

## **APEX course programm day one**

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| 08.45 – 09.15: | Registration and coffee / tea for candidates   |
| 09.15 – 09.45: | Welcome and aims and setting the scene and meet your mentor group  |
| 09.45 – 10.15: | Lecture: Structured approach to acute psychiatric emergencies, including human factors and communication       |
| 10.15 – 10.30: | Lecture: Securing safety: review of key points   |
| 10.30 – 10.45: | Break  |
| 10.45 – 11.15: | Lecture: Overdose and self-harm: review of key points  |
| 11.15 – 12.15: | Workshops: <ul style="list-style-type: none"><li>• De-escalation</li><li>• Self-harm risk assessment</li></ul> |
| 12.15 – 13.15: | Workshop: <ul style="list-style-type: none"><li>• Mental State Examination</li></ul>                           |
| 13.15 – 14.00: | Lunch  |
| 14.00 – 14.30: | Demonstration: APEX simulation   |
| 14.30 – 16.10: | Simulations (interviews): Overdose and self-harm (15 minutes per interview and 10 minute debrief)              |
| 16.10 – 16.25: | Break  |
| 16.25 – 18.05: | Simulations (interviews) - continued: Overdose and self-harm (15 minutes per interview and 10 minute debrief)  |
| 18.05 – 18.15: | Review of day 1 and reflection in mentor groups  |
| 19.00 – 21.00: | Course diner   |

### **APEX course**

*Taking care of acute Psychological problems*

## **APEX course programm day two**

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| 09.00 – 09.10: | Meet your mentor   |
| 09.10 – 09.25: | Lecture: Apparently drunk: review of key points  |
| 09.25 – 09.40: | Lecture: Behaving strangely: review of key points  |
| 09.40 – 09.55: | Lecture: Confusion: review of key points   |
| 09.55 – 10.10: | Lecture: Aggression: review of key points  |
| 10.10 – 10.25: | Break  |
| 10.25 – 10.55: | Whole group reflection: stigma and mental health   |
| 10.55 – 11.25: | Demonstration: APEX simulation   |
| 11.25 – 13.25: | Simulations with actors as patients, managed by teams:<br>(2 x 30 minute practices in each station – 15 minute simulation; 15<br>minute debrief) |
| 13.25 – 14.05: | Lunch  |
| 14.05 – 15.05: | Simulations – continued  |
| 15.05 – 15.20: | Break  |
| 15.20 – 16.25: | Simulations – continued  |
| 16.25 – 17.00: | Review of day 2 and reflection in mentor groups  |

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