

5 Day International GP Update Course: London

17-21 June 2019, Wellcome Trust

Course Overview

Every week we are bombarded with literature from a variety of sources - the BMJ, the Lancet, to name just a few, and then we have to contend with numerous national and international guidelines...

As doctors practising family medicine within primary care structures, we want to stay up to date, but the task is a formidable one. We want to help by collating and synthesising the evidence for you – we have done all the legwork so you don't have to!

This course has been structured to enable family medicine doctors to earn their CPD points and help you meet the requirements for appraisals and revalidation by offering 30 hours of consecutive learning.

The course will cover the following topics:

- General Update
- Effective consultation
- MSK and chronic pain
- Women's Health



As well as being relevant to clinical practice, we make it entertaining too - without compromising the content! Everything we present is fully referenced – so if you want to do some more research or read the original article you can, but you don't have to.

What's Included?

- 30-hours of evidence-based updates relevant to your primary care practice, coupled with practical workshops tackling consultation skills and ample opportunities to interact, ask questions and debate with your peers.
- A printed copy of the GP Update Handbook including the results of the most important research in primary care over the last 5 years. It covers the subjects more extensively than is possible in the course.
- 12 month's subscription to www.gpcpd.com. With three times the content of the handbook, it allows you to capture CPD credits as you read on the site and use it in consultations! It also comes with focussed learning activities to earn further CPD credits.

Red Whale are proud to be completely free from pharmaceutical sponsorship. We tell it like it is - not how big pharma would like you to hear it!

Day 1: GP Update

The widely-renowned original GP Update course covers a broad range of updates relevant to primary care including cardiovascular disease, respiratory medicine, renal disease, and diabetes.

Presenters: Dr Steve Pratt and Dr Kate Grint

Aim: To share the latest evidence, what it means in practice, and give clinicians some practical tips on how to change their practice (and perhaps that of their colleagues!)

Outcomes:

- Delegates understand the latest evidence in relation to all major chronic diseases as well developments across a range of other topics relating to primary care
- Delegates have a clear understanding of how to apply this learning in their practice
- Delegates feel confident applying evidence-based clinical reasoning where guidance is complicated or unclear.

Timetable

Time	Topic
0815	Introduction
0830	<u>Session 1</u> <ul style="list-style-type: none">• Cardiovascular medicine to include: heart failure and familial hypercholesterolemia Includes 20 mins discussion time.
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none">• Musculoskeletal medicine and men's health to include gout and the management of premature ejaculation Includes 20 mins discussion time.
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none">• Topics in elderly medicine and issues in therapeutics to include osteoporosis and a review of the place of aspirin in medicine Includes 20 mins discussion time.
1430	Break
1445	<u>Session 4</u> <ul style="list-style-type: none">• Topics in cancer care and children's health to include bowel cancer care and the assessment of failure to thrive. Includes 20 mins discussion time.
1600	End

Day 2: GP Update

We continue the GP Update course

Presenters: Dr Steve Pratt and Dr Kate Grint

Aim: To share the latest evidence, what it means in practice, and give clinicians some practical tips on how to change their practice (and perhaps that of their colleagues!)

Outcomes:

- Outcomes same as Day 1

Timetable

Time	Topic
0815	<u>Introduction</u>
0830	<u>Session 1</u> <ul style="list-style-type: none">• Respiratory workshop. Focus on the management of long term conditions in respiratory medicine, i.e. asthma and COPD with practice cases and workshops on key areas of respiratory care such as working with patient asthma action plans and assessing inhaler technique Includes 20 mins discussion time.
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none">• Respiratory workshop (continued)• Migraine Includes 20 mins discussion time.
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none">• Diabetes and gastroenterology to include a review of diet options in diabetes and the investigation of anaemia. Includes 20 mins discussion time.
1430	Break
1445	<u>Session 4</u> <ul style="list-style-type: none">• Topics in ENT, dermatology and mental health to include osteonecrosis of the jaw, fungal nail infections and the new NICE depression guidelines. Includes 20 mins discussion time.
1600	End

Please note that the session content and exact timings are indicative and subject to change, dependent on any new guidelines released etc.

Day 3: Effective consultation

This practical session tackles approaches to using time effectively and efficiently. The session will promote enhanced use of scarce professional time and rehearse “best buy” skills that increase effectiveness and bear down on clinical (and medico-legal) risk.

Presenters: Dr Malcolm Thomas and Dr Avril Danczak (from Effective Professional Interactions)

Aim: To enable delegates to improve the clinical effectiveness and time efficiency of their consultations with patients and families.

Outcomes: 1) Increased knowledge of relevant consultation micro-skills
2) Enhancement of specific skills via guided practising

Timetable (entire programme is discussion-based/interactive)

Time	Topic
0815	Introductions
0830	<u>Session 1</u> <ul style="list-style-type: none">• Introductions• Aims• Reflection on experience• Calgary Cambridge Consultation Skills – facilitated discussion
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none">• Calgary Cambridge Consultation Skills (cont)• Labelling and analysing skills, using a simulated consultation
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none">• Agenda Setting – including early screening of patient’s agenda• Spectrum of prompts• Full Story
1430	Break
1445	<u>Session 4</u> <ul style="list-style-type: none">• Patient Education – mini tutorials, NOT mini-lectures• Putting it all together• Dialogue Framework
1600	End

Day 4: MSK and chronic pain

Presenter: Dr Amer Sheikh

Aim: To give delegates a deeper understanding of musculoskeletal pain and to enhance their confidence in dealing with it in their daily practice.

Outcomes:

- Delegates have updated knowledge and understanding of chronic pain as well as specific musculoskeletal complaints.
- Delegates empowered to manage musculoskeletal disorders with a new all-round view using skills they already have.

Timetable

Time	Topic
0815	Introductions
0830	<u>Session 1</u> <ul style="list-style-type: none">• Understanding pain & principles of pain management• Chronic pain• Low back pain Includes 20 mins discussion time.
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none">• Biopsychosocial model of pain• Chronic pain and opiates• Imaging in primary care Includes 20 mins discussion time.
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none">• Muscle pain and tendinopathy• Joint hypermobility• Fibromyalgia Includes 20 mins discussion time.
1430	Break
1445	<u>Session 4</u> <ul style="list-style-type: none">• Osteoarthritis• Steroid injections• Inflammatory arthritis Includes 20 mins discussion time.
1600	End

Please note that the session content and exact timings are indicative and subject to change, dependent on any new guidelines released etc.

Day 5: Women's Health Update

From the pill to pelvic pain, periods and prolapses, this women's health update is a comprehensive guide to understanding and managing common gynaecological problems in general practice.

Aim: To share the latest evidence, what it means in practice, and give clinicians some practical tips on how to change their practice (and perhaps that of their colleagues!)

Presenter: Dr Lucy Cox

Outcomes:

- Delegates gain an understanding of the latest evidence in women's health
- Delegates feel confident dealing with women's health issues and are able to apply simple practical ideas in their practice

Timetable

Time	Topic
0800	Introductions
0815	<u>Session 1</u> <ul style="list-style-type: none">• Contraception Includes 15 mins discussion time
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none">• Pelvic pain and menstrual problems Includes 15 mins discussion time
1200	<u>Lunch</u>
1245	<u>Session 3</u> <ul style="list-style-type: none">• Menopause (extended) Includes 30 mins discussion time
1515	Completion of evaluation forms and end