

# South East Scotland GP Trainers Conference 2022

12 - 13 May 2022

## Workshop Descriptors

**\*12 May – Thursday**

**\*13 May – Friday**

**A1 & C1 (Thursday):** Active Bystander Training

**Presenters:** Dr Annabel Shepherd, Dr Neil Bennett and Dr Jennifer Craig

Active bystander training gives you a framework to identify and tackle undermining or bullying behaviour in the workplace. In this interactive workshop we'll invite you to share your thoughts and experiences, and to develop effective strategies to use when you notice that things aren't right.

**A2 & B2 (Thursday):** The Three-Part Day; an opportunity for training or an unnecessary distraction?

**Presenter:** Dr Jeremy Chowings

If practices fundamentally changed the structure of the working day to have three parts rather than two, this could create a significant increase in general practice capacity. What are the pros and cons? Would this be an opportunity for medical education and General Practice Specialist Training or just another distraction for already busy teams?

Come and join the discussion!

**A3 & C4 (Thursday):** What Drives You?

**Presenters:** Dr Nicola Curry and Dr Alan Johnstone

Kahler identified 5 common drivers that motivate us. During the workshop we aim to use this tool to develop self-awareness of our own drivers and explore how it could help give us insight and understanding into our trainee's behaviour.

**A4 & B5 (Thursday):** ARCP and Educator Notes

**Presenter:** Dr Barry Gibson-Smith

A session to help better understand the use and importance of educators notes and how they inform the ARCP process.

**A5 & C6 (Thursday):** Over Diagnosis

**Presenter:** Dr Robert Duncan

Discussing over diagnosis with trainees. Some examples of highlighting harms and promoting shared decision making.

**A6 & B6 (Thursday):** What Makes a Good Practice Visit?

**Presenters:** Dr Alice Travers and Dr Thomasin Mackie

How to survive Reaccreditation & take the groan out of practice visits....

Quality practice visits are a necessity but need not be a punitive process. Whether you have had a visit in the past, or are due one soon, find out how to get the best out of your visit, share some of your experiences with others & find out how to make it work for you.

This workshop will outline the process & explain the paperwork. It will discuss some of the pitfalls & give some suggestions to help with some of the trickier aspects of practice visits. It will also describe the changes in the process due to Covid restrictions.

**B1, C5 (Thursday) & E6 (Friday):** Perfectionism (and being a good enough GP)

**Presenter:** Dr Paul Hepple

Perfectionism is a common trait amongst doctors but it can lead to health and performance problems and eventually burnout. The workshop will explore the concepts of healthy versus unhealthy perfectionism.

**B3 & C2 (Thursday):** Tai Chi

**Presenter:** Mr Kevin Brown

The ancient Chinese art of 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. Many of the movements in the form are based on martial arts but in Tai Chi these movements are performed in graceful slow motion. By combining the slow movement with their breathing many people find it beneficial in reducing stress and anxiety.

**B4 & C3 (Thursday):** Supporting Trainees – helping trainees who have additional challenges in their training journey

**Presenter:** Dr Susan Buck

In this workshop, we will consider some of the additional challenges that may impact a trainee's journey, discuss the management of some scenarios, and resources to support trainees and their educators.

**D1 (Friday):** Gender Dysphoria in Primary Care

**Presenter:** Dr Andrew Ma

The purpose of this workshop is to provide a brief overview on gender dysphoria in primary care which will focus on resources, screening, logistics of changing names and alerts on clinical systems. I am no means an expert, but this workshop will hopefully generate further discussions.

**D2 & E4 (Friday):** Metaphors in Medicine – the hidden power of words

**Presenter:** Dr Peter Dorward

Doctors use metaphors all the time: to explain, to teach, to help, to heal. We rarely talk about them—what works, what doesn't; what will make a metaphor fly, and what will make it fly into the ground (to use a metaphor...).

This interactive and participative workshop will be focussed on the hidden power of words and images'.

### **D3 & E1 (Friday):** CPD for First Fives in NHS Scotland

**Presenter:** Dr David Cunningham

First5s are recently qualified GPs, within the first five years of completing GP training. Two groups of First5 GPs participated in research undertaken by NES in 2020 and 2021. This research identified their preferences relating to learning methods and learning needs in the years after training. A number of learning gaps were apparent from GP training. Some of this focused around independent practice and the business of general practice. This presentation will focus on what First5s need to learn post-CCT and how their learning needs may differ from established GPs.

### **D4 & E2 (Friday):** Stoicism

**Presenter:** Dr Robbie Bolton

In these difficult times we all need skills in resilience that we can use to maintain our positive approach to life and work. These are skills that we can also pass on to doctors in training. Stoicism was a philosophy developed in ancient Greece, then adopted by thinkers in the Roman Empire when things were going badly. We will look at the principles of Stoicism to see if we can find ideas and aphorisms to apply to daily life. To quote the psychotherapist Sheldon Kopp – “Every day you have the choice to do whatever you want – you need only live with the consequences”.

### **D5 & E3 (Friday):** Safeguarding in the GP Consultation

**Presenter:** Dr Rachel Wood

Can we prepare our trainees more effectively for these difficult conversations and navigating the decision making involved in safeguarding? Does taking a “social media history” have any benefit in understanding safeguarding risks of our patients? The new Scottish Child Protection guidelines were published in September 2021 and the updates will be summarised in this workshop. A suggested reference model for the consultation where a safeguarding alarm bell rings will be shared, in an otherwise fully participative workshop.

### **D6 (Friday):** Introduction to QI Methods and Tools

**Presenters:** Dr Sarah Luty and Dr Duncan McNab

The NES GP safety and improvement team will run this interactive workshop looking at common QI tools and share how these can be used to support QI projects. Model for improvement will be explored as a QI method with participation from the audience in running and reporting PDSA cycles.

We will work through process maps, fishbone diagrams, force field analysis, impact influence grids and stakeholder analysis to demystify these terms and show where they fit in everyday QI projects.

### **E5 (Friday):** QI Project Ideas and WPBA Calibration Exercise for GP Trainers

**Presenters:** Dr Sarah Luty and Dr Duncan McNab

In this workshop GP trainers will have the opportunity share project ideas and experience with trainees' Quality Improvement Projects. We will calibrate the marking of GPST1 QI Projects using the RCGP marking framework and word pictures. The projects used have been submitted by 2021 GP trainees with permission and have been peer reviewed by QI leads and GP trainers.