

Evolve and Empower: Progressing as an IBD Nurse

Previously A Personal Evaluation of Practice and Skills



MODULE OVERVIEW

Effective, reliable care is underpinned by continuous learning, thoughtful reflection, and strong support systems. In a fast-paced, ever-changing environment, IBD nurses must confidently justify their roles and decision-making. Having the tools to evaluate our practice safely with peers in IBD is invaluable.

This module is suitable for new and experienced IBD nurses.

- ✓ Understand the difference between reflection and reflexivity, and apply both to evaluate skills, knowledge, and decision-making in real clinical situations.
- ✓ Build skills to recognise and manage emotional responses, challenge unhelpful beliefs, and recognise own ability and competency to exercise professional autonomy in complex scenarios.
- ✓ Critically assess areas for personal and service development, aligning improvement actions with IBD service needs, and building foundations for future clinical and strategic leadership within IBD services.



Register now

Places are limited to 12-15 per course, so don't miss out on your chance to build your knowledge and confidence in IBD now. To register visit www.LOGIC-Tillotts.co.uk/education



PRE-PROGRAMME

- You will receive short pre-weekend exercises, including a competency review and reflective tasks to help you prepare for productive discussions throughout the weekend.

FRIDAY – *Connect and Settle in*

- You will be introduced to your IBD nurse and skills trainer and informally get to know your professional peers. Sharing the knowledge you gain in your own practice and developing links with other trusts and networks is important for professional development and this is the perfect environment to do just that.

SATURDAY – *Building Confidence in Practice*

- We will start by looking at the different aspects of IBD nursing, giving you support and protected time to explore and identify where you want to get to in the future vs. where you are now.
- Deep dive into mindset, examining the thoughts, attitudes, and beliefs you hold and how they may be sabotaging or serving you in pursuit of your goals.
- Navigating and thriving through organisational and personal change.
- Reflective immersion using practical and applicable tools in real life scenarios.
- Understanding and utilising structures/academia and funding in support of your own personal goals.

SUNDAY – *Bringing It All Together*

- An opportunity to pull everything together into a personal action plan.
- Practical tips for managing mindset and change.
- Exploring and overcoming barriers to career progression.

POST MODULE

- Maximise the impact of your learning and personal development.
- Meet with the nurse tutor 6-8 weeks after the weekend for more support.



**Opportunity to
network with fellow
IBD nurses.**



**Fully-funded with
overnight accommodation
and appropriate
travel reimbursed.**



**Case studies and
interactive sessions
to enhance learning.**

Adverse events should be reported. Reporting forms and information in the UK can be found at yellowcard.mhra.gov.uk. Reporting forms and information for Ireland can be found at www.hpra.ie/report-an-issue/medicines-for-human-use/side-effects. Adverse events should also be reported to Tillotts Pharma UK and Ireland.

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