

Me+™ recovery Nurse Training Course – Timetable 2018

Course Leaders: Sarah Russell, Caroline Rudoni, Andrea Benn

Advocate – will vary with each venue

Day 1

Arrive for 10am/10.15 for 10.30 prompt start

Time	Session
10.30-11.15	Session 1 Introduction Icebreaker – Physical Activity Overview
11.15	Break – 15 mins - Tea and Coffee
11.30-12.30	Session 1 Continued... Physical Activity Guidelines - DoH and Chief Medical Officer UK activity rates/cost of inactivity 15 minute walk outside
12.30-1.15	Lunch – 45 mins
1.15-2.15	Session 2 Physical Activity and the stoma patient Research study Russell 2016/Cancer guidelines
2.15-2.45	Advocate Talk – becoming active with a stoma
2.45	Break – Tea and Coffee
3.00-4.00	Session 3 – Reducing the risk of parastomal hernia Including ASCN guidelines, research, management and risk reduction
4.00	Break – 15 mins
4.15-5.30	Session 4 – Abdominal Wall and Pelvic Floor A&P, importance of ‘core’, intra-abdominal pressure, safe moving Practical session – pelvic floor exercises
5.30	Session 5 Wrap Up and Q&A
6.00	Ends

Day 2

Time	Session
8.30-9.15	Session 1 Teaching abdominal/core exercises Green Phase 1 me+™ recovery movements – practical session
9.15	Break – 15 mins
9.30-10.15	Session 1 – continued... Teaching abdominal/core exercises – practical session
10.15	Break – 15 mins - Tea and Coffee
10.30-11.45	Session 2 Behaviour Change and Health Coaching Supporting patients to adopt new practice

	15 minute walk outside
12.00-12.45	Lunch – 45 mins
12.45-1.45	Session 3 Providing guidance about physical activity – specific activities
1.45	Break- 15 mins - Tea and Coffee
2.00-3.30	Session 4 Putting it into practice
3.30-4pm	How to introduce me+™ recovery to patients Final course overview, Q&A and reflection
4pm	Finish