

SOMERSET GP EDUCATION TRUST



Welcome to SGPET's summer newsletter. Our Education Trust has now been running for 9 years and has gradually expanded its work to be able to provide a larger variety of events over a wider area of Somerset. We continue to run our four-day flagship courses each year in Taunton and Yeovil and we hope that these, along with the regular programme of study days, will help participants keep up to date clinically and abreast of local developments. We know, however, that education and professional development is not all about learning about this new treatment or that new service, often the deepest learning comes when we talk about new information and day to day problems with peers and colleagues. More than any other education trust in Severn SGPET organises a wide series of discussion groups which allow this type of learning to take place, and these groups are described in more detail below. SGPET currently has 11 GPs in the team of educators and the sessions could not run without their support.

One of the major developments in our work in recent years has been in providing sessions for not just GPs - the programme for practice nurses and HCAs is the envy of many other education trusts and we have this year also started organising learning events for the increasing number of paramedics - Primary Care Practitioners (PCPs) now working in general practice. All this work means that in reality we are now a General Practice Education Trust and not just a General Practitioner Education Trust. This does not dilute our commitment and energy in supporting GPs with their learning and professional development but does reflect and support the changes that are taking place in almost every practice across Somerset.

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Bookings: The majority of SGPET sessions can now be booked on line, you do need to be registered first. SGPET would like to encourage multiprofessional learning and invites Somerset GP clinicians, Nurse Practitioners, Practice Nurses, Health Coaches, HCAs, Primary Care Practitioners and Pharmacists to attend any relevant sessions, if unsure please contact SGPET.

Monthly Discussion Groups

Bridgwater Bay Education Group (BONES) - Blackmore Farm, Nr Bridgwater held on 2nd Wednesday at 19.30 - Dr Tony Wright, Polden Medical Centre

This group has been running for over 20 years and recent speakers have covered Maternal Medicine, Common Eye Complaints, Orthopaedics, Angina and coming up Eating Disorders in adults, Dermoscopy and Old Age Psychiatry. New attendees always welcome.

First 5 Discussion Groups.

Mendip "First 5" GP Discussion Group



The Fountain Inn, Wells at 19.30 held on 2nd Thursday - *Dr Sam Rainsbury, Glastonbury Surgery.*

This is a new addition to the support network available to new GPs and GP trainees (ST3s). Our premise is to provide a platform where we can all talk about any tough times we may have had over the past month and worries pending in the future, and to provide education in a small group atmosphere where we all chat about common clinical difficulties we might encounter. Since starting we have explored many tricky topics ranging from Palliative Care Emergencies to the Menopause. The group aims to support everyone through appraisal, as well as improving resilience. There is always plenty of time to talk about any difficult scenarios we may have faced that month whether in work or personally. The group is extremely supportive and provides a confidential space to troubleshoot and air concerns or frustrations.

We meet at the Fountain Inn which serves excellent food : a meal is included when you come to the meetings. If you want to find out more, please do get in touch via SGPET or book a place online to come along. We tend to run on the second Thursday of every month, except in the Summer. This is a great way of developing a support group in the fairly rocky world of First5 GP and we hope to see you at the next meeting on 14th September. To encourage numbers this meeting will be opened up to include any clinician new to general practice.

Monthly Discussion Groups

Taunton “First 5” GP Discussion Group - The Hankridge Arms, Taunton at 19.30 held on the last Tuesday - *Dr Tim Horlock, East Quay Medical Centre*. Tim writes:

“I really enjoy these meetings, we have an open and honest culture in the group which facilitates group learning and helps participants feel free to discuss anything. They are probably the most useful events I attend through the year in terms of day to day impact.”

Yeovil “First 5” GP Discussion Group - The Brewers Arms, South Petherton at 19.30 held on the 1st Monday - *Dr Martha Manning, Wincanton Health Centre*

This group started in September 2013 and continues to support new GPs through meetings with guest speakers and group discussions. To encourage numbers our next meeting on 4th September will be opened up to include any clinician new to general practice. If you would like to attend and need more information, please book online or contact SGPET.

Lord Poulett GP Discussion Group, Lord Poulett, Hinton-St-George at 19.00 held on the 1st Tuesday - *Dr Martyn Hughes, Springmead Surgery*

Want to ask a group of GPs for their advice about how to manage a difficult clinical problem, sort out a professional challenge, have a chat about the state of things or just listen and help others with their problems? Then this is the meeting for you. There are no outside experts because GPs themselves know most of the answers, and getting help from, and giving help to, peers is often the best type of learning activity. All this and a great evening in an old Somerset village pub.

Sessional/Locum GP Discussion Group, The Hankridge Arms, Taunton at 19.00 held on last Thursday - *Dr Hilary Allen, Sessional/Locum GP*.

We are a supportive group of mixed ages who enjoy spending an evening together most 4th Thursdays of the month in Taunton. We formed this group to address the often isolated role of locums and salaried GPs and to match our own learning needs with appropriate study. Our programme is driven by the group and covers clinical topics, mandatory training and peer learning activities (study feedback, NICE reviews, journal club, complaints reviews etc). This autumn, we have Child Protection (level 3), BLS update and GMC matters. Book early to avoid disappointment. New members are most welcome.

