Tennis elbow doesn’t happen often in tennis players and the other terms for it such as lateral epicondylitis are not strictly speaking correct. The authors don’t help with a better term for it but they do provide a good overview of this condition and treatments (BMJ 2011;342:d2687).

This is a condition caused by under or overuse of the extensor digitorum muscle, typically causing pain and tenderness over its insertion on the lateral epicondyle. Typically it occurs in manual workers if they start to overuse their arms or in the sedentary who over use their arm by a sudden spate of weeding, laying a patio or lugging their luggage during their annual holiday.

Treatments

- **Physiotherapy.** The current fad is for rehabilitation and gradual loading using eccentric (lengthening) exercises. These exercises have been shown to reduce pain and improve function in Achilles tendinitis so have been rolled out for the treatment of many tendonopathies including tennis elbow. In these exercises the aim is to load the tendon to its limit without over loading it. The exercises are shown on the video in the online version of the BMJ article summarised here.
- **NSAIDs and painkillers.** Can help relieve pain but have no impact on prognosis
- **Cortisone injections.** Short-term benefit is countered by long term harm and cortisone injections are no longer recommended in the treatment of tennis elbow. See section on injections at the end of this chapter.
- **Glyceryl trinitrate patches.** One study has demonstrated that a patch applied to the tender area was better than placebo in the first 6 months, but not after that. It probably works by a local vasodilator function. It's not licensed for this and side effects of dizziness and headache are common.
- **Miscellaneous options.** Autologous platelet rich plasma, hyaluronan gel, and botulinum injections have all been tried in research situations and remain outside the mainstream. Extracorporeal shock wave lithotripsy has been tried unsuccessfully. Surgery should not be contemplated unless the disability is severe and the duration is at least a year. It may be the forced rest and then gradual rehabilitation that is as effective as the surgical act itself.

Tennis elbow

- The long term prognosis for tennis elbow is good.
- Eccentric exercises may be helpful.
- Injections and other therapies are not recommended.

www.bmj.com/content/342/bmj.d2687.full

We make every effort to ensure the information in these pages is accurate and correct at the date of publication, but it is of necessity of a brief and general nature, and this should not replace your own good clinical judgement, or be regarded as a substitute for taking professional advice in appropriate circumstances. In particular check drug doses, side effects and interactions with the British National Formulary. Save insofar as any such liability cannot be excluded at law, we do not accept any liability for loss of any type caused by reliance on the information in these pages.

GP Update Limited
June 2016
Our comprehensive one-day update courses for GPs, GP STs, and General Practice Nurses.

We do all the legwork to bring you up to speed on the latest issues and guidance.

All our courses are:
Relevant Developed and presented by practising GPs and immediately relevant to clinical practice.
Challenging Stimulating and thought-provoking.
Unbiased Completely free from any Pharmaceutical company sponsorship.
Fun! Humorous and entertaining – without compromising the content!

Are they for me?
Our courses are designed for:
• GPs, trainers and appraisers preparing for appraisal and revalidation or wanting to keep up to date across the whole field of general practice.
• GP ST1, 2 & 3, looking for the perfect launch pad into general practice and help with AKT and CSA revision.
• GPs who want to be brought up to speed following maternity leave or a career break.
• General Practice Nurses, especially those seeing patients with chronic diseases.

What’s included?
• 6 CPD credits in a lecture based format, with plenty of time for interaction, humour and video clips, to keep you focussed and awake.
• A printed copy of the relevant Handbook including the results of the most important research in primary care over the last 5 years and covering the subjects more extensively than possible in the course.
• 12 months subscription to www.gpcpd.com. With three times the content of the handbook, it allows you to capture CPD credits as you read on the site and use it in consultations! It also comes with focussed learning activities to earn further CPD credits.
• Buffet lunch and refreshments throughout the day!

What’s not included? Our courses contain NO theorists, NO gurus, NO sponsors, NO reps on the day! Just real life GPs who will be back at the coal face as soon as the course has finished.

www.gp-update.co.uk
The GP Update Course – our flagship course!

With the amount of evidence and literature inundating us, it can be hard to know which bits should change our practice, and how. The GP presenters summarise and discuss the results of the most important new evidence and guidance, concentrating on what it means to you and your patients in the consulting room tomorrow.

Oxford Fri 30 Sep
Southampton Sat 1 Oct
Cardiff Wed 5 Oct
Exeter Thur 6 Oct
London Fri 7 Oct
London Sat 8 Oct
Leeds Wed 12 Oct
Liverpool Thur 13 Oct
Manchester Fri 14 Oct
Birmingham Sat 15 Oct
Cambridge Tue 18 Oct
London Wed 19 Oct
Nottingham Thur 20 Oct
Inverness Wed 2 Nov
Edinburgh Thur 3 Nov
Glasgow Fri 4 Nov

The Women’s Health Update Course

From the pill to pelvic pain, periods and prolapses, this one day women’s health update is a comprehensive guide to understanding and managing common gynaecological problems in general practice.

