

## GP Update 5-day Global Programme

The University of Oxford, UK, 15-19 June 2020



### 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 management of cardiovascular disease)
- Women's Health
- MSK and chronic pain
- GP Cancer Update



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](http://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 (to include an extended session on management of cardiovascular disease)

**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

### 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

### 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

### GP Cancer Update

**Aim:** To review the current evidence and guidance relating to all aspects of cancer care as it applies to us as "coal face" GPs in the primary care setting.

### Objectives:

- Know about early diagnosis: Why is it so difficult and how we can shift the balance in favour of our patients?
- Understand lifestyle advice: is it really worth it?
- Know about cancer screening: Is early detection worth the burden of over diagnosis? How do we discuss this complex idea with patients?
- Know about cancer as a long-term condition – what are the needs of your patients and what are the learning needs of your team?

## 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 Charlotte Hart and Dr Osman Bhatti**

**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
- 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
0830	Introductions
0845	<u>Session 1</u> <ul style="list-style-type: none"><li>• Update/latest evidence in relation to cardiovascular medicine</li><li>• Update latest evidence in relation to respiratory health</li></ul> Includes 20 mins discussion time.
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none"><li>• Update/latest evidence in relation to men's health</li><li>• Update/latest evidence in relation to topics in elderly medicine</li></ul> Includes 20 mins discussion time.
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none"><li>• Update/latest evidence in relation to issues in therapeutics to include osteoporosis</li><li>• Update/latest evidence in relation to migraines</li></ul> Includes 20 mins discussion time.
1415	Break
1430	<u>Session 4</u> <ul style="list-style-type: none"><li>• Update/latest evidence in relation to topics in cancer care</li><li>• Update/latest evidence in relation to topics in children's health</li></ul> Includes 20 mins discussion time.
1600	End

## Day 2: GP Update (continued)

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

**Presenters: Dr Charlotte Hart and Dr Osman Bhatti**

### Morning session: GP Update (extended session on management of cardiovascular disease)

**Aim:** to review the latest evidence to support the management of cardiovascular disease in a primary care setting, looking at the implications for practices and primary care teams.

#### Objectives:

- Examine the latest evidence and updates in relation to the long-term management of cardiovascular disease
- Enable delegates to discuss the evidence base, perform appropriate risk assessments and discuss these effectively with patients leading to a mutually acceptable management plan for each patient in relation to their cardiovascular disease.

#### Timetable

Time	Topic
0830	Introductions
0845	<u>Session 1</u> Includes 20 mins discussion time.
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none"><li>• (continued)</li></ul> Includes 20 mins discussion time.
1200	<u>Lunch</u>

### Afternoon session: GP Update

**Aims and Objectives:** as day 1

#### Timetable

Time	Topic
1245	<u>Session 1</u> <ul style="list-style-type: none"><li>• Update/latest evidence in relation to diabetes</li><li>• Update/latest evidence in relation to gastroenterology</li></ul> Includes 20 mins discussion time.
1415	Break
1430	<u>Session 2</u> <ul style="list-style-type: none"><li>• Update/latest evidence in relation to topics in ENT</li><li>• Update/latest evidence in relation to topics in Dermatology</li><li>• Update/latest evidence in relation to topics in mental health</li></ul> Includes 20 mins discussion time.
1600	End

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

## Day 3: Women's Health

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

**Presenter: Dr Lucy Cox**

**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
0830	Introductions
0845	<u>Session 1</u> <ul style="list-style-type: none"><li>• Update/latest evidence in relation to contraception, heavy menstrual bleeding and menopause</li></ul> Includes 15 mins discussion time
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none"><li>• Update/latest evidence in relation to: vulval problems, PMS and post-coital bleeding</li></ul> Includes 15 mins discussion time
1200	<u>Lunch</u>
1245	<u>Session 3</u> <ul style="list-style-type: none"><li>• Update/latest evidence in relation to fertility, fibroids, ovarian cysts, group B strep, and breech births.</li></ul> Includes 30 mins discussion time
1600	Completion of evaluation forms and 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, spondyloarthritis 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
0830	Introductions
0845	<u>Session 1</u> <ul style="list-style-type: none"><li>• Understanding pain &amp; principles of pain management</li><li>• