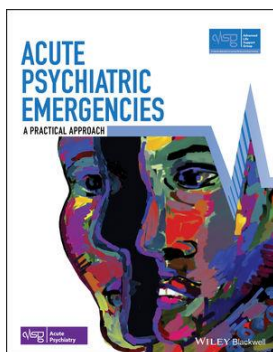


ALSG's medical education & training programmes improve outcomes for people in life-threatening situations, anywhere along the health care pathway, anywhere in the world.



Acute Mental Health

## APEx curriculum and key information

The programme comprises online modular education through our VLE (approximately three hours), followed by a 2-day face-to-face course. The course is run at the ALSG Training Centre in Manchester.

### 9 e-module topics

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

### Two day face-to-face course

#### Lectures

- Welcome
- Structured approach
- Securing safety
- Overdose and self-harm
- Apparently drunk
- Behaving strangely
- Confusion
- Aggression

#### Workshops, simulations and demonstrations

- De-escalation
- Self-harm risk assessment
- Mental state examination
- Overdose and self-harm simulations
- Behaving strangely simulations
- Confusion and aggression simulations
- Apparently drunk simulations

### Candidate criteria and eligibility

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.

# 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 emergency medicine, psychiatry, 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 expedites excellent care.

This short courses give clinicians a practical approach to dealing with emergencies.

The APEx programme makes use of clinical actors to enhance the realism of the simulations, giving candidates an opportunity to practise dealing with a variety of behaviours.



Advanced Life Support Group

A charity dedicated to saving life by providing training

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Charity no. 1095478 Company no. 4580873



## 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

All recertifying candidates must undertake the full course again after four years.

## Resources

- > [Publications](http://bit.ly/ALSGPub) - <http://bit.ly/ALSGPub>
- > [Testimonials](http://bit.ly/ALSG_Testimonials) - [http://bit.ly/ALSG\\_Testimonials](http://bit.ly/ALSG_Testimonials)

<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.

## Booking a course

To book your next course, simply scan this code using your smart phone or visit us online at <http://bit.ly/ALSGcourses>



*"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>*

## Continuous Professional Development

Revised guidance from the Academy of Medical Royal Colleges emphasises that the focus of CPD should be on its quality and reflection of its impact on a clinician's practice, rather than the amount of time spent on the activity. The responsibility for identifying CPD requirements rests with the individual and should be based on their personal areas of practice and personal development plan agreed at their annual appraisal. Although one 'CPD credit' will normally equate to one hour of educational activity, the amount of educational activity obtained from a specific event may vary between individuals depending on an individual's specific learning outcomes.



## 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.

## Important course updates and references

There are currently no updates or references for APEX

## Courses to consider

You may also wish to consider the following courses:

- [MedicALS - Acute Emergency Medicine](http://bit.ly/MedicALS_FS) - [http://bit.ly/MedicALS\\_FS](http://bit.ly/MedicALS_FS)

*"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 are fundamentally interlinked." <sup>2</sup>*