

5 Day International GP Update Course: London

Wellcome Trust, London, 17-21 June 2019

Course Overview and programme

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 (with extended session on respiratory management)
- 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.

The Red Whale | GP Update Course is completely free from pharmaceutical company sponsorship. We want you to be totally reassured that there will be no biasing of the information presented to you and that there will be no reps there on the day!

Aims and Objectives

Overall Aim:

To provide a comprehensive overview of the latest evidence in primary care and offer practical tips and techniques for applying this in the consulting room.

GP Update

Aim: To review current evidence, guidance and updates on management of a range of chronic diseases and application of this in practice in the primary care setting.

Objectives:

- Know about latest evidence-based updates on management of a range of chronic diseases in primary care including: cardiovascular medicine; men's health; elderly medicine; issues in therapeutics; migraines; cancer care; children's health; diabetes, gastroenterology; ENT issues, dermatology; and mental health
- Understand how to apply this evidence in practice within the primary care setting
- Know about the research that supports the evidence base

GP Update (extended session on respiratory management)

Aim: To review latest evidence to support management of asthma and COPD in the primary care setting and implications for practice for themselves, colleagues and the primary care team.

Objectives:

- Understand in more depth the latest evidence and updates in relation to the management of long-term conditions in respiratory medicine. From this they will be more confident in assessing inhaler technique and about how recent NICE guidance affects prescribing choices in the step-wise management of asthma
- Know how to apply evidence to their own practice and to the work of the primary care team
- Be able to apply evidence based clinical reasoning in practice

Effective Consultation

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

Objectives:

- Increased knowledge of relevant consultation micro-skills
- Understand how to apply specific skills via guided practising

MSK and chronic pain

Aim: To review current approaches to diagnosis and management of musculoskeletal and chronic pain in daily practice in the primary care setting.

Objectives:

- Know about the latest evidence, including NICE guidance about management of low back pain, osteoarthritis, rheumatoid arthritis, spondyloarthopathy joint hypermobility and fibromyalgia

- Understand a biopsychosocial model of chronic pain and know how to use this in clinical practice
- Know about adverse consequences of opioid prescribing and how to minimise this using pharmacological interventions as well as some non-pharmacological methods
- Know about approaches to determining the common causes of muscle pain and tendinopathy

Women's Health

Aim: To review current evidence on management of a range of women's health concerns and application of this in practice in the primary care setting.

Objectives:

- Know about latest evidence supporting the management of women's health concerns including advice about contraception; menstrual problems; support during the menopause; vulval problems, PMS; post-coital bleeding; fertility; fibroids; ovarian cysts; group B strep; and breech births
- Understand how to apply this evidence in practice within the primary care setting
- Know about the research that supports the evidence base

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 review briefly current evidence, guidance and updates on management of a range of chronic diseases and application of this in practice in the primary care setting.

Objectives:

- Know about the latest evidence-based updates on management of a range of chronic diseases in primary care including: cardiovascular medicine; men's health; elderly medicine; issues in therapeutics; migraines; cancer care; and children's health (specific points to be covered included in the talk topics below)
- Understand how to apply this evidence in practice within the primary care setting
- Know about the research that supports the evidence base

Timetable

Time	Topic
0815	Introduction
0830	<u>Session 1</u> <ul style="list-style-type: none">• Update/latest evidence in relation to cardiovascular medicine to include: heart failure and familial hypercholesterolaemia Includes 20 mins discussion time.
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none">• Update/latest evidence in relation to men's health to include gout and the management of premature ejaculation• Update/latest evidence in relation to topics in elderly medicine Includes 20 mins discussion time.
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none">• Update/latest evidence in relation to issues in therapeutics to include osteoporosis and a review of the place of aspirin in medicine• Update/latest evidence in relation to migraines Includes 20 mins discussion time.
1415	Break
1430	<u>Session 4</u> <ul style="list-style-type: none">• Update/latest evidence in relation to topics in cancer care to include bowel cancer care• Update/latest evidence in relation to topics in children's health, to include the assessment of failure to thrive. Includes 20 mins discussion time.

1600	End
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Day 2: GP Update (continued)

We continue the GP Update course, starting with a focused session in the morning

Presenters: Dr Steve Pratt and Dr Kate Grint

Morning session

Aim: To review latest evidence to support management of asthma and COPD in the primary care setting and implications for practice for themselves, colleagues and the primary care team.

Objectives:

- Know about the latest evidence supporting best management of asthma and COPD in primary care
- Understand the implications of NICE guidance on prescription choice and stepwise management of asthma
- Understand the implications of guidance for practice, including helping patients with inhaler technique
- Know how to apply evidence to their own practice and to the work of the primary care team
- Be able to apply evidence based clinical reasoning in practice

Timetable

Time	Topic
0815	<u>Introduction</u>
0830	<u>Session 1</u> <ul style="list-style-type: none"> • Respiratory workshop. Focus on Update/latest evidence in relation to 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) Includes 20 mins discussion time.
1200	<u>Lunch</u>

Afternoon session

Aim: To review briefly current evidence, guidance and updates on management of a range of chronic diseases and application of this in practice in the primary care setting.

