

8/2020

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



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Teaching Newsletter

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Congratulations

to the 2019-20 winners of Primary Care Teaching Prizes

GP Teacher Prizes

GP Teachers are nominated for prizes by their students

Year 4

Dr. Tim Coulson of Downend Health Group, Bristol
Dr. Simon Cleave of Lovemead Group Practice, Trowbridge

Year 5

Dr. Rosie Floyd of Kingswood Health Centre
Dr. Harry Smallwood of Taunton Road Medical Centre

GP Practice Prizes

Practices are nominated by their GP academy lead, GP year leads and the Primary Care admin team

Bath: **St. Michael's Partnership**
Gloucestershire: **Bartongate Surgery**
North Bristol: **The Fishponds Family Practice**
South Bristol: **St. Augustine's Medical Practice**
North Somerset: **Chew Medical Practice**
Somerset: **College Way Surgery**
Swindon: **Hawthorn Medical Centre**

Practice prize winners receive a letter and a certificate. Individual GP prize winners would normally be honoured at the Promise Ceremony at Graduation in July. Due to Covid an alternative will be considered.

Primary Care teaching during the pandemic in 2020-21

Due to social distancing and other infection control measures it has become more difficult to arrange clinical placements for medical students. The medical school therefore decided to prioritise students in the later years. In Primary Care we took the difficult decision to deliver Year 3 entirely online for the first half of the academic year, to ensure adequate clinical experience for students in years 4 and 5. We are very grateful to all our GP teachers who are embracing online remote teaching and making space in their practices for our year 4 and 5 students.

A big Thank You for your ongoing support from your Primary Care team



On page 2 You can read brilliant student quotes for the GP Prize winners

On page 3 **Year 4 GP Teacher Workshop 12th August 8-9pm**

Covid, remote consulting and safeguarding—RCGP tips, Does remote consulting save time? Newly qualified students in the frontline

On page 4 **Beach reads for your summer hols**

Year 4 Dr. Simon Cleave

Dr Cleave's knowledge of medicine and ability to impart it is incredible. His one to one tutorials have been the best and most useful teaching sessions I've had during the entirety of my medical school. Furthermore, observing his consultations, especially those relating to emotional situations, was genuinely inspiring. His reassuring and ultimately kind attitude towards everyone has given him a shining reputation amongst both his patients and colleagues.

Year 4 Dr. Tim Coulson

Gave us lots of opportunities to see own patients and gave us individual feedbacks. Able to get all the hands-on experiences! Get to do everything ourselves, being treated like a real doctor. Good feedback on performance.

Year 5 Dr. Smallwood

Dr Smallwood was an exceptional teacher - he went out of his way to ensure we were able to get the most out of this experience as possible. He empowered us to take charge of our own surgeries and always took time out of his own to ensure we felt comfortable and fully understood the management of each patient. I am incredibly grateful for his time and patience, I feel much better prepared going into f1 and that is down to the confidence he has installed in me and my ability as a future doctor. Thank you!

**Year 5 Dr. Rosie Floyd**

Dr Floyd has been one of the best teachers I have had the pleasure of meeting during my stay at Bristol medical school. She was always happy to get me involved in patient care and in talking with patients. Dr Floyd helped improve and critique my consultation skills in a clear and friendly manner. I did not feel embarrassed or harshly criticised and I felt that the discussion was extremely useful for my improvement as a doctor.

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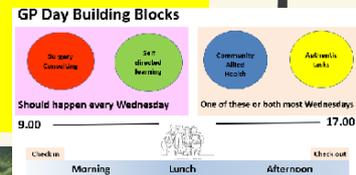
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MB21 Year 4 GP Teacher Workshop 12th August 8-9pm

This workshop is the fourth one in our series of workshops to help you implement the new year 4 in your practice. We will look specifically at engaging your students and fostering a sense of belonging, remote consulting for students, how to link 'OUT' students with real time practice consultations and timetables. This workshop will be recorded.

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



Newly qualified Bristol doctors helping with the Covid crisis

In case you missed it, here is a BBC news item from the end of June about two Bristol students who graduated early on the 1st April and went to help out at the height of the Covid crisis. How did they feel?

<https://www.bbc.co.uk/news/uk-england-bristol-53225618>

Does remote consulting save time?

