

HEE East Midlands Primary Care



Newsletter August 2019

WELCOME TO THE EAST MIDLANDS

We would like to extend a warm welcome to all our new GP trainees about to commence training in the East Midlands. You are joining us in very exciting times

All our Programmes are full, and I know they are looking forward to meeting you and supporting you on your path to becoming fully qualified GPs.

We have a wealth of experience in supporting doctors to achieve their MRCGP successfully and we will help you every step of the way.

The most important thing is to make the most of every learning opportunity offered to you and HAVE FUN!

On behalf of Joint Heads of School:

Dr Sarah Layzell (Derbyshire and Nottinghamshire) sarah.layzell@hee.nhs.uk

Dr Caroline Ahrens (Leicestershire, Northamptonshire, Lincolnshire)
caroline.ahrens@hee.nhs.uk

Trainee News

REMINDER: INDUCTION FOR MOODLE

There are separate induction modules on the Moodle VLE for each ST year. Please spend some time looking at the module for your year now. We expect everyone to do this in the next few weeks and to upload the relevant certificate of completion to their portfolio as evidence of having worked through the module. The modules are revised

annually, so please don't think that it will be the same as before if you are moving into ST2 or 3.

To access your module please click here –

<http://www.vle.eastmidlandsdeanery.nhs.uk/course/view.php?id=1156>

<http://www.vle.eastmidlandsdeanery.nhs.uk/course/view.php?id=1157>

<http://www.vle.eastmidlandsdeanery.nhs.uk/course/view.php?id=1158>

If you are having trouble accessing Moodle or your induction module, please contact:
Noel.Cudden@hee.nhs.uk

THE GMC AND YOU

Please have a look at the GMC website which explains the support they offer and their regulatory function. There are also some useful resources on their website.

https://www.gmc-uk.org/about/what-we-do-and-why/learning-and-support/workshops-for-doctors/welcome-to-uk-practice?dm_i=OUY,6DUMA,OR497N,P9QY3,1

MANDATORY PRESCRIBING AUDIT PILOT

Facts

- Compulsory for all FULL-TIME ST3 starters in August 2019 to be completed by January 2020
- Trainee audits 60 consecutive prescriptions for any error
- Trainer/clinical pharmacist reviews 20 of these randomly
- Discussion and Feedback- Trainer confirms they have reviewed in the Trainer Assessment Form

- Trainee reflection: Trainee completes a Trainee Prescribing Reflection Form and then a Prescribing related PDP.

There are 3 assessment grades –

- A safe, reflective GP prescriber now
- Needs to develop specific prescribing skills to fulfil the prescribing proficiencies
- [Needs support and educational input prior to repeating all this assessment

The plan is for it to become mandatory for all trainees from August 2020. Other ST3 trainees (LTFT, out of synch) can choose to do the pilot and reduce the minimum required number of COTs from 12 to 10 with the agreement of their ES. There is a survey to be completed at the end of the process by both the trainee and the clinical supervisor.

FURTHER INFO: <https://www.rcgp.org.uk/training-exams/training/mrcgp-workplace-based-assessment-wpba/prescribing-assessment.aspx>

LEADERSHIP TRAINING

All GP Trainees are expected to attend the East Midlands Leadership and Management Programme.

(<https://www.eastmidlandsdeanery.nhs.uk/faculty/training-courses/leadership-management-programme>).

It has recently been refreshed and the new programme will be launched for all new ST1 trainees in September 2019.

All ST1 trainees are required to attend Day 1 and Day 2 in ST1 and a further day in ST3.

They should do these in order. Places for Day 1 can be booked on Intrepid course manager from mid-August 2019. Places on Day 2 will be made available for booking later in the year.

Day 3 will be available from September 2021.

The content of the course should mean that when trainees start to tackle their Quality improvement projects (QIPs) they will feel better equipped to do these successfully.

The existing teaching on the QIPs will continue the GP training days as before to ensure that they start early in training.

GP St2

For those that have attended Day 1 of the new leadership and management programme (<https://www.eastmidlandsdeanery.nhs.uk/faculty/training-courses/leadership-management-programme>) in the early summer 2019 you should be booking onto Day 2 on Intrepid when it becomes available later in the year. These trainees should also have received QI training in their GP training days that will cover the Year 2 content. Those that have not managed to attend Day 1 yet should book onto this first before going onto Day 2.

