

SUMMER Programme for 2013

*“Life is not about how fast you run, or how high you climb,
but how well you bounce”*

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General Thoughts about training in the summer term:

Ensure your e-portfolio is ready for your 6-month review.

- Read some books - the internet does not have all you need to become an effective and happy GP (see book list suggestions below).

Tips for CSA exam prep in the practice:

- Do a surgery with 10 minute appointments once a week for practice.
- Allocate patients with specific problems to this clinic e.g. your trainer can identify specific cases or you can book people yourself e.g. if someone says “by the way, can I talk about my knee?” you can book them in a 10 minute surgery to practice doing it in the time.
- Make sure your normal surgeries are at least at 15 minutes. This allows time for preparation and typing up that you won't have to do in the CSA, and therefore helps you to get through things in a relevant timescale
- Practice doing some joint surgeries with your trainer watching. This is uncomfortable but will get you used to being observed and marked by a third party.

Suggestions for joint surgeries:

- Book these as ‘GP registrar surgeries’ so patients are expecting to see you not the trainer.
- GPR sees patients and trainer watches
- GPR and Trainer alternate patients with time for discussion and feedback.
- GPR sees the first half of the surgery with the “Registrars Revenge” being the second half where you watch your trainer and give feedback. Practice watching your trainer using a consultation map or COT scheme to focus your attention and help you to identify and emulate the skills you see being enacted by the trainer.
- Also, ask to sit in for part of a surgery with doctors other than your trainer...maybe just 2 or three consultations at a time. Note the skills they use and the strengths and weaknesses of their approach. Adapt skills you think are useful to your own practice.

What are we aiming to achieve this term and next?

- ❖ A deeper understanding of general practice beyond the consultation.
- ❖ Moving beyond basic skills and safety in to areas of complexity, confusion and dilemma.
- ❖ Helping you to learn what to do and how to proceed, when you don't know what to do or how to proceed, and the books and guidelines are silent.

Objectives:

- ✓ How will we know we have got there?
- ✓ When you pass your assessments and exams; when we have got most of the curriculum areas covered; when the competencies are understood and second nature.

This term focuses on the GOP in the wider environment; commissioning, in partnerships, in the NHS as a whole. We will be looking at how financial matters impact on our work and what we need to go forwards as newly fledged GPs, including revalidation and locum life!

Some possible books to read:

- 📖 *7 Habits of highly effective people* - Steven Covey
- 📖 *If Disney ran your hospital; 9½ things you would do differently* - Fred Lee
- 📖 *Consultation Skills that Heal* - Barry Bub
- 📖 *The One Minute Manager* series (often available at airports and make for instant and very speedy holiday reading!)
- 📖 *I don't what it is but I don't think it's serious: Confidence and Decisiveness in Primary Care* - Tim Crossley

All available from your local book shop e.g. Chorlton Books, 506-508 Wilbraham Road, Manchester M21 9AW ☎ 0161 881 6374

1. COMMISSIONING is a crucial area for GPs now. Make sure you attend a COMMISSIONING group meeting or Locality meeting before you finish the year
2. Make sure you have attended a peer review meeting about referral or prescribing. Offering to do the analysis and lead part of the session will help you in your CV when you are looking for that crucial next job

‘Follow effective action with quiet reflection. From the quiet reflection will come even more effective action?’

-Peter F. Drucker (American educator and writer, born 1909)

“Sergeant Lewis....”They don’t make any sense”

“Inspector Morse...”Things never do until you find out”

SUMMER TERM

Wednesday 10 April 2013		
Pre-course preparation	<p>In the new NHS GPs will be having increasing direct responsibility for budgets..setting, spending, and scrutinising. You will be accountable for your actions in all spheres of clinical work; prescribing referring etc. Ask your trainers what your practice budget is for prescribing. How does your practice expenditure compare to others? Why? THERE WILL SOME SPECIFIC PREP GIVEN TO YOU BEFORE THE SESSION.</p> <p>How many of your patients are being abused at home? What are the warning signs? See the Violence against women and children e learning course on http://elearning.rcgp.org.uk/course/index.php</p>	
Curriculum points	<p>1. Primary care management 5. Community orientation 6. A holistic approach 2.02 Patient Safety and Quality of Care</p>	
Time + Venue	Topic	Speaker
08.45 – 12 noon Seminar Room 8	Commissioning for GPs	Dr Ruth Cammish
NOTE VENUE Ladybarn Group Practice 54 Briarfield Rd M20 4SS	Domestic Abuse and the GP	Carol Craig Clare Ronalds
3.00 – 5.00 pm	Private Study	

