



# Primary Care Teaching Team Newsletter - December 2021

## Editorial: Fancy a haiku? The Art of Medicine in MB21.

Just this week, our first year students finish a mini lecture and tutorial series focusing on the *Art of Medicine*. In two weeks, they have their *Foundations of Medicine* conference, where each tutorial group will present a medically themed creative work. We've just launched an [exhibition](#) of artwork by students who spent their first year at medical school on *Teams* (see below). Creative endeavour is one of the options for Year 5 students doing *Outside the Box*.

What's going on – this is a medical school, right, not an art school? Yes, and any forward thinking medical school realises that the practice of good medicine is both art and science. Under the umbrella of *Art of Medicine* comes an array of humanities disciplines offering their uncompromising insights into the medical enterprise.

From history, students learn about Galen, physician to four emperors, whose theories held sway for 1500 years, and who gives his name to the students' medical society, *Galenicals*. From philosophy they learn about the concept of scientific *paradigms* – drawing on the sorrowful case of Semmelweis (1818-1865) - his attempts to save women from puerperal septicaemia failing, all for the lack of a decent paradigm (Koch's postulates were not published until 1890).

But it is the creative arts that inspire the most. Creativity is one of the core values informing our approach to Effective Consulting. Doing creative stuff can be a form of self-care – helping us get “[Out of Our Heads](#)” and into other parts of ourselves. Three hundred students were writing haikus this week – [here](#) are a few from the website:

### Dementia

Sunlit days of youth  
I remember so clearly  
My wife I cannot.

### Depression

Winter of my soul  
My unwanted companion  
But pills light the end.

### Stroke

I know, it is mine  
But now it does not know me  
My own arm has gone.

We discuss how consultations have a creative element. How often have we got 2 minutes into a consultation thinking “I have no idea what to do here ...” and yet, somehow, something always emerges? Students comment on the *precision* of great art – to truly represent what is there through sensory and emotional attentiveness. As such the arts are a wonderful tool for developing students' empathic repertoire.



This newsletter contains an invitation for you to host a student artist in residence in your practice for two clinical sessions with the aim “to see ourselves as others see us”. With the educational, if not clinical, Winter interval now approaching, I hope you get some time to unwind into whatever feeds your body and soul. I have a novel teed up – disappearing into a good book is one of my chief survival mechanisms. As ever, thanks for your hard work providing truly inspiring teaching to our 1000+ medical students. Just today we finalised plans for a Festival of Teaching for Tuesday 5th April at Bristol Zoo Gardens whereat I promise both the Art and Science of medicine will be roundly celebrated (see below). Please come!

### Trevor Thompson

Professor, and Head of Teaching in Primary Care



ON TUESDAY THE 5TH OF APRIL 2022

# festival of teaching

THE CLIFTON PAVILION, BRISTOL ZOO GARDENS

**TEACHING DILEMMAS**

**LIVE MUSIC**

**EDUCATION SPEED DATING**

**TEACHING FOR NEXT YEAR**

**RESEARCH UPDATE**

**PRACTITIONER WELLBEING**

**HEADLINE SPEAKER**

**VISIONS FOR THE FUTURE**



**PLUS MORE SESSIONS TO BE ANNOUNCED!**

CAPC Teaching is excited to announce that we will be having a Festival of Teaching on Tuesday 5th April 2022 at Bristol Zoo Gardens.

After two years of online workshops, this is an opportunity for our wonderful community of GP teachers to come together, face to face, to celebrate student teaching in a day of free, education focussed, CPD.

We would love you to join us. Please email [phc-teaching@bristol.ac.uk](mailto:phc-teaching@bristol.ac.uk) reserve your place.

And in other news, you may be interested to keep up to date with the latest CAPC research that's taking place at the University.

Each issue of **CAPC Research News** will update you on the latest research findings from across our research themes, highlight new study announcements, update you on recent blog posts and events, provide information on our latest research and practice tools, and highlight opportunities to get involved in our research.

You can sign up for the newsletter from [this page](#).

The latest newsletter can be found [here](#).

## Calling all GPs – invite medical student artists into your consultation room!

### ***'To See Oursels'***

*An educational arts project exploring the pleasures and predicaments of contemporary general practice through the eyes and artistic works of medical students.*

### **Background**

*'O wad some Pow'r the giftie gie us  
To see oursels as ithers see us!'* (Burns, 1786)

Bristol Medical School has longstanding experience with the arts within medical education. This new initiative uses students' fresh eyes and ears to offer perspectives on the nature of modern GP consultations through the medium of the creative arts.

Medical students are in the unique position of having legitimate access to consultations without carrying ultimate responsibility for their outcome. They therefore have the space to observe things from the perspective of both patient and doctor as evidenced by a multitude of works on the Out of our Heads website (q.v.).

### **Where do you come in?**

We are seeking GP collaborators to have a single student as an observer in two regular GP clinics during Spring 2022. The observing student is not there for clinical teaching and their presence should not extend your clinic duration – though framing conversations at the beginning and end would be useful. The two clinics should be at least two and not more than five weeks apart (students will be working on their arts project in between) and should run between 1<sup>st</sup> of March and 31<sup>st</sup> of April 2022. The actual timings would be via negotiation between you and the student.

