

8/2019

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



@capcteaching

Teaching Newsletter

Bristol Medical School, 1st Floor, 5 Tyndall Avenue, Bristol, BS8 1UD
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We need more GP teachers for 2019-20

Could you help? More information on **page 2**

Or email our team on phc-teaching@bristol.ac.uk



A big thank you to all GP teachers and their practices for teaching in 2018-19

GP teacher prize winners are selected on the basis of student nominations

GP Practice winners are selected by the academy GP leads and the central admin team



Congratulations to all Prize Winners



Best GP Teacher of the Year

Yr 3: **Dr Sarah France** Air Balloon Surgery

Yr 4: **Dr Mark Howell** Taunton Road Medical Centre

Yr 5: **Dr Simon Watkins** The Tolsey Surgery

Year 3: GP in training

Dr Elizabeth Crowther Winchcombe Medical Practice



Best GP Teaching Practices

Bath: **Mendip Country Practice**

Gloucestershire: **Cirencester Health Group**

North Bristol: **Pioneer Medical Group**

North Somerset: **Tyntesfield Medical Group**

Somerset: **Taunton Road Medical Centre**

South Bristol: **Bridge View Medical**

Swindon: **Phoenix Surgery**

Outstanding Member of Faculty Award

Andrew Blythe

GP, Gaywood Hse Surgery, Bedminster, Bristol



Teacher of the Year Award

Trevor Thompson

GP, Wellspring Surgery, Bristol, Head of Primary Care Teaching



More good stuff on pages 2-5

Teaching opportunities—We need you! Workshop dates, Education research, have your say 'What should our students be learning?' and don't miss the '**Beach Reads**' and **Alexa Lazarou's** elective experience

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Dear GP Teachers, can you help?

MOST URGENT We still need practices for **Year 3** in the following academies:

South Bristol
North Bristol
Yeovil
Taunton
Bath
North Somerset



3

We are ok for year 3 in the Gloucester Academy, thank you to everybody there

You can find Year 3 teaching info here

<http://www.bristol.ac.uk/primaryhealthcare/teaching/mb21-curriculum-review/year-3-mb21/>

We need a few more practices for **Year 2** in Bristol for the following dates

31/10/19
28/11/19
30/1/20
27/2/20
26/3/20
21/5/20

2



And more **Year 4 and 5 practices** in all academies

4 & 5

The relevant links to sign up are:

<https://meded.onlinesurveys.ac.uk/year-12-gp-teaching-availability-2019-20>

<https://meded.onlinesurveys.ac.uk/year-3-gp-teaching-availability-2019-20>

<https://meded.onlinesurveys.ac.uk/year-4-and-5-gp-teaching-availability-2019-20>

When you sign up, could you please drop us a line so that we can quickly check that your data have been captured on the survey(s).

Or email our team on phc-teaching@bristol.ac.uk

Year 3 feedback 2018-19
Dr C. has been extremely friendly and created an atmosphere where we could ask questions and learn a lot. Excellent organisation.

WE NEED YOU!
TO MAKE IT HAPPEN

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GP Teacher Workshops for 2019

| | | | |
|--------------------|------------|-------------------------|------------|
| Year 3 GP Teachers | 10th Sept. | Engineers' Hse, Bristol | 9.00-17.00 |
| Year 1&2 GP Tutors | 12th Sept. | Engineers' Hse, Bristol | 9.00-15.00 |
| Year 1&2 EC Tutors | 17th Sept. | Engineers' Hse, Bristol | 9.00-15.00 |
| Year 4 GP Teachers | 8th Oct. | Engineers' Hse, Bristol | 9.00-17.00 |
| Year 5 GP Teachers | 5th Nov. | Engineers' Hse, Bristol | 9.00-17.00 |

To book any of these workshops, please email phc-teaching@bristol.ac.uk.

What are your TOP 3 aspects of MB21 Year 1 and why?

Year 1 student quote in response to this question

I have been completely inspired by shadowing our GP over the past few months and it's been a privilege to have the opportunity to learn from people with real life experiences of conditions and be able to ask them questions and learn about their lives.

Opportunity to say what you think our students should be learning and to contribute to future curriculum planning

Work is ongoing in primary care to address concerns about the declining workforce. One way to address this is trying to guarantee medical students a positive introduction to general practice.

We are asking our students what they expect from primary care teaching; students can give a unique perspective on "curriculum-inaction" and the hidden curriculum. This is part of an innovative study which aims to determine what students themselves believe their learning objectives should be.

We would also like to gain a better understanding of educators' perspectives. It would be really helpful if you could take 5 minutes to complete this online questionnaire.

<https://www.surveymonkey.co.uk/r/7J6JB2M>

Results will be circulated and will feed into developing primary care aspects of the medical school curriculum

Please get in touch if you would like to learn more. lucy.jenkins@bristol.ac.uk

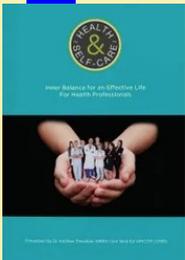
Thank you for your time, Lucy (MB16 Year 4 lead)

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The 'Beach' may be the moment when you have space and time to reflect on how to get a better grip on your own well being. **Dr. Andrew Tresidder**, a Somerset GP and appraiser, has produced and edited a comprehensive easy to read resource. You can download it for free from here www.healthandself.care



From Hannah Verry, Wellspring Surgery, Bristol

My recent beach read suggestion is 'It's all in your head' by Suzanne O'Sullivan. Written by a neurologist with specialism in psychosomatic illness. It was a fascinating read and has impacted my practice!