Wednesday 17 April 2013		
Pre-course preparation	<p>The morning session has been deliberately left open for you as a group to use; let me know in advance what your priorities will be so that I can devise a suitable learning experience.</p> <p>This afternoon we are going to be reflecting on the impact of serious illness on our patients, their families and even on ourselves. Identify a patient who has a chronic serious condition and ask them about how their lives have changed since being ill. Maybe even talk to the relative of a patient with dementia and find out what they were like when they were young and healthy? How has life changed?</p>	
Curriculum points	2.04 Enhancing Professional Knowledge	
Time + Venue	Topic	Speaker
08.45 – 12 noon Seminar Room 8	THIS SESSION HAS BEEN LEFT OPEN; WHAT DO YOU NEED?	Dr Avril Danczak
Whitworth Art Gallery. (OPPOSITE MRI) Oxford Road 12.45 to 3pm	This afternoon we are privileged to have the opportunity to reflect on our work at the Art Gallery with David Morris, Head of Collections and Tony Sheppard, a poet. They will help us to reflect in a different way on our daily work.	Dr Avril Danczak David Morris, Tony Shepherd
3.00 – 5.00 pm	Private Study	

COURSE DINNER

IMPORTANT DATE FOR YOUR DIARIES;

Thursday 18th APRIL 2013 - LMC DINNER

Reception is from 7.30pm onwards, dinner at 8:00pm. ST3 get a specially reduced rate.

We have this as our **course dinner**. Get together and organise your tables with your trainers too and contact:

Lisa Stevenson (Administration Officer- Manchester)
 LMC, Oak House
 47 Graham Street
 Beswick,
 Manchester
 M11 3BB
 0161 223 8974
 Email l Stevenson@manchesterlmc.co.uk

Wednesday 24 April 2013		
Pre-course preparation	<p>Think about patients who have emotional or other "non medical" problems. Find the resources that you use in practice...leaflets, referral pathways, self help or community organisations. Bring these resources to this session. Many minor mental health issues are best dealt with in general practice, but what skills do you need to help people change things for themselves? Drugs are possibly overused, and "talking therapies not all that accessible. How can we help? Look at " The fifteen minute hour" by Stuart Lieberman, " Consultation skills that heal" by Barry Bub, "Narrative based Medicine a practical Guide" by Launer or "Mental health for Primary Care " Mark Morris</p> <p>Are you ready for revalidation or appraisal? This crucial session will set the scene for your post CCT Life as a GP. Ask your trainer to show the appraisal website they use and how it relates to revalidation.</p>	
Curriculum points	<p>1. Primary care management 2. Person-centred care. 3. Specific problem-solving skills 6. A holistic approach 2.01 The GP Consultation in Practice 2.04 Enhancing Professional Knowledge</p>	
Time + Venue	Topic	Speaker
08.45 – 12 noon Seminar Room 8	Can you use your OARS? BATHE your patients or help them change? Emotional and mental health issues in practice	Dr Avril Danczak
NOTE VENUE Ladybarn Group Practice 54 Briarfield Rd M20 4SS	Revalidation, appraisal, reaccreditation; What does it all mean for GPs post CCT? How to stay on the right side of the GMC?	Dr Nick Walton Royal College of GPs
3.00 – 5.00 pm	Private Study	

PLEASE NOTE:

There will be a gap in the course because of the May CSA, this will allow you to focus on completing your Work Place Based Assessments, including your learning log as **THESE NEEDS TO BE COMPLETED BY THE END OF MAY.**

Wednesday 29 May 2013		
Pre-course preparation	<p>GPs negotiate all the time; with patients over management plans, with staff about terms and conditions, with colleagues about management issues.</p> <p>Why do some people get everything they want and other people struggle and get resentful because they don't negotiate skilfully?</p> <ol style="list-style-type: none"> 1) Identify a time when you had to negotiate with a patient (e.g. about management?), with a colleague (e.g. about workload?) or a negotiation you would LIKE to have...eg doing less work? Getting paid more? 2) Read a section on negotiation in your practice management text - ask your trainer or practice manager for advice if you aren't sure where to look. Try: http://www.gp-training.net/training/leadership/negot.htm 3) Notice what happens when you are trying to negotiate with patients. What works? What do you have to do to get to a mutually happy arrangement? <p>What every ST3 needs to know about post CCT. Getting work, staying sane and keeping up to date.</p> <p>PREPARATION EMAIL: SEND YOUR FREQUENTLY ASKED QUESTIONS TO ANDY IN ADVANCE. TALK TO THE ST3 WHO PRECEDED YOU IN THE PRACTICE AND FIND OUT WHAT PROBLEMS THEY HAVE ENCOUNTERED</p>	
Curriculum points	<p>1. Primary care management 3. Specific problem-solving skills 5. Community orientation</p> <p>2.04 Enhancing Professional Knowledge</p>	
Time + Venue	Topic	Speaker
08.45 – 12 noon Seminar Room 8	Negotiation skills for General Practice; skills for life and the consultation!	Dr Avril Danczak Dr Rebecca Baron (Associate Advisor North West Deanery)
NOTE TIME AND VENUE 12.30 – 2.30 pm CSU1 (ERC)	Life post CCT ; all the questions you ever wanted to ask! Email Dr Andy Felton in advance with your questions on: md0u0117@doctors.org.uk	Dr Andy Felton
2.30 – 5.00 pm	<p>Private Study</p> <p>Use your group and go and learn how to use a new computer system different to the one in your practice...a vital skill in the locum world...</p>	

