

HEE East Midlands



Primary Care Newsletter

September 2021

Welcome to GP Training in the East Midlands!

On behalf of HEE and the East Midlands GP School we'd like to hope that you have had a good start to your training.

The GP School is here to support all trainees, educators and other staff and we hope that this monthly newsletter keeps everyone informed what support is available and about other opportunities to develop and grow.

I'd particularly encourage all trainees to find out about the GP Registrar Forum and how that relates to our GP School Board, as that is a major way we use to develop how we provide GP training here in the East Midlands.

Best wishes

Nigel Scarborough
Primary Care Dean / Deputy Postgraduate Dean East Midlands

Introducing Leadership and Management Training

It is like any other competency in your training, you will need to accumulate evidence documented in your ePortfolio against a curriculum set out in the 'Leadership Conversations' toolkit.

In the East Midlands, HEE provides a 3-year Leadership and Management Programme (EM LMP) to help provide some of this evidence. The 'Leadership Conversations' toolkit, all the course content and an explanatory brochure is provided on the HEE [Learning hub](#)

Your Educational Supervisor at the end of each year will decide, when doing your Educational Supervisor Report (ESR) whether you are acquiring evidence at the appropriate rate depending on what evidence is on your ePortfolio.

The EM LMP is not mandatory but an excellent way to provide evidence particularly as it is free to access.

The First year of the course will equip you with the basic concepts of leadership and management. It is made up of 4 half-day virtual sessions. Ideally, they should be done in your first year, however sessions 3 and 4 could be accessed in the second year of training to allow flexibility.

For primary care trainees the Second-year content will be delivered through your existing training days spread over the three years of your specialty training.

The focus in this section is how to effect change in your workplace and place the patient at the centre of this. You are expected to undertake your own multi-professional **Quality Improvement Project (QIP)** at this point. When performed to a high standard it exposes a trainee to important learning experiences such as planning, negotiation, resolution of conflict, problem solving and understanding structures within the NHS. Multi-professional working and establishing peer groups across these boundaries is also very important. The Year 1 content prepares you to undertake your QIP.

It may not be possible for each programme to deliver all this content and therefore slide packs containing **generic content has been made available on the HEE learning hub**, under Year 2.

The **'Leadership Conversations'** toolkit also provides online resources covering this content. Therefore, it is likely that at least part of your learning in Year 2 will be **self-directed and your responsibility to cover this content.**

The Third-year virtual session focuses on reflecting on what has been learnt so far from your practical experiences, introducing some advance concepts in management and leadership and how to develop this further as your training and career progresses.

Year 1 and 3 content will delivered in webinar / work-shop format with extensive interactivity via MS Teams. It can be **booked online at [Intrepid Accent Course manager](#)** Although the sessions fill up quickly, more will become available through the year. The brochure also mentions how you can cover the course content in a self-directed way, using the HEE Learning hub, for those in a hurry.

Dr Toby Delahooke
Associate Postgraduate Dean

Please also note **information on Moodle has migrated to the Learning Hub**
Revisit regularly as the Learning Hub develops additional functionality over the summer.

<https://learninghub.nhs.uk/catalogue/emgpst1induction>
<https://learninghub.nhs.uk/catalogue/emgpst2>
<https://learninghub.nhs.uk/catalogue/emgpst3>

Introducing the HEE-EM GP Registrar Forum

The GPST forum or HEEM GP Registrar Forum East Midlands is a small team of GP Registrars from across the East Midlands in all years of training. We discuss matters and concerns affecting our colleagues in training with the aim of providing positive and constructive feedback, addressing challenges, and assisting Health Education England (HEE). Furthermore, we send 2 of our representatives to the GP School Board Meetings which take place 3 times a year, sharing issues from each region with educators from HEE and lay members.

We would love to hear from any new or current GP trainees who are interested in joining and helping shape the delivery of training that is provided throughout the East Midlands.

Recently we have helped to rectify pay discrepancies and have helped define and clarify the study leave allowance that trainees have access to. You can reach us through our website [GP Registrar Forum - East Midlands](#) where we have links to our twitter and email address gpregistrarforum@gmail.com

We look forward to hearing from, and, working with you!!
kind regards

Nick Stubbings nstubbings@nhs.net
GP Forum Representative

Primary Care Educator Symposium

The next Primary Care Educator Symposium will be taking place via MS Teams on **Wednesday 6 October 2021 from 09.15 - 16:00** so please save the date.

The topic will be **Differential Attainment** and we will have a variety of speakers and workshops looking at how we can best support our trainees.

Further details and draft programme will be circulated shortly.