Over the study period students will be developing artistic work based on their experience in your clinic. The work may be generic or based on a particular case – with close attention to anonymisation and confidentiality. They will be supported by arts and health educationalists.

In the week commencing 2<sup>nd</sup> May 2022 you are invited to a discussion group to view the artwork in the company of other participating GPs and discuss the issues raised. Their works, and notes from the group, will form the basis of an exhibition and informal articles – this is not designed as a formal research study though all normal ethical standards will be upheld e.g. with regard to confidentiality.

To give you a sense of the sort of works they can create, we have selected x20 artworks from UoB's medical arts archive 'Out of Our Heads!' We warmly invite you to visit this curation at <https://outofourheads.net/tso-exhibition/> - please add your comments – these are appreciated by the contributors.

This project will provide you with unique insight into your practice and would make an interesting addition to an appraisal portfolio. It will provide students with an opportunity to reflect on practice through the creative arts and give us a unique perspective on the work of the modern GP.

**If you would like to be part of this project, please email Simon Hall with an expression of interest and we will get right back to you.**

Professor Trevor Thompson, Dr Catherine Lamont-Robinson & Dr Simon Hall  
(sh15056@bristol.ac.uk)



Virtually fat free Christmas pudding recipe from Kirsten's mum.

**If you think you don't like Christmas pudding, think again!**

This recipe is delicious, and can be made GF or dairy free if you use suitable breadcrumbs and Amaretti biscuits. It's definitely not alcohol free though . . .

This makes 8-10 generous portions.

You'll need a large mixing bowl, plastic/stainless steel.

You can make it a week before you plan to eat it.

8oz fresh wholemeal breadcrumbs	1 teasp ground cinnamon
8oz lexia raisins, roughly chopped	1 teasp ground mace
8oz sultanas, roughly chopped	½ teasp cardamom seeds (crush your own if necessary)
8oz soft apricots, roughly chopped	½ teasp ground clove
4oz soft prunes, roughly chopped	½ teasp ground allspice
2oz Amaretti macaroons, crushed	2 tabsp Seville marmalade
2oz flaked almonds	Juice of 1 orange
2oz ground almonds	4 eggs
1 apple peeled and grated	1 mini bottle Brandy
1 tabsp orange zest	¼ pint Sherry, Port or similar
<b>*Add more juice or sherry if the breadcrumbs were on the dry side</b>	

## Method

Assemble all the ingredients, then prep each in turn and add to the large bowl.

Mix thoroughly, cover and leave to mature overnight. Meanwhile decide on your cooking basins. Butter or oil each one and prepare greaseproof paper and foil for the tops. Fill each basin leaving 1 inch space at the top for expansion. Cover; folding the foil top closely around the top of the basin.

Put basins to simmer in gently bubbling water in a saucepan. Be careful not to let them boil dry. Cook for 4-6 hours depending upon size plus 4 more later, and then 2 more on the day you eat the pudding.

(If you've never steamed a Christmas pudding before, there's a BBC Good Food [video here](#) to show you how, though you might want to start out with a bit less foil than they use here, to avoid waste! )



## Out of our heads: art in medicine online

'Our First Year Heard' is a student organised and lead art exhibition on Out Of Our Heads that has been a year in the making. The collection's organiser, Louis Davenport, wanted to have heard the unique experience of people who were undergoing their first year of medicine during a pandemic.

The pandemic has functioned as a natural experiment for educational methods, and students' reactions to remote learning taking a more central role in the course. As such, discourse is an important part of the collection's purpose so we invite everyone to share their thoughts using the comments feature or to reply to another's comment.

You can find the exhibition at the following link:

<https://outofourheads.net/2021/11/12/our-first-year-heard-ofyh/>

Below we have "Volunteering at a Vaccine Clinic" by Katy Glenn, an example of a piece on Primary Care from the collection. There are more pieces on various clinical aspects of the first year learning experience.



## Looking for GPs with a Specialist interest to enthuse final year students!

As a part of GP5 we are running a cluster-based session on 'GP as a career'. We want to enthuse our final year students and promote Primary Care as a career choice. To bring this to life we want to showcase the diversity of Primary Care with short video talks from different GPwSI. **If you have a specialist interest and you'd be willing to talk about it, we need you!**

### What we're looking for?

A short **2-5minute selfie-video** talking about the what, why, and how of your specialist interest. (What it is and what you enjoy, why you choose it, how it fits in with your GP role)

### What to do if you're interested?

Please email Dr Lizzie Grove GP5 co-lead – [Lizzie.grove@bristol.ac.uk](mailto:Lizzie.grove@bristol.ac.uk) for further details. The deadline is 4/01/22.

## Book review

### Empireland - waking up to a nation's past

Trevor Thompson

I attended an Anglicised state grammar school in Belfast. I could recite the Kings and Queens of England but learned nothing about the history of the island of my birth. Aged 18 I picked up the book *Ireland a History* by Robert Kee and was stunned, fascinated, and briefly obsessed, with what I read about my country and its conflicted peoples. And it was with a similar feeling that I immersed myself in *Empireland*, Sathnam Sanghera's canter through the history of the British Empire and its myriad implications for contemporary British life.

