

## **HEE East Midlands Primary Care Newsletter**

**February 2019**

Dear All, as part of my new role I am assisting Christine Johnson in compiling the HEEM newsletter. I have worked in various roles as a programme director /CPD tutor /flexible career scheme (tutor for those with very long memories) and still a part-time GP/trainer so I probably have met many of you at various conferences etc. Please let us have any suggestions regarding THE NEWSLETTER or items you wish to see included – Many thanks Aileen Robertson

The East Midlands Professional Support Unit (PSU) have commissioned a series of two-day workshops for TPD's and Educational Supervisors interested in Mentorship and Coaching.

**Mentorship Using a Coaching Approach** takes place on the following dates: No Charge to attend.

**TPDs/EDUCATIONAL SUPERVISORS/TUTORS (only):**

**18&19 Apr 2019**

**Leicester Hilton**

**27&28 Jun 2019**

**Doubletree by Hilton Nottingham Gateway**

**TRAINEES (only):**

- 16&17 April 2019 – Nottingham Belfry
- 17&18 May 2019 – Leicester Hilton
- 29&30 July – Leicester Hilton

Places are limited to 15 for each workshop and delegates must commit to attending **both** days.

Booking: Intrepid Course Manager at <https://secure.intrepidonline.co.uk/CourseManager/EMD/>

**Lynne Cooke, Project Support Officer (RTT) – Professional Support Unit**

E. [lynne.cooke@hee.nhs.uk](mailto:lynne.cooke@hee.nhs.uk) or [SuppoRTT.em@hee.nhs.uk](mailto:SuppoRTT.em@hee.nhs.uk)

Mentoring is a learning support mechanism where an experienced person provides knowledge or guidance to a person who needs developing or has less experience in a function, topic or role. Good mentoring can be instrumental in the development of an individual's skills, knowledge, behaviour and outlook in the workplace.

Coaching is all about empowering change and results. It helps us become more aware of ourselves, our impact on others and our responsibilities in achieving our own goals.

Good coaching can engender an increase in confidence, our ability to handle change

and improve communication, performance and leadership skills.

### **Supported Return to Training**

What is SuppRTT? For PDs, Educational Supervisors and Trainees

Following on from reports from trainees that they feel unsupported when they return to work, HEEM is now offering a SuppRTT package for all trainees. It acknowledges that any prolonged period (more than 3 months) away from training will cause a decline in knowledge and skills.

The package includes 'keeping in touch' KIT days whilst they are off,

1:1 coaching and support on their return

and up to 2 weeks full time or 4 weeks part time salary support whilst they return to work to ease them in.

This does not count towards training time. More information can be found at

<https://www.eastmidlandsdeanery.nhs.uk/trainee/supportt>

In addition The Academy of Royal Colleges provides this resource which signposts the different organisations that can provide [support for doctors](#).

The Academy believes it is vital that all doctors to support one another by providing an environment that encourages and enables us to make choices that promote healthy lives and wellbeing. We need well doctors so that patients receive the best care and management possible. Colleges have a leadership role within the profession to help provide or direct doctors to the right sources of support.

If doctors are looking for support there are a range of organisations, services and websites which can offer help. The links on our new webpages signpost support available

<http://www.aomrc.org.uk/supportfordoctors/>

**Alastair Henderson** Chief Executive



GPN Midlands & East conference agenda

### **The Changing Face of General Practice Nursing: Progress, Opportunities and Building on Strengths.**

The **Woodlands Conference Centre** at Wyboston Lakes situated just off the A1, north of Bedford.

26<sup>th</sup> March 2019

**To secure your place visit: [nhs.rcni.com](https://nhs.rcni.com)**

Brought to you by NHS England and Health Education England, this free to attend event has been designed specifically for general practice nurses, HCAs and the primary care nursing workforce based across the Midlands and East.

Focusing on the implementation of the **10 Point Plan**, this specialist event will see top keynote speakers, interactive workshops and real-life case study sessions cover the following topics:

- Models for General Practice Nursing Speciality training
- New standards for supporting learning in general practice
- Nursing Associates – added value to general practice
- Primary care at scale – challenges and opportunities
- Advanced Clinical Practice – understanding the opportunities and challenges for primary care
- Technology enabled care services driven by our digital general practice nurse champions
- Preceptorship – how to support nurses who are new to general practice nursing
  - Primary care leadership models

## **Clinical Examination and Procedural Skills (CEPS)**

The guidance on the RCGP website, with respect to female genital examinations, has changed. The current guidance is that **both** a bimanual and a speculum examination are required. *“There are five intimate examinations, which need to be specifically included, as these are mandated by the GMC. These include breast, rectal, prostate, male genital examinations and female genital examination, to include speculum examination and bimanual pelvic examination.”*

