6/2017

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



Teaching Newsletter

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Teaching invitation for 2017-18

Teaching recruitment emails for Years 1-5 have gone out to all practices. We are using the same online booking system as last year. Please only complete one questionnaire per practice for each of the years.

Year 2 GP Teachers in Bristol North and South academies please note that the last GP session will be the week after the Neuro week. This was necessary to accommodate a clashing Year 1 MB21 GP session. You can find more info and specific dates in the Year 2 email.



If you have not had your teaching invitation, please email phc-teaching@bristol.ac.uk

Consultation skills and Disability Seminars

We are now recruiting tutors for Consultation Skills (Years 2, 3, and 4) and Disability Seminar teaching (Year 4). If you are interested in signing up, please use the link below. We will contact you in July to let you know whether or not you have been successful in securing a session or sessions.

https://meded.onlinesurveys.ac.uk/consultation-skills-teaching-availability-2017-18

⁴Lifestyle Medicines Vital Optimism at Work and Play. The Science and Art of healthy longevity'

Don't miss this conference!!!!!

The brand-new **British Society of Lifestyle Medicine** will have its first conference in Bristol on **1st July**. Read more about it on page 2, 3 and 4 To book your place go to https://bslm.org.uk/event/vital-optimism/

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Bristol is 10th best medical school in the country

Up 7 places since the last publication. The Complete University Guide (just published) for this year ranked the University overall as being 17th in the country. The data are all

- on https://www.thecompleteuniversityguide.co.uk/league-tables/rankings. This reflects
- the great work everybody is doing including you as GP Teacher. Thank you!

'Pre Scribed' More from **Ruth Riley** on **GP stress and burnout** on page 2

Congratulations! Prof Debbie Sharp named as one of 100 most impactful medical women in the UK. The Medical Women's Federation celebrated its 100th Year with a conference. In that conference programme 100 most impactful medical women were named, including our very own Prof. Debbie Sharp. Debbie was the first professor of primary health care at Bristol and built up a world class department.

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Pre Scribed

a performance piece, drawing on research exploring the barriers and facilitators to helpseeking amongst GPs with chronic stress, burnout and/or mental illness is being performed at the Edinburgh Fringe this August!!! If in Edinburgh, I highly recommend seeing it

Some of you may have seen the premier at the **Feel It Festival in Bristol** last November but here's more info about the performance itself <u>http://www.vivgordon.com/prescribed.html</u>

The show will be performed at **3.30pm every day from 15th-25th August** at The Sanctuary, Zoo Venues, Edinburgh



The British Society of Lifestyle Medicine BSLM

First BSLM conference

Venue: Engineers' House, Clifton, Bristol, BS8 3NB

Pre-conference: 30th June 5-9pm

Conference: 1st July 9am-6pm, 8.30 am registration

The British Society of Lifestyle Medicine was approved as a Charity in October 2016.

The BSLM aims to establish Lifestyle Medicine as central to health and wellbeing by promoting the prevention of avoidable lifestyle-related diseases.

We announced our existence at the Australasian Society of Lifestyle Medicine Conference in November 2016 and opened formally to membership in April 2017. <u>www.bslm.org.uk</u> Membership in these very early days is drawn from Academe, Public Health, General Practice, Cardiology, Psychiatry, Dietetics, Podiatry, Acupuncture and Nutrition. Students have free membership.

Education is a key area for BSLM so we are delighted to have the opportunity to invite you to our inaugural Conference in Bristol on 1st July 2017 titled: '*Lifestyle Medicine: Vital Optimism at Work and Play. The Science and Art of healthy longevity'.*

The Conference's primary aims are to engage with healthcare practitioners and to inspire you personally and your work. With so much long term disease around, we can sometimes feel overwhelmed and ineffectual. This Conference brings together inspirational speakers with practical solutions to 21st century health care problems. We want you to feel relaxed, informed and to enjoy the company of like-minded professionals.



Find out more about the conference, how to book and how to join at <u>https://bslm.org.uk/event/vital-optimism/</u>

You can see the **pre-conference programme on page 3** You can see the **conference programme on page 4**



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UK SMSAC Group 2017 Provisional Programme Friday 30th June 2017 Bristol, Engineers' House at 5pm – 9pm FOR BOOKING: https://bslm.org.uk/event/pre-conference-uk-sma-contact-group-meeting/

Energising healthcare, reframing approach, bringing optimism

SHARED MEDICAL APPOINTMENTS (GROUP CONSULTATIONS)

Time ...and a paradigm shift in patient consultations

A wonderful opportunity to hear great speakers and to network with a community of clinicians who are experiencing a novel and fun way of delivering healthcare.

OPENING	SESSION 1	SESSION 2	SESSION 3	SESSION 4	CLOSING
Welcome	Introduction to a new paradigm	The nuts and bolts	The benefit of numbers	Buffet meal	9pm
5pm				8-9pm	
Chair	Dr Rob Lawson (GP, Secretary)	Dr Emily Symington GP Croydon	Dr Fraser Birrell, Rheumatologist	Networking	
	Alison Manson (Facilitator Trainer)	Dr Jonny Coates GP Newcastle	(Academic Lead)		

An SMA is a 1:1 patient-centred consultation (c60mins) with a clinician provider in the presence of other patients and healthcare providers.