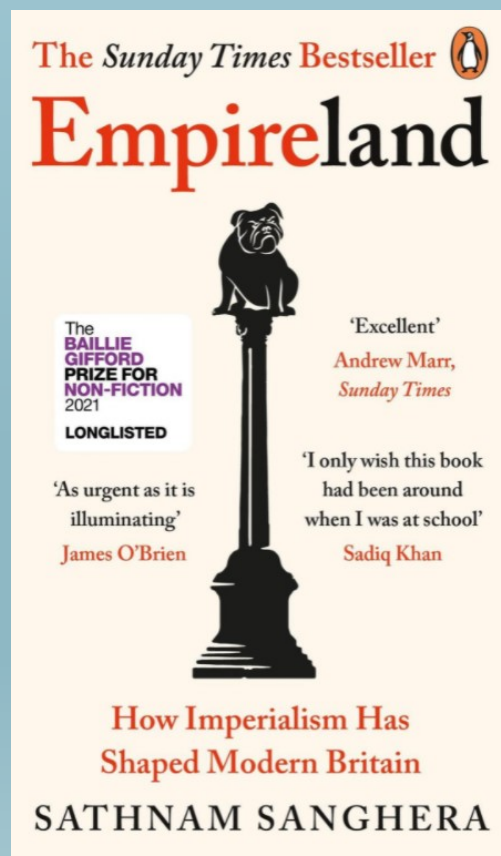
The sheer size of the British Empire is hard to imagine - governing at its peak a quarter of the world's land surface area. An exceptional phenomenon which gave rise to a particular type of British exceptionality, a lingering sense that the UK has a special type of international reach that warrants new aircraft carriers, a place on the UN Security Council and the ability to craft global trade deals, far from our near neighbours in Europe.

But what we British don't realise is the enduring violence required to establish and protect this realm. I have long held China in contempt for its occupation of Tibet so was shocked to read of Britain's unprovoked invasion in 1903. Tibetans, explained the expedition's cultural expert, were savages, "more like hideous gnomes than human beings". Thousands were "knocked over like skittles" by the invaders' machine guns. In 1906, in the Punjab capital Amritsar, Brigadier-General Dyer gave orders for his troops to open fire on a large crowd of unarmed peaceful protesters. With a thousand dead, the Bengali Nobel Laureate Rabindranath Tagore renounced his knighthood stating that "such mass murderers aren't worthy of giving any title to anyone".

The painful fact is that our nation is on the rebound from a prolonged stretch of energetic racism in which British administrations considered themselves racially superior to peoples across the globe. And a particularly nasty form of racism that allowed, for instance, the Tasmanian Aboriginals to be hunted to extinction and, as recently as 1956, the large-scale torture in detention of Kenyan Mau Mau militants. Lord Curzon (*Viceroy of India* 1899-1905) once observed that "there were no Indian natives in the Government of India because among all the 300 million people of the sub-continent, there was not a single man capable of the job".

Empire-amnesia makes sectors of British society wonder why there are so many non-white people setting up home in the UK. Including an estimated 40% of workers in the UK NHS. As one activist put it - "we are here because you were there". And as well as people, there was the migration of money. The great British country houses of the 18th century were often funded through the expropriation of colonial assets. He argues that although Britain eventually raged against the slave trade, it was this same trade that funded the celebrated growth of Georgian Bristol, Liverpool and Glasgow.

I find myself an instinctively proud member of British society. The ethnic diversity of our culture is one of its chief pleasures. But *Empireland* has opened my awareness to a seam in our past that must infect any comfortable sense of Britishness for those of colonial heritage. True reconciliation requires the truth of a troubled, rapacious, and overtly racist past to be part of our national dialogue, a dialogue to which this book is a valuable contribution.



We scoured the internet for some Christmas jokes; here are a few that made us chuckle . . .



Santa's sleigh broke down on Christmas Eve. He flagged down a passing motorist and asked, 'Can you help me fix my sleigh?'  
Sorry,' the motorist replied, 'I'm not a mechanic, I'm a podiatrist.'  
'Well', said Santa, 'can you give me a toe?'

Patient: Doctor, Doctor I'm scared of Saint Nicholas!  
Doctor: You're suffering from Claus-trophobia.



What do you call a snowman with a six pack?  
An abdominal snowman.

What do you get if you eat Christmas decorations?  
Tinsilitis.



How did Mary and Joseph know Jesus' weight when he was born?  
They had a weigh in a manger...

Which one of Santa's reindeer has the best moves?  
Dancer (obvs!)



**And so, we wish you a femury Christmas, and Hippy Holidays!**

We hope you enjoy our Newsletter, and that you would like to continue to receive it. However, if you would like to unsubscribe, please just drop us a quick note at any point to [phc-teaching@bristol.ac.uk](mailto:phc-teaching@bristol.ac.uk) to let us know, and we'll take you off the mailing list.

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