

## HEE East Midlands Primary Care Newsletter

March 2020



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### Cancer Research UK one stop Hub:

CRUK has a developed free, one-stop hub for GPs.

It is quick and easy to access, with no need to register or sign in.

The information on the hub summarises what GPs need to do, including recommendations on what to do from CRUK GPs, who are themselves, front-line GPs.

With signposting to evidence-based practical resources, training and further support, CRUK is well placed to support GPs complete the 2020-21 QOF QI module and the PCN specification on the early diagnosis of cancer.

<https://www.cancerresearchuk.org/health-professional/learning-and-support/resources/gp-contract-guide>

[cruk.org/GPcontract](http://cruk.org/GPcontract)

#### **Patricia Barnett**

Head of Clinical Leadership & Partnerships

Cancer Research UK

Tel | 01788 832851

Mob | 07785 578101

2 Redman Place, Stratford, London, E20 1JQ

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

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

### 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 PSW (previously PSU).

## **Support for Doctors Webpage**

The Academy of Royal Medical College's [Support for Doctors webpage](#) has been updated.

The webpage acts as signposting service and includes useful links to resources for doctors who are experiencing difficulties. If you or a colleague is looking for support there are a range of organisations, services and websites which can offer help

Best wishes,  
Sarah Layzell and Caroline Ahrens

## **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 informs 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)

## 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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## TRAINEE NEWS

### Careers Support

As a trainee you will, from time to time, wonder if you are on the right path, whether this speciality is for you or should I really be doing this?

There is support available for all doctors and dentists in training and below are the steps to access this.

First seek guidance from your Educational Supervisor or clinical lead.

If, after seeking guidance you are still unsure of your chosen career path, then there are lots of online tools and resources to help you explore yourself, preference etc. Below are some useful links.

BMA resource tool <https://specialtyexplorer.bma.org.uk/> - you will need a BMA membership to access this

Health Education England East Midlands - <https://eastmidlandsdeanery.nhs.uk/page.php?id=1908#career-planning-faqs> – career planning

Health Careers - <https://www.healthcareers.nhs.uk/career-planning/improving-your-chances/planning-your-career> - career planning and also role descriptors etc, not just useful for starting out in your career

If you think there might be a particular speciality that you would like more information about, please email [careers.em@hee.nhs.uk](mailto:careers.em@hee.nhs.uk) with your request, and they will put you in contact with a team member who is passionate about their speciality and will be able to provide the answers to your questions.

There are also some excellent career planning tools on the E-Learning for Healthcare website, you will need to login or create an account for access, please see below links.

<https://www.e-lfh.org.uk/programmes/midlands-and-east-of-england-applications-and-interviews-for-foundation-doctors/>

<https://www.e-lfh.org.uk/career-planning-for-foundation-doctors/>

Although these are both tagged foundation doctors, they are ideal for all trainees.

If, after all that, you would still like to speak to someone in relation to careers, then please complete the online self-referral form, link below, which will then be sent through to the Regional Careers Manager, who will then make contact with you.

<https://healtheducationyh.onlinesurveys.ac.uk/careers-self-referral-form>

I hope you find this useful but if you need anything further then please email [careers.em@hee.nhs.uk](mailto:careers.em@hee.nhs.uk)

### **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.

### **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](#)

## **CSA Saturdays: ONLY BOOK ONE SESSION**

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

- 7th March 2020
- 28th March 2020
- 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 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](#)

## 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:

### 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)

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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