

Outside the Box Example Resources

Please find a list of resources which might help guide your topic selection, this is by no means exhaustive.

Lifestyle:

A lifestyle topic should be something new, or something you are coming back to after a time away. Challenge yourself and think about how this applies to your future practice.

1. **Couch to 5km** – use the 9 weeks to become a runner and complete a park-run. Why not even link your practice with the Park-run, and do a practice park-run take over where the volunteers are made up of practice staff.
2. **Carry out the recommended NHS weekly exercise** – Take up new activities to adhere to the NHS guidelines of 150 minutes moderate-intensity activity (walking, aerobics etc) / week, spread over 4 to 5 days, reduce time spent sitting.
3. **Physio exercises** - Complete a course of physio exercises
4. **Sleep hygiene** – assess your own sleep quality, use an app to record it, then adopt sleep hygiene measures and see if it improves. Share what you have found with the practice, could this be included in a new accuRx text.
5. **Mindfulness** – Sign up to a course, read a book, engage in active practice
6. **Yoga/Meditation** - Start a new practice and carry it out regularly.
7. **Nutrition** – research different types of nutritional changes that may be recommended to patients e.g. a low uric acid diet in gout, diets to reduce cholesterol, plant based-diet and consider trying one. Please note this should only be done if safe to do so for you.
8. **Volunteer** - in a community group or as a befriender
9. **Smoking/Alcohol** – research ways of reducing/stopping alcohol/smoking and try one, consider how this changes lifestyle advice with patients.

The creative practitioner:

You might find some of the resources below helpful when considering a creative piece.

1. **Out of Our Heads** – Creative works on the intersection of art & medicine
<https://outofourheads.net>
2. **Portraiture in Health Care** – American Medical Association Journal of Ethics
<https://journalofethics.ama-assn.org/issue/portraiture-health-care>
3. **Michael Tan** - 'Dancing with dad' - An artist's journey caring for his father with PSP (Para Supranuclear Palsy)
https://michaeltankbnet.files.wordpress.com/2020/04/dad-exhibition-book1222_final.pdf
4. **Anna Dumitriu** - 'The Romantic Disease' – An artistic exploration of tuberculosis
<https://annadumitriu.co.uk/portfolio/the-romantic-disease/>
5. **Adrian Piper** – Calling Cards [Five Years of Embajada](#)

The medical reviewer

If you choose to be a medical reviewer, then choose a book, or a film every other week, discuss them with your friends and present your reflections at the end of your CBT tutorials.

Films:

1. **I, Daniel Blake** – (2016) Social care system
2. **Patch Adams** – (1998) Laughter can be the best medicine. Thinking about how you connect with your patient
3. **One flew over the cuckoo's nest** – (1975) Mental health
4. **Awakenings** – (1990) Based on Oliver Sacks 1973 memoir, focusing on Dr Malcom Sayer who discovers L.Dopa.
5. **The diving bell and the butterfly** – (2007) Locked in syndrome
6. **Something the lord made** (2004) – Racism
7. **A beautiful mind (2001)** – Autism
8. **Theory of everything (2014)** - MND

Books:

1. **Still Alice** - Lisa Genova (2014)
2. **Do No Harm: Stories of Life, Death and Brain Surgery** – Henry Marsh (2014)
3. **Bad Science** – Ben Goldacre (2009)
4. **This is Going to Hurt: Secret Diaries of a Junior Doctor** – Adam Kay (2018)
5. **House of God** – Samuel Shem (1978)
6. **Being Mortal: Illness, Medicine and What Matters in the End** - Atul Gawande (2015)
7. **Stop Drinking Now** – Allen Carr (2015)
8. **The Book About Getting Older (for people who don't want to talk about it)** - Lucy Pollock (2021)
9. **With the End in Mind: How to Live and Die Well** – Kathryn Mannix (2019)
10. **Why We sleep: The New Science of Sleep and Dreams** – Matthew Walker (2017)
11. **The 4 Pillar Plan** – Dr Rangan Chatterjee (2018)
12. **Pain and Prejudice** – Gabrielle Jackson (2019)
13. **Touching the Rock: An experience of blindness** - John Hull (2013)
14. **The Invisible Smile: Living without facial expression** - Jonathan Cole and Henrietta Spalding (2008)
15. **The Transgender Issue: An Argument for Justice** – Shon Faye (2021)
16. **Elizabeth is missing** - Emma Healey (2014)
17. **Using CBT in General Practice** – Lee David (2006)
18. **Thinking fast and slow** – Daniel Kahneman (2012)
19. **Health at every size** – Linda Bacon (2021)
20. **Growing up disabled in Australia** – Carly Findlay (2021)