

HEE East Midlands Primary Care Newsletter

January 2020



Trainers

Educators Symposia: SAVE THE DATE

We invite you to our HEE-East Midlands Trainer Symposium on **Wednesday March 11th, 2020 at the Holiday Inn Hotel, M1 jcn28.**

The full timetable will be available soon, but we wanted to let you know what will be covered. Numbers are limited please book on course manager –

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

There will be a keynote speech from Dr Stuart Holloway presenting his research around the 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. We hope you can join us. 09:30 registration for a prompt 10:00 start. Finish by 4:30. Lunch and refreshments will be provided

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.

<https://pcse.england.nhs.uk/services/performers-lists/gp-performers-list-for-england/>

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

Calling all Trainers

If you are interested in supporting international GP recruits, in non-training practices, then please contact Alison.Green@hee.nhs.uk. She is running the programme for our East Midlands International GPs. It involves one session per month – paid.

The **RCGP** is looking to recruit **new AKT member(s) to join its MRCGP panel**. Full details of the application and selection processes are available on the [MRCGP website](#). We would be grateful if you could please share this advertisement with any GP educators you feel may be interested in joining the panel.

Please feel free to send any queries about applying for the role to myself or exams.recruitment@rcgp.org.uk.

Darren Blake

Knowledge Test Manager | Examinations & Assessment
Royal College of General Practitioners
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Trainee and Trainer;

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: <https://www.rcgp.org.uk/training-exams/training/mrcgp-workplace-based-assessment-wpba/cpr-aed-and-child-safeguarding/child-and-adult-safeguarding.aspx>

Note

Free and online for Trainees and experienced doctors:

<https://www.futurelearn.com/courses/level-3-safeguarding-adults>

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 – and given the college have designated webinars as being participatory learning activity I would imagine this is too. **Session starts on 27th Jan.**

[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. On

this course, you'll build the skills to ensure people at risk of abuse and neglect receive the care and protection they need to stay safe and unharmed.

www.futurelearn.com

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 www.simplycpd.co.uk

RCGP ST3 Trainee and First5 GPs Conference

Tuesday 11 February 2020

09:25 start

Hilton Hotel, near East Midlands Airport, DE74 2YZ

Online booking available now at the RCGP website:

<https://rcgpportal.force.com/s/lt-event?site=a0d0Y00000AeOP6QAN&id=a1U1i000000Bff0EAC>

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

**Keynote speech: RCGP Chair, Professor Martin Marshall
And Resilience - Wellbeing
Appraisal**

**'Portfolio: building a career that works for you'
and information from local First5 Groups**

Workshop sessions:

What to expect as a newly qualified GP

GP in a Digital World

Research Opportunities for GPs

Sustainable General Practice

Places are free for RCGP members and £75.00 for non-members

A reminder of all the **amazing learning resources on 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.

This includes the Care of People with Musculoskeletal Problems and Sexual Health.

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 continue to be released to the HEE e-LfH Hub throughout 2020.

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

<https://www.elfh.org.uk/programmes/general-practitioners>

(Website may be fire wall protected)

TRAINEE NEWS

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:

- 1st February 2020
- 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.

No January 2020 sitting

- Usually there is a sitting in January, but this has been removed, so it is important to think about the timing of your CSA.

The CSA exam dates are as follows;

1 - 15 February 2020

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:

<https://www.rcgp.org.uk/training-exams/mrcgp-exams-overview/mrcgp-clinical-skills-assessment-csa.aspx>

Essential knowledge Update 2020.1

To access and learn more please access: <http://elearning.rcgp.org.uk/>

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

And remember the Essential Knowledge Released before Christmas covered

decision-making and mental capacity,

severe pregnancy sickness and hyperemesis gravidarum,

prostate cancer screening and the PSA test,

COPD,

urinary tract infections and acute pyelonephritis,

and post-traumatic stress disorder.

Essential Knowledge Challenge 2019.3/Annual Essential Knowledge Challenge launched in November 2019.

