

5/2016

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



Teaching Newsletter

Canynge Hall, 39 Whatley Rd, BS8 2PS Tel 0117 33 14546
phc-teaching@bristol.ac.uk

Recruiting teaching practices for 2016-17

We have now emailed practices inviting them to teach in 2016-17. If you haven't had this info or are interested in a year that you have not taught before, please do contact us on phc-teaching@bristol.ac.uk and we will send you the relevant information.

DATES FOR YOUR DIARY

MB21 CURRICULUM EVENT 28TH JUNE 6-9PM

Engineers' Hse, Clifton, Bristol

Come and find out how MB21, Bristol's new undergraduate curriculum is shaping up. Your input to planning Primary Care teaching is essential. Hot food from 6pm, programme at 7pm. To book your place, please email phc-teaching@bristol.ac.uk

GP TEACHER WORKSHOPS FOR 2016-17

All workshops will be at the Engineers' Hse, Clifton, Bristol.

To book, please email phc-teaching@bristol.ac.uk

Year 1	20.9.16
Year 2&3	11.10.16
Year 4	1.11.16
Year 5	1.12.16



Step up and teach: educating tomorrow's doctors today

0.2 FTE Appointment as GP Engagement Lead

Exciting times in GP education. The new Bristol curriculum (MB 21) looks set to see a major increase in teaching and learning in the community. GPs will be at the forefront of this initiative. We have lots of challenges ahead in terms of capacity, funding, teaching spaces etc. Meeting this challenge we are creating a two session post with key responsibility for GP teacher and practice engagement. The successful applicant will be a GP, have qualifications in medical education and experience in complex project management. Going to press the job description has yet to be finalised but if you are interested please email phc-teaching@bristol.ac.uk for details. Closing date: Friday 10th June, interviews 2 weeks later.

Ingredients for Health!

Interested in developing skills in talking about food with patients in consultation?

We GPs and Practice Nurses are regularly asked to provide patients with advice on diet for primary and secondary prevention. These are conversations for which we are not well trained. As an aid to such conversations a team of medical students is creating a visual display of different wholefoods (grains, nuts, spices etc.) These products are offered alongside "scripts" for their introduction into routine primary care consultations – with a target conversation duration of 2-3 minutes.

We are looking for 7 health professionals (GPs or nurses) in regular practice, who are perhaps frustrated by their current ability to engage patients on nutrition, and who would be available for training in the use of the "Ingredients for Health" package.

The training comprises a free three hour seminar **from 4pm – 7pm on Thursday 21st of July 2016** at Wellspring Healthy Living Centre, Barton Hill, Bristol. Introduction to the concept, training in the "scripts" and a fun session cooking with the actual ingredients.

To find out more email Dr Trevor Thompson trevor.thompson@bristol.ac.uk – a brief statement of the reasons for your interest would be helpful.

Practice tip from Dr. Sam Sumathipala on page 2

'Whole person medicine for 21st century' talk on page 3

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Patient safety

We are all used to discussing significant events and developing strategies or behaviours to prevent them happening again. Addressing SEAs improves patient care but SEA meetings tend to be relatively infrequent. How could we fit more of this learning into our daily practice when we are already overstretched? Read on how Dr Sumathipala tried the concept of 'PULSE' in his practice

Practice tip from Dr. San Sumathipala, Gloucester



- P** Reflect on **planned** activity (expected things)
- U** Reflect on **unplanned** activity (unexpected things)
- L** What are the **learning** points (the reflection)
- S** **Sharing** the learning points in to make improvements (sharing a strategy)
- E** **Encourage and Evaluate**
Encouragement to undertake the improvements and then evaluate them
(i.e. start the PULSE cycle again)

Checking your **PULSE** and / or checking the **PULSE of the practice** is an attempt to continually reflect on what has happened and harness learning points that will hopefully improve the next part of the day or duty. It also acknowledges that encouragement might be needed by the individual or the team to undertake the task at hand and not to ignore words of inspiration and support.

We look for any issues from Planned activity and any issues from Unplanned activity. We then look for learning points when reflecting on those issues. Those learning points will be used to form a strategy to manage the next task or next part of the day. We look to see what encouragement is required to realise that strategy.

Using PULSE will hopefully allow for focused, short but positive interactions as and when required with colleagues (we have them before morning clinics, at midday and in the evening and each lasts about 5minutes maximum), where every participant is using the same framework for reflection / learning and where a shared strategy is realised with whatever appropriate encouragement is required.

Example 1: As part of a planned activity I am aware that the majority of home visit requests are received by reception staff who place them on the home visit list. Doctors look at this list once morning surgery is completed. Recently a national alert came through about patients not being contacted appropriately or given timely advice on how to manage their health concern whilst awaiting a doctor's visit. Having reflected on this, the learning point is that the request for a home should be triaged by a doctor and not left until the end of morning surgery. We have shared this learning at a practice meeting and the duty doctor now triages home visit requests. We encouraged each other that this was a patient safety issue requiring action and will evaluate this change in practice.

Example 2: I attended an education event about contraception and learned about the use of IUD as emergency contraception. I will share this learning with my GP colleagues and will be looking for encouragement to change our practice, followed by evaluation.

Wouldn't it be great to role model this for your students?

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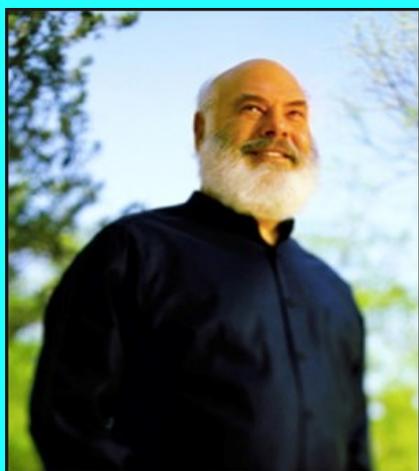
**STOP PRESS - WE HAVE JUST HEARD THAT THE EVENT IS
NOW SOLD OUT BUT THAT THE
ORGANISERS HAVE STARTED A WAITING LIST**

Penny Brohn UK and partners invite you to an evening talk with

Dr Andrew Weil MD

Integrative Medicine: Whole Person Medicine for the 21st Century

7.30-9.00pm Tuesday 7th June 2016,
University of Bristol School of Chemistry,
Cantock's Close, Bristol BS8 1TS



Is the current healthcare crisis going to be solved by more hospitals, drugs and surgery, or by changing our approach?

Are doctors taught enough about nutrition and other life-style approaches to treating illness?

How can conventional and complementary medicine work together to support health and wellbeing?

Should physical and psychological complaints be managed by different specialists and unconnected treatment ap-

proaches?

How can people become equal partners in their own healthcare team?

How can we ensure medicine is delivered in a way which values people as much as protocols?

These and many other questions will be addressed in a fascinating discussion with Dr Weil, Director of the Arizona Centre for Integrative Medicine, Clinical Professor of Medicine and Professor of Public Health at the University of Arizona, and a world-renowned leader and pioneer in the field of integrative medicine.

This talk is for anyone interested in how broader views of wellbeing and disease could lead to better and more sustainable health and healthcare.

Integrative Medicine is a healing-orientated approach to healthcare, which encompasses body, mind, and spirit, transforming health care to incorporate a range of different healthcare approaches, including nutrition, physical activity, psychological and spiritual interventions as well as biomedicine and complementary therapies, to prevent and treat disease, and improve health and wellbeing.

The event is free but there will be a retiring collection in aid of Penny Brohn UK.

To book your place, go to: <http://bristolgreencapital.org/events/integrative-medicine-whole-person-medicine-for-the-21st-century/>