

# HEE East Midlands Primary Care Newsletter

February 2020



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## TRAINEE NEWS

### **AKT-discounted price for East Midlands Trainees**

Adam Batty from Fourteen Fish has set up an online "Community" for East Midlands Trainees, which provides the discounted price for trainees.

If you have other trainees wanting to use the packages please direct them to Adam:

[adam@fourteenfish.com](mailto:adam@fourteenfish.com)

Once received he will action these for them

Alternatively, Adam has also set up a "joining link" which you can give to the trainees, and if they click on the below link, they can request access directly:

[Fourteen Fish East Midlands](#)

### **Reminder: Safeguarding Evidence**

There is a change and increase to the minimum amount of evidence of **Safeguarding** required by trainees for ARCPs after June 2020.

Please take notice of this as non-compliance will mean an automatic outcome 5. The updated guidance can be found:

[RCGP GP Training: Child and Adult Safeguarding](#)

**Note** - Free and online for Trainees and experienced doctors:

It is a MOOC (Massive Open Online Course) developed by HEE and provides FREE level 3 adult safeguarding over a few weeks.

A bit different from the usual e-learning, click on the link below to access:

[Safeguarding Adults: Level 3 Training Course - FutureLearn](#)

This course contributes towards the achievement of Level 3 Safeguarding competencies, as set out in Safeguarding for Adults: Roles and Competencies.

Here is a link to their main website:

[www.futurelearn.com](http://www.futurelearn.com)

## **Reminder: Study Leave**

Just a reminder from Dr Sarah Layzell that **STUDY LEAVE** is there to help you successfully complete GP training.

The guidance can be found on the Deanery Website on the link below:

### [Study Leave](#)

If you have any requests outside of the approved list, please discuss it with your PD.

## **RCGP ST3 Trainee and First5 GPs Conference**

**Tuesday 11 February 2020**

**Hilton Hotel, near East Midlands Airport, DE74 2YZ**

The conference aims to support you in the first few years as a fully qualified GP.

The agenda will cover:

- Keynote speech: RCGP Chair, Professor Martin Marshall
- Resilience - Wellbeing
- Appraisal
- 'Portfolio: building a career that works for you'
- Information from local First5 Groups

### **Workshop sessions:**

- What to expect as a newly qualified GP?
- Research Opportunities for GPs
- Sustainable General Practice

### [Link to book](#)

## **CSA Saturdays**

### **ONLY BOOK ONE SESSION!**

- These well regarded, locally provided, teaching sessions run on a Saturday at Westbridge Place in Leicester between August and March.
- They are intended to be attended by ST3s several months ahead of their CSA so that feedback can be digested and incorporated.
- They include a talk about the CSA itself, what it involves and how best to prepare and then 6 simulated consultations with feedback from either an experienced educator or a CSA examiner.
- Usually a candidate will consult for 3 of the cases and then be an observer for the other 3.
- The consultations and feedback can be recorded and then shared with your trainer after the session.
- There should be an opportunity for every ST3 to attend a CSA Saturday, but we would recommend that you consider the best timing to attend.
- CSA Saturdays are booked through intrepid and you will receive an email about them.

### **The CSA Saturday dates for the coming academic year are:**

- 22nd February 2020
- 7th March 2020
- 28th March 2020

### **The CSA Dates, RCGP, for 2020:**

The RCGP have now published the CSA dates and application deadlines to July 20.

### **The CSA exam dates are as follows:**

13 - 31 March 2020

18 - 25 April 2020

12 - 22 May 2020

The full detail of the application and exam dates are on the college website here:

[Link to Website](#)

## **RCGP ST3 Trainee and First5 GPs Conference**

As you know, all GP trainees should be on the National Performers List before undertaking training at a GP practice. There is now a new process whereby trainees can self-register onto the performers list via the link below:

### **[National Performers List](#)**

Please could you check on the performers list website whether you are on the list and if not, self-register as per the instructions?

## **Enhancing supervision for Post Graduate Doctors in Training**

Trainees and trainers should be clear as to what good supervision looks like, whilst the vision for effective supervision is clear, there are numerous interventions which can support its delivery.

Effective supervision is essential to the development of all doctors and contributes to patient experience and safety. The **[Enhancing Supervision in Postgraduate Training report](#)** sets out what high-quality supervision looks like for doctors in training and provides a practical toolkit to assist trainees and supervisors.

Working with the CQC and NHS England and NHS Improvement, the suite of resources including **[handbook](#)**, **[standards document](#)** and animation film provide trainees, trainers and supervisors with easy to understand information to ensure supervision is delivered and received in the best possible way, there are also details on the HEE website:

### **[Enhancing Supervision](#)**

## **East Midlands Clinical Senate Leadership Fellowships**

The East Midlands Clinical Senate announce the continuation of our highly successful Clinical Senate Leadership Fellows Programme, which will commence April 2020.

