



## BRITISH ORTHOPAEDIC ASSOCIATION

### BRITISH CASTING CERTIFICATE COURSES AND EXAMINATIONS INFORMATION

**The British Casting Certificate courses and examinations are Validated by the British Orthopaedic Association (BOA) and the Association of Orthopaedic Practitioners (AOP) and supported by the Royal College of Nursing [Society of Orthopaedic and Trauma Nursing]. This is now a joint award with Glasgow Caledonian University.**

They are run under the control of the Casting Techniques Subcommittee of the British Orthopaedic Association. Their object is to teach the best way to look after patients who need to have any form of cast or similar support. In order to concentrate teachers and resources, the Course is held over a continuous five-week period. We are fortunate to be able to hold them in premises at the Royal National Orthopaedic Hospital NHS Trust, Stanmore.

#### **GLASGOW CALEDONIAN UNIVERSITY**

A total of 60 credits at University Diploma Level (Scottish Credit and Qualification framework SCQF level 8 / English NQF level 5) will be awarded by Glasgow Caledonian University to students who satisfactorily complete the course (theory, simulated practice and clinical practice) **and** attain a pass in each of the assessments. The assessments comprise a theoretical component (3000 words) and an Objectively Structured Clinical Examinations (OSCE). The course fee includes this accreditation.

These credits have an option to be taken at Degree level (SCQF 9 / NQF 6).

#### **Top-Up Degree Award**

All Registered Nurses, who complete the course and who are not already graduates, will be eligible to graduate from GCU with BSc Professional Studies in Nursing in addition to the British Casting Certificate. This option does not incur any additional cost or study.

#### **THE INSTRUCTORS**

The instructors on the Courses are orthopaedic surgeons, orthopaedic nurses/tutors and nurses and/or technicians specialising in casting techniques.

#### **CONTENT**

The Content of the course includes underpinning knowledge of anatomy and physiology, trauma and orthopaedics, as well as Cast application techniques which are taught in resin-based materials and some in plaster of Paris. Participants will have experience with a full range of modern materials and will learn how to use their special properties for particular applications.

#### **EXAMINATION RULES AND REGULATIONS**

- The examination consists of viva and practical stations.
- All sections must be passed individually and at the same sitting.
- There will be two external examiners

## ARE YOU INTERESTED? ARE YOU ELIGIBLE TO APPLY FOR THE COURSE?

The practical nature of the Course means that places are limited and necessarily more costly than would be the case for a mainly theoretical Course. **As a prerequisite you must have a minimum of 1 year of experience in casting application.** Nursing staff, casting room technicians and others who need to become expert in practical casting techniques are all equally welcome.

Prior to attending the Course, **it is a requirement** for candidates to study the theory as shown in the **Syllabus**.

### CRITERIA FOR ENTRANCE TO:

- |    |   |   |
|----|---|---|
| a] | Attend an approved course and examination | <b>At least 1 Years' experience in casting application,</b> sufficient theoretical knowledge and experience in caring for in patients and outpatients with trauma and orthopaedic conditions, see below |
| b] | Attend the examination only               | Previous attendance at a BOA Committee Validated Full Casting Course. All retakes of this Examination must be completed within 2 years of course attendance.  |

**Applications must be supported by a recommendation from a Consultant Orthopaedic Surgeon, who is a Fellow of the British Orthopaedic Association, and from your Line Manager and MUST** validate this information, and certify that the candidate has, in their opinion, **sufficient experience** in:

1. Casting techniques
2. The care of inpatients and outpatients with orthopaedic conditions and trauma
3. Sufficient theoretical knowledge

to enable him/her to enter the examination relevant to the published syllabus.

Under certain circumstances, the Casting Techniques Subcommittee may allow a candidate to take the course and examination without the full prerequisite experience. In this situation, if successful, the candidate would have their certificate withheld until they have achieved the length of experience required and had this verified by their sponsoring BOA Fellow and Line Manager.



### WORSHIPFUL COMPANY OF BARBER SURGEONS

Each year the Worshipful Company of Barber Surgeons generously supports one Course place which is awarded to a candidate who can prove that he/she has been unsuccessful in obtaining funding. This award is only open to United Kingdom Citizens who work in the UK. If you require further information about this Award please contact Casting Course Administrator at the British Orthopaedic Association on 020 7406 1762.



## ASSOCIATION OF ORTHOPAEDIC PRACTITIONERS

The Association of Orthopaedic Practitioners (AOP) is an association whose members work within casting rooms and associated services throughout the UK. The AOP works closely with the BOA Casting sub-committee to promote and develop casting and splinting education and professional standards. Membership of the association is open to all personnel who are involved in casting. Students on one of the recognised BOA/GCU/AOP training courses can claim one year's extra membership free when they join; visit [www.aop-uk.com](http://www.aop-uk.com) for more details.

