

11/2011

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



## Teaching Newsletter

Canyngge Hall, 39 Whatley Road, BS8 2PS Tel 0117 3314547 Fax 0117 9287325  
[phc-teaching@bristol.ac.uk](mailto:phc-teaching@bristol.ac.uk)

### Teaching workshop questionnaire

We have sent an email to invite you to complete a teaching workshop questionnaire. We would like to have a better understanding of what you think about our teacher workshops. What works for you? How could we improve them? Our aim is to make them enjoyable and effective. The questionnaire takes about 10 minutes to complete. Please click on this link to start: <http://www.survey.bris.ac.uk/meded/gpworkshops>

We have also emailed a reflective template to you, so you can log the time for completing the questionnaire and reflections on your teaching for your CPD portfolio. Many thanks from all of us for your time.

### Poems for teaching

**Marion Steiner**, a GP in North Bristol, sent in this poem. She found it useful for 1st year student teaching.

#### A woman with club feet

She walked awkwardly,  
Creased in half at the waist  
To keep balance,  
Her feet were bent like claws.  
I thought it was not fair.  
Then I saw the sun strike on her wings,  
Her coat of brown feathers ripple in the breeze,  
That proud head turn smoothly to the sea,  
The speed with which she flew.  
I saw the launch of her into swift air,  
The strong and steady beat of her shoulders,  
My reflection in her green eyes as she passed,  
Her toes tucked quiet inside the wind.  
Listening to the songs she sang  
I had not heard before,  
I thought it was not fair.  
It was not fair at all.

By Glen Colquhoun

From *Playing God, Poems about medicine*. Pub Hammersmith Press, London 2007

### Book review by Andrew Tresidder

'Communication skills that heal' by Barry Bub'  
This is the first time that your newsletter runs to two pages. Don't miss Andrew's thoughtful review on the next page.



### Dates for your diary

**28.2.2012** Year 4 workshop  
**17.4.2012** Year 2&3 workshop

Both will be at the Engineers' House, Clifton, Bristol

### Cheltenham Teaching workshop

Tues 6th Dec. 9.30-1.30pm

Sandford Education Centre

Teaching information and teaching skills for Years 3-5.

For information and to book email [Emily.Shingleton-Smith@glos.nhs.uk](mailto:Emily.Shingleton-Smith@glos.nhs.uk)

### Year 5 workshop 15th Nov. Some thoughts on 'MUS'

*"Grief that has no vent in tears makes other organs weep"*

Henry Maudsley (1868)

Metaphor of the body as hardware and 'being' as software can be useful. It is the being that complains about symptoms, but as doctors we tend to mainly work at the hardware level.

For more thoughts and tips please see the Year 5 workshop report. It will be available shortly.

## **Communication Skills that Heal by Barry Bub MD**

### **A review by Andrew Tresidder, GP lead for Somerset**

Written by a US Family Physician, it explores issues that touch on the heart of medicine and the art of inter-personal issues, as well as concentrating on the importance of physician self-care. These are obviously issues that Bub has thought deeply about, and has come up with caring and compassionate analyses, approaches and solutions

This book is most timely and readable – timely because the profession needs it, and readable in style. Many doctors have a great deal of internal stress, with unrecognised depression, burnout, fatigue and unhappiness all common. Some of this comes from the way medicine is practiced, some from excess hours, and from other causes – but all healing must start inside each physician for themselves

Barry Bub looks at what is important in the heart of medicine, how patients are not just illnesses attached to bodies, but people with stories, belief structures, and personalities.

He explores the problem of lack of time, acknowledges the bigger picture, and explores physician resistance to the issues of whole person approaches. This comes from several areas, all reinforced by physician denial of their own personal health, and conditioned by past unresolved experiences.

He looks at Listening, with the resisters:

- But listening is art (not science)
- But there is no time for listening
- But listening is (too) simple
- But listening is so passive
- But listening leaves me without control
- But there's no room for emotions inside this white coat

He then elaborates what to listen for:

- Psychological issues (reminding us about dysfunctional personalities that can ensnare us, the borderline personality disorders, narcissistic personality and antisocial personality disorder)
- For trauma
- Shame
- Suffering

And continues by giving valuable and validated techniques to help in the sections "What to Use":

- Metaphor and simile
- Ritual
- Boundaries
- Psychotherapy (concentrating on two relatively simple techniques that every physician could benefit from using for themselves, let alone patients, the simplest being Focusing)

This book has reminded me of a number of important areas related to the consultation, added to some of the models I already use, explored gently without patronizing me my blind quadrant of Johari Window knowledge, given me some practical answers, and encouraged me to experiment.

**Highly recommended!**

Radcliffe ISBN 1-85775-664-9 [www.radcliffe-oxford.com](http://www.radcliffe-oxford.com) - a Reflection/Review