

# Primary Care Teaching Team

## Newsletter - June 2022

### Editorial: What I Learned from Rangan Chatterjee (St George's Bristol 9<sup>th</sup> May 2022)

Though I self-identify as an *enthusiast*, those who know me see a sceptical side. So, although I have listened to many of his podcasts, and recommended them to patients, I only ended up going to Rangan Chatterjee's talk at St George with reluctance, my wife (pictured) having obtained me a free ticket.

For those not in the know, Rangan is a Manchester GP, who has sidled to the number one spot for UK health writers (five books and counting), with a podcast listened to by millions, the TV show *Doctor in the House* and now his own thing on BBC R2. Enough to dislike a man. As I approached the lengthy admissions queue at St George's, I wondered what GP (what doctor?) could come close to this sort of pull?



And I, and the 500+ other people, mainly sparkly-eyed females aged between 35-65, were treated to a virtuoso performance. The topic was happiness. Having written extensively on lifestyle, he made the obvious point, that I am sure many of us have noted, which is that if folks were happy, they might not be engaging in the negative lifestyle patterns we seek to motivate them out of.

He spoke for 90 minutes without pause, without notes and with only a handful of slides. I am a terrible man for nodding off in lectures, but I didn't come close. How so? He convinced us his topic was important. He shared his family story, of how his father, also a GP, had died by mistaking success for happiness. He showed vulnerability over his own struggles, rendering the listener feeling safe to contemplate their own shadowy parts.

The central metaphor of his talk involved a three-legged stool supporting the concept of *core happiness*, distinguishable from *junk happiness* (drugs, alcohol, gambling, binge shopping etc). One of the legs was *alignment* – between one's values and “the person you are actually being out there in the world”. I appreciated how he had distilled very complicated ideas into a simple teachable structure – around which he freely improvised. And without notes the speaker has to properly connect to the meaning of their story which in turn connects the listener to that meaning.

I appreciated the way he handled challenging questions from the floor; listening well and responding to and beyond the question without defence, drawing on a diverse anecdotal treasure chest. He fleshed out his thesis with reference to research, cases from practice and to the people he has interviewed in his podcast such as Dr Edith Eger (95), survivor of Auschwitz and one of the world's true optimists.



The evening sent me home on a high, convinced that I could change my parlous existence. I actually made an important life decision during the talk. We had the pleasure of 2mins chat at the head of the book signing queue. He seemed humble and, possibly, happy. I possibly may not get round to reading the book, but as people who hold the floor in the lecture theatre, or tutorial room, or Zoom room, we have a lot to learn from this fellow GP who has influenced the health of millions.

**Trevor Thompson**

**Professor, and Head of Teaching in Primary Care**

## Book review

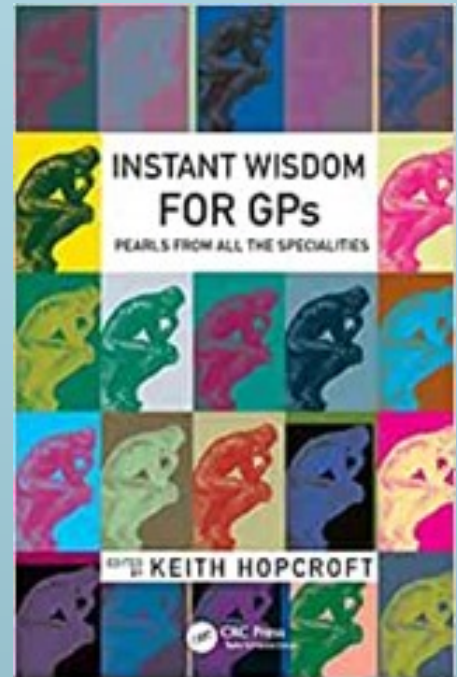
Nobel laureate Gabriel Garcia Marquez wrote that, “wisdom comes to us when it can no longer do any good.” However, Keith Hopcroft’s anthology of medical pearls attempts to challenge this and in my opinion it does a pretty good job.

Hopcroft’s book attempts to distil decades of medical experience into something digestible for the busy GP. Each chapter is written by a consultant who imparts their “Ten Pearls of Wisdom” in helpful bite-sized chunks. It covers all specialities from paediatrics to care of the elderly and everything in between.

