

11/2018

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



@capcteaching

## Teaching Newsletter

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



### Year 5 GP Teacher Workshops 2018-19

13th November at the Engineers' Hse, Clifton, Bristol

Full day workshop, suitable for new and established Year 5 GP teachers. To book your workshop, please email [phc-teaching@bristol.ac.uk](mailto:phc-teaching@bristol.ac.uk)

### Great news for CAPC Teaching

In August 2018 we had the exciting news that **Trevor Thompson**, CAPC's head of teaching, had been promoted to **Professor of Primary Care Education** at the University of Bristol. It is great to see teaching endeavour recognised in this way. Trevor has made the colleagues at his practice swear to secrecy - expectations are already high enough without folk seeking out a professorial opinion. Trevor will be giving an "Inaugural" lecture and this is sure to be an entertaining and informative event - full details will be announced in due course.



*Trevor pursuing two of his passions—sailing and reading*

### Research at the Centre for Academic Primary Care CAPC Press release 25.10.

<http://www.bristol.ac.uk/primaryhealthcare/news/2018/multimorbidity-in-the-nhs.html>

#### Experts call for health system change to tackle the challenge of multimorbidity in the NHS

Recommendations can be read in full in the PolicyBristol report

#### How should health policy respond to the growing challenge of multimorbidity?

<http://www.bristol.ac.uk/media-library/sites/policybristol/PolicyBristol-Report-Oct18-health-challenge-multimorbidity.pdf>

If you would like to find out more about local Primary Care research, check out the research newsletter at <https://mailchi.mp/975970be1708/phc-infobristolacuk-2804829>

**Bristol GPSOC and ex-Bristol GPSOC chair success** at the recent RCGP conference in Glasgow. Read more on page two

Wellbeing at work for students and their GP Teachers on page 3

### \*\*\* TEACHING OPPORTUNITY \*\*\*

#### Could you supervise a Primary Care Student Selected Component (SSC)?

**What?** 3-4 week long placement where students focus on an area that interests them.

**When?** The placements will take place in July 2019.

**Proposals need to be submitted by 30th November 2018**

**Why do an SSC?** Students are engaged and interested • Exposure to primary care increases the chance of students choosing GP as a career • Good for your appraisal • Easy way to get involved in teaching • Students can do useful work for the practice • Teaching students is stimulating and interesting • **Funding is available**

**What can they do?** Students can do a range of things in primary care, for example audits, quality improvement projects, produce patient information material, or anything else you have in mind. **What next?** For information, please email [phc-teaching@bristol.ac.uk](mailto:phc-teaching@bristol.ac.uk)

11/2018

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



@capcteaching

## Teaching Newsletter

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

### Bristol GP Society Success at RCGP 'Inspiring the Future Awards'

From Hannah Niesser, GPSOC

Bristol GP society has won the RCGP's Inspiring the Future Award for 'GP Society Event of the Year' at the RCGP's Annual Conference in Glasgow. The prize was awarded for their **Sixth Form Conference**, a one-day GP conference for sixth formers interested in studying medicine. This is the second year that the GP Society has won the award, following their South West Regional GP Conference in 2017.



### RCGP's Foundation doctor of the year

There was also success on the night for **Dr Alice James, Foundation Rep for the society and previous chair**, who was awarded the RCGP's 'Foundation Doctor of the Year.' Alice works in Winchester Hospital and has been invaluable in promoting general practice to students at Bristol both as a student and doctor.



Alice James



11/2018

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



@capcteaching

## Teaching Newsletter

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

### Wellbeing at work

The first year students are enjoying being out in clinical practice in Primary Care, and have come back to tutorials full of amazing experiences - thank you for all your hard work!

One of the topics in Foundations of Medicine (Year 1 MBChB) is **Professionals and Health: Self care**, and we ask students to talk to their GP tutors about how you look after yourselves at work. We also teach this practically on campus, and the students have practiced either a 3 minute breathing space or 6 minute desk yoga. Hopefully you will find these useful too.

#### Mindfulness

The three minute breathing space

<https://www.youtube.com/watch?v=rOne1P0TKL8>

#### Yoga at your desk

<https://www.youtube.com/watch?v=tAUf7aajBWE>



If you have wellbeing tips to share with colleagues and students, please let us know!