The answer to this question was modelled by Prof. Chris Salisbury and his team for a paper pre Covid. Read their blog here

<https://capcbristol.blogs.bristol.ac.uk/2020/06/23/phone-video-and-online-consultations-will-covid-19-change-general-practice-for-ever/>

And access the publication here <https://www.jmir.org/2020/6/e18203/>

RCGP Covid-19 and Safeguarding

How to ask safeguarding questions safely in a remote consultation. Read this specific practical advice

https://elearning.rcgp.org.uk/pluginfile.php/148868/mod_page/content/20/COVID-19%20and%20Safeguarding%20%286%29.pdf

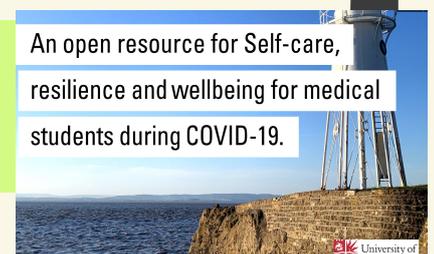
RCGP Essential information for GPs about COVID-19, from symptoms to diagnosis to protecting practice staff, updated 26th June

<https://elearning.rcgp.org.uk/mod/page/view.php?id=10550#RCGP>

Wellbeing for students Juliet Brown's collated resources

<https://sway.office.com/TQ8cWxFwbmX89Enu?ref=email>

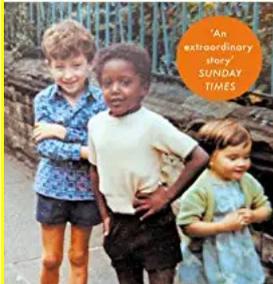
An open resource for Self-care, resilience and wellbeing for medical students during COVID-19.



Lemn Sissay

My Name Is Why

A MEMOIR



From **Alison Capey**, Primary Care Senior Teaching Administrator

My name is why is by **Lemn Sissay**. It's the story of a mixed race baby who was abandoned shortly after his birth and was brought up in the care of the local authority. It's both deeply frustrating, saddening and also heartening, in that the boy's resilience and intelligence has led him to become a poet and a voice for those who grew up in care. It highlights how absolutely crucial it is to have one's own family supporting you, and how devastating it is to be completely alone in the world with no-one to call 'family'.

This book was serialised on Radio 4 recently and there was also a documentary on the author on 23 July.



From **Juliet Brown**, Senior Lecturer in Primary Care, Year 1 lead

The Second Sleep by **Robert Harris**

Published in 2019, and set in the far future, this dystopian work of fiction with echoes of the Handmaids Tale seems strangely prescient, weaving, as it does, a narrative of the great Apocalypse of 2025. Fast forward 800 years and archaeological digs turn up small black boxes with apples half bitten; evidence of original sin, perhaps, for now the church is in control again and people are commanded to fear the age in which technology, war, pandemic and famine destroyed humanity. Those who seek to question and interrogate the past are branded heretics.

At pace, Harris chronicles the exploits of a young priest, Christopher Fairfax, as his faith is put to the test investigating the mysterious death of a village vicar, deep in the Wessex countryside. This bleakly constructed world of the future dark age challenges us to consider the importance of our values: freedom of speech, equality and tolerance. The title refers to the period of wakefulness between two periods of slumber. Is this our awakening? Or are we in danger of drifting into our second sleep?



And if, like Simon, you have too many apples in your garden, this may just be the read for you...



From **Simon Thornton**, Primary Care Engagement Lead

The New Cider Makers Handbook

Not quite your typical beach read, but then my 'summer holiday' at home was not your typical beach holiday. Having inherited some mature apple trees with the house we moved into a few years ago, and getting sick of the sight of hundreds of apples rotting on the ground every autumn, I decided that this was the year I would turn my hand to cider making. The book provides an excellent idiot's guide to cider making in the first chapter before delving into the finer details of the art for true craft brewers. So if you want to be able to tell your Nonnetit Bastard from your Peasgood's Nonesuch, learn about how to balance your tannins and acidity, or like me just want to have a go at turning several litres of lovely apple juice into unpalatable vinegar and have a bit of fun along the way, then this book is for you!