Some of the pearls are self-explanatory – for example a cardiologist reminds us that “Automated ECG interpretation is not always correct”. Others are more practical – “Remember that cauda equina syndrome can evolve slowly and may be incomplete”. Each pearl is accompanied by a helpful supporting paragraph of explanation.

The book is easy to navigate and well set out making it easy to dip in and out of and I think there is value within its pages for GPs at any stage of their careers.

**Ciaran Conway, Year 3 Lead**



Instant Wisdom for GPs: Pearls from All the Specialities  
by Keith Hopcroft  
CRC Press, 2018, PB 187pp, £28.99,

## Interested in being a Year 5 small group facilitator?

We have an exciting opportunity for GPs who would like to be involved in weekly small group teaching sessions in the 2022/23 academic year to Year 5 students in Gloucester, Yeovil, Taunton, or Swindon. Our Cluster Based Teaching course is part of the students' 9-week Primary Care placement and explores topics such as Integrated Urgent Care, End of Life Care Conversations, and Using an Interpreter. It runs on a Wednesday morning or afternoon for 2.5 hours. It has received fantastic feedback this year from both students and tutors:

*"our tutor was so great and it felt like a nice environment to be honest and reflect on our experiences"*

Please click [here](#) to read more about this role. Should you be interested, please submit an [application form](#) **as soon as possible**. If you have any queries, please contact us at [phc-teaching@bristol.ac.uk](mailto:phc-teaching@bristol.ac.uk)

## Presenting complaint: use of language that disempowers patients

**Table 1** Suggested changes to terminology

Problematic term	Suggested replacement
Denies chest pain	Reports no chest pain
Patient claims pain is x/10	Patient reports pain is x/10
Compliance	Barriers to adherence
Presenting complaint	Reason for attendance
Patient failed on x	X was not effective for the patient
Patient refused x	Patient declined x

*Fritz, Z. and Cox, C., 2022.*

*Presenting complaint: use of language that disempowers patients BMJ 2022;377*

This was an interesting article I read in the BMJ looking at language that clinicians use in medical notes that blames patients or puts them in a passive, child-like role. It discussed how this language is often taken for granted but can negatively affect the doctor-patient relationship. It suggested some changes to make when writing notes (see table, taken from the paper).

It made me rethink about how I write my notes, especially with patient online access to their GP notes being introduced.

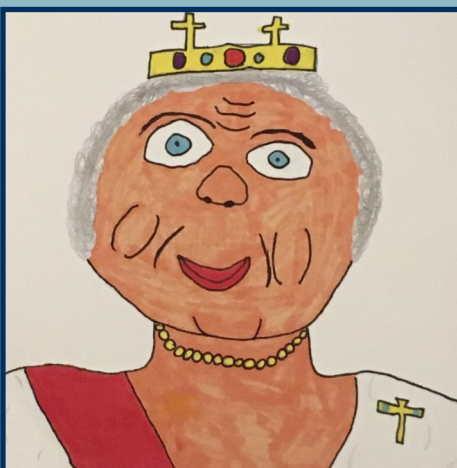
**Dr Kimberly Bruce,  
Year 4 Primary Care Lead**

## An opportunity to discuss moving and being a GP in Australia.

For more info about booking a session in Bristol in June please see:

<https://www.eventbrite.com.au/cc/better-medical-is-coming-to-the-uk-in-may-june-269469>

## We have a longer than usual bank holiday weekend coming up.



And in case anyone's forgotten who to thank for the extra days off, here's a portrait of the Queen, drawn at school by my 11 year old son, Huw. A friend said, "Well, yes, he's caught a likeness there". Naturally I am now the proud owner of a teatowel and set of coasters with this image emblazoned upon them.

As a team, we thought we would share a few recommendations of things to do around the region, perhaps over the next few days. There is, we think, something for everyone. Something for the mind, body, soul, and, err . . . stomach.

We hope you enjoy our suggestions. And we hope for fine weather. **Kirsten Gill, GP3 administrator.**

## Van Gogh: The Immersive Experience

<https://vangoghexpo.com/bristol/>

**Location:** Propyard, BS2 0SE

**Timeline:** Current – Sept

**Tickets:** Child - £9.50+ / Adult - £16+

Not knowing a ton about Vincent Van Gogh, other than his missing ear and being a huge sunflower fan, I didn't know what to expect



after I was told "I'm dragging you to the Van Gogh Immersive Exhibit with me!"