You will have the pleasure of meeting ‘the Fallopians’ a fictitious family with more gynaecological complaints than you can shake a speculum at. Using a case-based approach will give you the skills to manage your female patients in a real surgery.

We aim to make the day fun, interactive as well as educational. You will leave the course feeling more confident, knowledgeable and with a much stronger pelvic floor!!! The day is designed for all GPs and GP STs – not just those with a special interest!

The Cancer Update Course

Within the next 15 years the need for cancer care will double and you will look after as many cancer survivors as diabetics. Shared care follow up will become the norm, secondary care will pass responsibility to us.

A key 2015 Lancet Oncology commission paper warned that: “GPs are inadequately trained and resourced to manage the growing demand for cancer care in high income countries”. Education for GPs was one of their 5 key recommendations - we can help!

The Cancer Update Course covers many more topics in much more depth than our GP Update Course. It offers you time to reflect and put into practice your cancer learning.

Cancer care is changing - get ahead with the Red Whale Cancer Update Course.

Manchester Thur 10 Nov
Birmingham Fri 11 Nov
Cambridge Thur 17 Nov
London Fri 18 Nov

Lead. Manage. Thrive! – The NEW management skills course for GPs.

Sometimes it feels like the thriving GP is an endangered species – demands on limited time and resources have never been higher. Our practices run in ever more complex ways and our teams extend beyond the practice walls. Often we get that instinctive feeling that there must be a better way to do things but creating the space to make it happen can be difficult.

As usual Red Whale has done all the legwork to bring you a concise, practical and actionable one day course and handbook. Not only have we trawled through lots of relevant management, leadership and development literature, but we have also distilled its content through the lens of real GPs, enabling you to apply it to the reality of your practice.

Manchester Fri 24 Jun
London Fri 1 Jul
Our Consultation Skills Courses
One day small group courses designed for GPs, GP STs and General Practice Nurses.
The courses have a practical focus and lots of engaging exercises allowing delegates to rehearse the most effective consultation behaviours. But don’t worry, there won’t be any role playing in front of everybody!

The Telephone Consultation Course
With the increased importance of telephone consultations this course aims to deliver practical skills which can be put to use immediately. The telephone is being used more and more by nurses as well as doctors in primary care, for triage, consultation and follow-up; in the daytime as well as out of hours. Our goal is to help you overcome difficulties and leave you with concrete ideas to enhance your own telephone contacts with patients.

London  Thur 6 Oct
Manchester  Thur 13 Oct

The Effective Consultation Course
The Course focuses on behaviours which enhance effective use of time in the consultation. Efficient consultations reduce clinical risk and lower the risk of complaints and lawsuits. The course uses the rich evidence base on which consultation behaviours enhance effectiveness and how to go about learning them. We focus on actions and you will leave with many practical tips to use in your consulting room the following day.

Leeds  Wed 5 Oct
London  Fri 25 Nov

The Medically Unexplained Symptoms Course
A significant proportion of patients who present to us will turn out to have symptoms that are medically inexplicable. We all know that there is no magic solution with these patients and sometimes they leave us feeling defeated and not sure what to do. However, there is evidence which can help address the issue.

London  Thu 20 Oct

Prices:
GP Update Course:
GP £195 | GP Registrar £150 | Nurse £150

All other courses:
£225 or £210 for members of www.gpcpd.com
(GPCPD members, please log in and then click on the relevant button within the ‘Member information’ box on the right of the home screen to get your discount code)

Red Whale Pod Offer
If you wish to attend more Red Whale courses in 2016, why not join the Red Whale Pod and bag yourself a combined £60 discount on attending three courses. You can upgrade even if you have already booked or attended one or two courses earlier in the year.

Just call us on 0118 960 7077 to book.
I would like to come on the following course(s) (please write legibly!):

- The GP Update Course (location) ............................................................. (date).........................
- The Women's Health Update Course (location) ............................................................. (date).........................
- The Cancer Update Course (location) ............................................................. (date).........................
- Lead. Manage. Thrive! (location) ............................................................. (date).........................
- The Telephone Consultation Course (location) ............................................................. (date).........................
- The Effective Consultation Course (location) ............................................................. (date).........................
- The Medically Unexplained Symptoms Course (location) ............................................................. (date).........................

I can't attend a course but would like to order your Handbook or DVD

- GP Update Handbook and 12 months access to GPCPD £150
- GP Update Handbook, DVD and 12 months access to GPCPD £225
- Women's Health Update Handbook £70
- Cancer Update Handbook £70

Name...............................................................................   Address...................................................................................................

Email...................................................................................................................................................................................................

(Please write your email address clearly as we'll use it to send your confirmation letter and receipt.)

Price as stated above for each course. If applicable, please provide your discount code here........................................................

Please send this form with your cheque payable to GP Update Limited to:
GP Update, The Science and Technology Centre, Earley Gate, Whiteknights Road, Reading RG6 6BZ

GP Update Limited, registered in England and Wales No. 7135974. Registered Office: Prospect House, 58 Queens Road, Reading RG1 4RP. Full terms and conditions are available at www.gp-update.co.uk

BMJ/040616