

12/2019

Primary Health Care  
<http://www.bristol.ac.uk/primaryhealthcare>



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## Teaching Newsletter

Bristol Medical School, 1st Floor, 5 Tyndall Avenue, Bristol, BS8 1UD  
Tel: 0117 42 82987  
phc-teaching@bristol.ac.uk



**Still looking for Christmas presents?** Maybe a **fun game** for the whole family? Check out Lizzie Grove's suggestions on **P4**

### Do you have 2020 Vision?

**MB21 Year 4** coming on stream in **September 2020**. We are doubling student time in GP in Year 4. For detailed information and how to get involved, don't miss our Year 4 roadshows. We will send out dates and venues in mid December and place them on the workshop page on our website

<http://www.bristol.ac.uk/primaryhealthcare/teaching/workshops/>



### Teaching

In a recent survey, 20% of our Bristol students felt that the course had not prepared them well for the **Prescribing Safety Assessment (PSA)**. General Practice is a great place for students to extend and consolidate their prescribing skills. Please check out tips on teaching prescribing from the 2019 Year 5 GP Teacher workshop on **P2**

### Clinical practice

We all know about safety netting our consultations, but how safe is our safety netting? To find out, read local researcher and GP Peter Edwards' paper here

<http://www.bristol.ac.uk/primaryhealthcare/news/2019/safety-netting---edwards.html>

### Research

Do you have great ideas for Primary Care research but lack the time and skill to look for answers? If you would like to learn more about Primary Care research and help formulate research questions, please check out **PACT** on **P3**

Do you have an interest in the use of **digital tools in Primary Care**? Why not take part in a research study, read more on **P3**

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### Teaching prescribing in General Practice

Did you know that our medical students must sit (and pass) and national prescribing exam (PSA) before they can graduate from Bristol medical school? Twenty percent of our students feel that they are underprepared for this exam and that they don't get much prescribing teaching. The good news is, they feel that general practice is a good place to learn about medications.

#### Top-tips for teaching prescribing

**Drug of the day** – find a common drug, get the students to practice prescribing it, think about side effects and monitoring

**Review patients drug list or medication requests** – are there any medications the student doesn't know, get them to keep a record of drugs that are new to them

**Medication quiz** – Read out some common medications and get the students to think about the indications, common dose, side effects and monitoring

#### Useful resources:

Please click here for more information about the PSA exam <http://bristol.cfme.org.uk/tel-guidance/psa/>

The students have access to a 'Bristol formulary' – The top 100 medications the University feels the students should know about – why not ask your student to print this out and tick off medications as they're covered.

### Why not create a prescribing quiz for your students? From Lizzie Grove

Here is a simple free online app **KAHOOT** - <https://kahoot.com/>

- Easy online platform to create group quizzes (for students or the family)
- The quizzes are free and easy to create
- You answer anonymously using your phone
- Scores are generated based on the correct answer and how quickly you respond

You could also create a **Christmas quiz for the whole family.....**

### Christmas cards for patients from your students

Why not get your students to write Christmas cards to say thank you to the patients who have participated in their teaching? The patients love it and it might make it easier to involve them again in future! Some feedback from one of my patients who had helped with year 1 students last winter:



*'A great surprise to get the lovely card and Christmas wishes from Sophie and Mo who had come to see me at home to learn about my life looking after my husband with his dementia. Such nice sentiments. I was delighted to hear that they had found it useful.'*

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**Do you have great ideas how to improve patient care but no time to take them further or don't know where to start?**

### **PACT could be the answer**

From **Polly Duncan** GP and NIHR In-Practice Senior Clinical Research Fellow, [Bristol Medical School \(PHS\)](#)

**PACT** stands for the **Primary Care Academic CollaboraTive** – a UK-wide network of enthusiastic primary care health professionals that collectively design and take part in well thought out research that seeks to improve patient care.

We are in the early stages of setting up PACT and are hoping to launch our first PACT project in January 2020. We have set up a PACT committee made up of ten GP trainees and qualified GPs dotted around the UK and have been working closely with our PACT senior advisory group comprising senior academics, a Clinical Research Network representative and a deanery representative.

As things evolve, we will be asking PACT members to submit ideas for research projects. The best research ideas will be supported by PACT and worked up into high impact research projects. We will do this by linking people up with local academics and funding opportunities, and by advertising the project to PACT members, who will help with collecting data.

Polly Duncan and Ian Bennett-Britton (PACT committee members and early career GPs and researchers in Bristol) have put together a PACT explainer video: [youtu.be/4m70mFA2sTI](https://youtu.be/4m70mFA2sTI).

For more information about PACT and to become a PACT member, please visit our website: <http://sites.google.com/nihr.ac.uk/pact/>

### **Study title: Understanding the use of digital tools and interventions for patients in primary care**

I am part of a team running a study aiming to understand the use of digital tools and interventions for patients in primary care. We are looking to talk to interview primary healthcare professionals in the UK who currently use, or have used in the past, digital healthcare tools for patients in their practice. The interview will take place over the phone and will last approximately 30-60 minutes, paid at a rate of £70 p/h.

#### **Who can take part?**

We are inviting healthcare professionals working in the NHS who currently use, or have used in the past, digital healthcare tools for patients in their practice.

#### **About the researchers:**

We are part of a multi-disciplinary team funded by the GW4 Alliance. Our team is made up of primary care researchers from the University of Bath, University of Bristol, University of Worcester and University of Exeter.

**Got any questions?** please don't hesitate to contact the research team.

**Dr. Ben Ainsworth:** [b.ainsworth@bath.ac.uk](mailto:b.ainsworth@bath.ac.uk); 01225 383 114

**Dr. Charlotte Dack:** [c.n.dack@bath.ac.uk](mailto:c.n.dack@bath.ac.uk); 01225 383 658

**Interested in taking part?** If you would like to sign up to the study, please contact:

**Miss Jiedi Lei:** [j.lei@bath.ac.uk](mailto:j.lei@bath.ac.uk)

Once you have signed up - we will send you the online questionnaire to complete, and schedule a phone interview with you at a time that is convenient for you.

***Please circulate this to all doctors and allied health professionals in your team***

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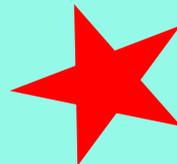
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### Lizzie Grove's fun games for a Christmas family gathering

#### Corks

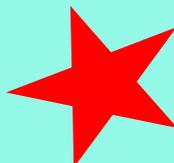


A family favorite for a big gathering (a fun version of the classic card game spoons)  
Fast paced game  
Suitable for all ages (from 3+) and for up to 14 players



#### Pandemic

Our favorite game and great as a gift for people that love strategy games  
This is a collaborative game where you work together to save the world from deadly virus outbreak  
Requires a bit of concentration so one for boxing day rather than after Christmas dinner



#### Dobble – Stocking filler

A quick snap-like game  
Suitable for age 5+ and good quick fun for all the family

