

# South East Scotland GP Trainers Conference 2023

18 - 19 May 2023

## Workshop Descriptors

**\*18 May – Thursday**

**\*19 May – Friday**

**A1 & B1 (Thursday):** Neurodiversity / Dyslexia **Workshop Full**

**Presenter:** Jane Duffy

This session will give a brief overview of neurodiversity / dyslexia and will also cover the following:

Equality Act 2010

Declaring neurodivergence including dyslexia

What are Reasonable Adjustments?

Individual Learning / Reasonable Adjustment Plans - (person centred)

Case conferencing

Case examples of adjustments

Q&As

**A2 & B3 (Thursday):** Wellbeing - Can We Teach Our Trainees to be More Resilient? **Workshop Full**

**Presenter:** Karine Newlands

This workshop will look at ways we can support the wellbeing of our trainees. We will consider what personality traits might impact on the performance of an individual and discuss resources that may be helpful in building resilience for those in a training environment.

**A3 & B2 (Thursday):** Improving the Experience of Hospital Attachments for GPSTs and their Clinical Unit Hosts

**Presenter:** Ben Pearson-Stuttard

Anecdotally GPSTs can have poor experiences of hospital attachments. However, a good hospital attachment is an opportunity to improve the knowledge and skills set of future GPs whilst building greater understanding of referral practice, improving patient care in the community and strengthening inter-professional relations. To better understand the current experience in NHS Lothian, we collected data from a range of sources, both quantitative and qualitative. Driven by data, a focus group of stakeholders collaborated and co-created “Six High Impact Actions” to improve the experience of hospital attachments for GPSTs and their clinical unit hosts. During this session, we will share the learning from this work, whilst exploring participants’ own experiences.

**A4 (Thursday) & D6 (Friday):** Tai Chi

**Presenter:** 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 the breath many people find it beneficial in reducing stress and anxiety.

**A5 & B5 (Thursday):** Tactical Decision Making / Simulation **Workshop Full**

**Presenters:** Andrew McClarey and Amy Proudfoot

This workshop is a focus group to explore Tactical Decision Games as a way to use simulation-based learning with GP trainees. It will be audio recorded. Attendees will complete a Tactical Decision Game that uses scenarios to explore factors that influence prioritisation of on-call tasks. Participation in this workshop will aid understanding of how experienced GPs prioritise on-call work tasks which will direct the development of a Tactical Decision Game educational resource for GP training. After signing up to this session further information will be e-mailed to you before the conference.

**A6 & B6 (Thursday):** Dying with Dignity

**Presenters:** Drummond Begg and Hannah Easdown

Assisted Dying for Adults (Scotland) Act is being brought before the Scottish Parliament by Liam McArthur MSP this year. This workshop will explore what is being proposed and what training needs there may be.

**A7 (Thursday) & C7 (Friday):** Helping Trainees Receive Feedback: the ECO Model **Workshop Full - THURSDAY**

**Presenter:** Colin McArthur

"Do your trainees ever struggle to receive feedback productively? Do you sometimes feel that the learning points get lost, and you're met instead with denial, excuses, or floods of tears? We will look at the "E.C.O." Model, developed to help GPSTs respond to feedback from Multi Source Feedbacks. Come and learn how to receive feedback the ECO friendly way!"

**B4 (Thursday) & D7 (Friday):** New ESs Workshop (*please select to attend this if you have attended SPESC since April 2021*)

**Presenters:** Jonathan Paisley and Nicola Duffy (Thursday) and Chris Mair and Thomasin Mackie (Friday)

This workshop is for those ESs who have attended SPESC since June 2021. It is run by TPDs and is designed to provide an opportunity to explore issues specifically relevant to ESs early on in their training journey.

**B7 (Thursday):** Stoicism **Workshop Full**

**Presenter:** Robbie Bolton

In these difficult times we all need skills in resilience 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. Many of its ideas were later adopted by Christianity.

In this workshop 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".

**C1 & D1 (Friday):** Four Things GP Trainers Should Know About Humility **Workshop Full**

**Presenter:** Annabel Shepherd

What is the role of humility in clinical practice? What is the difference between outward and inward humility? If intellectual humility is desirable, how can I develop it? What can I do to help GP trainees develop humility? To answer all these questions and more, come and join this fun and interactive workshop. Disclaimer: Workshop includes quiz but there are no prizes!

**C2 (Friday):** Giving Feedback

**Presenter:** Janet Sayers

Challenges can arise while giving feedback to Registrars, this workshop will be a discussion of how we might try to manage these challenges. Please reflect on your own experience of having received feedback over your career and come prepared to share your personal experience of having received effective and ineffective feedback.

**C3 & D3 (Friday):** Lifestyle Medicine **Workshop Full**

**Presenter:** Susannah Scarlett

In this interactive workshop Susannah plans to open a discussion about how to integrate a lifestyle medicine approach into daily practice, with a focus on physical activity and the RCGP physical activity charter. One change, then another, and repeat.

**C4 & D2 (Friday):** Are GPs Well Placed to Deliver Nutritional Advice to Patients?

**Presenter:** Emma Platt

We will discuss the concept of a 'brief nutritional intervention' and practical tools we and our trainees can utilise in busy surgeries. How to apply evidence-based nutrition to chronic disease management and common presentations in practice.

**C5 & D5 (Friday):** QI Project Assessment Calibration

**Presenter:** Duncan McNab

In this workshop, GP trainers will have the opportunity to discuss experiences of supervising trainees' Quality Improvement Projects. We will calibrate the assessment of a GPST1 QI Project using, with permission, a trainee project which has been peer reviewed by QI leads and GP trainers.

**C6 (Friday):** Educational Supervisor's Report – How to Maximise Benefit for Our Trainees **Workshop Full**

**Presenter:** Chris Mair

This interactive workshop will focus on reviewing the purpose of the ESR in training. We will review how to best prepare for an ESR through sharing experiences and how to use this document for the development of the trainee, without adding excess workload to the ES role.

**D4 (Friday): Imposter Syndrome Workshop Full**

**Presenter:** Robbie Bolton

As life changes and we take on new roles there is a risk of feeling out of our depth. This can lead to anxiety and reduced job satisfaction, as well as poor training outcomes. This is a new workshop looking at some basic educational theory and philosophical ideas as well as workplace culture to see how we can support trainees who are doubting their abilities.