

12/2020

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



@capcbristol

Teaching Newsletter

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Merry Christmas and a Happy New Year

from your Primary Care teaching team

Thank you very much for teaching and supporting Bristol medical students in this challenging year

From Simon Thornton **What about a personalised message from Father Christmas for your children?**

Our boys absolutely loved this - you can create personalised videos to your children from Father Christmas. <https://www.portablenorthpole.com/>. Rupert was so excited 'I knew I would be on Father Christmas' nice list this year!'



Do you have a project you would like some help with? **MB21 year 3 student choice placements for summer 2021**

Would you like help from a third year student next summer?

Read more on p2

Decolonising the Bristol medical curriculum

Bristol Medical School has a task force for decolonising the undergraduate medical curriculum. But there is more to be done. We all need to be able to recognise unconscious bias and develop our skills to call out racism. We are planning a **Bias and bystander training session for GP teachers of all years in February**. This will be delivered virtually, date will be in our January newsletter



How to eat your Christmas tree and other books you might like to find under your Christmas tree from Lucy Jenkins p4

Year 5 student elective—Details and payment p3

Germ Defence—updated for Covid—Good resource for your patients on how to keep themselves safe p3

Rapid point of care testing for Covid Bristol Centre for Academic Primary Care **asking questions** p3

Want to develop your teaching career? Could this **free TLHP course** be for you? Early booking recommended. More on p5

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We are excited to be launching the
MB21 year 3 student choice placements for summer 2021

This is an opportunity to supervise medical students to undertake a quality improvement or audit project relevant to your surgery's needs

Why supervise a student choice placement?

Useful to your practice, e.g. undertaking quality improvement, developing patient materials (e.g. leaflets) or helping to evaluate your service. **Engage** with **enthusiastic students** who have chosen a project they want to do

Inspire and be inspired by the next generation of doctors

Generous remuneration available

What is involved?

Placements run in a 6-week block at the end of the academic year.

Placements should help students to explore the evidence base for medicine.

Students will collect data, analyse it and reflect on its use in clinical settings.

Students will be expected to work largely independently with some support.

We have successfully run student choice digitally this year, and many projects can be adapted to run on-line if needed.

Funding is available per student placement, to enable supervisors to provide mentoring and support. The level of funding increases with the number of students placed. For more information and how to apply

Contact us as soon as possible

We would love to hear from you

- if you've provided SSC placements before
- If you have an idea for a new Student Choice placement

Do you have an idea for an innovative placement with a more substantial taught or supervisory component? Please contact us with your ideas.

Full applications need to be received by Friday 18th December, so be sure to contact us well in advance of this date.

Key information

Placements run from Monday 14th June to Friday 23rd July 2021

If you are interested and want to discuss your ideas, please contact
rachel.johnson@bristol.ac.uk as soon as possible

Year 5 student electives—Details and payment

Due to the pandemic, students will not be able to go abroad for their electives in Spring 2021. It would be great if some practices could offer an elective placement.

The electives run from **26th of April to 4th of June 2021**. Elective placements can be of varying length from 2-6 weeks, could be done in more than one practice, e.g. an inner city and a rural practice. Electives could be a mix of clinical placement and a project. Do you have a project you would like help with, for example an audit, or systematic review of nursing home patients? GP placements could also be combined with a CAPC project with the research or teaching team.

Guide for funding

The funding is based on approx. 5-6 GP led sessions Student led consulting clinics, active observation of GPs/AHCPS) and 3-4 student led sessions (project, authentic tasks) per week. There is also an additional 1 session of GP time per placement for timetabling and elective plan review.

2 week placement: $2 \times 348 + 232 = \text{£}928$

3 week placement: $3 \times 348 + 232 = \text{£}1276$

4 week placement: $4 \times 348 + 232 = \text{£}1624$

6 week placement: $6 \times 348 + 232 = \text{£}2320$

Payments x1.5 if you would like to host two students taken.

