

11/2019

Primary Health Care
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@capcteaching

Teaching Newsletter

Bristol Medical School, 1st Floor, 5 Tyndall Avenue, Bristol, BS8 1UD
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GP Teacher Workshops for 2019

Year 5 GP Teachers 5th Nov. Engineers' Hse, Bristol 9.00-17.00

To book this workshop, please email phc-teaching@bristol.ac.uk . .

Teaching role opportunity at CAPC, read more on p2

A request for an *elective placement in Bristol* from **Ella Gregory**, a current year 5 student

I am a 5th year medical student hoping to embark on my elective within Bristol. My elective period will start on Monday 6 April 2020 and end on Friday 29 May 2020. Following my GP placement in fourth year, I am keen to spend my elective in a GP practice as this is the speciality that I feel best suited to and where I would like to continue my personal and professional development. I am looking forward to gaining this essential hands on experience before my F1 year. I would like to get involved in all parts of practice life and work and I am happy to be involved in practice projects. Please get in touch if you would like to discuss this further.

Thank you, Ella Gregory eg15974@bristol.ac.uk

Please also read Simon Thornton's comment see p2

Cheryl's 'Ultimate Test'

Hot teaching tips from Cheryl Atter, GP at Cadbury Heath Healthcare, North Bristol Academy
Shared at the recent Year 4 GP Teacher workshop **See p2**

"in one practice their 3rd year student came back to the practice as an elective student and is now working their as a salaried GP"

Looking for a **Balint Group** to join? Look no further ...

See p3

Do you and your students have a few minutes spare? From **Lizzie Grove**

Thank you cards for patients

I was recently teaching year 3 students in practice. Three students were carrying out observed consultations with me, whilst the other 5 students were engaged with private study on a computer. Unfortunately, the 5 students finished early and sent me a yellow pencil message to say that had completed all the tasks. Rather than sit chatting, I asked them to write thank you cards for the 8 patients who we have already seen this term, including getting their address from EMIS and posting them. The students said they found this helpful and enjoyed thanking the patients. Hopefully the patients will enjoy reading them!

Tip: It's helpful to keep a stash of thank you cards in your desk



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Forthcoming Academic Vacancy at CAPC Teaching

Do you see yourself as a career educationalist with a passion for General Practice? If so we have a vacancy coming up that could enhance or kick-start your career as a teacher. From January 2020 to end July 2020 we have a 0.2 WTE post to help steer the development of our "new year 4" - a one day per week GP placement and our latest contribution to the "MB21" undergraduate medical curriculum. This position is probationary for a substantive 0.3 WTE position, from August 2020, to lead the new Y4 course when it goes live in September 2020.

The successful applicant will have experience of UG medical student teaching, be of good standing in the GP community and see this as a definite career decision towards medical education. Educational qualifications are an asset but not a requirement. Imagination, diplomacy, capacity for autonomous project management and a "can-do" temperament will count for a lot - as you lead one of our flagship courses through its early years. Dr Barbara Laue is leading the new Year 4, assisted by Dr Lizzie Grove (who the successful applicant will replace). Professor Trevor Thompson is in overall charge of recruitment. All can be contacted via phc-teaching@bristol.ac.uk

From Simon Thornton, GP partner, Pioneer Medical Group, North Bristol Academy

Regarding electives

I'm taking a Bristol student in my practice. There was a degree of reluctance among colleagues to provide supervision time pro bono, however we've created a timetable that is essentially appointment neutral to the practice (the student sees 4 patients and I have x4 catch up slots for supervision). The student offered to apply for a bursary to pay us but I don't think this is fair, especially when many of us have benefited from visiting developing countries for free!



Hot teaching tips from Cheryl Atter

GP at Cadbury Heath Healthcare, North Bristol Academy

- ◆ Patients tend to talk to a face they already know or feel has more authority . This can make sitting in on a student consultation difficult. To avoid this I tell the patient that the student will be running the consultation and I will take notes. I then look at the computer so they talk to the student. This allows the student to take the initiative and interact fully with the patient .
- ◆ Students usually have the knowledge, or the modern substitute—know where to find it, but confidence can let them down. Confidence is only gained by taking responsibility and this is something we can really offer in General Practice. The more students do the more confident they become. They also need appropriate feedback . If a student is excellent - they should be told . **My ultimate test** is sometimes passed – **I will tell a student if I would have them as my GP**
- ◆ I often debate a differential diagnosis with the student and (selected) patients. The patients really like seeing how medical thinking works - often not what they would predict. This also allows a patient to add information that they can now see is relevant . I find this process makes students more confident about speaking freely to patients.

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Would you like to join a Balint Group?

We are keen to welcome new GPs to our regular monthly Balint group held in Cotham in Bristol. We know that although many health professionals work within an established culture of clinical supervision GPs rarely organise supervision for themselves and it is not an expectation or requirement for ongoing clinical practice. This is surprising as the nature of General Practice means it is easy to feel rather isolated and at times 'out of one's depth' with complex patients.

Balint groups, pioneered at the Tavistock Clinic 50 years ago, have been the most enduring model for GP supervision. The Balint method consists of case presentation followed by general group discussion with the emphasis on the emotional content of the doctor-patient relationship.

Balint groups offer a safe place where GPs can share the experience of their work and feel supported by their peers. As a result of participation in a series of Balint groups, GPs could expect to feel listened to, supported and understood when they present cases, become more tolerant of 'difficult' patients, be more empathic to patients' feelings, including negative ones, and become more aware of their own feelings in a consultation and able to use this information in reaching a diagnosis. They may also gain some insight into why they find some patients particularly difficult or disturbing.

GPs who have experienced Balint groups have shared these comments:

- * *Balint Group: time to discuss & reflect on difficult cases; opportunity to talk about personal difficulties at work.*
- * *A Balint group offers me time and space to discuss the difficult consultations I encounter, those patients I feel are "stuck" and who I need help in changing my approach to. It helps me unpick a consultation that has unravelled and allows time and opportunity to discuss the reasons why I was left with certain feelings about that patient or situation. I find in future discussions with a patient I may reflect back more and be more curious as to how their symptoms make them feel.*
- * *The Balint group makes you recognise how difficult patients make you feel, why they make you feel that way and helps you to make progress with heart-sink patients as a result.*
- * *It provides the opportunity to discuss complex patients with your colleagues and look at problems from a psychological/psychotherapeutic perspective.*
- * *It introduces a new and intellectually exciting component to my practice.*
- * *It's a valuable tool for preventing GP burnout.*
- * *It fosters team spirit sharing problems and experience. Very supportive when struggling with difficult cases.*
- * *It helps to provide a new stance when 'stuck'.*
- * *Peer support*
- * *Seeing the whole picture*

We feel these comments speak for themselves - do get in touch if you are interested and join us for a **free taster session**

Judy Malone 07906479564 and Liz Lee 07505268668