

8/2018

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



@capcteaching

## Teaching Newsletter

Bristol Medical School, 1st Floor, 5 Tyndall Avenue, Bristol, BS8 1UD  
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### GP Teacher Prizes 2017-18

**Congratulations** to this year's winners

**Clare Wilson**

**Kathryn Hughes**

**Daniela Hall**

**Nicola Flemming**

**Diana Bloss**

**Lucy Haydock**

GP ST winner

**Gaywood Hse Surgery, Bristol Year 1**

**Patford Hse Surgery, Calne Year 2**

**Box Surgery, Radstock Year 3**

**The Lennard Surgery, Bristol Year 4**

**Nailsea Practice, Nailsea Year 5**

**Mendip Vale Medical Practice**



Dr B has been an excellent teacher and made our whole GP experience very enjoyable, enough so that I am shifting towards a career in GP after previously writing it off. She has been enthusiastic, gone over and above to teach us and I feel I have learned a lot from her

### GP Teacher Workshops 2018-19

The following workshops are 'all day' workshops at the Engineers' House, Clifton, Bristol



Year 1&2 workshop

20th September

Year 3 workshop

2nd October

Year 4 workshop

23rd October

Year 5 workshop

13th November

### Academy GP Teacher Workshops 2018-19

Somerset Academy (Taunton)

5th September

8.30/9.00-13.00

Bath Academy

21st September

8.30/9.00-13.00

To book any workshop, please email [phc-teaching@bristol.ac.uk](mailto:phc-teaching@bristol.ac.uk)

### Also in this bumper summer edition....

- ◆ Find out what your colleagues are reading; **more beach reads** on **page 2&3**
- ◆ Not getting any **RCGP emails**? Find out how to reset your communication preference on **page 3**
- ◆ Funding for undergraduate GP teaching **page 3**
- ◆ Looking for some **interesting free CPD**? Why not take part in a one off interprofessional research session? For details see **page 4**



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## 'Summer Reads'

Wherever you may be cooling off this summer, you may need a good book. Read on!

### What's in a story? Lessons from reflections in General Practice

David Orlans, Rodger Charlton, and Samuel Finnikin. Hampton-In-Arden Publishing, 2017, PB, 362pp, £10.00, 978-0954560447

A collection of real stories and learning points from fellow GPs. Read **Ciaran Conway's** review in the June issue of the **BJGP** here <https://bjgp.org/content/68/671/287.3>

The book is available from: <https://www.whatsinastory.co.uk/>



### Also Human: The Inner Lives of Doctors by Caroline Elton

Reviewed by two members of the Primary Care team

#### From Lucy Jenkins

Determined to read at least one book during my maternity leave, I spotted this on the shelf and was intrigued by the back stating 'this book breaks the silence'. It is written by an occupational psychologist who trains and supports doctors, and reflects in a sympathetic and perceptive way on her work through a series of case studies with suggestions on strategies to improve doctors' psychological well being.

Early chapters focus on medical education, selection processes, career choices and the life of a trainee so it is pertinent to us all involved in teaching and training.

There is lots of narrative, so it is very readable. It's not necessarily uplifting but definitely thought provoking. I am not sure of the exact target audience but think patients, interdisciplinary colleagues and policy holders would benefit from reading it.

For me, it helped consider how we can identify and develop emotional resilience in our prospective doctors as well as strengthening it in myself and colleagues. It highlights risk factors in working and personal life which may

lead to problems and I will certainly recommend this to medical students.

#### From Juliet Brown

Caroline Elton is a psychologist with a unique insight into the medical profession, having worked first as an educational observer, and latterly as a specialist helping doctors in difficulty. She explores this odd medical world we live in, where to be 'professional' sometimes means a detachment that sets us irreparably apart from those we seek to help. How do we choose our careers? Are we all searching for reparation of earlier hurts? How do we carry the responsibility of others, and cope with our own questions, fears, families, health and anxieties?

There is a tension in this book between anecdote and research, and at times it reads as a lecture.

However, the human stories of fallible doctors in sometimes inhumane settings challenge and provoke more than the 'facts'. 'Human' is essential reading for all doctors; if it doesn't resonate with you personally, it should at least guide us as we nurture medical students through this, at times, challenging profession.