Walking in, I thought that the first room was very insightful, walls plastered with interesting articles about Vincent's career, touching on the highs and lows of his life, as well as discussing his mental health. Numerous replicas of his paintings hung in the darkened room, and a few of the largest pieces evolved into swirling flowers and morphing shapes. I thought it was fascinating, however, thought the "immersive" aspect needed work until we moved further into the exhibit...

The next few rooms were mesmerising, and really where the immersion kicks in - some of his pieces, e.g. The Bedroom were recreated in full scale, and you could physically step into them, but I felt that the main event of the whole exhibition was a 360-degree spectacle placed in a vast room, displaying a constant-changing medley of all of Vincent's work that feels like it's coming to



life. You plonk yourself down in a deck chair and watch as the world of Van Gogh clashes and transforms around you - easily the most dramatic part of the event.

Following this, a neat touch brings you into the artist's boots as you create like Vincent (*which is a fancy way of saying you colour in A4 sheets of his paintings with crayons*), and it allows you to scan your work in and display it on the wall with everyone else's which was quite fun.

I didn't take part in the final segment (*which you do have to pay extra for*), which is a VR experience that takes you even deeper into Vincent's life, however, all those who I've spoken to who tried it said it was definitely worth it.

All in all, this was a thoroughly enjoyable experience that took around just under two hours, and if you want to dip your toes into the art world then you shouldn't sleep on it, or it'll be off to the next city before you know it.

**Rhys Morton, Effective Consulting Administrator**



Top Tip: Propyard, where the Van Gogh experience is being held, is located in the (relative) wilds of the industrial estates out beyond Bristol Temple Meads Station. Should you be coming by train to Bristol, for this, or indeed any other reason, know that there is an excellent bakery, **Hart's Bakery**, located in one of the arches underneath Station Approach. They specialise in "sourdough, handmade pastries, seasonal cakes and savouries". They do great coffee too. Check opening times though, as they're not quite standard.



### **Bath Soft Cheese Factory, Kelston.**

If you are looking for nice walks with a delicious food stop over the Jubilee weekend, I would recommend the Bath Soft Cheese factory near Saltford. It is open Monday-Sunday for breakfast, lunch, drinks and cakes. There is plenty of parking, some animals and a play area for kids. A short walk across fields takes you to Kelston round hill for spectacular views and you can also walk down to Saltford and join the Bristol/Bath cycle path. Their website has maps you can download and it is well signposted. The food is simple but really tasty. They serve the biggest range of posh cheese toasties you will ever find, ploughman's, hearty quiches and too many cakes to choose from. The milkshakes come highly recommended by our kids too. Booking is recommended for a sit down lunch but they also do takeaway and there is a shop to buy their produce to take home. <https://www.bathsoftcheesecafe.co.uk/home>

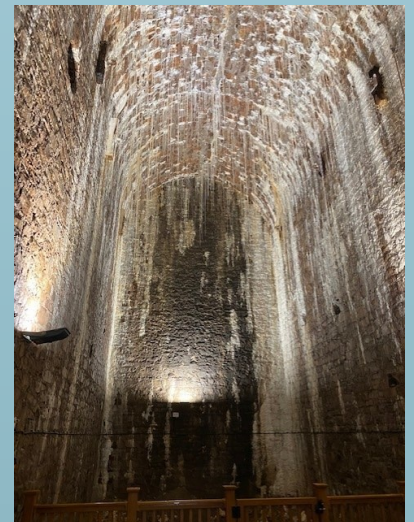
**Veronica Boon, GP5 Co-Lead**, with her daughter pictured at the top of Kelston Round Hill.

### **Clifton Suspension Bridge – excursion into the Leigh Woods Vaults** Discovered by accident in 2002 you can take a fascinating 1 hour hard hat tour into the vaults on the Leigh Woods side of Clifton Suspension Bridge.

Running from Easter to October, you climb down a ladder adjacent to the red brick abutment which supports the bridge tower. Wearing your hard hat and high vis jacket you then explore two of the twelve vaulted chambers built by Brunel and his team almost 180 years ago. Stalactites drip from the ceilings and in the first vault you can clearly see how the abutment is built around the bedrock of the cliff face.



