

APEX Equipment list

Lectures / workshop/ reflection equipment

All	<input type="checkbox"/> Data projector and computer/laptop <input type="checkbox"/> Flipchart and pens <input type="checkbox"/> PowerPoint presentations from teaching materials folder for review sessions and workshops <input type="checkbox"/> Videos for whole group reflection on stigma and the patient experience
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Demos

All	<input type="checkbox"/> Examination bed
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Simulation items

NB candidate groups are important as the practice time is allocated on the programme by candidate number.

Maintain the group numbering A = 1-6; B = 7-12; C = 13-18; D = 19-24.

All	<input type="checkbox"/> 00_Ref_Instructor_simulation_guidance <input type="checkbox"/> Copy of relevant simulation	
AD-1	<input type="checkbox"/> Oxygen mask <input type="checkbox"/> Pulse oximeter <input type="checkbox"/> Blood pressure cuff <input type="checkbox"/> Stethoscope	<input type="checkbox"/> Pen torch <input type="checkbox"/> Fluid bags <input type="checkbox"/> 20ml syringe
AD-2	<input type="checkbox"/> Oxygen mask <input type="checkbox"/> Pulse oximeter <input type="checkbox"/> Blood pressure cuff <input type="checkbox"/> Stethoscope	<input type="checkbox"/> Pen torch <input type="checkbox"/> Fluid bags <input type="checkbox"/> 20ml syringe
CA-3	<input type="checkbox"/> Oxygen mask <input type="checkbox"/> Pulse oximeter <input type="checkbox"/> Blood pressure cuff <input type="checkbox"/> Stethoscope	<input type="checkbox"/> Pen torch <input type="checkbox"/> Fluid bags <input type="checkbox"/> 20ml syringe
OD&SH-4	<input type="checkbox"/> Bandage	

APEX Teaching materials

Name	Focus	Resources [Printing – number of copies]
Welcome and aims		Lecture notes [2]
Structured approach to APEX		Lecture notes [2]
Securing safety	Personal safety	Lecture notes [2]
Overdose and self-harm	Michal's case – primary assessment	Lecture notes [2] Michal's case [10] Primary assessment proforma [10]
APEX simulation Overdose/self-harm	Sam, a 25-year-old, has presented to the ED having taken 6 paracetamol tablets, 8 aspirin, and 4 diazepam plus a bottle of vodka. [No of faculty in demonstration, 1 for actor, 1 for co-ordinator]	
De-escalation	Declans' case	Workshop notes [No of faculty, 1 for co-ordinator]
Self-harm risk assessment: AEIO Unified assessment, focused conversational psychosocial history	Michal's case – revisit RIRA from above and then complete full self-harm risk assessment and psychosocial history	Workshop notes [No of faculty, 1 for co-ordinator] Michal's role [10] Clinician's role [10] Observer role [10] Secondary history template [20]
Mental state examination	Harriet's case as below – complete MSE in preparation for management plan and CROC discussions	Workshop notes [No of faculty, 1 for co-ordinator] Harriet's role [10] Clinician's role [10] Observer role [10] Secondary history template [20]
Legal case based discussions		Lecture notes [2]
Overdose/self-harm 1	Simon/Simone is a 75 year old M/F, brought to A&E by ambulance, patient had taken an overdose [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Overdose/self-harm 2	Peter/Petra is a 22 year old, who was diagnosed with schizophrenia about 3 years ago. Acute episodes of psychosis [No of faculty in team, 1 for actor, 1 for co-ordinator]	

Name	Focus	Resources [Printing – number of copies]
Overdose/self-harm 3	Alison/Andrew is a 26 year old M/F has presented to the ED with a history of taking a staggered overdose of 80 paracetamol tablets over a 36 hour period [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Overdose/self-harm 4	Tasmin/Tommy a 47 year old M/F has presented to the ED with a self-inflicted wound to their left forearm. [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Overdose/self-harm 5	Sam is a 17 year old whose parents have had marital difficulties for several years. S/he has taken an overdose of tablets. [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Overdose/self-harm 6	A 42 year old M/F was brought to the ED by ambulance after stabbing them-self multiple times in the head with a small sharp screwdriver. [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Apparently drunk	David's case – secondary assessment and comorbidities and mimics	Lecture notes [2] David's case [10]
Behaving strangely	Declan's case – next steps when calmer following rapid tranquilisation – potential DD	Lecture notes [2] Declan's case [10] Handout of lists in appendices [10]
Confusion	Harriet's case – management plan and CROC	Lecture notes [2] Proforma for definitive care [10] Harriet's case [10]
Aggression	Jeremy's case – formulate risk and plan next steps	Lecture notes [2] Jeremy's case [10]
Stigma and mental health		Workshop [No of faculty, 1 for co-ordinator] Videos 1 and 2
APEX simulation Behaviour	68yr old brought in from home by her church friend [No of faculty in demonstration, 1 for actor, 1 for co-ordinator]	
Behaving strangely 1	Charlotte/Charlie who is a 20yr old dentistry student. S/he has presented to A+E following what appears to	

Name	Focus	Resources [Printing – number of copies]
	be a panic attack and now describes several weeks of increasing anxiety. [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Behaving strangely 2	48 year old South Asian M/F present at A & E reception and asked for help because s/he left for work in London and found them-self in Manchester 7 hours later, without recollection of the interval. [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Behaving strangely 3	Rachel is a 39yr old lady who is 6 weeks post-partum. [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Confusion and aggression 1	Mrs/Mr Smith (78 years old) with confusion, agitation and aggression [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Confusion and aggression 2	Mr/Mrs Jean Smith (23 years old) has been brought into the ED by the police with their friend who states that John is acting “crazy” and is scaring everyone. [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Confusion and aggression 3	Abida approximately 60 years old, brought into the ED by paramedics. S/He presents as confused and at times aggressive [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Apparently drunk 1	You are in ED. Your next patient is Stephen/Stephanie Gorman, 53 years old, history of epilepsy and depression. [No of faculty in team, 1 for actor, 1 for co-ordinator]	
Apparently drunk 2	You are in ED trolleys majors area. Your next patient is Denise/Denis Hunter, 38 years old, history of asthma and type 1 diabetes. [No of faculty in team, 1 for actor, 1 for co-ordinator]	