

Injection therapy CPD update day

Course Timetable

Day 1

08.45 Coffee & registration

09.15 Introduction and objectives for the day | **Upper Limb injections workshop** | problem solving, case scenarios, when to/not to inject | practical

10.30 Break

10.45 **More harm than good?** Steroid on tendons and joints | effects of steroid on tendons and joints | current evidence | clinical implication

11.15 **When do we use/ not use local anaesthetics?** | Effects of LA on tendons and articular cartilage | Current evidence | Clinical implication

11.45 **Aftercare advice** | relative rest- for how long? | rehabilitation/ total management plan | current evidence/ EULAR guidelines

13.00 Lunch

13.45 **Anticoagulation therapy (ACT) and MSK injections** | overview of ACT | difference between ACT and anti-platelet therapy (APT) medications | cautions and general advice

14.15 **Lower Limb injections workshop** | problem solving, case scenarios, when to/not to inject | Practical

15.30 Break

15.45 **Visco-supplementation and Regenerative medicine- who wants to live forever?** | overview on HA, PRP, stems cells therapy | current evidence | clinical implication

16.15 Update on CI and cautions in MSK injection | Central Serous Chorioretinopathy (CSC) and glaucoma | acute porphyria | LT steroids | local policies

16.45 Open Q & A

17.00 Close

The Module Coordinator reserves the right to make changes to this programme without prior notice.

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