The vaults are approximately three double deckers high and you crouch down to go through a small tunnel inside the second vault. Once you're in the vaults there's not much to see but it is an immense space and the experience is enthralling. The guides are really knowledgeable about the construction of the bridge and it's well worth a visit. You need to be 7+ to take part.



Further information can be found on the Bridge's website <https://cliftonbridge.org.uk/visit-explore/>.

**Amanda Gardham,**  
**GP4 Administrator**

## Destination Shepton Mallet

Last summer I took my two boys on a short break from urban Bristol to . . . Shepton Mallet. We stayed in an ancient but brilliant airbnb, and spent one of the days visiting [Shepton Mallet Prison](#), which was great. Definitely worth a visit, and I would say essential to go on one of the guided tours, to get the full feel of the place. There was some talk about ghosts, capital punishment, and bodies buried beneath our feet, so it might not be for those of a sensitive nature, or younger children, but my boys then aged 10 and 12 were fine with all that gruesome stuff; sufficiently fine with it all, in fact, to want to buy the T-shirt as we exited via the gift shop.



On the second day of our stay we walked a bit of the East Mendip Way, fighting our way through fields of maize, and herds of cows, via the Charlton Viaduct, and ending up at The Poachers Pocket in Chelynch for a pub lunch.

Our return trip took us through the tiny chocolate box village of Doulting and to St Aldhelm's Church and [well](#) (no, I'd never heard of him either). All lovely wholesome stuff, and a notable absence of eye-rolling from the tweenagers.

On our final day we had lunch at the very quirky [Art Bank Cafe](#) on Shepton Mallet High Street. Lovely vegan and veggie food (my younger son had his first ever charcoal and berry smoothie) (which, luckily, he liked; I have no idea how cleansed his inner workings felt afterwards though, and I suspect he'd struggle to articulate it anyway) and a wonderful, creative atmosphere, that I would heartily recommend, if you fancy something radically different from the Costas and Starbucks of this world. In fact, as we were eating, a couple of violinists came in, sat down, and started playing. I should perhaps declare an interest at this point, as one of the co-directors is a friend, but regardless of that, it's worth taking a quick look at the staff bios, as they're an interesting bunch, and the events they run are varied - from Acoustic Open Mic nights to Creative Sessions for Adults with Learning Differences, via Crochet and Chat. And all in a lovely old building that used to be a high street bank. (Opening hours are variable for the cafe and the bar, so check in advance if you decide to give it a go). **Kirsten Gill, GP3 administrator.**

## TV drama review: Don't take my baby – streaming on BBC iplayer 57 minutes

Bafta award-winning drama about a young disabled couple's fight to keep their newborn baby. Partially sighted Tom and wheelchair user Anna are assessed by social workers to see if they can provide the care their daughter needs. It is based on a series of real-life stories and makes you question your own views and beliefs about the disabled community. It gives you a glimpse into the life of a young person with disabilities.



**Kimberly Bruce**

## TV drama review: Then Barbara Met Alan - streaming on BBC iplayer - 68 mins



Is about the fight for rights for disabled people, told through a love story. It chronicles the lead-up to the Disability Discrimination Act of 1995 in the UK. The production is produced and acted by people with disability, a triumph for disability inclusion. There are 17 actors who are disabled (including Silent Witness' Liz Carr) and half of the editorial team are people with disabilities. I have to admit, I was unaware of this important piece of British

history before watching it, and shocked at how recently these rights were introduced. The story unfolds in a very personal and engaging way through the relationship of two disability rights activists, Barbara and Alan. It is uplifting, thought provoking and keeps your attention throughout. **Kimberly Bruce**

## Film review: Disclosure - Netflix (1 hour 40 mins)

I chose to watch this after the recommendation in last month's newsletter from the student voice. It is a documentary by trans people about depictions of trans people in the media and how that contributes to transphobia. I was shocked that in the past television and film depicted stereotypes of transgender people (as someone to be laughed at, murderers or sex workers). This eye-opening documentary starts to change the narrative and asks for positive representation of transgender people in the film industry. My husband was sat next to me reading a book whilst I watched this, but this documentary was so engaging he ended up watching with me and said he was really glad he did.

Perhaps try one (or all) of these programmes too - they really are brilliant.

**Kimberly Bruce**



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