



6/2017

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



## Pre Scriberd

a performance piece, drawing on research exploring the barriers and facilitators to help-seeking 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 <http://www.vivgordon.com/prescribed.html>

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. [www.bslm.org.uk](http://www.bslm.org.uk) 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 1<sup>st</sup> 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 21<sup>st</sup> 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 <https://bslm.org.uk/event/vital-optimism/>

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 30<sup>th</sup> 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) Alison Manson (Facilitator Trainer)	Dr Emily Symington GP Croydon Dr Jonny Coates GP Newcastle	Dr Fraser Birrell, Rheumatologist (Academic Lead)	Networking	

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.bslm.org.uk](http://www.bslm.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 Natalie Salvesen, Dr Antonia Wrigley, Dr Zoe Williams.  
Registered address: 23 Dunsper Road, East Linton, East Lothian, EH40 3BW, Scotland.

### BMJ Article by Bristol 4th Year medic Philippa Walker-Smith

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.i2007.long>

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## 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 1<sup>st</sup> 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?!

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

Please join and book at [www.bslm.org.uk](http://www.bslm.org.uk)

LM is a registered charity SCIO 046920