

APEX Course Programme

Day One

08.45 – 09.15	<i>Registration and COFFEE for candidates</i>
09.15 – 09.35	Welcome and aims and setting the scene and meet your mentor group
09.35 – 10.15	<i>Lecture: Structured approach to acute psychiatric emergencies, including human factors and communication</i>
10.15 – 10.30	<i>Lecture: Securing safety: review of key points</i>
10.30 – 10.45	COFFEE
10.45 – 11.15	<i>Lecture: Overdose and self-harm: review of key points</i>
11.15 – 12.15	<i>Workshops:</i>

	11.15 – 11.45	11.45 – 12.15
De-escalation	A & B	C & D
Self-harm risk assessment	C & D	A & B

12.15 – 13.15 *Workshops:*

	12.15 – 12.45	12.45 – 13.15
Mental State Examination	A & B	C & D
Legal issues	C & D	A & B

13.15 – 14.00 LUNCH

14.00 – 14:30 *Demonstration: APEX simulation*

14.30 – 16.30 *Simulations (interviews):* Overdose and self-harm (15 minutes per interview and 15 minute debrief)

C = Lead Candidate	14.30 – 15.00	15.00 – 15.30	15.30 – 16.00	16.00 – 16.30
Faculty Team 1	A – C1	B – C8	C - C15	D - C22
Faculty Team 2	D – C19	A – C2	B – C9	C - C16
Faculty Team 3	C - C13	D – C20	A – C3	B – C10
Faculty Team 4	B – C7	C - C14	D - C21	A – C4

16.30 – 16.45 COFFEE

16.45 – 17.45 *Simulations (interviews) - continued:* Overdose and self-harm (15 minutes per interview and 15 minute debrief)

	16.45 – 17.15	17.15 – 17.45
Faculty Team 1	A – C5	B – C12
Faculty Team 2	D – C23	C - C18
Faculty Team 3	C - C17	D – C24
Faculty Team 4	B – C11	A – C6

17.45 – 17.55 Review of day 1 and reflection in mentor groups

Day Two

09.00 – 09.10 Meet your mentor

09.10 – 09.25 *Lecture:* Apparently drunk: review of key points

09.25 – 09.40 *Lecture:* Behaving strangely: review of key points

09.40 – 09.55 *Lecture:* Confusion: review of key points

09.55 – 10.10 *Lecture:* Aggression: review of key points

10.10 – 10.25 COFFEE

- 10.25 – 10.55 *Whole group reflection: stigma and mental health*
- 10.55 – 11.25 *Demonstration: APEX simulation*
- 11.25 – 13.25 *Simulations with actors as patients, managed by teams:
(2 x 30 minute practices in each station – 15 minute simulation; 15 minute debrief)*

C = Lead Candidate	11.25 – 11.55	11.55 – 12.25	12.25 – 12.55	12.55 – 13.25
Faculty Team 1	A - C3	B - C10	C - C17	D - C24
Faculty Team 2	D - C21	A - C4	B - C11	C - C18
Faculty Team 3	C - C15	D - C22	A - C5	B - C12
Faculty Team 4	B - C9	C - C16	D - C23	A - C6

13.25 – 14.05 LUNCH

14.05 – 16.20 *Simulations - continued:*

C = Lead Candidate	14.05 – 14.35	14.35 – 15:05	COFFEE	15.20 – 15.50	15.50 – 16.20
Faculty Team 1	A - C1	B - C8		C	D
Faculty Team 2	D - C19	A - C2		B	C
Faculty Team 3	C - C13	D - C20		A	B
Faculty Team 4	B - C7	C - C14		D	A

Candidates		Faculty	
16.25 – 17.00	Review of day 2 and reflection in mentor groups - candidates	16.25 – 16.40	Faculty meeting – candidate results
		16.40 – 17.00	Faculty join candidates for reflection and feedback