The AOP may allocate a discretionary grant to support members who undertake one of the national musculoskeletal casting and splinting courses; contact [secretary@aop-uk.com](mailto:secretary@aop-uk.com) to enquire.

## BCC REGISTER

British Casting Certificate holder's names are held on a Register at the BOA and must recertify every 3 years and provide evidence of Continuing Professional Development to stay on the Register.

Trusts, Employers or Agencies can check the status of any employee on the Database by emailing: [recert@boa.ac.uk](mailto:recert@boa.ac.uk)

BCC Holders please use the same email address to notify us of any changes of address or name or any other details

## APPROVED COURSES RUN IN UK CENTRES

Details of all approved full courses can be found on page 8 of this booklet.

## REFERENCE LIST

There is a list of recommended reference books on page 7 of this booklet.

## ADDITIONAL LEARNING AIDS

Details of additional resources, including tape-slide materials are on page 9 of this booklet.

For further information or enquiries on the Course and Examination please go to [www.boa.ac.uk/casting-course](http://www.boa.ac.uk/casting-course) or contact:

### Casting Course Administrator

British Orthopaedic Association  
35-43 Lincoln's Inn Fields  
London WC2A 3PE

Email: [casting@boa.ac.uk](mailto:casting@boa.ac.uk)

Telephone: 020 7406 1762

Fax: 020 7831 2676

## BRITISH CASTING CERTIFICATE COURSES

### Dates for 2019

<b>Course 1:</b>	<b>Friday 22nd February to Friday 29th March</b>
<b>Exam:</b>	<b>Friday 29th, Saturday 30th &amp; Sunday 31st March</b>
<b>Course 2:</b>	<b>Thursday 9th May to Friday 14th June</b>
<b>Exam:</b>	<b>Friday 14th and Saturday 15th June</b>
<b>Course 3:</b>	<b>Thursday 5th September to Friday 11th October</b>
<b>Exam:</b>	<b>Friday 11th and Saturday 12th October</b>

These courses and examinations run as five-week blocks at RNOH, Stanmore. Further courses are run on a day release basis at Bradford Royal Infirmary, Glasgow Caledonian University, Royal Gwent Hospital (Newport).

A total of 60 credits at University Diploma **or** Degree Level will be awarded by Glasgow Caledonian University to students who satisfactorily complete the course (theory, simulated practice and clinical practice) **and** attain a pass in each of the assessments. The assessments comprise a theoretical component (3000 words) and an Objective Structured Clinical Examinations (OSCE).

#### Enquiries preferably through the website:

[www.boa.ac.uk/casting-course](http://www.boa.ac.uk/casting-course)

Or contact: British Orthopaedic Association  
35-43 Lincoln's Inn Fields  
London, WC2A 3PE

Tel: 0207 406 1762  
Fax: 0207 831 2676  
Email: [casting@boa.ac.uk](mailto:casting@boa.ac.uk)

#### FUNDING

Each year the [Worshipful Company of Barber Surgeons](#) generously supports one course place and will pay part of the course fees. This is awarded to a candidate who can prove that he/she has been unsuccessful in obtaining funding. If you require further information about this Award please use the contact details above.

The [Association of Orthopaedic Practitioners](#) may allocate a discretionary grant to support members who undertake one of the national musculoskeletal casting and splinting courses; contact [secretary@aop-uk.com](mailto:secretary@aop-uk.com) to enquire.

#### REFRESHER COURSES

For holders of the British Casting Certificate, **REFRESHER COURSES** will be running on **Tuesday 3<sup>rd</sup> & Wednesday 4<sup>th</sup> SEPTEMBER 2019**

# SYLLABUS FOR EXAMINATION

## RELEVANT ELEMENTARY ANATOMY AND PHYSIOLOGY

### **LOCOMOTOR SYSTEM**

- Basic knowledge of the skeleton: Nomenclature.  
Major joint movements.  
Details of bones and surface anatomy of the upper and lower limbs.  
The vertebral column, bony structures, normal curves and intervertebral discs.
- Joints: Basic details of the upper and lower limb joints.
- Muscular system: Main groups of muscles moving the limbs.
- Nervous system: Spinal cord in brief.  
Positions of nerves relevant to casting work.
- Circulatory system: Main blood vessels of the limbs.

### **TRAUMA**

Fractures: types, healing and complications.