The Essential Knowledge Update 2021.2

The limping child: when to worry and when to refer
Advances in the diagnosis and management of GORD
The assessment of tremor
Recognising and explaining functional neurological disorder

[Essential Knowledge Update Programme](#)

AKT Assessment Dates 2021

	Booking period	AKT test date	Results published
AKT January 2022	01 - 03 Dec 2021	26 Jan 2022	18 Feb 2022 17:00
AKT April 2022	02 - 04 Mar 2022	27 Apr 2022	20 May 2022 17:00

Candidates needing additional time/reasonable adjustment, are required to sit in the pm session. **All dates and times may be subject to change**

Updates around these exams is available on the [main AKT page](#)

RCA Submission Dates 2021

	Apply via website	Deadline for submission	Assessment Period*	Results published*
Nov 2021	12 - 25 Oct	22 Nov 2021 13:00	24 Nov - 9 Dec 2021	17 Dec 2021 17:00

To all GP Trainees and Educators

In response to feedback, the college are making some adjustments to the RCA for the September diet onwards. In summary:

- Breast lumps will no longer be considered for the mandatory criteria of maternal and reproductive health unless specifically presented in the post-natal context.
- Clinical examination will no longer be a mandatory criterion
- Safety-netting will need to be 'appropriate' and 'realistic'.
- All submissions will be extended from **10mins to 12mins**.
- To support Trainers and Trainees, a document will be created for the training community illustrating the reflections of the examiners about what behaviours and topics do well and vice versa.
- The marking descriptors will be reviewed to ensure that they are still appropriate and if necessary, amendments will be proposed

These changes are all supported by the GMC and the Academy of Medical Royal Colleges. Official communications will be issued by the RCGP, and the changes are due to be published on the RCGP website.

Top tips to help you prepare for the RCA: Learning from past RCAs

Tips 1 to 7 were covered in the August Newsletter **Tips 8 to 14** will be covered in October

for the full article see RCGP Blog [Top tips to help you prepare for RCA: learning from past RCAs](#)

Top Tips to help your trainee prepare for the RCA: An Educator's Guide

Tips 1,2 and 10 to 17 were covered in August **Tips 3 to 9** will be covered in October

	Multiple factors to present	Some factors present	Complicating factors absent
High Clinical Challenge	Extremely challenging consultation - excellent opportunity to display capabilities but case likely to be hard to complete in 10 minutes.	Very challenging consultation - excellent opportunity to display capabilities.	Challenging consultation - good opportunity to display capabilities.
Moderate Clinical Challenge	Very challenging consultation - excellent opportunity to display capabilities.	Challenging consultation - good opportunity to display capabilities.	Moderate level of challenge in consultation - some opportunity to display capabilities.
Low Clinical Challenge	Challenging consultation - good opportunities to display capabilities.	Moderate level of challenge in consultation - some opportunity to display capabilities.	Low level of challenge in consultation - very limited opportunity to display capabilities (insufficient evidence).

for the full article see RCGP Blog [Top Tips to help your trainee prepare for the RCA: An Educator's Guide](#)

A unique offer to all educators and trainees in the East Midlands

The East Midlands Cancer Alliance is supporting the development of a Primary Care Cancer Training Academy. Its objectives are to improve knowledge, understanding and capability of earlier diagnosis of cancer from improving cancer screening uptake to developing pathways for diagnostics and imaging. All primary care patient facing staff would have the opportunity to access high quality learning resource. A particular focus will be working with trainees in general practice especially around quality improvement opportunities.

We are seeking interested clinicians as trainers and trainees to work with us to develop and deliver training. This would be an ideal fit for trainees who are seeking to extend the teaching experience and for trainers who are seeking to expand their own learning and teaching resources. Representatives from each of the constituent integrated care systems (Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire) are especially welcomed.

Prior experience is not required and all who take part will be offered mentoring by Director **Pawan Randev**, an experienced GP trainer and Cancer Lead. An initial, informal discussion is welcomed - **please email** pawan.randev@nhs.net

Compassion Fatigue

It's good to be reminded that none of us are immune to the impact of having empathy.

The BMJ has published an excellent article [How can I manage compassion fatigue?](#) by Abi Rimmer with some good tips from clinicians about awareness and prevention of compassion fatigue in self and others:

Dr Anjla Sharman
Associate Post-graduate Dean

The GP Career Support Hub

A new central information point on the Future NHS platform with resources to support GPs at all stages of their career from newly qualified doctors onwards

- career development options
- funding & support
- learning opportunities
- practical advice



I hope that you find this newsletter informative

Please send any ideas for future content

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

HEE is part of the NHS, and we work with partners to plan, recruit, educate and train the health workforce