Primary aims: to improve patient health and wellbeing and to assist patient self-management. Additional aims: to increase patient and clinician satisfaction, to reduce waiting times, to improve patient access and to reduce return rates.

Benefits for patients:

Improved quality of care and access to care with individual appointments. Extra time with (own) doctor and more relaxed pace of care Peer support and feedback from patients with similar conditions. Multidisciplinary care from a range of (2-4) providers.

Answers to questions they might not have thought to ask (because others in the group ask). An additional health care choice.

Greater self-management education, greater health literacy and more attention paid to psychosocial issues.

Benefits for Clinicians:

Increased physician productivity, quality and cost/time effectiveness. What would have been a 3 hour session for a Clinician is reduced to 1 hour. Better management of waiting lists. In addition there is a reduction of return visits – up to 3 visits per patient per year. Reduced repetition of information/advice. An opportunity to get off the fast-paced treadmill of individual visits.

A chance to get to know patients better in an interactive setting, a reduced burden of care and increased Clinician satisfaction.

Real help from the multi-disciplinary team with the opportunity to coordinate multi-disciplinary care plans

YOU ARE WARMLY INVITED TO BOOK THROUGH: www.bsim.org.uk

Registered charity number: SCIO SC04692

Trustees/Directors: Dr Michael Boyle, Dr Rob Lawson, Dr Tamsin Lewis, Mr Laurence Stewart, Dr Tommy Wood, Dr Campbell Murdoch, Dr Barbara Phipps, Dr Natalle Salvesen, Dr Antonia Wrigley, Dr Zoe Williams. Registered address: 23 Dunpender Road, East Linton, East Lothian, EH40 3BW, Scotland.



Philippa was doing her dermatology in the BRI when she came across an unusual inflammatory lesion on a young man's cheek. It turned out to be due to a relatively new organism, *Arthroderma benhamiae*. Well done for publishing it in the BMJ

http://www.bmj.com/content/357/bmj.j2007.long

Are you following us on Twitter?



@capcteaching



You're warmly invited to join the British Society of Lifestyle Medicine (BSLM)

On behalf of the British Society of Lifestyle Medicine, we warmly invite you to join our Community and also to attend our Inaugural Conference to be held on Saturday 1st July 2017 in Bristol which has recently won the accolade as being the best place to live in the UK.

BSLM is a constituted charity, aiming to establish Lifestyle Medicine as central to health and wellbeing, by promoting the prevention and management of avoidable lifestyle-related diseases.

Our first Conference is at Engineer's House and themed:– **Lifestyle Medicine: Vital Optimism at Work and Play.**

We wish to promote the Science and Art of healthy longevity.

And keep it all fun and engaging. Why else give up your Saturday?!

8.30am	Arrival and Registration		
9am	Welcome	Dr Rob Lawson	
	What is Lifestyle Medicine anyway?	Chairman BSLM and GP	
9.30am	Lifestyle, nutrition and cancer	Prof Rob Thomas	
	- a review of the international evidence	Consultant Oncologist and author, Cambridge	
	Optimising individual and population health	Dr Campbell Murdoch GP, Wells	
	and wellbeing		
	Holistic Care Through Group Consultations	Dr Fraser Birrell Consultant Rheumatologist, Newcastle	
	Panel Q+A		
11.00am	Networking and break		
11.30am	Activity related topic tbc	Dr Tamsin Lewis Psychiatrist, elite triathlete	
	Movement and Physical Activity as medicine	Darryl Edwards Natural Lifestyle Educator and Movement Coach	
	Causes of heart disease	Dr Malcolm Kendrick Author and GP	
	Panel Q+A		
1pm	Lunch, networking, short guided walk		
	AFTERNOON S	ESSIONS	
1.45pm	Nutrigenomics: Do our genes determine what we	Prof Ahmed El Sohemy University of Toronto via web	
	should eat?		
	The Microbiome	Mr Laurence Stewart Consultant Urologist, Edinburgh	
	The Gut, Inflammation and Health	Dr Antonia Wrigley General Practitioner, Bath	
	Panel Q+A		
3.15pm	Networking and break		
3.45pm	Human Ecology & Health (pre-recorded in Australia)	Prof Mark Wahlqvist	
		Emeritus Professor of Medicine, Monash University. Melbourne	
	Creating Change In Public Health.	Sam Feltham Director Public Health Collaboration	
	Active commuting and mortality	Dr Carlos Celis-Morales, Glasgow University	
	Panel Q+A		
5.30pm	Summary	Mr Laurence Stewart BSLM Trustee	
6.00pm	Close		

MORNING SESSIONS

Please join and book at www.bslm.org.uk

LM is a registered charity SCIO 046920