From Trevor Thompson, Wellspring Surgery, Bristol

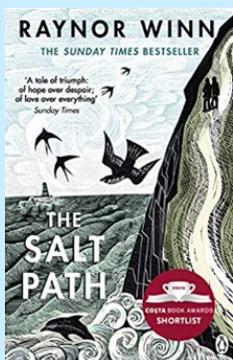
The Less You Know the Sounder You Sleep by Juliet Butler

This book tells the true story of conjoined twins born in Stalin's USSR. Fused at the hip they have three legs in common but little else. Masha is a psychopathic control freak and Dasha a lovelorn sensitive. They are befriended by the author, a British journalist, who follows their agonising journey through the Russian care system. The book offers insight into the Soviet era and its collapse. It shines a keen light on prejudice, and the weirdness of two souls locked in one body. It is a *cri de coeur* for disabled people whose needs for real connection are the same as the rest of us. It is also a remarkable work of empathic writing - I have no recollection of feeling more viscerally touched by a character than beautiful Dasha. This is probably not one for the beach but then again you could mask your tears with the salty sea.



From Barbara Laue, Primary Care

The Salt Path by Raynor Winn



If you are a member of a book group you will probably already have read this as it seems to be on every group's list. This autobiographical book tells the story of a couple who lose everything, their home and their livelihood. At the same time the husband is diagnosed with a neurodegenerative disorder. Rather than sit and lament, they decide to walk the South West coast path, more than 600 up and down miles! Although born out of a calamity, this couple's spirit and bondedness with nature make it an uplifting read. I couldn't put it down.

You can listen to the author speak about their journey here <https://www.youtube.com/watch?v=QuABZ2p9s50>

The author mentions the 'Fat Apples Café' just off the path, up the hill from the village of Porthallow in Cornwall. If you are nearby, do visit, nice people and food.

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From **Alexa Lazarou** the **Nathan Burton Elective Prize Winner**

Excerpts from Alexa's elective report

Introduction

The medical elective is a unique opportunity for medical students to experience healthcare in unfamiliar settings, or within a field in which they have a specific interest. Throughout medical school I have always been drawn to general practice as a career path and my elective provided the perfect opportunity to not only gain insight into this specialty, but to understand the different ways primary care is delivered in other parts of the world. I wanted to gain exposure to primary care in both developed and developing countries and learn about a population that has different health needs to that of the UK. My placements in New Zealand (NZ) and Cook Islands provided an excellent opportunity for me to directly compare health outcomes in the Maori population with the Paheka (European) population of NZ, while enlightening me to alternative ways of delivering and accessing healthcare.

My time in **Russell Medical Centre** was a truly unique experience. I enjoyed meeting the friendly, welcoming kiwi patients and being immersed in the laid-back nature of the consultation— patients would often sit cross-legged in their chair and Dr Calcott regularly consulted barefoot! It felt reminiscent of the “good-old days” of general practice: the GPs knew the patient's entire family, there was enough time to explore more than one of the patient's concerns in one consultation, patients brought in homegrown fruit in exchange for the fish caught by the GP. It was refreshing to see primary care still being practiced in this way and has made the prospect of a career in rural general practice more appealing for me. It has also given me the drive to always consider ways in which we can improve our healthcare system to allow for the doctor-patient relationship to remain a core part of the consultation, so that it is not lost amongst the increasing pressures faced by our NHS.

∞

Obesity is a major health issue across the **Pacific Islands**, which has led to a rise in chronic health conditions such as diabetes and heart disease. On Rarotonga alone, roughly 35% of the population suffers with type 2 diabetes and remains one of the biggest threat to health on the island. Much of the treatment on the medical wards was related to the management of diabetic leg ulcers and cellulitis. Amputations occurred regularly in the surgical department. It is thought that the rise in diabetes in the Pacific Islands may be related to the increase in imported foods and the abandonment of the more traditional island diet. After a month living on the island, it was clear to me that having a healthy diet was nearly impossible due to the prices of imported vegetables and lack of variety in homegrown produce on the island. It was also striking that my friends and I were in the minority of people who cycled around the island, with the majority of locals opting to use cars and mopeds, even for short distances.

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Conclusion

My elective was a truly unique and exciting opportunity to experience healthcare in a completely new environment, as well as the chance to explore two incredibly beautiful countries. I felt that my placements were diverse, fascinating and rewarding and I feel extremely lucky to have gained a glimpse into New Zealand and Pacific Island culture, from both a medical and social perspective. It is a privilege to be welcomed into a different country's healthcare system and to be trusted by patients to help them at difficult times in their lives— one that I do not take for granted. From this experience, I feel energized in my choice to not only pursue general practice, but in my choice to practise medicine. While diseases and treatments may vary across the globe, the need for communication skills and strong doctor-patient relationships is fundamental to the delivery of good healthcare and I hope that these qualities will remain integral to my future career as a GP.

Thank you to all of you who have inspired Alexa to become a GP. Please keep teaching our students. We wish Alexa all the best for her future career.