Description, treatment and any specific complications of trauma to:

- Wrist and hand
- Forearm
- Elbow
- Humerus
- Clavicle and shoulder
- Foot and ankle
- Tibia and fibula
- Knee
- Femur

Awareness of complications and handling of patients with these injuries:

- Trauma to the Pelvis and Spine

### **ORTHOPAEDICS**

Brief description of each condition and treatment, especially those where casting is involved:

- Bone infections: osteomyelitis/tuberculosis
- Congenital talipes equino varus
- Developmental dysplasia of the hip
- Foot conditions, e.g. hallux valgus
- Knee conditions
- Osteoarthritis and Rheumatoid disease
- Osteochondritis e.g. Perthes disease
- Osteoporosis

### **BANDAGING**

Techniques of bandaging and the use of slings, collar n cuff

### **WALKING AIDS**

Basic principles and instructions

### **CASTING ROOM ISSUES**

HEALTH AND SAFETY

MEDICO LEGAL:

- Record keeping / documentation
- Informed consent
- Ethical matters

**CASTING TECHNIQUES**

- Assessment of patient including relevant history
- Basic casting technique
- Use of apparatus in the casting room
- Care of patients in casts:
  - i. Trimming, drying and windowing
  - ii. Checking of patients in casts
  - iii. Verbal and written advice given to patients
  - iv. Communications skills
  - v. Complications of cast fixation, prevention, detection and treatment
- Walking attachments for leg casts
- Removal of casts and subsequent care

**SPECIFIC CASTS**

**Appropriate use of materials including plaster of Paris and alternative casting materials.** Understanding of how to use and create:

- Soft products and combicast techniques.
- Producing the correct layers of resin based materials and using products making use of their properties

Positions, extent of cast and basic technique of:

Slabs:	Metacarpal slabs	Knee
	Below elbow	Below knee
	Above elbow	'U' Slab

Casts:

POP		Lightweight resin based materials	
Below Elbow	Below knee	Below elbow	Slipper
Bennett’s type	Above knee	Below elbow (FRC or Soft combicast)	Below knee
Above elbow	Casts for clubfoot	Bennett’s type	Leg cylinder
		Scaphoid	Above knee
		Arm cylinder	Sarmiento type
		Above elbow	
Should have applied these casts on the course and understand the principles.			
Should be able to discuss care and troubleshoot any problems:			
<ul style="list-style-type: none"> <li>• Corset/jacket</li> <li>• Frog type</li> <li>• Shoulder spica</li> <li>• Functional bracing: Humerus, Femur &amp; Tibia</li> <li>• Negative casting</li> </ul>	<ul style="list-style-type: none"> <li>• Hip spica</li> <li>• Broomstick</li> <li>• Minerva jacket (demonstration only)</li> <li>• Resting splints for limbs</li> </ul>		
Understand the principles of orthopaedic bracing and be aware of the following applications:			
<ul style="list-style-type: none"> <li>• Futura wrist brace</li> <li>• Humeral brace</li> </ul>	<ul style="list-style-type: none"> <li>• Tri-panel knee splint</li> <li>• Range of movement knee braces</li> </ul>		

**ADDENDUM TO SYLLABUS**

During the practical part of the examination, candidates may be required to apply casts in Plaster of Paris and one of the following resin based materials:

BSN Medical: Deltacast Conformable or Elite  
Benecare: Polyester or Advanced

3M: Scotchcast Premium

*It is therefore essential for candidates to familiarise themselves with all these products*

## REFERENCE BOOKS

*This list is intended as a guide to help you find reference books in a hospital or public library*

Miles, S. & Campbell, P. (2012) A practical guide to casting, BSN Medical Ltd. (01482 670100)

Charnley, J. (2003) The Closed Treatment of Common Fractures, 4th edn., Cambridge University Press.

Dandy, D.J., Edwards, D.J. (2008) Essential orthopaedics and trauma, 5th edn., Churchill Livingstone.

Dimond, B.C. (2011) Legal aspects of Nursing, 6th Edn, Pearson Education Ltd.

Duckworth, A.D., Porter, D., Ralston, S. (2009) Churchill's Pocketbook of Orthopaedics, Trauma and Rheumatology, Churchill Livingstone.

Gimenez, J. (2011) Writing for Nursing and Midwifery Students, 2nd Edn, Palgrave Macmillan

Jarmey, C., Myers T.W. (2006) The Concise Book of the Moving Body, Lotus publishing

Jarmey, C., Myers T.W. (2008) The Concise Book of the Muscles, 2nd Edn, Lotus publishing

McRae, R., Esser M. (2008) Practical fracture treatment, 5th edn., Churchill Livingstone.