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**From Barbara Laue**

**Plainsong** by Kent Haruf

This is the first book in a trilogy describing the lives of people in the fictitious town of Holt in Colorado, USA. In deceptively simple language Haruf brings his characters to life: Guthrie and his two young boys - Ike and Bobby, the pregnant teenager Victoria Roubideaux who has been thrown out by her mother, the old unmarried McPherson brothers—Raymond and Harold who take her in and Maggie Jones. This is an imperfect world with ugliness and humanity side by side. Hard to put down as you really care about the characters by the end of the book. Best to buy all three so you can carry on reading. **Eventide** and **Benediction** are the other two books.

**Why we sleep** By Matthew Walker

We all know how 'groggy' lack of sleep makes us feel but I hadn't quite realised how seriously bad for our immune system and memory chronic sleep deprivation can be. The old saying of needing less sleep as we get older is definitely not born out by science. We all need eight hours (or more). Our sleep quality gets worse as we age but that doesn't mean that we don't need good quality sleep when we are older, it is just harder to come by.

I wonder whether sleep will be the next health promotion wave once we have got past peak obesity?

And if you are reading your emails or visiting your Facebook friends just before going to bed, you definitely need to read this book!

**From Alison Capey and Chrissie Kelly**

**This is going to hurt Secret diaries of a junior doctor** by Adam Kay

Laugh out loud with a serious edge, read the BJGP review here

<https://bjgp.org/content/bjgp/68/668/140.2.full.pdf>

## Emails from RCGP—Are you getting them?

Due to changes in data protection law that came into force in May 2018, RCGP no longer had permission to email members on the basis of their past email unsubscribe choices. If you haven't already "OPTED-IN" and are no longer receiving emails from RCGP and you would like to continue to receive email communications from them, you will need to let them know by updating your preferences. You can manage your preferences using a quick opt-in/opt-out list - it should only take a couple of minutes and you can change or update your choices anytime

<https://r1.dotmailer-surveys.com/m/b649lxf0-4a2s3sd9-72JTEXH7E>



Royal College of  
General Practitioners

## Funding for undergraduate teaching in GP practices

Did you see this article in PULSE?

<http://www.pulsetoday.co.uk/news/gp-topics/education/rcgp-and-bma-ask-hunt-to-boost-gp-undergraduate-training-placement-funding/20037050.article#.W0N31E4fJbk.email>

"The RCGP and BMA have written to health secretary Jeremy Hunt demanding 'fair' funding for GP undergraduate training placements.

The parties want the Government to provide an additional £31m a year, bringing funding to the level that hospital placements already receive.

The RCGP said GP practices currently receive just £620 a week to host students on training placements, but the organisation estimates costs to be around £1,000 a week."



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## Free interesting CPD

EPPIC: Enhancing post-Injury Psychological-Intervention and Care (EPPIC) study: NIHR Knowledge Mobilisation Research Fellowship project

**Kate Beckett** from UWE is inviting clinical trainees and staff and/or adults with experience of injury to attend a participatory theatre workshop on:

11th September 1.30-5.30pm

At: The Station, Silver St, Bristol BS1 2AG,  
<https://www.creativeyouthnetwork.org.uk/the-station>

This project, funded by the NIHR, is a collaboration between UHBT and UWE and is supported by other Bristol NHS trusts (including BNSCCG) and by Bristol, Southampton and Nottingham Universities. The aim is to use a form of participatory theatre called Forum Theatre to bring key stakeholders in trauma care (patients, practitioners and experts in post injury psychopathology) together to share their knowledge, watch a play about recovery from injury and use it as a stimulus for debate to collectively devise implementable improvements to post-injury psychological intervention and care.

All clinical contributors will receive a CPD certificate.

For further information, please contact [Kate2.Beckett@uwe.ac.uk](mailto:Kate2.Beckett@uwe.ac.uk)

The screenshot shows a web browser displaying the Creative Youth Network website. The page features a large photograph of a person walking through a red door. Below the photo, the heading "The Station" is followed by the tagline "Relax. Get support. Get creative." The text describes the station as Bristol's Central Youth Hub, offering a supportive and creative environment for young people. It lists contact information: Telephone: 0117 947 7948 and Email: [info@creativeyouthnetwork.org.uk](mailto:info@creativeyouthnetwork.org.uk). A map of the location is also visible on the right side of the page.