GP St3

It is anticipated that you will have attended most of the old Leadership and management programme, and therefore do not need to start again with the new programme. However if there are aspects of the content in Day 1 and Day 2 of the new programme (<https://www.eastmidlandsdeanery.nhs.uk/faculty/training-courses/leadership-management-programme>) that you feel would be useful to you now and in the future, you can book onto these days through Intrepid.

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
- Post-traumatic stress disorder.

OOH CHANGES

OOH is changing. Why have these changes been brought about? FAQs?

OOH is changing. With ordinary GP surgeries being able to offer evening & weekend appointments, the lines between “in” and “out” of hours practice are blurring. In addition, the OOH workforce is diversifying. Our OOH training needs to adapt to these changes. Trainees need exposure to these changes.

What are the key changes to OOH training?

- A move away from counting the number of hours worked OOH, to an approach that looks at the number of competencies trainees have reached whilst working in a variety of OOH locations
- Where general practitioners are not available on site, allowing the use of allied care practitioners to contribute towards trainee supervision as part of an effort to learn from and appreciate the skills held by these colleagues, considering their increased presence within OOH services with safeguards to ensure there is a qualified GP to whom issues can be escalated
- Allowing senior trainees now the option of completing unsupervised (“solo”) OOHs shifts, moving away from these being a mandatory requirement, but ensuring the opportunity is there prior to CCT if the trainee feels it will add value to training.

Do I still need to do OOH training?

Absolutely. All trainees will still have to complete OOH training. They still need to use the OOH setting to sign off appropriate competencies and all trainees must have the opportunity to experience delivery of OOH primary care in settings away from their usual place of practice.

Dr Jamie Green

Associate Postgraduate Dean, ARCP Clinical Lead for GP

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:

- 24th August 2019
- 14th September 2019
- 12th October 2019
- 2nd November 2019
- 23rd November 2019
- 14th December 2019
- 1st February 2020
- 22nd February 2020

- 7th March 2020
- 28th March 2020

CSA DATES RCGP 2019/20

The RCGP have now published the CSA dates and application deadlines for August 19 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 for the coming year, 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;

2 - 5 October 2019

3 - 11 December 2019

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>

SURVEY

Investigating the awareness of Osteoradionecrosis

We are currently conducting a survey assessing the awareness of osteoradionecrosis amongst GPs and GP trainees in the Midlands and East. 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. The link is:

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

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

END OF TRAINING FEEDBACK

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 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](#)

The survey should take approximately 15-20 minutes to complete, but you can save and return to it later if interrupted and the survey can be completed on smart phones and tablets.

GMC: What did 75,000 doctors tell us about their experiences of training?

The results of our 2019 national training surveys are out. Trainees continue to highly rate their teaching, the quality of their clinical supervision, and overall experience. And nine in ten trainers told us they enjoy their role. However, the results also reveal that a third of trainees and almost a fifth of trainers aren't sure who to speak to in their trust/board if they're concerned about their own health and wellbeing.

https://www.gmc-uk.org/about/what-we-do-and-why/data-and-research/national-training-surveys-reports?dm_i=OUY,6DUMA,OR497N P9QY3,1

ERASMUS EXCHANGE PROGRAM

If you like a challenge and are interested in healthcare in other countries the Erasmus E.U student exchange programme may be for you.

'Hippokrates Exchange' is an exchange programme for medical doctors specializing in Family Medicine/General Practice and junior Family Doctors/General Practitioners (within 5 years of completing specialty training). The aim is to encourage exchange and mobility among young doctors in the course of their professional life. Participants gain an insight into the context of General Practice in the primary healthcare system of other European countries either by hosting an exchange participant or visiting a GP practice in another country.

More information can be found at:

<https://vdgm.woncaeurope.org/content/about-hippocrates>

Trainers

POSTGRADUATE CERTIFICATE OF MEDICAL EDUCATION

We'd like to offer existing trainers who do not have the Postgraduate Certificate in Medical Education the opportunity to gain this qualification. It would involve attending the trainer's course again (currently 2x 3 days in Nottingham) as well as the portfolio and essays for the PGCME.

Partially funded by HEE-EM, we would require a £500 contribution, as is the case for new trainers.

Please contact Bevis Heap (Bevis.Heap@hee.nhs.uk) if you are interested.

The next course starts in September 2019.

The closing date is August 19th for the September cohort.

EDUCATORS SYMPOSIA: SAVE THE DATES

As ever we are reviewing the format of our Educator' Updates for trainers.