McRae, R. (2006) Pocketbook of Orthopaedics and Fractures, 2nd edn., Churchill Livingstone

Monkhouse, W.S. (2007) Master Medicine: Clinical Anatomy, 2nd edn., Churchill Livingstone..

Polit, D.F., Beck, C.T. (2010) Essentials of Nursing Research – Appraising Evidence for Nursing Practice, 7th Edn, Lippencott, Williams & Wilkins

Purcell, D. (2010) Minor Injuries – A Clinical Guide, 2nd edn. Churchill Livingstone..

Rowett, H.G.Q. (2003) Basic anatomy and physiology, John Murray.

Saldin (2003) Anatomy and Physiology 3rd Edition. McGraw-Hill

Tortora and Grabowski (2004): Introduction to Human Body- essentials of anatomy and physiology. Sixth edition. Wiley

Waugh, A., Grant, A.W. (2010) Ross & Wilson Anatomy and Physiology in Health and Illness, Elsevier.

### ADDITIONAL LEARNING AIDS & RESOURCES

BOA Library Cat no 524/613 CD of Casting Upper/ Lower Limb S. Miles; L. Barr	Eye Witness Video Productions PO Box 141 Stroud Gloucester, GL6 9YJ Email: <a href="mailto:VMJ@eyewitnessvideo.co.uk">VMJ@eyewitnessvideo.co.uk</a> ; Tel: 01453 884800
Distance Learning Modules available	Department of Orthopaedic and Trauma Surgery Wards 18/19 Distance Learning Section Ninewells Hospital & Medical School Dundee, DD1 9SY Tel: 01382 496278

**Most of the manufacturing companies produce their own teaching aids - contact the individual companies for more information.**

## LIST OF BOA Committee VALIDATED FULL COURSES

For the **five week full-time course** held at **RNOH, Stanmore:**

Casting Course Administrator  
British Orthopaedic Association  
35-43 Lincoln's Inn Fields  
LONDON, WC2A 3PE

Contact Details  
Tel: 020 7406 1762  
Email: [casting@boa.ac.uk](mailto:casting@boa.ac.uk)  
Website: [www.boa.ac.uk/casting-course/](http://www.boa.ac.uk/casting-course/)

For the **Day-Release Course** in **Bradford:**

Bronwyn Delbridge  
  
Courses are held in:  
Bradford Royal Infirmary  
Duckworth Lane  
BRADFORD, BD9 6RJ

Contact Details  
Email: [bronwyn.delbridge@gmail.com](mailto:bronwyn.delbridge@gmail.com)  
Mobile: 07771 853402

For the **Day Release Course** in **Glasgow:**

Deborah Rickards-Hill 0141 331 8395 and [Deborah.RickardsHill@gcu.ac.uk](mailto:Deborah.RickardsHill@gcu.ac.uk) for all information about the Glasgow Course and the national accreditation, including **recognition of prior learning**

For Application forms for the Glasgow Course, academic accreditation or Recognition of Prior Learning claims.

Karen Ward, Administrator  
Glasgow Caledonian University  
City Campus  
Cowcadden Road  
GLASGOW, G4 0BA

Contact Details  
Tel: 0141 273 1819  
Email: [Karen.Ward@gcu.ac.uk](mailto:Karen.Ward@gcu.ac.uk)

Course content and other enquiries  
John Mooney

Contact Details  
Email: [johnmooney50@hotmail.com](mailto:johnmooney50@hotmail.com)

For the **Day Release Course** in **Newport, Gwent:**

Marion Williams  
FOU Clinic  
Royal Gwent Hospital  
Cardiff Road  
Newport, NP20 2UB

Contact Details  
Tel: 01633 234408  
Email: [Marion.williams2@wales.nhs.uk](mailto:Marion.williams2@wales.nhs.uk)

## TRAVEL INFORMATION

### **Address:**

Royal National Orthopaedic Hospital NHS Trust [RNOH]  
Brockley Hill  
Stanmore  
Middlesex  
HA7 4LP

**Telephone:** 020 8954 2300

**Website:** [www.rnoh.nhs.uk](http://www.rnoh.nhs.uk)

### **By Public Transport**

Please follow the link below to find out the best route to take to get to RNOH Stanmore. Simply enter the postcode, address or station you will be traveling from:

[www.tfl.gov.uk](http://www.tfl.gov.uk)

### **Tube / Bus**

The nearest tube stations to the RNOH Stanmore are:

#### **Edgware (Northern Line)**

Catch the 107 bus from Edgware Bus Station, located outside the tube station, to the Hospital Gates. Allow 10 minutes to get from the bus stop to where you need to be in the hospital.

#### **Stanmore (Jubilee Line)**

Take the free courtesy vehicle from the taxi rank outside the tube station. This service does not currently accommodate wheelchairs.