South Somerset GP Education Group, Lanes Hotel, West Coker at 19.30 held on the 3rd Thursday - *Dr Andy Eaton, Sessional/Locum GP*

This group has been running for several years and thanks to some great suggestions from those attending, has enabled members to update and refresh themselves on both bread and butter GP stuff (how to manage urinary incontinence, differentiating epilepsy from non epileptic attacks) and also more specific problems encountered in general practice, such as how to not miss a skin cancer without using a dermatoscope, and all those fiddly things to do with anaemia including what we really should do with that low B12 result, and when to measure transferrin saturation in iron deficiency, to name but a few.

Everyone is welcome to attend, if you haven't come before do consider giving it a go as we have had a good mix of professionals attending recently, including GPs in all their varieties (principals, salaried, locums and trainees) and also nurses, nurse practitioners, health coaches and others.

We try to create an atmosphere where everyone feels able to contribute, gain from the sessions and there are no silly questions to ask of the speaker – you can guarantee someone else in the room (including me) is probably thinking the same. We get good feedback on the venue and there is a nice meal to help you recharge after a busy day. If there are any topics you would like to see on the list please do let us know.

Taunton Education Evening, The Hankridge Arms, Taunton at 19.00 held alternate months on the 1st Wednesday - *Dr Tim Horlock, East Quay Medical Centre*

In the last 12 months we have run evening meetings with speakers at the Hankridge arms every second month. They have been varied and well received, offering a great chance to meet local consultants, ask questions about your patients and to learn lessons specifically tailored to help you in general practice. Amongst others we have a rescheduled Paediatric session with Dr Mann coming up. If you would like to see something covered then just let us know and we will see what we can do. We hope to see you soon.

Monthly Discussion Groups

Wells GP Discussion Group - The Fountain Inn, Wells at 19.30 held on the 1st Wednesday - *Dr Ulrike Naumann, Vine Surgery*

Wells discussion group is a smallish group predominantly made up of GPs from surrounding practices who enjoy an interactive presentation and/or topic based group discussion. Ideas for speakers and subject matters always welcome. Our meetings tend to be fairly informal with an emphasis on debate and a lively exchange of ideas, experiences and concerns – no question too ‘silly’ or insignificant! SGPET has very kindly acquired a very snazzy projector for our use. Peer support is a very important aspect of our meetings. In line with the ever evolving change/mix of primary care practitioners and clinicians we would warmly welcome colleagues with a nursing and medical background as well as allied practitioners e.g. ECPs, health connectors, counsellors etc. to enrich our conversations and share learning experiences. Please don’t hesitate to contact me if you’d like to find out more.

Wells Medical Club -The Fountain Inn, Wells at 19.30 held on the 3rd Thursday - *Dr Tony Wright, Polden Medical Centre*

Another long standing SGPET meeting, with consultants and specialists updating the group on current topics. Coming up Pulmonary Embolism, Talking Therapies and Dermoscopy.

West Somerset GP Discussion Group - The Carew Arms, Crowcombe at 19.00 held on 4th Wednesday - *Dr Elisabeth Gillies, Irnham Lodge, Minehead*

When in London I attended a sessional doctors group, set up by Dr Thelma Thomas, who had recognised that sessional GPs and others were potentially very isolated. We had recently retired partners, newly trained GPs, flexible working doctors/retainers/locums and salaried GPs, as well as doctors planning to become partners and others who were returning from maternity leave. When I arrived in Somerset I struggled to find anything equivalent, and with the help of Martyn Hughes and Tony Wright we set up a group intended to encourage the long view with a group who were always ‘can do’.

We now have a thriving group, meeting at the Carew Arms in Crowcombe. Some people like to come regularly, others like to dip in and out when something is timetabled that appeals. We have journal clubs, updating on NICE guidance, presentations by consultants/specialist nurses/specialist physios, and conversations with allied healthcare professionals accompanying consultants who come in to meet us to let us know what they are doing, which helps breaking down barriers between the hospital and community. We facilitate local palliative care meetings for St Margaret’s to which staff of local care homes are invited and we’ve also produced podcasts.

The BMJ often mentions the link between resilience and being involved in continuing education. The scope of activities of opportunities in Somerset is now awesome and the value for money in the scope of activities on offer is broad and varied. What I love about the SGPET is that it never stays still and is always looking at ways to improve, evolve and stay relevant. I recommend getting involved, we want your suggestions and ideas.

West Somerset GP Discussion Group and Primary Care Practitioners (PCPs) - *Dr Bridget Carne, Irnham Lodge, Minehead.*

“I have only recently been involved as a facilitator for SGPET though I have been attending sessions for many years. As well as various brilliant education evenings, Fresh Looks and study days, I had become a frequent attendee at the West Somerset discussion group. We are friendly, informal and usually have a bit of a laugh. I had found the group not only educational but also supportive and even therapeutic. Lizzie Gillies and I now run it together.

