

# HEE East Midlands



## Primary Care Newsletter

### June 2021

#### Welcome to the East Midlands

#### Your chance to inform staff training in primary care

Health Education England and NHS England and NHS Improvement would like to hear from GPs about their experiences of delivering remote triage (navigating patients to the right person at the right time) online, telephone and video consultations in general practice. Your input will allow us to design effective training to support all primary care staff to confidently work with these approaches.

Virtual focus groups will be run by research partner Nightingale in June 2021. If you would like to participate [find out more about the study](#)

Dr Ofra Koffman  
Senior Programme Manager  
Digital First, Primary Care Group  
NHS England and NHS Improvement

#### AKT Assessment Dates 2021

	Booking period	AKT test date	Results published
AKT October 2021	01 - 03 September 2021	<b>27 October 2021</b>	5pm 19 November 2021
AKT January 2022	01 - 03 December 2021	<b>26 January 2022</b>	5pm 18 February 2022
AKT April 2022	02 - 04 March 2022	<b>27 April 2022</b>	5pm 20 May 2022

Candidates needing additional time/reasonable adjustment, are required to sit in the pm session. **All dates and times may be subject to change**  
Updates around these exams is available on the [main AKT page](#)

## RCA Submission Dates 2021

	Apply via website	Deadline for submission	Assessment Period*	Results published*
Sept 2021	17-31 Aug	30 Sep 2021 13:00	02-16 Oct 2021	29 Oct 2021 17:00
Nov 2021	12-25 Oct	22 Nov 2021 13:00	24 Nov - 9 Dec 2021	17 Dec 2021 17:00

## The Essential Knowledge Update 2021.2

- The limping child: when to worry and when to refer
- Advances in the diagnosis and management of GORD
- The assessment of tremor
- Recognising and explaining functional neurological disorder

[Essential Knowledge Update Programme](#)

## The National NIHR Academic Trainee Conference 25 June 2021

This is a **free online conference** for anyone interested in academic work in general practice including both research and education. It is suitable for foundation doctors, GP trainees and early career academics post CCT. The programme will be inclusive for anyone in a current academic programme and anyone with an interest in academic work. There is also a peer-reviewed poster/presentation opportunity [click here for more details](#)

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## Introducing the HEE-EM GP Registrar Forum

This is a platform which brings together selected GP Registrars from across the East Midlands to discuss matters and concerns affecting our colleagues in training.

We aim to provide constructive feedback, address challenges, and input to HEE.

We send 2 of our representatives to the GP School Board Meetings, 3 times a year, sharing issues from each region with educators from HEE and lay members.

## Meet the Committee (until July 2021)

**Chair:** Dr Muhammed 'Mo' Al-Ausi (GPST2 Derby)  
Contact: [muhammed.al-ausi@nhs.net](mailto:muhammed.al-ausi@nhs.net)

**Secretary:** Dr Alexandra 'Allie' Hill (GPST2 Derby)  
Contact: [alexandra.hill4@nhs.net](mailto:alexandra.hill4@nhs.net)

**Welfare Reps:** Dr Farwah' Farri' Kazmi (GPST2 Derby) & Dr Rubina Chowdhury (GPST2 Leicester)  
Contact: [farwah.kazmi@nhs.net](mailto:farwah.kazmi@nhs.net) OR [rubina.chowdhury@nhs.net](mailto:rubina.chowdhury@nhs.net)

**Placement Reps:** Dr Oluwatoyosi "Toyosi" Adeniji (GPST3 Northampton) & Dr Edward "Ed" Copley (GPST2 Northampton)  
 Contact: [ecopley@gmail.com](mailto:ecopley@gmail.com) OR [oluwatoyosi.adeniji1@nhs.net](mailto:oluwatoyosi.adeniji1@nhs.net)

**Education Reps:** Dr Farah Ahmed (GPST3 Derby) & Dr Diana Balan (GPST1 Kettering)  
 Contact: [Farahahmed2@nhs.net](mailto:Farahahmed2@nhs.net) OR [diana.balan@nhs.net](mailto:diana.balan@nhs.net)

**Publicity Reps:** Dr Nicholas 'Nick; Stubbings (GPST2 Nottingham) & Dr Ahmad Kusimo (GPST2 Northampton)  
 Contact: [Nstubbings@nhs.net](mailto:Nstubbings@nhs.net) OR [a.kusimo@nhs.net](mailto:a.kusimo@nhs.net)

The remainder of your reps are:

Dr Jessica Court	Sherwood Forest	GPST1	<a href="mailto:jessrcourt@gmail.com">jessrcourt@gmail.com</a>
Dr Joseph Allwood	Sherwood Forest	GPST3	<a href="mailto:Joseph.allwood@nhs.net">Joseph.allwood@nhs.net</a>
Dr Lorna Filby	Nottingham	GPST3	<a href="mailto:lornafilby@doctors.org.uk">lornafilby@doctors.org.uk</a>
Dr Ayaaz Multani	Northampton	GPST1	<a href="mailto:dramultani80@gmail.com">dramultani80@gmail.com</a>
Dr Usra Nazir	Northampton	GPST3	<a href="mailto:usraumairnazir@gmail.com">usraumairnazir@gmail.com</a>
Dr Zainab Aasem	Lincolnshire	GPST1	<a href="mailto:Zainab.aasem@live.com">Zainab.aasem@live.com</a>
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Dr Hebatalla Shadad	Nottingham	GPST1	<a href="mailto:hebatallashadad@gmail.com">hebatallashadad@gmail.com</a>