Alternatively the RNOH is a 30 minute, uphill walk or a 5 minute taxi ride (taxis are available outside the tube station).

### **By Train / Bus**

#### **Elstree and Borehamwood Station (Thameslink)**

Lift access is available on station platforms. Catch the 107 bus towards Edgware. Once you have arrived at the Hospital Gates, allow 10 minutes to get from the bus stop to where you need to be in the hospital.

### **RNOH Courtesy Vehicle Service**

#### **RNOH to Stanmore – Monday to Friday**

First Service from RNOH to Stanmore: 06:00hrs

Frequency: Every 15 minutes

Last Service from RNOH to Stanmore: 20:45hrs

#### **Please Note:**

- Vehicles pick up and drop off from Bus Stop A at Stanmore station.
- When on site, vehicles pick up and drop off at Orthotics, Outpatients Department and Main Gate only.
- The service is particularly busy between 08:30 – 09:30 and 16:30 – 17:00. Please allow extra travel time during these periods.
- There is no service on Saturdays or Sundays.
- The service is for use by RNOH staff, patients and visitors only.
- This service can only accommodate collapsible wheelchairs and does not currently accommodate children under the age of 4 years old.

## ACCOMMODATION LIST

The following list has been collated to assist you in finding accommodation whilst you are on the course. **Candidates are responsible for making their own reservations for accommodation and this is entirely at their own risk as the premises mentioned have NOT been vetted.** It may be difficult to commute from some of these places by public transport to the Royal National Orthopaedic Hospital, Stanmore, and this should be taken into account when booking.

**Disclaimer: Please note that the inclusion of an establishment in this list does not imply recommendation; please check suitability with the individual establishments.**

**Updated 05/04/2018**

<b>STANMORE</b>				
Mrs Ruth Farley	B & B	Birchfield Cottage, Heathbourne Rd, Bushey Heath, WD23 1PB	020 8950 4073	Bus and /or Walk
Janet's B&B	B & B	31, Gyles Park, Stanmore, HA7 1AN	020 8952 8130 <a href="mailto:rooms@janentsbandb.com">rooms@janentsbandb.com</a>	Two buses or Train and bus/walk
Mrs Hilary Hubbers	B & B	106 Whitchurch Gardens, Edgware, Middx, HA8 6PB	020 8952 2197	Short Walk to direct bus route
Mr & Mrs Sydney	B & B	33 Ashcombe Gardens, Edgware, Middlesex, HA8 8HR	020 8958 8949 07790 292852	Walk and direct bus route
Ms Christine Harvey	B & B	14 Pear Close, Kingsbury, NW9 0LJ	0208 205 4266	Two buses required to get to the hospital
The Stay Club, Colindale	Studio flat	16-18 Charcot Road, London NW9 5WU	0207 267 7774 <a href="#">Website</a>	Train & one bus
Premier Travel Inn	Hotel	435 Burnt Oak Broadway, Edgware	0870 242 8000	5 mins walk and bus for 10-15 mins
Premier Travel Inn	Hotel	Warwick Rd, Borehamwood	0870 242 8000	2 buses
Toby Carvery Oaklands	Lodge hotel	Studio Way, Borehamwood, Hertfordshire, WD6 5JY	020 8905 1455 <a href="#">Website</a>	2 buses
Village Hotel	Hotel	Centennial Park, Centennial Ave, Elstree, WD6 3SB	0203 8419890 <a href="#">Website</a>	Walking distance
Mrs Eileen Holland	B & B	10 Pear Close, Kingsbury, NW9 0LJ	0208 205 3575 0780 2294 560	Two buses required to get to the hospital
North Medburn Farm	B & B	Watling Street, Elstree, Herts, WD6 3AA	020 8953 1522	One self-contained unit only 10 minutes' walk to direct bus route
<b>RADLETT &amp; WATFORD - FOR PEOPLE WITH OWN TRANSPORT</b>				
Mrs D Turner	B & B	43 Craigwell Avenue, Radlett, Herts, WD7 7ET	01923 469245; <a href="mailto:turner.diane43@gmail.com">turner.diane43@gmail.com</a>	Approximately 30 minutes by car
Red Lion Radlett	Hotel	78 - 80 Watling Street, Radlett, Herts <a href="#">Website</a>	01923 855341 <a href="mailto:redlion@youngs.co.uk">redlion@youngs.co.uk</a>	Approximately 30 minutes by car; or train and bus
Premier Travel Inn	Hotel	Water Lane, Watford, Herts	0870 242 8000	Twin or double rooms. Own transport advised, although possible by bus and walking