Please email phc-teaching@bristol.ac.uk if you have a project or can offer a placement

Rapid point of care testing for Covid—CAPC asking questions

BJGP have published an editorial by Hannah Thornton, Tanzeela Khalid & Alastair Hay

[Rapid point-of-care testing during and after COVID-19 – how widely should it be used?](#)



Germ Defence

A simple and clear resource how to keep yourself and others safe from Covid, including what to do in your household if you test positive.

Germ Defence is the only web-based advice in the world that has been scientifically proven to work against respiratory infections. In a Lancet study of over 20,000 people, using Germ Defence reduced the spread of swine flu and seasonal flu in the home.

Germ Defence provides personalised advice on how to protect everyone in the household from infection. The website has been updated for Covid-19 by a team of health researchers at Bristol, Southampton and Bath universities, working with members of the public and Public Health England, and with funding from National Institute for Health Research (NIHR) and UK Research Institute (UKRI).

Would it be useful to add this link to your practice website?

The good Christmas Read

Looking for a book to add to your Christmas gift or stocking filler with a medical theme. Here are some (varied!) suggestions from **Lucy Jenkins**



Twas The Nightshift Before Christmas by Adam Kay

Festive hospital diaries, humorous and heart breaking at times too, may bring back memories from your hospital days!

When Breath Becomes Air by Paul Kalanithi

The story of a neurosurgeon who is diagnosed with an inoperable lung cancer: a life-affirming reflection on facing our mortality and on the relationship between doctor and patient.

The Poetry Pharmacy: Tried - and True - Prescriptions for the Heart, Mind and Soul by William Seighart

Poems for difficult times when you need guidance, a lightened mood or a renewed perspective. This small book makes a lovely gift.

The GP Consultation Reimagined: a Tale of Two Houses by Martin Brunet

The book features a unique **Two Houses** model which supports a move away from completing a series of tasks to focusing on the two key objectives at the heart of every consultation:

- Working out what matters (*The House of Discovery*)
- Deciding with the patient what to do about it (*The House of Decision*)

Interesting scenarios and lots useful tools to support your own patient-centred consulting and your teaching to students and trainees. More info and a link to a sample chapter here: [https://](https://www.scionpublishing.com/twohouses)

www.scionpublishing.com/twohouses

And on a different note!

How to Eat Your Christmas Tree

by Julia Georgallis

Recipes for ferments and preserves, feasts, sweet treats and drinks: to help you to extend the life of your Christmas tree and create delectable delights to enjoy throughout the year

Make your Christmas more sustainable

Green Christmas: Little changes that bring joy and help the planet by Eilidh Gallagher

A little book to help you to choose healthier, happier and more environmentally friendly options for a sustainable



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Collect TLHP credits

A free short course open to GPs who teach Bristol medical students

The TLHP programme (**Teaching and Learning for Health Professionals**) is offering a free short course online from November 2020. It will run four times across the academic year. The content has been amended to meet good practice requirements for a blended learning environment. The learning outcomes remain the same as the taught course previously offered.

It is available for colleagues who are involved in teaching University of Bristol Health Science undergraduate students and who might not have a University appointment with access to other programmes on offer to support teacher development for University employees. The scope of participants' involvement in teaching might range from formal taught sessions to less formal workplace based teaching, preferably a combination of both, and should be significant enough to allow an application of course material to practice. Completion of all 4 is not essential but does provide 10 credits towards the PG Certificate offered by TLHP. Participants may elect to undertake only the sessions that are the most relevant for them.

Information about the course structure and timetable of dates is available here <http://www.bristol.ac.uk/tlhp/courses/fmed/>

If you want to do this, **book quickly**, as the course fills up early.

Professional Mentors

We are still recruiting new Professional Mentors for our Year 1 students. We have nearly 280 new students and do not have quite enough new mentors yet.

It is expected that mentors will see their students three times a year. Many GPs are already mentors in this scheme. If you would like to know more, please email Chris Cooper at chris.cooper@bristol.ac.uk

Bonus: academic mentors can have Associate Status at the University which includes a Uni email address and access to the Uni libraries and other facilities



We hope that you will all have some time away from work and be able to enjoy some Christmas festivities

Take care and stay safe

Here is hoping for a better year