Wednesday 5 June 2013		
Pre-course preparation	<p>How does the NHS work? What are its component parts and how do they relate? What skills will GPs have to have in the new structures and what organisations are there to help you?</p> <p>Preparation; ask your trainers how the new structures in the NHS are being planned for and how they will affect your practice. Find out what organisations you will need to be aware of in the future.</p> <p>Have a look at some partnership accounts if possible,. Find out what a partnership “share” actually means and the advantages and disadvantages that it brings. Who owns the building you work from? What implications does that have for how things are organised now? In the future? Who pays GPs and how..ask your trainers...bring a list of any questions that you have about Money...</p>	
Curriculum points	<p>1. Primary care management 4. A comprehensive approach 5. Community orientation 2.02 Patient Safety and Quality of Care 2.04 Enhancing Professional Knowledge</p>	
Time + Venue	Topic	Speaker
<p>NOTE VENUE 9.00 to 12.00 Ladybarn Group Practice 54 Briarfield Rd M20 4SS</p>	<p>The new NHS; how will GPs fit in as the brave new world of clinical commissioning takes hold!</p> <p>CCG Chair Mike Eeckelaers and LMC secretary John Hughes will be here to guide you through the complexities of the NHS.</p>	<p>Dr Avril Danczak Dr Mike EECKELAERS DR John Hughes</p>
<p>NOTE VENUE Ladybarn Group Practice 54 Briarfield Rd M20 4SS</p>	<p>Money money money! Where it comes from, where it goes and how do you get your share?? How does practice finance work? What does being self employed mean? Why do GPs talk about profits?</p>	<p>Melanie Thomas, accountant, Hall Liddy.</p>
3.00 – 5.00 pm	Private Study	

Wednesday 12 June 2013		
Pre-course preparation	<p>Talk to a woman who has had a baby in the last year. What impact has that had? Ask a new father what he has been through? Why do midwives talk about birth as a social event not a medical one? What can we do to promote normal births? What do we do that promotes abnormal birth? What do new families need?</p>	
Curriculum points	<p>1. Primary care management 2. Person-centred care. 3. Specific problem-solving skills 4. A comprehensive approach 5. Community orientation 6. A holistic approach 2.01 The GP Consultation in Practice 2.02 Patient Safety and Quality of Care</p>	
Time + Venue	Topic	Speaker
Lecture Theatre 2	<p>Themed Day: BIRTH- the start of it all. Today we will look at birth from all aspects; Afternoon only session with GPST1+2 South & Central trainees</p>	<p>Dr Avril Danczak</p>
3.00 – 5.00 pm	Private Study	

Wednesday 19 June 2013		
Pre-course preparation	This is the last session of the SRC; what are your thoughts and feelings at this point? What has YOUR journey through this year been like? How shall we say a 'good' goodbye?	
Curriculum points	6. A holistic approach 2.04 Enhancing Professional Knowledge	
Time + Venue	Topic	Speaker
08.45 – 12 noon Seminar Room 8	Evaluations /Reflections/Goodbyes	Dr Avril Danczak
1.00 – 3.00 pm SR6 + Disc Room A	PM activities to be confirmed as organised/planned by the group	
3.00 – 5.00 pm	Private Study	

IMPORTANT NOTICE FOR ST3 AND TRAINERS:

On **Wednesday 3rd July** there will be a morning training meeting for Trainers. It is crucial for their own professional development as Trainers that they are able to attend this meeting. **ON THAT DAY** the ST3 will be expected to **COVER THEIR TRAINERS** work in the practice. This will release the trainers for this important update meeting.