We very much look forward to hearing from you  
**Your HEEM GP Forum representatives**

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### The British Society for Sexual Medicine (BSSM)

BSSM are running a series of [women's sexual medicine webinars](#) throughout 2021. Certificates of attendance will be issued on completion of an evaluation form. Doctors who wish to receive details of the webinar series should contact Sally Hackett, BSSM Administrator [sally.hackett53@gmail.com](mailto:sally.hackett53@gmail.com)

Date	Time	Topic	Speaker
08/06/21	Tues 6:30pm	Pelvic Pain	Dr David Edwards
26/06/21	Sat 9:00am	Vaginal infections & vaginal dryness	Dr Shalini Andrews

## Additional Super-condensed RCGP Curriculum Guides

The RCGP have developed [Super-condensed RCGP Curriculum guides](#)

These are summaries of the full versions of the curriculum topic guides intended as a resource for supporting educational conversations in training and as a means of identifying learning needs for professional development.

They are sub-divided into the following themes:

- Allergy and Immunology
- Dermatology
- Genomic Medicine
- Haematology
- Infectious Disease and Travel Health
- Kidney and Urology
- Metabolic Problems and Endocrinology
- Neurodevelopmental Disorders, Intellectual and Social Disability
- Neurology
- People with Long-term Conditions including Cancer
- Sexual Health
- Smoking, Alcohol and Substance Misuse

## June Focus: Allergy and Immunology

### The Role of the GP and emerging issues in primary care

- The GP has the lead role in identifying underlying allergic symptoms that can be difficult to distinguish from the range of normality or other illness
- Anaphylaxis is a potentially life-threatening emergency which can often present in primary care. GPs have a role in not only managing emergencies but supervising the ongoing management of risk factors and prescribing
- Allergy is a multi-system disease. GPs need to understand how to take an allergy focused clinical history and understand the differentiation of different types by appropriate testing and referral. This includes recognising and recording of food and drug sensitivities
- There is limited access to expertise and resources, and this requires commissioning community-based services to take a wider role and develop integrated multidisciplinary pathways such as networks of specialist nurses, health visitors and dieticians, community pharmacists.
- Digital health and decision-support software can assist and enhance remote consultations
- Allergies are the commonest chronic disorders in childhood and the prevalence has increased dramatically in the last 25 years
- The role of immunotherapies for chronic allergic disorders is an expanding area of interest
- There are increasing numbers of people in the community with secondary immune deficiencies due to chemotherapy and biologics
- Immunisation and public health strategies have become vital in the management of emerging new disease variants such as Covid.

## **Knowledge and Skills Self-Assessment Guide**

### **Symptoms and signs Super-Condensed Topic Guides 2021**

- Anaphylaxis
- Angio-oedema
- Atopy – asthma, eczema and hay fever
- Drug reactions
- GI symptoms e.g., diarrhoea
- Urticaria and rashes
- Recurrent infections as a marker of immune disorders and assessment of potential susceptibility

### **Common and important conditions**

- Anaphylaxis, including doses of adrenaline and resuscitation
- Autoimmune conditions in primary care
- Drug allergies and their mechanisms
- Food allergies, including milk allergy (types e.g., IgE vs. non-IgE mediated, presentation, primary care management and referral)
- Occupational allergies such as latex allergy and contact allergies such as hair dye, metals, plants
- Pollen Food Syndrome
- Types of allergic reactions: immediate, delayed, possible mechanisms
- Venom allergy: referral and emergency management; the role of immunotherapy.
- Immune deficiency states (inherited, primary and acquired such as HIV, chemotherapy) as applicable to primary care particularly the different requirements for antibiotics
- Immunisation – antibody test results used in guiding management of specific situations such as Covid, chickenpox in pregnancy, rubella immunisation, hepatitis B and C; Covid testing, tracing, risk assessment and immunisation. Routine primary childhood immunisation schedules, contraindications and adverse reactions For occupational medicine such as healthcare workers and Hepatitis B
- Needle stick injuries and risk of Hepatitis B and C, HIV
- Skin manifestations of immune disease such as Kaposi's sarcoma
- Transplantation medicine as applicable to primary care particularly in management of organ transplants such as heart, lung, liver, kidney, cornea
- Indications and complications of transplantation e.g., immunosuppression and immunosuppressant drugs

### **Examinations and procedures**

- Administration of adrenaline
- Risk assessment and prescribing of adrenaline devices
- Effective administration of topical nasal steroids and inhaler devices.
- Investigations • Allergy: skin patch and prick testing, specific IgE testing (blood and skin prick), exclusion and reintroduction in suspected non-IgE disease
- Immune disorders: immunoglobulin levels including IgG, IgM serology, and complement. How this might be tested in MRCGP AKT
- Management of covid risk and shielding precautions
- Indications and contraindications to routine immunisation in an immunosuppressed child
- Management of urticaria.

### **RCA**

- A young woman is concerned that her lifestyle may have put her at risk of HIV and requests testing
- A parent requesting allergy testing for their child with eczema.
- A woman who works as a beautician with suspected contact dermatitis from cosmetic products.

### **WPBA**

- Audit of the practice data on the appropriateness of prescribing adrenaline devices for patients at risk of anaphylaxis
- Reflective learning log entry about safety advice for a parent of a child with severe peanut allergy
- CEPS about administration of Covid immunisation

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Please contact with any suggestions or items for future newsletters

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**HEE is part of the NHS, and we work with partners to plan, recruit, educate and train the health workforce.**

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