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Julia O'Mara, RGN (BSc), NMP, PGCE, qualified as a Registered General Nurse in 1989, and has experience in many fields of nursing and teaching.

She has worked in Primary care since 1994 where she developed skills in practice nursing, long term conditions, first contact, history taking and assessment skills and independent nurse prescribing.

Julia worked for many years at a senior strategic level for the CCG/ICB developing protocols/policies and chairing Forums.

Julia works closely with her business partner Julia Judd providing education for Universities and Local Medical Committees.

Their joint vision is to make education and learning fun, interactive, easy to understand and practical with realistic expectations for Primary Care.

To book a place/s email

bookings@networkforpractices.co.uk

Our acceptance of your booking brings into existence a legally binding contract between us on the following Terms & Conditions - If places are booked but cancelled before payment has been made or a candidate DNAs, the fee will remain due. Cancellations will attract a refund if the course is subsequently fully booked. To avoid any confusion, we ask that Cancellations are by email only. We will make every effort to resell the cancelled place. Where places are free a £45 charge will be applied to cancellations/DNAs. Payment is required within 30 days from date of invoice.

Prostap (*Leuprorelin*) Hormone Injection Training

Date: 9th September 2025
Times: 0900-1230 ('doors open' at 0845)
Venue: Zoom Online Platform
Places available: 15
Fee/s: NfP Members £60
Non-Members £105

This workshop is suitable for: Nurses, Nurse Associates and advanced HCAs who are currently working with clients that require Prostap injections.

The course requirements are that the clinician has existing skills in sharps management such as phlebotomy and is receiving annual updates for immunisations and CPR and anaphylaxis.

All necessary documentation for the administration of the injection will be provided, to include a competency framework to use with the assessor in practice and legal frameworks for administration of medicines.

Any HCAs that attend this course will be undertaking advanced practice that recommends a minimum of two years' experience in primary care and evidence of training to meet [national minimum standards](#)

Aims and Objectives

- To provide clinicians with the knowledge and skills required for the procedure of administering Prostap injections.
- To provide resources, education and awareness of the legal issues, accountability and prescribing through delegation.
- To provide the mechanisms for the HCA to be signed off as competent by a trained nurse in their workplace and follow the protocols and framework supplied for safe practice.

Course Content

- What is Prostap?
- The uses of Prostap in patient condition management
- Undertaking a risk assessment of the patient prior to injection
- How is Prostap prescribed / legal issues / prescriptions: PSD
- What are the side effects / contraindications / follow up care / anaphylaxis
- Record keeping /documentation/communication with patients / capacity / consent
- Safe handling and storage of injections; including infection control
- Injection administration and techniques including practical session
- Protocols/ competencies and supervised practice by mentor
- **This training is specifically for Prostap**, however information for Zoladex will be provided for use by registered nurses only.

Registered Office: Frome Medical Centre, Enos Way, Frome, Somerset, BA11 2FH

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