

# Teaching Newsletter

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## Please welcome our new **GP lead for the South Bristol Academy Claire Pugh**

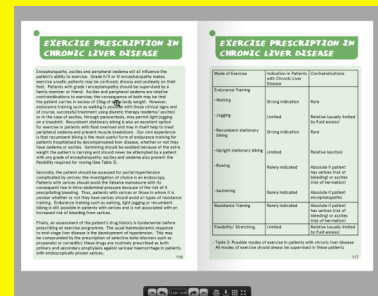
'I grew up and went to school in Bristol and moved back this year taking over from Sarah Jahfar as the South Bristol academy GP lead in August. It has been lovely coming back to my roots and being surrounded by the Bristolian lilt, a change from the Scouse and Manc I had been used to previously. I studied at Liverpool Medical School and then at the tropical school so actually I am very fond of a Scouse accent! My teaching background is from Manchester. For four years I was a partner near there, a GP Trainer and educator for the North Manchester Deanery. I was involved in medical student teaching and studied for a PGCE. It has been a big change learning about the curriculum at Bristol medical school and I've really enjoyed being involved in teaching and examining the students in the South Bristol academy. I am currently working as a locum which has been a good way to get to know Bristol again. If anyone is interested in more teaching or has any questions over the general practice teaching please get in contact. I am always happy to come and visit the practice to discuss it further.

## Teaching students about 'Exercise prescription'

This teaching resource has been written by 16 consultants and edited by Dr Patrick O'Halloran and Dr Gurjit Bhogal. Dr O'Halloran is a GP Registrar in Bath and Dr. Bhogal is training in sport and exercise medicine. It is in a downloadable electronic format and is for free distribution to medical students, tutors and anyone else interested in reading or using it.

<http://www.fsem.ac.uk/training-education/exercise-prescription-booklet.aspx>

It addresses exercise options for different conditions, for example the page shown here deals with exercise and liver disease. Please take a look. Let us know how useful you find it for teaching



## DATE FOR YOUR DIARY

**Severn Faculty RCGP Gala Dinner Friday 12 June 2015**  
Clifton Pavilion at Bristol Zoo Gardens, College Road, Clifton, Bristol, BS8 3HH  
**Sarah Wollaston 'Politics and Health: A GP in Westminster'**

Dr Sarah Wollaston will be giving this year's Gale lecture. Sarah completed her GP training in Brentry, Bristol, is currently the MP for Totnes and chairs the Health Select Committee. Come and hear Sarah explore her role as a GP and politician in tackling the challenges faced by the NHS and General Practice.

A good opportunity to meet other GPs or why not book a table for your practice? Your ticket includes a free viewing of Bristol Zoo outdoor enclosures and gardens from 18:00-19:30. The evening will continue with a Reception drink and a Three Course Dinner with drinks and coffee from 19:30. It promises to be a delightful evening. More information and booking details at

<http://www.rcgp.org.uk/professional-development/wales-and-south-west-england/severn-faculty/severn-faculty-rcgp-gala-dinner-2015.aspx>

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- ⇒ Teach your students how not to miss 'Sepsis'
- ⇒ Creating a 'teaching log'
- ⇒ 'BOF' question writing workshop



### Sepsis—what to teach our students? By Alison Tavaré

Each year over 37,000 people in the UK die of sepsis, more than die of lung Ca(30,000), bowel Ca (13,000) or breast Ca (10,000). A recent Ombudsman's report 'Time to Act' has recognised this significant mortality by recommending raising awareness, and improving the diagnosis and management of sepsis. In September 2014 NHS England issued a level 2 alert to all NHS chief executives and Regional medical directors making sepsis a clinical priority.

**Severe sepsis**, or septicaemia as it used to be known, can be difficult to diagnose. There can be a raised temperature and a raised white cell count; however there may be immune paralysis with a low temperature and a low white cell count.

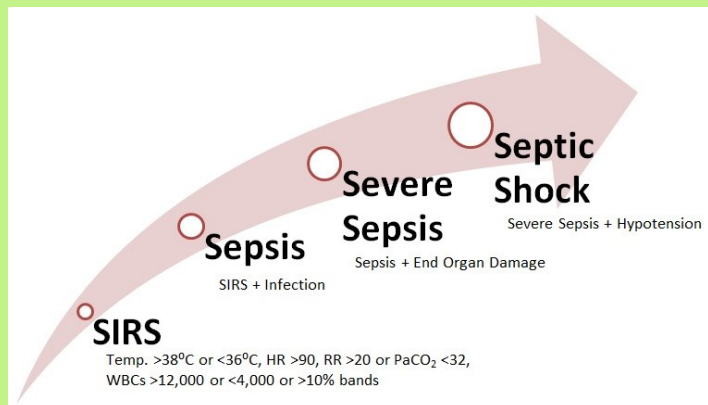
Localised infection causes no disturbance of physiological measures but there can be a systemic inflammatory response—**SIRs**, resulting in tachycardia, tachypnoea, and temperature above 38 or below 36. The challenge is to identify from this group who may progress to severe sepsis when there is additional organ dysfunction.

In hospital lactate levels are useful, but point of care tests which could help decision making in primary care, have not yet been determined. There is evidence that prompt treatment reduces mortality.

My personal interest started when I had severe sepsis after surgery. Initially I was reluctant to talk about the experience, but since 2012 I have been involved in raising awareness of sepsis; not only in Bristol but attending the Houses of Parliament and being interviewed on BBC Breakfast TV. NICE have been commissioned to develop Guidelines and I have been appointed to this group.

The NICE guidelines will be published in summer 2016 but in the interim the UK Sepsis Trust along with the RCGP, have produced clinical toolkits.

<http://sepsistrust.org/info-for-professionals/clinical-toolkits/>



### Electronic teaching logs

For those of you who are interested, there is a free online electronic teaching log for the Severn Deanery available at **T-Log.co.uk**. This is accessible on smart phones, tablets or computers. You can record all your teaching activities and produce a certificate and report for appraisal purposes. The plan is that next year you will be able to collect feedback on your teaching electronically through this site.

### Question writing workshop 12th February 2015 12-2pm

Seminar room 3, 1st Floor, Learning and Research building, Southmead Hospital, Bristol  
We need to extend the exam question bank for Year 3 exams. This workshop is an opportunity to learn more about assessment and how to write exam questions in the 'best of five' or 'BOF' format. You could log this as CPD activity as inevitable you will be reviewing the topic of the questions you are trying to write. If you are interested, please email Elaine Moroz, Junior Medicine & Surgery Unit Administrator [Elaine.Moroz@bristol.ac.uk](mailto:Elaine.Moroz@bristol.ac.uk). Further information will be sent in the week before the workshop.