- The appointed Clinical Fellows will have specific responsibilities:
- to support the Clinical Senate's work programmes
- to write and present reports as required in relation to the Clinical Senate's work programmes and related contribution (i.e. literature searches/reviews)
- to attend meetings with senior people within the STP footprints,
- a unique opportunity to receive mentorship and support from senior staff

For more information please contact Dr Ann Boyle, Associate Postgraduate Dean via

**[pasupport.em@hee.nhs.uk](mailto:pasupport.em@hee.nhs.uk)**

quoting 'Clinical Senate Fellows – FAO Ann Boyle' in the subject line.

## Simply CPD (free App)

This is an App launched by two local GPs bringing all courses together –BMA/RCGP/Trust /Spire hospital/Red whale etc. (App store or Google Play).

More info on this: [Link](#)

## A reminder of all the amazing learning resources of E-LfH

The e-GP resource provides a programme of e-learning modules covering the RCGP curriculum. Each module is made up of reflective and interactive e-learning sessions that enhance GP training and support preparation for appraisal and revalidation.

There is a re-write of seven modules covering Care of Children and Young People: Children and Care of People with Metabolic Problems: Diabetes.

The sessions are updated by the RCGP and will be released to the HEE e-LfH Hub

For more information about the e-GP programme please visit:

[E-LfH GP](#)

## Trainer Educators Symposia: Wednesday March 11<sup>th</sup>, 2020

**HEE-East Midlands Trainer Symposium at the Holiday Inn Hotel, M1 jcn28.**

Numbers are limited please book on course manager:

[Course Manager](#)

Keynote speech: Dr Stuart Holloway: Challenges facing International Medical Graduates.

Workshops include:

- Eddie Olla: Digitalisation of the NHS: preparing your trainees
- Chris David: What makes a good ESR?
- Jen Tully: Ask the Lead Employer, an exploration of issue and cases
- Jonathan Mills: Preparing for the AKT: An exploration of 'Readiness to Sit'
- Anjla Sharman: The GP Academy, preparing for the real world.
- Nigel Scarborough: Trainees in Difficulty
- Bevis Heap: Differential Attainment: How can we mitigate against it?
- Stuart Holloway: IMGs: So, What next?

There will be the ever-popular GP Deans Update and an update from the PSU.

## Calling all Trainers

If you are interested in supporting international GP recruits, in non- training practices, then please contact:

[Alison.Green@hee.nhs.uk](mailto:Alison.Green@hee.nhs.uk)

She is running the programme for the East Midlands. It involves one session per month – paid.

## New AKT Members required

The **RCGP** is looking to recruit **new AKT member(s) to join its MRCGP panel.**

Full details are available on the [MRCGP website](#).

Queries about applying for the role to Darren Blake

[Darren.blake@rcgp.org.uk](mailto:Darren.blake@rcgp.org.uk) or [exams.recruitment@rcgp.org.uk](mailto:exams.recruitment@rcgp.org.uk)

## Supporting your future workforce

### Return to Practice for General Practice Nursing Project – January 2020

Jane Smith, Programme Lead for Return to Practice in Social Care and General Practice Nurses if forms us that they have a Return to practice course locally near you.

Could you support a Return to Practice GP Nurse? Each student receives £500 and each placement receives £500 per student

Please contact Jane for further information:

07388 228821 / [jane.smith72@nhs.net](mailto:jane.smith72@nhs.net)

## RCGP Launches LGBT Health Hub

Access the new LGBT Health Hub providing key education to GPs, practice staff and the wider healthcare community on primary care for Lesbian, Gay, Bisexual and Trans (LGBT) patients. Developed with an educational grant from the Government Equalities Office, the Hub contains resources giving you access to evidence-based, up-to-date information to deal with the unique health needs LGBT patients may have:

- A suite of 15-30 minutes eLearning modules.
- Bite-sized screencasts and podcasts.
- Provides key takeaways to use in your practice.
- Contribute towards your CPD.

For more info follow this link: [RCGP Health Hub](#)

## Resources for International Medical Graduates

Did you know there are lots of resources available to you to help you settle in? Please look at these interesting free resources:

The GMC runs workshops for you called 'Welcome to UK General Practice' more information can be found here:

### [Workshops](#)

In addition, they have an online video app about the patient's journey in Primary Care which can be found here:

### [Video](#)

## Essential knowledge Update 2020.1

Topics covered within this new release include:

- Investigating thrombocytosis
- Hypertension in adults: diagnosis and management
- Hyponatraemia in primary care
- Suspected neurological conditions: recognition and referral
- Urinary tract infection: diagnostic tools for primary care

To access and learn more please click on the link: [Essential Knowledge](#)

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If you have any suggestions or items for future newsletters, please contact

Christine or Aileen:

[christine.johnson@nottingham.ac.uk](mailto:christine.johnson@nottingham.ac.uk) / [aileen.robertson@hee.nhs.uk](mailto:aileen.robertson@hee.nhs.uk)

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