

# The Murmur

August 2023

## Welcome

A big welcome to our new ST1s. Congratulations on joining the Barnet Scheme. We hope you have a great time.



This is, yet again, a challenging time for the NHS and represents your opportunity to make your positive contribution to both primary and secondary care.

Three years sounds like a long time but former trainees remark how quickly the time goes. So, **plan now**. What gaps are there in your training programme and how will you fill them? When do you think you will take your AKT and SCA? Do you understand what Workplace Based Assessment (WPBA) is?

We are closer to finalising our new venue. Until we get the 'green light', please check your messages to confirm where we will be each week.

Our annual residential will be on 21st and 22nd September. We are returning to Madingley Hall in Cambridge which is a fantastic venue. Attendance is mandatory and please apply for study leave asap, if you have not already done so. Don't travel alone. Please check out who might live near you and travel together. Your opportunity to make new friends and help reduce global warming.

Mike (Temporary Editor)

## Graduation Day

A warm, sunny afternoon was the backdrop to the 2023 graduation day at West Lodge Park. This was an opportunity to look to the future with positivity. An excellent afternoon was led by Nick, Renata and Thiv. with group work where everyone was really engaged. Impressive. There was an opportunity for the graduating ST3s to give advice to their junior colleagues.



The afternoon was followed by drinks in the beautiful gardens followed by dinner. It was great to have two Consultants present, Darryl Baker and Colin Hart. Our after-dinner speaker was Oge Ilozue, who gave her inspirational thoughts about what was good about General Practice. She then presented each of our graduates with a gift and certificate. Hopefully, the latter will be something they will always treasure. We wish them every success for the future.

The evening was also an opportunity for the Programme Directors to acknowledge how much work Mandy does for the Scheme. Where would be without her!!

## The LMC VTS Representative Role-Sinan Malley ST2

Local Medical Committees (LMCs) are independent and elected bodies recognised in statute under the NHS Act as representative organisations for NHS General Practice. LMCs can provide advice and guidance to practices on a wide range of issues in primary care.

In addition, LMCs offer professional support and workforce training / development services across the entire GP workforce.



I was pleased to have been co-opted as the VTS representative for the Barnet LMC during my ST1 year. My role involved attending committee meetings, feeding back on assigned actions, and providing updates to the VTS. Despite spending my entire ST1 year in secondary care placements, the role offered me the opportunity

to develop a greater understanding of the landscape of primary care across Barnet, including contractual and financial issues, commissioning, CQC inspections, and premises issues. Workforce supply proved a hot topic, and I found myself wondering: what are the career intentions of our current VTS cohort? What are the factors contributing to, and influencing, trainees' career plans? With the support of the Barnet LMC Chair and TPDs, I created a survey that aims to help guide future workforce planning and career support offers (*please do fill it out! Scan the QR code below*).

There are many more interesting opportunities to gain leadership and management experience within the role including drafting and submitting motions to the LMC Conference for debate and coordinating LMCs' attendance at educational events. In addition, the role provides networking opportunities with senior medical leaders across organisations including the ICS, Federations, and acute providers. If you are interested in representing General Practice and driving change in primary care, I would highly recommend getting involved in the LMC. (Image above © BMA)



## Cramer's Corner AKT Question

An 85 year old man consults with you as he has noticed a slowly growing lesion over his sternum. There is no history of trauma or previous open-heart surgery. His PMH is unremarkable, and he is not on any medication. What management would you suggest? (More than 1 answer could be correct)



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- (1) Reassure the patient that the condition is benign and refer to the Practice Nurse for cleaning and dressing
- (2) Suspect that the lesion is a hypomelanotic melanoma and refer on a 2 week wait.
- (3) Make a diagnosis of pyogenic granuloma and make a routine referral to dermatology out-patients
- (4) Refer to one of your partners, who has just gone on holiday for 3 weeks, who has an interest in dermoscopy
- (5) As there is a possibility of squamous cell carcinoma, refer on a 2 week wait to dermatology
- (6) Issue a prescription for Trimovate (a combination of clobetasone, oxytetracycline and nystatin) to be gently rubbed in twice daily for 1 week (The application technique is explained in Moore's Very Brief Guide to Dermatology)

## AKT dates 2023-2024

	Booking period	AKT test date	Results published* (all 17:00 hours)
<b>AKT October 2023</b>	30 August - 1 September 2023	25 October 2023	23 November 2023
<b>AKT January 2024</b>	29 November - 1 December 2023	24 January 2024	22 February 2024
<b>AKT April 2024</b>	28 February - 1 March 2024	24 April 2024	23 May 2024

## SCA dates 2023-2024

<b>SCA November 2023</b>	10 September 2023	18 September - 22 September 2023	7 November - 10 November 2023	7 December 2023
<b>SCA January</b>	12 November 2023	20 November - 24 November 2023	9 January 2024	25 January 2024

<b>2024</b>		November 2023		2024
<b>SCA February 2024</b>	3 December 2023	11 December - 15 December 2023	6 February 2024	29 February 2024
<b>SCA March 2024</b>	7 January 2024	15 January - 19 January 2024	5 March - 8 March 2024	28 March 2024
<b>SCA April 2024</b>	4 February 2024	12 February - 16 February 2024	2 April - 5 April 2024	25 April 2024
<b>SCA May 2024</b>	10 March 2024	18 March - 22 March 2024	8 May - 9 May 2024	30 May 2024
<b>SCA June 2024</b>	7 April 2024	15 April - 19 April 2024	4 June - 5 June 2024	27 June 2024

## Medicine in the News

A new technique for taking biopsies from lung lesions with the use of a robot was profiled in the Daily Telegraph on 5<sup>th</sup> August. A study is being run at St. Barts and Royal Brompton hospitals.



© Intuitive

According to Intuitive, the company that has devised the system, more than 70% of lung cancer nodules are in the periphery of the lung. These can be very difficult to navigate with traditional bronchoscopy.

Attempting to biopsy with the aid of CT can lead to bleeding and lung puncture. The procedure using electro-magnetic navigation may also be imprecise.

This new system, Ion, creates a 3D map based on the patient's original CT scan. The catheter which is 'ultra-thin' and manoeuvrable can then be directed on the correct path to the tumour and take biopsies.

Looking at the company's website, the science looks amazing and hopefully will greatly improve outcomes.

[NHS trials robot-assisted biopsies for early lung cancer detection \(telegraph.co.uk\)](#)

[How Ion Works | Robotic-Assisted Bronchoscopy | Intuitive](#)

## AKT Answer

The correct answers are (2) and (5). This was a single lesion in an elderly patient which raised the possibility of a cancer. Biopsy confirmed it was a squamous cell carcinoma. Pyogenic granulomas usually develop at a site of trauma and most commonly are found on the fingers, hands, head and upper trunk according to the PCDS.

When setting out a management plan, it is important to have a differential diagnosis in mind.

Note from the Editor-He never used Trimovate!

## 'The Murmur' needs an editor

For around 20 years 'The Murmur' has had a trainee as editor. It has always been a great magazine with a wide range of topics, such as interviews, restaurant reviews, guides on how to pass exams, KT questions etc. Disappointingly, we have had no editor for the last 12 months and I have produced the last 2 editions!!

It's not a difficult job at all. It would be great if someone would like to take over the role and I can advise how to take things forward.

Mike