Primary Care Practitioners (PCPs)



Meanwhile I have been involved in getting our paramedics (PCPs) up and running in practice and become very passionate about developing their skills and finding ways to support this growing group of practitioners in taking on a primary care practitioner (PCP) role. SGPET has run two very successful morning sessions for PCPs on dermatology and antibiotic prescribing. We look forward to welcoming more paramedics to our various sessions and producing more sessions tailored specifically to PCPs.”

SGPET Updates / Study Days

Fresh Looks The ever popular 4 day GP Update, which runs from 27-30 November this year at Musgrove Park Academy.

Yeovil GP Update: This four day update is held in June every year at the Academy, YDH and was very successful this year. Next year it will be held 11-14 June 2018

Costs: Free to SGPET members, non-members £320 for 4 days or £80 a day.

Forthcoming Study Days

27 September - Respiratory, Dillington House
17 October - Diabetes, plus half day update for HCAs, Taunton Racecourse
8 November - Hypertension (half day / details to be confirmed)

Costs for study days: Free to SGPET members, non-members £110

Attendance: These are multiprofessional updates for GPs, Nurse Practitioners, Practice Nurses, HCAs, PCPs and Health Coaches where appropriate.



Practice Nurse / HCA education

SGPET has an excellent nurse education programme which has grown significantly over the years. In 2016 260 Nurses/HCAs attended between them 840 training sessions, 60 individual sessions and meetings were held.

The programme is designed to meet the different needs of HCAs, Practice Nurses and Advanced Nurse Practitioners and this year we have arranged 56 sessions. New for 2017 is HCA Ear Care 2 day course, and sessions on Rheumatology and Atrial Fibrillation. The programme is continually being developed to meet the needs of the current workforce. The training can be accessed via the website which has an on line booking system. The website also offers guidance including PGD information and revalidation support.

A fortnightly update is sent to all Somerset Practice Managers, Lead and Practice Nurses, informing them of the upcoming sessions. Also a bulletin board is included with any other important updates or information, often directing them to the website.

The programme is invaluable to nurses as it provides updated and relevant information and supports CPD required for revalidation. It also contains chronic disease education which includes a Respiratory Network which meets in both the South and North of the County. This not only provides nurses with updates but is often used to discuss difficult cases. The Nurse Programme also allows networking which is important in our rural county.

Lead Nurse Meetings

The SGPET holds Lead Nurse evening meetings four times a year in both the North (Street) and South (Taunton) of the County. These meetings are very popular as they consist of a light supper, speaker (Specialist Nurse or subject) and then discussion time. During the discussion time we hand out an Information Leaflet highlighting news and updates and an 'open forum' which nurses can discuss problems and new ways of working. This meeting offers networking and support from colleagues which is vital for retaining nurses within Primary Care.

Recently at the June meeting we had a Specialist Nurse from Royal Devon and Exeter Hospital speak about Chronic Kidney Disease. The content of the talk was informative and relevant to primary care. We welcome all Lead nurses or nurses on behalf of the Lead nurse. We would like to increase attendance, and ask nurses to support these valuable meetings.

Please contact Paula Messenger or Claire Winchester via SGPET for further information.

Membership / Pharma Support

Membership has remained at £150 per GP, if all GPs in a Practice join then other members of staff can attend appropriate SGPET sessions for free. Currently 59 practices are full members with nearly 400 GP members. If you are a member you can join any of the SGPET session, if appropriate, we do ask you to remember to book your place. Non-members can still attend all SGPET sessions for the appropriate fee, published on the website.

It was discussed at the AGM in January about the changing workforce and that SGPET will need to look at the membership structure for the future, further details will be shared once agreed.

In 2016/17 significant pharmaceutical support was raised for SGPET covering study days and evening meetings - SGPET would not be able to run all the sessions without their support.

Somerset Community Education Provider (SCEPN)



You may have seen or heard of SCPEN but do you know what it is?

Community Education Provider Networks are being set up right across the South-West on the directions of Health Education England. Their job is to help improve the capabilities and capacity of the workforce in primary and community care through increased education and training opportunities for individuals and teams across professional and organisational boundaries.

Somerset CEPN will achieve these and other initiatives by working with all relevant providers of education. Recognising Somerset GP Education Trust's (SGPET) work as the major provider of education activities for practice nurses and GPs in Somerset, Health Education England has awarded SGPET funding for 2016/17 and 2017/18 so the SCEPN will be based at SGPET and be receiving administration and organisational services from SGPET.

We believe Somerset CEPN can use education as a real lever for change and help the existing primary care and community care workforce feel more confident and capable and help develop the new style of workforce that is necessary to meet the demands and challenges we face.

And Finally, some great feedback - thank you

Head and Neck Study day "Brilliant day. All the speakers were really well prepared and helpful. Great day, informative and useful." "Really useful day - GPVTS needs more days like this to allow knowledge update from specialists - really valuable."

Mental Health Study day "Passionate and enthusiastic about the subject", "Very good, kept awake when I'd usually doze off, didn't look at my watch. Very helpful, practical."

Evening meetings "Good appropriate content. Friendly/interactive meeting". "Interesting, Informative, Coherent". "Very relaxed and interactive session, everyone contributed, Speaker answered everyone's questions very clearly and thoroughly, Liked the cases at the end".



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