



Accelerate

Transforming wound  
and lymphoedema care

## Learning with **Accelerate Academy**

Developing skills in leg ulcer management –  
**a multi-disciplinary approach**

RCN accredited 3-day MS Teams  
online course - programme

This  
programme  
can count for  
up to **18 hours**  
of participatory  
learning  
for NMC  
Revalidation



# Programme

## Developing skills in leg ulcer management - Day 1

09.30 - 09.40	Logging in and formative quiz	Facilitated by The Accelerate Academy virtual moderator who will support learners to settle in 'virtually' and to establish agreements about learner participation	Vicky Fry
09.40 - 09.45	Welcome and introductions Learning outcomes and objectives	Orientation to the programme and learning outcomes and the different modes of learning that will be used, for example break out rooms	Georgina Ritchie
09.45 - 10.30	Pathophysiology of venous and arterial disease	Understanding the underlying pathophysiology of venous and arterial disease is vital foundational knowledge for lower leg management. Registered practitioners should join the programme with basic knowledge in this area, and so for many this will be a refresher	Georgina Ritchie
10.30 - 10.45	Coffee break		
10.45 - 11.25	Disease progression	Exploring the three levels of disease progression within the framework of venous pathophysiology. This will ensure learners understand the trajectory and position of the patient they are assessing within the disease progression trajectory. Public health and prevention of deterioration is a key theme in this session	Georgina Ritchie
11.25 - 11.30	Comfort break		
11.30 - 12.30	Vascular Assessment and ABPI	Why a vascular assessment is required, what are the different types and levels of vascular assessment. How to undertake Ankle Brachial Pressure Index (ABPI) assessment and correctly calculate and interpret the results. Understand how the ABPI forms part of the holistic patient assessment	Fran Worboys
12.30 - 13.00	Lunch break		



This programme has been accredited by the RCN Centre for Professional Accreditation.  
Accreditation applies only to the educational content of the programme and does not apply to any product.  
The RCN cannot confirm competence of any practitioner.

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# Programme

## Developing skills in leg ulcer management - Day 1 cont'd

13.00 - 14.00	Learners to watch vascular assessment videos and read ABPI article by Fran Worboys	Learners work in a self-directed style to watch a selection of videos which demonstrate how to undertake the physical vascular assessment and ABPI	Self-directed
14.00 - 15.00	Holistic patient assessment and shared decision making	Exploring holistic assessment employing the framework; 'assess the patient, assess the leg, assess the wound' to ensure a holistic approach to assessment and shared decision making is employed	Georgina Ritchie
15.00 - 15.15	Comfort break		
15.15 - 16.00	Q&A Quiz answers Who needs a welcome box?	Personal leadership and owning quality improvement	Georgina Ritchie
16.00		Close	

## Developing skills in leg ulcer management - Day 2

09.30 - 9.45	Welcome back and formative quiz		Vicky Fry
09.45 - 10.45	The theory of compression	Understanding the theory of compression is vital foundational knowledge that learners will require to underpin treatment planning	Georgina Ritchie
10.45 - 11.00	Coffee break		



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# Programme

## Developing skills in leg ulcer management - Day 2 cont'd

11.00 - 12.00	Tools in the toolbox part 1 Bandages	Exploring the types of compression bandages available, what dosage is offered by each system and how to choose the best bandage system with your patient to achieve optimum healing rates	Georgina Ritchie
12.00 - 13.00	Learners to watch bandage application videos	Learners work in a self-directed style to watch a selection of videos which demonstrate how to apply both elastic and inelastic systems	Self-directed
13.00 - 13.30	Lunch break		
13.30 - 14.15	Discussion time following videos	Learners are split into break out rooms where they are encouraged to discuss, explore, and question the key themes surrounding bandage selection and application	Georgina Ritchie
14.15 - 15.15	Principles of chronic oedema management	Exploring with learners the principles of chronic oedema management and aid learners in understanding what is lymphorrhoea and ensure understanding of the difference between cellulitis and red legs	Caitriona O'Neill
15.15 - 15.30	Comfort break		
15.30 - 16.00	Q&A Quiz answers	Learners are offered the opportunity to ask any questions and encouraged to think about what questions they would like to ask on day 3. Learners have the opportunity to type into the chat box their 'take home message for the day' which should be something new they have discovered, something they have refreshed on or a topic that has got them thinking and reflecting within the context of their own practice	Georgina Ritchie
16.00		Close	



# Programme

## Developing skills in leg ulcer management - Day 3

09.30 - 09.40	Welcome back and formative quiz		Vicky Fry
09.40 - 10.45	Tools in the toolbox part 2 Hosiery	Understanding hosiery is vital foundational knowledge that learners will require to underpin treatment planning	Georgina Ritchie
10.45 - 11.00	Coffee break		
11.00 - 11.30	Learners to watch and read early intervention content	Learners work in a self-directed style to watch a selection of assets	Self-directed
11.30 - 12.00	Q&A followed by donning and doffing videos	Questions followed by learners watching a selection of videos which demonstrate how to apply both elastic and inelastic systems	Georgina Ritchie Self-directed
12.00 - 13.00	Lunch break		
13.00 - 14.00	Tools in the toolbox part 3 Leg ulcer hosiery kits and wraps	Exploring the types of compression wraps and how to choose the most appropriate system with your patient to achieve optimum healing rates. The difference between hosiery and leg ulcer hosiery kits will also be examined	Georgina Ritchie
14.00 - 14.45	Challenging the status quo	A session about leadership and challenge to prevent harm in leg ulcer management	Alison Hopkins
14.45 - 15.45	Gait, mobility and biomechanics	Exploring the importance of mobility, biomechanics and the veno-muscular pumps in the lower limb and highlight their importance in chronic venous insufficiency and venous leg ulcers	Fran Campbell
15.45 - 16.00	Quiz Completing the practice portfolio Keeping in touch with Accelerate	Discussion of safe practice learning and the completion of the practice portfolio and learners are invited to keep in touch as a member of the Accelerate Academy Alumni	Georgina Ritchie
16.00 - 16.30	Book your coaching	Help with Eventbrite if required to book your 1-2-1 coaching session	Vicky Fry
16.30		Close	



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