

**Thursday 2 November 2023**

09:00 - 09:30	<b>Conference Registration and Refreshments</b>	<b>Highland Lounge</b>
		<b>Cawdor</b>
09:30 - 09:45	<b>Introduction to the Conference</b> <i>Dr Douglas Jarvie, Dr Fiona Lopez, Dr Eilidh O'Loughlin &amp; Dr Daisy Earl Educational Supervisors, North Region, NES</i>	
09:45 - 10:30	<b>The Future of Medical Education and Training in Scotland</b> <i>Professor Nitin Gambhir Lead Dean Director for GP, Psychiatry, Public Health and BBT, NES</i>	
10:30 - 11:30	<b>Keynote: How to be a Good Role Model to our Trainees</b> <i>Dr John Dunn, Out of Hours GP, NHS Lothian, Former Associate Adviser, South East Region</i>  In this interactive talk John will discuss 7 common frailties that most of us have which can get in the way of us flourishing in our life, and suggest how we can to a degree mitigate these in ourselves. Hopefully by doing this we might be better role models for our trainees and in turn help them to better flourish in both work and life.  <i>John was a GP in a large training practice in a deprived area of Edinburgh for 30 years, finishing in July 2022. John was also Course Organiser then Associate Adviser with NHS Education for Scotland for 20 years until 2020. John currently works weekends as an Out of Hours GP for Lothian Unscheduled Care Services.</i>	
11:30 - 11:45	<b>REFRESHMENT BREAK</b>	<b>Highland Lounge</b>
11:45 - 13:00	<b>Workshop Session 1</b>  <b>1. Four Things GP Trainers Should Know about Humility</b> <i>Dr Annabel Shepherd, TPD for ES Support, West Region, NES</i>  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!  <b>2. You Do Not Have Imposter Syndrome</b> <i>Dr Robbie Bolton, Assistant Director, South East Region, NES</i>  Life changes. As we take on new roles there is a risk of feeling out of our depth, which can lead to anxiety. For trainees there is a chance of withdrawal, lack of learning, and poor training outcomes.  In this workshop we will look how workplace culture can cause, as well as cure, Imposter Syndrome. Using some simple educational theory and ideas from philosophy we will explore how to support a trainee who is doubting their abilities. In a shock final slide I hope to reveal that Imposter Syndrome doesn't actually exist at all!	<b>Various Rooms</b>

### **3. Improving the Experience of Hospital Attachments for GPSTs and their Clinical Unit Hosts**

*Dr Ben Pearson-Studdard, GP, Ferguson Medical Practice & Honorary Clinical Fellow, University of Edinburgh*

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.

### **4. Shaping Trainee Centred Adjustments**

*Jane Duffy, Senior Disability Specialist Lead, NES*

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

- Equality Act 2010
- Declaring neurodivergence including dyslexia
- Individual Learning / Reasonable Adjustment Plans (person-centred)
- Access to Work
- Q&A’s

### **5. Inequalities in Medical Education**

*Helen Sikora, Specialist Lead - Education, Equality & Human Rights, NHS Education for Scotland*

This interactive session will provide an update on the current issues around equality, diversity and inclusion, recent data around differential attainment within medical education and will provide opportunity to share and discuss the work that the Scotland Deanery is doing to tackle differential attainment, and consider the role that educational supervisors can play in creating more inclusive workplaces.

### **6. Establishing Healthy Boundaries for Effective Supervision and Personal Wellbeing**

*Jean Pryde, Green Ribbons Mental Health Training & Coaching*

In this dynamic and interactive one hour workshop, we will explore the critical concept of professional boundaries, particularly tailored for Scottish General Practitioners who serve as “Educational Supervisors”.

As these professionals juggle managing their own caseloads while mentoring and training new GPs, it becomes essential for them to establish and maintain robust professional boundaries to balance their professional and personal lives effectively.

