

South East Scotland GP Trainers Conference 2019

Thursday 23 & Friday 24 May 2019

Workshop Descriptors

A1 & B1 (Thursday): The AKT Examination

Presenter: Carol Blow

A novel way to help trainees to revise for the AKT is to get them writing AKT-style multiple-choice questions. Not only do they have to gain the knowledge to write the question, including knowing how to seek out and check the evidence, but it also helps them to understand the principles behind the SINGLE BEST ANSWER format of the AKT.

We will go through some basic principles of question writing, including some “tricks of the trade”, and then do some topic-based questions so that you can help your trainees get started. Many trainees then continue to use question-writing as a tool in their study groups. I have been the Clinical Lead for the AKT from its inception in 2007 until stepping down in December 2017 so I can also give some guidance on areas of difficulty for trainees.

A2 & B2 (Thursday): Perceptual Positions

Presenters: Gisu Cooper and Janet Sayers

This will involve looking at difficult training situations or conflicts from three different perceptual positions.

The workshop should help us to gain more perspective on these difficult issues.

In preparation can we ask trainers to bring along a difficult problem or conflict they have experienced in training. If they cannot think of a training issue then they can bring an example from their clinical practice.

A3, B3 & C3 (Thursday): Tai Chi

Presenter: Kevin Brown

Tai Chi is a gentle but powerful form of flowing movement that may help in improving balance, spinal alignment and posture, physical strength, flexibility and cardiovascular fitness and by combining the slow movement with the breath many people find it beneficial in reducing stress and anxiety.

A4, B4 & C4 (Thursday): Care and Support Planning

Presenter: Graham Krammer

Care & Support Planning (C&SP) is a process, clinical method and consultation model that aims to actively involve people living with long term conditions in conversations that focus on meaningful personal outcomes and support for self management. C&SP is being proposed for inclusion in the next MRCGP curriculum and is a wholesome response to the post-QoF era of Realistic Medicine.

This workshop, delivered by experienced “House of Care” trainers, will explore what the needs of GP trainers would be to promote and develop C&SP in practice with their GP trainees.

A5, B5 & C5 (Thursday): Time Management

Presenter: Ben Burville

Dr Ben Burville is a full time (8 session) partner at Coquet Medical Group, based in Amble, Northumberland.

He is also a GP appraiser and GP supervisory trainer. He has been a GP for 12 years.

He is a ALS instructor and teaches in hospital. He is married with two children aged 8 and 6 years.

Prior to studying medicine he worked in business (Shell & ICI speciality chemicals distribution) and for the military. He served 2 tours in Bosnia.

He has a degree in Marine Biology from Southampton University.

In addition to a career in medicine he also films British marine life underwater, working with the BBC, ITV, Sky, Ch4 and Frances TF1.

He works closely with Newcastle University, holds a Visiting Researcher post there and is currently involved in a project investigating dolphin off the Northumberland coast.

Dr Burville enjoys medicine and although he is acutely aware of the stress involved in the work he continues to "love his job".

He has an interest in time management.

The sessions will focus on practical points that are aimed to help with "Time management" and "Work / life balance".

A6 & B6 (Thursday): 'Knowing You, Knowing Me' Differential Attainment

Presenter: Nitin Gambhir

Differential attainment is a symptom not a diagnosis and the causes are complex and multifactorial. Overseas Trainees are often confronted by a different culture, different educational system and different learning and teaching styles. These trainees report that they are faced by risks of unconscious bias in recruitment, assessments and day to day work. Cultural safety and Competence amongst trainers goes a long way in supporting overseas trainees.

This workshop will highlight evidence based tools available to support overseas trainees including an overview of the Scottish Trainee Enhanced Programme.

C6 (Thursday): Is the consultation still important?

Presenter: Rhona McMillan

This workshop will consider whether in 2019 it is still worthwhile teaching patient centred consulting skills to GPSTs in Scotland. ES will be asked to consider how and when these skills are taught to GPSTs and consider concepts of Realistic Medicine. Workshop will be interactive, with initial large group presentation, followed by smaller group discussions.

C1, D1 & E1 (Thursday & Friday): AKT and the role of the ES

Presenter: Jeremy Chowings

Help it's the AKT!

Many of our trainees are finding the AKT more difficult to pass and are looking for support and advice. This will be an interactive discussion on the role of the educational supervisor and the resources we might use to help our registrars.

C2, D2 & E2 (Thursday & Friday): Teaching clinical decision making when the history is not your own

Presenter: Rachel Wood

As we enter a new chapter of being Expert Generalists, there will be more joint working with a wider spectrum of allied health professionals in the primary care team. What are the issues this raises for GP training and equipping our Trainees with skills for managing patients, through the histories and assessments of colleagues?

In this workshop we will explore the changing team and how we listen and respond to medical uncertainty from colleagues, with a different training to what we have received as GPs.

D3 & E3 (Friday): Digital Professionalism

Presenter: Nóra Murray-Cavanagh

A workshop in development, and a workshop in development!

Exponential changes in digital technologies have had a profound impact on how we work and learn, in our clinical and educator roles - and in our personal lives! This workshop in development provides a stimulating space for free range discussion starting from the premise "How do GP Specialty Trainees develop their digital professionalism?" I'm excited to collaborate with you all and look forward to some lively discussions.

D4 & E4 (Friday): Reaching the Millennials

Presenters: Nicola Shaw and Alice Fitzgibbon

Cultural differences between generations may impact on learning. What traits do the current millennial generation display and how might education and training continue to adapt to meet these needs?

D5 & E5 (Friday): Dyslexia

Presenter: Robbie Bolton

Trainees sometimes have difficulty engaging with the eportfolio and passing AKT despite good clinical performance. Several cases recently have demonstrated dyslexia as part of the problem, and performance has improved after providing support. Dyslexia can affect organisational skills as well as written language skills. The Scotland Deanery has recently had a short-life working group looking at the problem and how NES can help.

This workshop will encourage participants to share experience of supporting trainees with dyslexia as well as providing information to increase awareness of the problem.

D6 & E6 (Friday): Who do you think I am? How unconscious bias shapes our thinking and what we can do about it

Presenters: Kristi Long and Susan Buck

Are we as fair as we think we are? Research suggests that unconscious bias influences the way we think and act.

In this interactive workshop, you will have the opportunity to explore concepts of unconscious bias, consider how bias is expressed and how it impacts on GP training. You will receive a toolkit with activities and further resources on unconscious bias for use in training.