The third Challenge to be released this year, EKC2019.3 provides 40 brand new questions based on the content of Essential Knowledge Update (EKU) 2019.3,

and offers both instant answers and a certificate/The Annual Challenge offers delayed answers (so much more challenging – allowing Peer benchmarking)

Topics covered within this new release include; combined hormonal contraception, acute lower gastrointestinal bleeding, ulcerative colitis and Crohn's disease, stroke and TIA and comprehensive geriatric assessment.

Take on the Challenge today to test your knowledge and highlight your learning and service needs

Dr Ebrahim Mulla has recently finished his year as Deputy Chair of the National RCGP AiT Committee. He contributed the trainee viewpoint in the 'Fit for the Future: a Vision for General Practice' <https://www.rcgp.org.uk/policy/fit-for-the-future.aspx>

Also the development of the improved GP trainee e-portfolio from August 2020 (<https://www.rcgp.org.uk/training-exams/training/mrcgp-trainee-eportfolio/new-trainee-eportfolio-landing.aspx>)

'Early career research opportunities for GP trainees and First5s' an interactive workshop at RCGP October Conference 2019, promoting early career research opportunities available in general practice. **Dr Aisya Maula** (Leicester GP and early career researcher) informed and empowered delegates about primary care research, shining a light on how to get started and what you can do.

The conference also saw the **launch of PACT** (Primary Care Academic Collaborative) - A UK - wide network of enthusiastic primary care health professionals that collectively design and take part in well-designed high impact primary care research and quality improvement projects that seek to improve patient care <https://sites.google.com/nih.ac.uk/pact/home>

It's just been awarded a grant to support its first national collaborative research project.

East Midland GP trainees and First5s can get involved and can register their interest: <https://sites.google.com/nih.ac.uk/pact/join-pact?authuser=0>

Plagiarism

Just a reminder to only use your own reflections or acknowledgements of any other sources:

Plagiarism is a serious academic offence and in breach of the GMC's Fitness to Practice. We would like to remind you that your personal Eportfolio reflective learning log entries must be your own work.

If you were to provide evidence in your Eportfolio which has been a joint effort, for example a Quality Improvement Project or Audit, then this should be appropriately referenced clearly citing the co-authors.

The RCGP Eportfolio is an assessment equally weighted alongside the AKT and CSA exams towards obtaining the MRCGP. The Eportfolio is also scrutinised by multiple assessors periodically throughout your training including your Educational Supervisors, Programme Directors, Associate Post-Graduate Deans, Heads of School and external examiners for the RCGP.

REPORT from Dr Vongai Madanire Shuro following HEE Funding.

From 11 to 12 December 2019, the Academy for Life of the Vatican in Rome – Italy, co-hosted for the first time, a symposium on religion and medical ethics.

This was held in conjunction with the World Innovation Summit for Health (WISH).

For the purpose of providing useful, engaging and current content, they also partnered with the British Medical Journal (BMJ) and the Journal of Medical Ethics.

As a GP trainee with a background in medical law and ethics on hearing of this symposium, my attention was immediately captured. It offered an opportunity to be part of a global delegation - from diverse professions and areas of work within the fields of medicine, ethics, religion, political science, law and the media. The main purpose of the conference was to shed light on different perspectives of ethics and palliative care as well as explore mental health in the elderly. There were panel discussions to address the challenges at the intersection of spirituality, caregiving and medical support for the elderly as well as suicide and life-threatening behaviour in this group of patients. From a practical clinical practice perspective, the panels also addressed the question of whether an interfaith approach would better highlight and promote the role of spirituality in the provision of palliative care and how the bridge of love between dementia patients and their carers could be maintained.

I learnt that spirituality is a broader and more universal concept than religious affiliation, and it is crucial in the provision of holistic care. As clinicians we need to be conscious of this and be responsive when patients require or request spiritual support in its different forms. We must also be confident to identify and assess those needs as well as refer patients to relevant community groups or chaplaincy if necessary. This is echoed in the GMC guidance on personal beliefs and good medical practice. Questions around the barriers in providing sensitive and relevant spiritual care were addressed and practical suggestions were offered. Hearing from representatives of different religious groups deepened my understanding of the old traditions which underpin human structures and interactions as well as the philosophical basis of the value of a person and how they should be treated when engaging with healthcare services. Specifically, we heard Jewish, Christian, Muslim and medical approaches to the ethics in palliative care (both adult and paediatric) and how they view safeguarding of the mental health and well-being of older adults. It was also fascinating and encouraging to see a lot of common ground between the different groups and similar high priority given to universal values such as compassion, dignity and commitment to the practice of whole person medicine.