13:00 - 14:00 **LUNCH**

14:00 - 15:15 **Workshop 2**

**Various Rooms**

#### **1. Four Things GP Trainers Should Know about Humility** (See Workshop 1 for Descriptor)

*Dr Annabel Shepherd, TPD for ES Support, West Region, NES*

#### **2. You Do Not Have Imposter Syndrome** (See Workshop 1 for Descriptor)

*Dr Robbie Bolton, Assistant Director, South East Region, NES*

#### **3. Improving the Experience of Hospital Attachments for GPSTs and their Clinical Unit Hosts**

(See Workshop 1 for Descriptor)

*Dr Ben Pearson-Studdard, GP, Ferguson Medical Practice & Honorary Clinical Fellow, University of Edinburgh*

#### **4. The Use of Non-Medical Media in Medical Education**

*Dr Douglas Jarvie, Educational Supervisor, Culbin & Varis Medical Practice*

An interactive session, exploring the potential use of media (film/TV/radio/podcasts etc) in medical education (particularly portfolio/tutorials). It will touch on personal experiences, a little bit of theory, discussion of potential applications/advantages/pitfalls and provide (hopefully) useful resources – books/ websites. Popcorn will be provided!

#### **5. New ES Workshop**

*Dr Lorraine McGuigan, Dr Catherine Stone, Dr Nader Maria & Dr Kate Irvine*

Workshop for new ES's covering a range of topics including ePortfolio entries, workplace based assessments, completing the ESR, trainees in difficulty, induction and sharing useful resources.

Content will be tailored depending on attendees learning needs and we would encourage all to fill out the online questionnaire about these, which will be circulated before the course.

#### **6. Balancing the Scales: Self Care and Burnout Prevention for GPs**

*Jean Pryde, Green Ribbons Mental Health Training & Coaching*

In this insightful and participative one hour workshop, we will delve into the essential theme of self care and burnout prevention, specifically tailored for Scottish General Practitioners serving as “Educational Supervisors”. Given the dual role of managing their caseloads and mentoring new GPs, they often neglect their own mental wellbeing, risking burnout. This workshop is designed to help them recognise the signs of burnout, understand its impact, and develop practical self management strategies.

15:15 - 15:45

#### **REFRESHMENT BREAK**

**Highland Lounge**

**Cawdor**

15:45 - 16:30

#### **Local Deanery Update**

*Dr Monica Milne & Dr Debbie Miller, Assistant Directors of Postgraduate GP Education, North Region, NES*

16:30 - 17:30

#### **Keynote: A Picture Paints a Thousand Words**

*Dr Nicola Gill, Specialist TPD for GP Educator Support and Social Accountability, NHS England*

Art can be many things - a source of delight or a solace or an inspiration. It can challenge the status quo and be a stimulus for change. It can be used in medical education to broaden perspective, raise awareness of other cultures, explore biases, develop compassion, and deepen understanding of what it is to be human. Art can encourage clinicians to stop and think about the person they are caring for and how they care for themselves.

This session will allow you to experience the power of visual images as a resource in medical education and hopefully inspire you to use art in your teaching.

*Nicola works for NHS England as a Specialist TPD for GP Educator Support and Social Accountability. In the rest of their week, Nicola facilitates learning using their passion for creative health. Harnessing the power of the arts, Nicola runs seminars in museums, sculpture parks, conference halls and online to help clinicians develop and maintain the art of general practice.*

*Nicola curates [www.theartofmedicine.co.uk](http://www.theartofmedicine.co.uk) and runs GP School Art Club once a month and is an active member of the RCGP Special Interest Group for Creative Health.*

*Nicola trained in Sheffield and has 20+ years' experience working as a GP and as a TPD for the York GPST Scheme. Reading, walking with friends and weeding the garden all help to maintain Nicola's wellbeing.*

17:30 - 18:00

#### **Plenary and Planning for Conference 2024**

18:00 - 19:00

#### **ES Wellbeing**

Boxercise - Dr David Earley

Walking Group - Dr Claire MacKenzie

20:00

#### **DINNER**