

## The School of Sport, Rehabilitation & Exercise Sciences SE714 Soft Tissue and Joint Injection Therapy

### Introduction

This module aims to enable you, as an experienced practitioner in the field of musculoskeletal practice, (general practitioner, physiotherapist and nurse) to extend your scope of practice to include the use of injection therapy. Teaching will include ultrasound guided injection techniques. This module is designed to enable you to use injection therapy as part of your expanded musculoskeletal practice.

### Module tutors

- Lead tutor: Billy Fashanu – Consultant Physiotherapist.
- Other tutors include a consultant rheumatologist and other injecting practitioners.

### Learning outcomes for the module

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

- Demonstrate advanced knowledge of general musculoskeletal anatomy
- Demonstrate advanced soft tissue assessment and diagnostic skills
- Be able to clinically reason and evaluate the need for intervention with injection therapy
- Understand and discuss the contraindications for injections
- Understand and discuss safety techniques involved in injection administration
- Be able to carry out safely injection and aspiration procedures in joints and soft tissues

### Module outline

This module will be supported by a dedicated, regularly updated, student centred, website (using Moodle) offering online assessment (mock and real) news, online case studies, resources, web links, tutor access, online help (24/7) course information, and other relevant material. Students will be expected to have an identified mentor in their workplace that is able to support them with the development of the skills required for the soft tissue and joint injection therapy module.

### Assessment strategy

Summative assessment consists of 3 components:

- Record of 10 musculoskeletal cases injected under supervision. There is no weighting for this component, but it must be passed
- Evidence of reflective practice and clinical reasoning in logbook format (This is intended to reflect each individual student's experience and should document key issues that have been considered whilst developing injection therapy skills) – Weighting: 60%
- One case study (The role of injection therapy for one patient) – Weighting: 40%

### 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

- A relevant first degree OR
- A relevant professional experience or qualifications that demonstrates ability to study at M level
- A minimum of 3 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)
- Current professional practice within an environment where musculoskeletal injection could be used
- Have an approved supervisor which should include a doctor and / or a qualified injection therapist / practitioner

### **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**

The School of Sport, Rehabilitation & Exercise Sciences

University of Essex

Wivenhoe Park

Colchester

CO4 3SQ

T 01206 873348

E [sres@essex.ac.uk](mailto:sres@essex.ac.uk)

### **Bibliography**

#### **Indicative reading:**

- Saunders S., Longworth S. (2013) Injection Techniques in Musculoskeletal Medicine: A Practical Manual for Clinicians in Primary and Secondary Care, 4th Edition. Churchill Livingstone.
- Silver T (2011) Joint and soft tissue injection Revised 5th Edition. Radcliffe Medical Press

#### **Internet Sources:**

- Professional and regulatory body websites
- Department of Health website
- National Electronic Library for Health
- Electronic Library for Social Care