletal ultrasound skills with injection therapy in the work place
- understand the theoretical and scientific principles that underpin the integration of these modalities
- evaluate the current evidence base regarding the efficacy of ultrasound guided injection therapy
- evaluate the role of ultrasound guided injections within their professional environment

### Module outline

- Theoretical considerations relevant to musculoskeletal ultrasound guided interventions
- Clinical governance and quality assurance issues
- Practical scanning and injection protocol teaching and supervised practice
- Evidence based application of ultrasound guided intervention to musculoskeletal presentations

The module material will include theoretical considerations of ultrasound guided musculoskeletal interventions and discussions regarding their role in clinical practice. Professional issues will be discussed including the impact of these interventions on patient focused care and potential future developments. The practical elements will be taught with the assistance of phantoms to simulate clinical practice with time for supervised practice.

### Assessment strategy

A case study discussing the theoretical and professional issues that underpin the application of ultrasound guided musculoskeletal injections (limit 2000 words - 50% weighting).

Log-book that presents 5 ultrasound guided injections in the work place. This is a standard reporting form to document the details of the intervention, patient's signs and symptoms, anatomical area, US scanning features indicative of pathology, injection medication dose and needle placement. A brief reflection on the procedure including challenges and unexpected considerations will be expected. Each intervention must be accompanied by annotated images of the area scanned and an additional image demonstrating needle placement. Deadline for submission: 12 noon Thursday 8th January 2015 (50% weighting)

### Module dates

The module will be delivered at Colchester campus, University of Essex, Wivenhoe Park, Colchester CO4 3SQ.

**You are expected to attend all study days.**

Dates can be found on the Module Calendar: <https://www1.essex.ac.uk/sres/documents/sres-cpd-module-calendar.pdf>

### Module fee

This module is worth 15 credits and is available at Level 7. Fee details can be found at:

<https://www1.essex.ac.uk/sres/documents/sres-cpd-module-fees.pdf>

### **Module pre-requisites**

You may apply for the module, provided you:

- have some prior experience of ultrasonography – an introductory course musculoskeletal course is sufficient but you must be using or be able to use musculoskeletal ultrasound in the work place to complete the module assessment.
- have prior experience of soft tissue and joint injection therapy.
- are employed in a professional environment that enables you to complete the work based practice elements

PLUS, you have:

- a relevant first degree; or
- relevant professional experience or qualifications that demonstrates ability to study at level seven
- a minimum of 1 years post-registration experience
- current registration with the relevant UK or equivalent professional body: HCPC or equivalent registration, e.g. in case of doctors (GMC) and nurses (NMC)

### **Funding and how to apply**

In the first instance approach your Education Liaison Manager to see if funding can be secured via your employer.

There is further information on other sources of funding at <https://www1.essex.ac.uk/hhs/cpd/funding.aspx>

Once you have secured funding please fill in the module application form which can be found under the “Requirements and Forms” tab on the following page: <https://www1.essex.ac.uk/sres/pg/default.aspx>

Following completion of the application form and having had it signed off by your manager and your education liaison manager (if employer funded), please forward it to [sres@essex.ac.uk](mailto:sres@essex.ac.uk).

### **For further information on this module, please contact**

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