



True NTH Exercise & Diet Project: Phase 2 Training Programme

Tuesday 19th April 2016

09.00 – 18.00

Holiday Inn, Pembroke Road, Portsmouth, PO1 2TA

Aims of training

- To understand the purpose of the intervention and to be clear on the study process
- To understand the roles and responsibilities of different team members
- To gain the skills required to perform patient assessment and to deliver the intervention
- To be able to communicate effectively with men and their families regarding their health risks or other potentially sensitive issues and when and where to refer patients

08.45	<i>Reception and registration</i>	
09.00	<i>Welcome and introductions</i>	
09.10	True NTH Exercise & Diet Project Background and Aims <ul style="list-style-type: none">- Effect of Prostate Cancer and Treatment- Learning from Phase 1	Sara Faithfull <i>Chief Investigator & Professor of Cancer Nursing Practice, University of Surrey</i>
09.30	Communication Approaches <ul style="list-style-type: none">- Motivational Interviewing- Risk communication- Goal setting- Readiness to change	Sara Faithfull <i>Chief Investigator & Professor of Cancer Nursing Practice, University of Surrey</i>
09.50	Project Governance <ul style="list-style-type: none">- Testing a new service- Recruitment- Resource Pack- Site Files	Karen Poole <i>Research Fellow, University of Surrey</i>
10.10	Good Clinical Practice <ul style="list-style-type: none">- Research Quality Standards- Data collection and storage- Consent- Confidentiality	Emily Horsfall <i>Senior Network Facilitator, NIHR Clinical Research Network, Wessex</i>
10.30	<i>Coffee break</i>	
11.00	The role of nutrition <ul style="list-style-type: none">- Role of diet in prostate cancer- Mediterranean diet- True NTH Dietary Intervention	Lauren Turner <i>Research Associate & Dietician, University of Surrey and Frimley Park Hospital NHS Foundation Trust</i>



11.20	Exercise Physiology <ul style="list-style-type: none"> - Strength and fitness - Improving future health - True NTH Exercise Intervention 	John Saxton <i>Professor of Clinical Exercise Physiology, University of Northumbria</i>
11.40	Training Requirements and PharmOutcome Service <ul style="list-style-type: none"> - Training materials - Competency and accreditation - True NTH Exercise & Diet Algorithm - PharmOutcomes demonstration - Recording data 	Agnieszka Lemanska <i>Lecturer in Integrated Care and Pharmacist, University of Surrey</i>
12.00	Question and Answer Session	
12.15	<i>Lunch</i>	
13.00 – 15.00	True NTH Assessment Skills: Small Group Training at each Station	
30 mins	STATION 1; Competency 1 Anthropometrics; BP, Waist/Hip, Height/Weight	Sara Faithfull
30 mins	STATION 2; Competency 2 Finger prick blood tests; Cholesterol, Glucose, Waste disposal	Ralph Manders & Karen Poole
30 mins	STATION 3; Competency 3 & 4 Strength; PAR-Q, GODIN, Sit to Stand, Grip Strength	Agnieszka Lemanska
30 mins	STATION 4; Competency 5 Fitness; Siconolfi Step Test	Sophie Gasson & Joe Wainwright
15.00	<i>Coffee break</i>	
15.30-17.30	True NTH Prescription and Intervention: Forum Theatre	
15.30	SCENARIO 1: First Consultation, Assessment, Lifestyle Prescription and Risk communication	Sara Faithfull, Agnieszka Lemanska John Marshall
16.30	SCENARIO 2: Telephone follow-up 1, Telephone follow-up 2, motivational interviewing	
17.00	SCENARIO 3: Re-assessment, Final consultation, Sustainability of lifestyle change	
17.30	Closing Remarks	
17.45	Signing Competency Document and issue of equipment	Karen Poole
18.00	<i>Close</i>	