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



Teaching Newsletter

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TEACHING WORKSHOPS

All at the Engineers' Hse, Clifton Bristol
To book your place email phc-teaching@bristol.ac.uk



YEAR 4 GP TEACHER WORKSHOP 4th November

Professionalism, struggling students, challenging feedback, teaching sexual health, teaching Diabetes, the curriculum, Top Tips and more.

Don't miss it!

The Year 4 exams have changed. This year there will only be one OSCE exam for all Year 4 students in June 15 and we need more examiners.

Have you ever wanted to be an **OSCE examiner for Year 4?**

Now is your chance. There will be a training session from 16.30 onwards directly after the workshop. Examiners are paid on a sessional basis. Please book this session when you book your workshop place.

YEAR 5 GP TEACHER WORKSHOP 2nd December

Planned topics: Teaching ENT history and examination, curriculum update and developments, preparing your students for being a Foundation doctor, advanced consultation skills, promoting student well being and more. You can book your place now.



Opportunities for short term voluntary work in Nepal for experienced GPs (2 weeks plus)

PHASE (Practical Help Achieving Self Empowerment) is a charity which works in remote villages in Nepal, supporting work in health, education and improving livelihoods. See www.phaseworldwide.org



There is a well organised programme of training and support for the Nepali health workers in the villages, which includes short visits from British GPs who provide clinical teaching and mentoring - for more details see www.phaseworldwide.org/get-involved/Volunteer-in-Nepal/Primarycare/

Experienced GPs with teaching skills and/or previous experience in developing countries particularly welcome. FFI contact Sarah Galvin: sarah@phaseworldwide.org



Looking for a Balint group?

There is an opportunity for GPs who are just qualified and GPs with up to around 10 years experience in practice to join a new Balint group. The next meeting will be on October 21. The group will be run monthly by Judy Malone who is a doctor and experienced psychotherapist and will take place at

27 Kings Drive, Bishopston BS7 8JW. If you are interested call 07906479564.

There is also a group for GPs who have been qualified for longer. Occasionally spaces become available. Please let Judy know if you are interested.

Teaching and practicing in New Zealand

What is it like? Read **Jessica Buchan's** article on p. 2



Many of you will know that Jessica was the lead for Year 4 until March this year. She had the difficult task of explaining to her children why they would have two winters in a row! In this article Jessica is sharing first impressions and new perspectives gained.

Moving to New Zealand—Thoughts and impressions from Jessica Buchan



It's hard to believe it was 5 months since my family and I left the UK for the distant shores of New Zealand. I am now working in a General Practice here and doing some teaching at the University. On the surface New Zealand has a similar model of health care to the UK with a strong primary care component. The most apparent difference is that patients pay to see their GP. A 15-minute consultation costs the equivalent of £30-£45 for an adult. There has been the recent introduction of free primary care for children under 6. Medical care is also free when a consultation is the result of an accident, under a national insurance scheme called ACC. Practices usually charge a reduced fee to their registered patients to encourage continuity.

Initially, I thought a levy to visit the GP is a model the UK could adopt if it resulted in a reduced rate of unnecessary consultations. Surely patients would be more inclined to seek advice from the pharmacy for a cold than pay to see the doctor? In reality I have struggled with charging. Perhaps it is cultural, but I applaud the NHS model of free at the point of delivery. It seems to me that charging encourages a shopping list mentality and makes follow up and continuity of care more difficult.

I would love to know how charging alters doctors prescribing habits in reality. In New Zealand, over-the-counter medication is relatively expensive compared to prescriptions, which are cheap if the item is on the national formulary subsidised by "Pharmac". This means patients request prescriptions for items that patients in the UK would self-treat.

On the other hand, the lifestyle factors of being a GP here are a big draw. It is wonderful to have 15-minute appointments. There also seems to be a generally more relaxed friendly style of practice, which I welcome, but Kiwi's are known to be a friendly bunch. The nature of practice is also different because GPs do more emergency care; even in some city practices GPs regularly stitch wounds, plaster minor breaks and perform minor surgery—areas I now feel deskilled in but add welcome variety to practice.

Another difference is that there are many private providers of health care in New Zealand compared to the UK. Drive down any high street, or even residential street, and you see small businesses offering everything from physiotherapy, radiology, mole mapping for skin cancer surveillance, surgery and endoscopy as well as many different types of 'alternative' health care. If patients can pay or have insurance many investigations or consultations with a specialist are easily accessible. The public system is good but can necessitate a long wait.

From a distance I have more of an overview of General Practice in the UK than when I was immersed in it. It has made me aware of the extreme pressure and levels of stress in practice currently. I feel saddened by the numbers of excellent colleagues I know of personally who plan to retire early or emigrate. Instead, I would thoroughly recommend a chance to experience something different; I feel refreshed and revived. We haven't yet made any long-term decisions but I imagine coming back, only with renewed enthusiasm for General Practice.

Why? Because the biggest thing I see from a far is that the NHS is an incredible health system with amazing doctors who are motivated by good medicine and care for their patients. As Joni Mitchell sang; "You don't know what you've got till it's gone."