We discussed the history, present and future practice of palliative care in the context of modern medicine with its limitations, such as uncertainty and the failure to cure most life limiting diseases. It was highlighted that sometimes there is an 'illusion of immortality' which can creep into our subconscious as clever scientists and heroic clinicians but this ought to be balanced by being mindful of the different goals of healing and the fact that failure to cure does not mean medicine has altogether failed. As members of the human family sharing the same space, we know and appreciate the power of 'pallium' (origin of word palliative which literally means coat or 'to cover'). Palliation is relevant at every stage of a disease and we need to realise its strength in alleviating the universal experience of 'total pain' and suffering imposed by different medical conditions. In addition to symptom control, this can be achieved by just being present, even without all the answers. As people live longer and family structures seem to be more disintegrated, conditions like Alzheimer's dementia, depression and suicide are likely to continue increasing. There is therefore greater need for clinicians to facilitate the bridging of psychosocial, cultural and spiritual care systems in an individualised and non-judgemental way in order to provide the highest possible standards of care and deal with the complexity of these problems.

Overall, this experience exceeded my expectations and there are a lot more lessons I could write about. I was frankly overwhelmed and struck by the magnitude of the knowledge and research that was shared. The lectures are available on the WISH YouTube channel or via the symposium website. I hope to use this knowledge to investigate how spirituality plays a role in general practice and how GPs can be more equipped to make decisions in palliative care and mental health of the elderly. I can liken attending this symposium to being given a precious pen of light. It shines brightly in some dark areas of clinical life's challenges and awakens me to the possibility of making things better and bringing hope. I hope the few thoughts I have shared will help the sometimes unseen but present problems and pressures which complicate the doctor- patient relationship.

Dr Vongai Madanire Shuro

GPST3 Boston, Health Education England East Midlands

CALLING ALL INTERNATIONAL MEDICAL GRADUATES

Did you know there are lots of resources available to you to help you settle in?

The GMC runs workshops for you called 'Welcome to UK General Practice' more information can be found here: <https://www.gmc-uk.org/about/what-we-do-and-why/learning-and-support/workshops-for-doctors/welcome-to-uk-practice/doctors>

In addition they have an online video app about the patient's journey in Primary Care which can be found here : <https://www.gmc-uk.org/about/what-we-do-and-why/learning-and-support/e-learning-resources/patient-journey-to-gp-practice>

Please take a look at these interesting free resources.

**Dr Sarah Layzell and Caroline Ahrens,
Head of School - Primary Care**

News for Everyone

Survey Investigating the Awareness of Osteoradionecrosis

We are currently conducting a survey assessing the awareness of osteoradionecrosis amongst GPs and GP trainees. The aim is to improve care for head and neck oncology patients across both primary and secondary care. We would be most grateful if you could participate by completing a short survey.

<https://www.smartsurvey.co.uk/s/OsteoradionecrosisoftheJawsSurvey/>

The results are anonymised, and the survey should take no longer than 5 minutes to complete. We hope the information collected will help develop educational resources for the medical community. Your help is much appreciated.

Shrita Lakhani (Dental Core Trainee in Restorative)
Katy Martin (Specialist Registrar in Oral Surgery)
Birmingham Dental Hospital

Physician Associates working in general practice. New resources available.

These are ready for use www.fparcp.co.uk/employers/pas-in-general-practice

You will find:

- Local contacts and a map listing University PA courses
- FAQs
- Case studies
- **Resources** (downloadable information and template examples to adapt)

PA booklet – an overview

GP supervisor and physician associate guide – step by step handbook for the 1st year in practice

Basics quick guide – introductory information based on most commonly asked questions

Prescribing in general practice -

Patient leaflet – information template

Please contact either of us with any suggestions or items.

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