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**THE SOCIETY OF  
MUSCULOSKELETAL  
MEDICINE**  
putting theory into practice

## Thrilled to be back face-to-face!

Our face to face courses started again in Liverpool on 15th April - leading out with Unit 2 of our 'Advancing Practice in Musculoskeletal Medicine' module and followed by Unit 1 of our 'Theory and Practice of Injection Therapy' module on 22nd April.

Good to see everyone back safely - with smiles behind those masks!



We now have 12 face-to-face courses planned this year, including Foundation, Advancing Practice and Injection Therapy. See our [website](#) for details.

## FCP Supervision Q&A Webinar - Thursday 20th May, 5-7pm



Are you an FCP or FCP supervisor working on the MSK roadmap? This webinar, a collaboration between APPN, SOMM and MACP, aims to answer some FAQs, sharing real-life experiences from supervisees and supervisors, and providing general updates. HEE experts Amanda Hensman-Crook, Julia Taylor, Tim Noblet, Implementation at the CSP, Abi Henderson, and National Trainers will be on-line to answer your questions around FCP supervision.

You can book now via APPN <https://www.appn.org.uk/courses/42> .

### **New dates - HEE Supervision & Verification Training courses**

SOMM is continuing to support the delivery of the HEE Supervision & Verification training courses.

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Courses are full in May 2021 but we now have more **new dates**:

10th & 11th June 2021

2nd and 23rd July 2021

18th & 25th September 2021

Check our website [page](#) for your eligibility and contact [admin@sommcourses.org](mailto:admin@sommcourses.org) to book your place.

## **Top-Up Day - it's never too late!**

In last month's newsletter we broke the great news that our SOMM Diploma in Musculoskeletal Medicine - with a virtual Top-Up Day (with a few other HEE requirements) has been accredited as Stage 1 of the HEE FCP Roadmap.

Full information on the Top-Up Day can be found in our website: [sommcourses.org/courses/top-up-day/](https://sommcourses.org/courses/top-up-day/)

To attend the Top-Up Day you will need to have achieved the the full SOMM Diploma in Musculoskeletal medicine that is - you need to have passed the true/false theory paper, the practical exam and the portfolio reflective essay with personal development plan. Here's Emily Goodlad's video as a reminder



**Just to emphasise - even if you didn't go ahead and complete the portfolio reflective essay and personal development plan at the time - it's not too late!**

You'll find more information through the link 'SOMM Top-Up Day Entry Requirement' on the website page and below that is the link to the 'Guidelines for the Portfolio Reflective Essay and Personal Development Plan'.

Take a look at those - but if you still have a query - please contact [admin@sommcourses](mailto:admin@sommcourses)

**Benchmarking exercise prescription for frailty and sarcopenia QI initiative**

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ebrigkrakau

Do you deliver exercise interventions to older people living with sarcopenia or frailty? The BEPOP project is inviting physiotherapists and exercise professionals across the UK to take part in a unique opportunity to shape the future of these vital exercise services for older people.

Sarcopenia, a reduction in muscle strength and function, and the related syndrome of physical frailty, are common conditions affecting many older people in the UK. Resistance exercise training has been established as a safe and effective intervention in improving muscle strength in older people living with sarcopenia and frailty, although questions remain as to the optimal duration, frequency and intensity of these exercise interventions.

Read the comms info [here](#) about the Benchmarking Exercise Programmes for Older People (BEPOP) project, run in collaboration between the AGE Research group at Newcastle University, the British Geriatrics Society and AGILE (a professional network of the Chartered Society of Physiotherapists),

Physiotherapists and exercise professionals across the UK are being invited to feedback the details of the exercise interventions they currently offer and

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the outcomes for patients.

**Are you or your team interested in taking part in this innovative initiative?** Please visit [www.bepop.org.uk](http://www.bepop.org.uk) for further information and to register your interest.



@lindsayhenwood

**So - as we continue to step out of lockdown - it *is* all good! Take care - and see you soon!**



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