We intend to have 2 this year:

Wednesday October 9th at Westbridge Place Leicester,

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

You are cordially invited to attend either. We will as ever cover horizon scanning plus some of the 'nuts and bolts' of GP training. We hope also to keep your enthusiasm high!

Trainers - please also look at the Prescribing audit section above.

Course and Resources

The Queen's Nursing Institute (QNI) has been funded by NHS England to develop a network to support General Practice Nurses across England.

This network is part of several initiatives arising from the General Practice Nursing 10-point plan.

The QNI has already set up an Association of Academic General Practice Nurse Educators (AAGPNE) based in universities and providing courses for GPNs.

<https://gpnen.org.uk/>

TRENT OCCUPATIONAL MEDICINE SYMPOSIUM

17th October 2019: Belfry Hotel, Nottingham

The educational event provides 5 CPD points and is aimed at occupational health nurses and physicians as well as GPs & trainees with an interest in occupational medicine.

Presentations will include travel medicine, medical and legal perspectives on drug and alcohol abuse at work, respiratory health surveillance, dementia in the working age population and PTSD.

Programme & booking details at www.trentoccupationalmedicine.org.uk

CANCER CARE

CANCER RESOURCE: GATEWAY C

Well worth having a look- online resource: <https://www.gatewayc.org.uk/>

GATEWAY C – The platform aims to improve cancer outcomes by facilitating earlier and faster diagnosis and improving patient experience, through:

- Improved knowledge of symptoms
- Increased confidence in when and when not to refer a patient
- Improved quality of suspected cancer referrals, reducing delays in the system
- Improved communication to enhance the patient experience and support patients at each stage of their cancer journey.

A FURTHER CANCER CARE RESOURCE

The East Midlands Cancer Alliance (EMCA) is committed to improving how we diagnose, treat and care for people with cancer. We are working in conjunction with Public Health England (PHE), Cancer Research UK (CRUK) and Macmillan on several projects which we hope will see the East Midlands establish itself as a national lead for cancer.

This year, we are focusing on lung, prostate and bowel cancer pathways although diagnosing and treating all cancers as early as possible is our ultimate aim. Primary and secondary care are equally important with respect to achieving this aim and we would like to support our primary care health professionals with the crucial work they do.

One offer of support that we particularly endorse is the CRUK facilitator programme. All GP practices in the East Midlands could meet with one of the facilitators who are adept at assessing current cancer indicators and offering advice on quality improvement.

CRUK Facilitators support busy GP Practices by:

- Providing practices with their cancer data, including screening and Two week wait referrals.
- Bespoke training sessions for clinical and non-clinical staff – e.g. cancer decision support tools, safety netting, cancer SEAs, how to improve screening uptake, and cancer prevention.

CRUK's facilitator programme is free of charge, has been independently evaluated and has been shown to reduce variation in referral, conversion and detection rates as well as increasing cancer screening uptake in practice populations.

Should practices wish to contact a CRUK facilitator, they can be contacted as follows:

Lincolnshire: Lucy Clay Email – Lucy.clay@cancer.org.uk Tel – 07900 748445

Nottinghamshire: Jon Stevens Email – Jonathan.stevens@cancer.org.uk Tel – 07883 039785

Leicestershire: Chirag Ruda Email – chirag.ruda@cancer.org.uk Tel – 07342 061962

Derbyshire: Adam Williams Email – adam.williams@cancer.org.uk Tel – 07827 987833

Northamptonshire: Jon Stevens Email – Jonathan.stevens@cancer.org.uk Tel – 07883 039785

To learn more about the work we are doing at the Cancer Alliance, please visit our website <http://www.eastmidlandscanceralliance.nhs.uk/>

News for Everyone

REFLECTIVE PRACTICE

The GMC has recently published some helpful guidance about reflective practice as there has been a lot of anxiety recently about recording and using reflection.

I found the ten key points on being a reflective practitioner interesting and it's great for helping patient/system safety personal growth as an individual/team and most importantly for personal wellbeing - have a look:

<https://www.gmc-uk.org/education/standards-guidance-and-curricula/guidance/reflective-practice#supporting-reflection>

INTRODUCTION TO THE NHS

This explains a lot about how the NHS functions from the Kings Fund

Ideal for Trainees but also for those of us who struggle to describe the systems within. <https://www.futurelearn.com/courses/the-nhs-explained>

Apologies for such a lengthy newsletter but as we are approaching a new year there is a lot of information we need to share. Please contact either Christine or me with any suggestions or items.

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