Objectives:

- Know about the latest evidence-based updates on management of a range of chronic diseases in primary care including: diabetes, gastroenterology; ENT issues, dermatology; and mental health (specific points to be covered included in the talk topics below)
- Understand how to apply this evidence in practice within the primary care setting
- Know about the research that supports the evidence base

Timetable

Time	Topic
1245	<u>Session 3</u> <ul style="list-style-type: none">• Update/latest evidence in relation to diabetes, to include a review of diet options in diabetes• Update/latest evidence in relation to gastroenterology, to include the investigation of anaemia. Includes 20 mins discussion time.
1415	Break
1430	<u>Session 4</u> <ul style="list-style-type: none">• Update/latest evidence in relation to topics in ENT, to include osteonecrosis of the jaw• Update/latest evidence in relation to topics in Dermatology, to include fungal nail infections• Update/latest evidence in relation to topics in mental health, to include the new NICE depression guidelines. Includes 20 mins discussion time.
1615	End

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.

Objectives:

- Increased knowledge of relevant consultation micro-skills
- Understand how to apply 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 relevant experience• Focus on understanding Calgary Cambridge Consultation Skills – facilitated discussion
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none">• Focus on understanding Calgary Cambridge Consultation Skills (cont)• Developing labelling and analysing skills, using a simulated consultation
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none">• Understanding of Agenda Setting – including early screening of patient’s agenda• Discussion on spectrum of prompts• Focus on the Full Story
1430	Break
1445	<u>Session 4</u> <ul style="list-style-type: none">• Focus on Patient Education – mini tutorials, NOT mini-lectures• Putting it all together• Understanding a Dialogue Framework
1600	End

Day 4: MSK and chronic pain

Presenter: Dr Amer Sheikh

Aim: To review current approaches to diagnosis and management of musculoskeletal and chronic pain in daily practice in the primary care setting.

Objectives:

- Know about the latest evidence, including NICE guidance about management of low back pain, osteoarthritis, rheumatoid arthritis, spondyloarthopathy joint hypermobility and fibromyalgia
- Understand a biopsychosocial model of chronic pain and know how to use this in clinical practice
- Know about adverse consequences of opioid prescribing and how to minimise this using pharmacological interventions as well as some non-pharmacological methods
- Know about approaches to determining the common causes of muscle pain and tendinopathy

Timetable

Time	Topic
0815	Introductions
0830	<u>Session 1</u> <ul style="list-style-type: none">• Understanding pain & principles of pain management• Further understanding and update/latest evidence in relation to chronic pain• Further understanding and update/latest evidence in relation low back pain Includes 20 mins discussion time.
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none">• Further understanding and update/latest evidence in relation biopsychosocial model of pain• Further understanding and update/latest evidence in relation chronic pain and opiates• Further understanding and update/latest evidence in relation imaging in primary care Includes 20 mins discussion time.
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none">• Further understanding and update/latest evidence in relation muscle pain and tendinopathy• Further understanding and update/latest evidence in relation joint hypermobility• Further understanding and update/latest evidence in relation fibromyalgia Includes 20 mins discussion time.
1430	Break
1445	<u>Session 4</u> <ul style="list-style-type: none">• Further understanding and update/latest evidence in relation osteoarthritis• Further understanding and update/latest evidence in relation steroid injections• Further understanding and update/latest evidence in relation inflammatory arthritis Includes 20 mins discussion time.
1600	End

Day 5: Women's Health Update

Presenter: Dr Lucy Cox

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 review current evidence on management of a range of women's health concerns and application of this in practice in the primary care setting.

Objectives

- Know about latest evidence supporting the management of women's health concerns including advice about contraception; menstrual problems; support during the menopause; vulval problems, PMS; post-coital bleeding; fertility; fibroids; ovarian cysts; group B strep; and breech births
- Understand how to apply this evidence in practice within the primary care setting
- Know about the research that supports the evidence base

Timetable

Time	Topic
0800	Introductions
0815	<u>Session 1</u> <ul style="list-style-type: none">• Update/latest evidence in relation to contraception, heavy menstrual bleeding and menopause Includes 15 mins discussion time
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none">• Update/latest evidence in relation to: vulval problems, PMS and post-coital bleeding Includes 15 mins discussion time
1200	<u>Lunch</u>
1245	<u>Session 3</u> <ul style="list-style-type: none">• Update/latest evidence in relation to fertility, fibroids, ovarian cysts, group B strep, and breech births. Includes 30 mins discussion time
1515	Completion of evaluation forms and end