Please also note that we do need more than the five intimate examinations – *To be awarded your CCT, evidence for both of the following must be included:*

- *Five mandatory intimate examinations. A suitably trained professional will need to observe and document your performance on a CEPS evidence form.*
- *A range of Clinical Examination and Procedural Skills relevant to General Practice.*

For more information please see <https://www.rcgp.org.uk/training-exams/training/mrcgp-workplace-based-assessment-wpba/ceps-tool-for-mrcgp-workplace-based-assessment.aspx>

**CRUK:** Cancer Update delivered by Tracy Mann (Cancer Research UK) and PHE, (PHE Consultants Jasmine Murphy/Allan Reid)

**A relaxed and informal learning session with colleagues from a range of different health professional backgrounds including GPs, pharmacists and dentists. With 1 in 2 people developing cancer in their lifetime, cancer matters to everybody. These sessions are free, include light refreshments**

**Booking** <https://secure.intrepidonline.co.uk/CourseManager/EMD/>

Pilgrim Hospital Boston: Tuesday 8<sup>th</sup> October 18.00-21.15

Royal Derby Hospital: Thursday 24<sup>th</sup> October 17.30 -20.00

Kettering General Hospital: Saturday 26<sup>th</sup> October 09.30-12.15

Kingsmill Hospital, Sutton- in- Ashfield: Wed 30<sup>th</sup> October 18.00-21.15

Glenfield Hosp Leicester: Wed 6<sup>th</sup> November 14.00- 17.15

## **Appraisal Reminder for GP ST3s and their Supervisors**

The HEE website has been updated to include a page on Revalidation – it is aimed at providing some helpful direction for trainees

<https://www.hee.nhs.uk/our-work/developing-our-workforce/supporting-doctors-training/medical-revalidation>

Please remember that the final ST3 ESR PDP becomes the PDP for the time from gaining CCT until the first post- CCT NHS Appraisal. This should include at least 3 items.

The RCGP Trainee e-portfolio does not link with Clarity, GP Tools or any other appraisal toolkit. It may be necessary to print/save as word document the final Trainee PDP so it can be copied into your preferred appraisal toolkit. This should avoid appraisers having a problem signing off the first appraisal because of a lack of a PDP.

## **RCGP Essential Knowledge Updates & Challenges.**

RCGP Online Learning Environment: <http://elearning.rcgp.org.uk/>  
Tel: 020 3188 7610 | [Mona.Lindsay@rcgp.org.uk](mailto:Mona.Lindsay@rcgp.org.uk)

The first of three brand new Updates to be released this year, **EKU2019.1** provides a summary of important new and changing knowledge

## **TRAINEES REMINDER!**

it is vital that you keep your contact details up to date.

Please can you ensure the SLE and HEE and your local programme

always have the correct address/phone number/email address for you. **Any changes inform your programme managers.**

**Many thanks**

**Dr Sarah Layzell BM FRCGP MSc (MedEd)**

**Head of School -Primary Care (Derbyshire and Nottinghamshire)**

Email: [sarahlayzell@hee.nhs.uk](mailto:sarahlayzell@hee.nhs.uk)

### **ST3s - Change of status (GP registrar to qualified GP)**

Note the information for newly qualified GPs, on the PCSE website link. This is to overcome some of the administrative issues which have previously arisen at the time of this transition.

<https://pcse.england.nhs.uk/services/performers-lists/change-of-status-gp-registrar-to-qualified-gp/>

### **Leadership and Management Programme**

This programme has been running for several years and is popular. It is recommended that GP trainees use two days of their study leave each year to attend, so that they at least complete the 6 days of Tier 1 of the programme during their training. The programme isn't mandatory but is a very good way of providing evidence for the RCGP competency Organisation, Management and Leadership, as well as some of the other competencies such as working with colleagues and teams.

Details <https://www.hee.nhs.uk/hee-your-area/east-midlands/our-work/attracting-developing->

### **Refresh & Revive 19/03/19**

will cover a variety of workshops on key issues in primary care.

<http://www.rcgp.org.uk/courses-and-events/events-search-results.aspx?f=leicester%20faculty>

For more details click on the link above or contact Kiran Sohal  
[Kiran.Sohal@rcgp.org.uk](mailto:Kiran.Sohal@rcgp.org.uk)

**AIT Trainees leaving event 8/5/19** - All ST3 trainees please contact your programme managers  
Or [Kiran.Sohpal@rcgp.org.uk](mailto:Kiran.Sohpal@rcgp.org.uk)

That's about all for this edition - thanks again for reading this newsletter. We hope that you find this information useful.

Don't forget to send any ideas for future editions of the newsletter - [Aileen.robertson@hee.nhs.uk](mailto:Aileen.robertson@hee.nhs.uk)

Also, thanks to "Co-editor" Dr Christine Johnson

