

HEE East Midlands Primary Care Newsletter

Christmas 2019



TRAINEE NEWS



Goodbye Mike

All the very best for a well-deserved “retirement”.
Mike Davies is leaving after many years at HEEM – the font of all knowledge regarding ARCP /Gold Guide /CCT dates and many other attributes. We look forward to his own goodbye message next month –in the meantime all the very best. you will be missed!

Dear 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.
It is important that you take notice of this as non-compliance will mean an automatic outcome 5.

The updated guidance can be found on the College website here:

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

East Midlands AKT Saturday Course

The popular **East Midlands AKT Saturday course** will run again on **Saturday the 4th January 2020 at Westbridge Place, Leicester.**

It is free to attend but is only available for trainees in ST2 or ST3 who have failed their last attempt at the AKT. Only one attendance per trainee is possible.

It will last all day and lunch will be provided.

We are unable to provide parking at Westbridge Place.

Please book your place on-line using Intrepid Course Manager.

Please be aware that we will be checking then portfolios of those booking onto this course to ensure they are eligible i.e. have previously failed the AKT and not previously attended this course.

EMOS SURVEY

It only takes 10 minutes and it's a GMC requirement.

As part of the continuing **quality assurance of GP Training**, we gather and analyse feedback from every GP Registrar at the end of each training placement.

We can then use this to celebrate good practice by thanking those who are providing good training and improve those placements which could be better.

Even if you are very happy with the placement you are just finishing please say so!

We do value your feedback and it is a **GMC requirement** that you provide this so that the quality of medical training can be maintained and improved, not just for you but for your successors. ARCP panels do look to see that trainees have submitted feedback – you can evidence this by noting in your learning log the date feedback was submitted.

Here's what you need to do:

- If you are just completing a Hospital placement: [click here](#)
- If you are an ST3 trainee at the end of training or rotating out of the current Practice: [click here](#)
- If you are just completing a GP Practice placement: [click here](#)

Paul Cooper, Senior Information Analyst, Midlands and East Business Intelligence HEE.

QIP Training

My name is Mark and I'm a GP working for the **NHS England and NHS Improvement Time for Care Program**. If you haven't come across the Time for Care program we are a team that delivers quality improvement training, and supports service development in primary care in England. This includes for example working at practice level, primary care network development support and education programs.

One of the workshops we run, and that I am clinical lead for, **is a 2-day Quality Improvement workshop for early career GPs. This targets ST3 trainees up to and including first 5 GPs.**

We have been given a commission to run these 2-day workshops in each region of England. We currently have a course planned for the Midlands and taking place on **22/23rd January 2020 in Derby.**

This course is fully funded and includes overnight accommodation for those who require it. It has been very well received in the regions where we have run it so far and I would love to ensure that it is made available throughout the Midlands.

To request a place please complete the online booking form by 22 December 2019.
Link to online booking form: <https://www.events.england.nhs.uk/events/time-for-care-quality-improvement-for-early-career-gps-midlands-region>

If you would like further information about this programme, please contact england.si-capcal@nhs.net

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.

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

Calling all Trainers

Trainers if you are interested in supporting our international GP recruits in non- training practices then please contact Ali Green at Alison.Green@hee.nhs.uk she is running the programme for our east midlands international GPs. It involves one session per month – paid.

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

We Have A Winner- EBRAHIM MULLA



RCGP Inspire Awards

Leicester faculty wrote in their newsletter "A huge congratulation to our very own Dr Ebrahim Mulla who received 'highly commended' AiT of the Year at the RCGP Inspire Awards 2019. The RCGP Inspire Awards celebrate the invaluable contribution of our members and the difference they make to better general practice and the RCGP"- see attachment.

Dr Mulla has recently finished his year as Deputy Chair of the National RCGP AiT Committee.

Over the last year he has contributed the trainee viewpoint on behalf of the national committee to the 'Fit for the Future: a Vision for General Practice' (where GP will be in 2030 and how general practice gets there) <https://www.rcgp.org.uk/policy/fit-for-the-future.aspx>

The development of the new and much improved GP trainee e-portfolio coming August 2020 (<https://www.rcgp.org.uk/training-exams/training/mrcgp-trainee-eportfolio/new-trainee-eportfolio-landing.aspx>) and the organisation of the RCGP Conference 2019 amongst a few other things. He has also attended 3 RCGP Councils, putting forward the GP trainee viewpoint on a range of issues on a national platform

In his own words:

For the **RCGP annual conference 2019**, I was on the stage for two workshops:

a) **'Hack general practice'**- exploring how GPs can use their experience and insight to better inform the campaigns and policies of the RCGP and so influence national government policy. I was on the panel with Prof Helen Stokes-Lampard (RCGP Chair) and Dr Evan Harris (former MP). We 'hacked' the issue of GP appointments with conference delegates, breaking off into small teams, with ideas and plans presented back to the panel.

b) **'Early career research opportunities for GP trainees and First5s'** an interactive workshop promoting early career research opportunities available in general practice. With Dr Aisya Maula (Leicester GP and early career researcher). We informed, inspired and empowered delegates about primary care research, shining a light on how to get started in primary care research 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. See here:

<https://sites.google.com/nih.ac.uk/pact/home> I'm on the executive committee. It is supported by NIHR SPCR, SAPC and Health Education England. It's just been awarded a grant to support its first national collaborative research project. East Midland GP trainees and First5s

who want to a little dip into research can get involved and can register their interest here: <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 LLEs (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.

Everyone

Physician Associates working in general practice. New resources available.

These are ready for use and available on the **dedicated general practice employers' section** on the **Faulty of Physician Associates** website www.fparcp.co.uk/employers/pas-in-general-practice

Please forward this notice through your local primary care networks to GP practices, CCGs, LWABs, PCNs and STPs.

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 - highlights some ideas and practical tips to implement safe

Prescribing in your practice

Patient leaflet – information template

Recruitment

Recruitment flyer – 3 easy steps

Just a reminder of all the **amazing learning resources on E - Lfh.**

This review includes e-learning modules covering the Royal College of General Practitioners (RCGP) curriculum such as Care of People with Musculoskeletal Problems, Care of People with Metabolic Problems: Diabetes, Sexual Health, Care of Children and Young People: Children and others.

The review also includes 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 being rewritten and updated by the RCGP and will be released to the HEE e-LfH Hub throughout 2019 and 2020.

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.

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

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

(Website may be fire wall protected)

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 2019/20

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

No November 2019 or January 2020 sitting

- Usually there is a sitting in November and one in January, but these have been removed, so it is important to think about the timing of your CSA if you are moving into ST3.

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 Challenge 2019.2. This contains 20 new questions.

To access and learn more about the environment please access:

<http://elearning.rcgp.org.uk/>

Topics covered within this new release include; **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

Trainers

Educators Symposia: SAVE THE DATE

March 11th, 2020 venue tbc but will be in the 'North'

You are cordially invited to attend. We will as ever cover horizon scanning plus some of the 'nuts and bolts' of GP training.

News for Everyone

Please contact either Christine or me with any suggestions or items.

christine.johnson@nottingham.ac.uk / aileen.robertson@hee.nhs.uk
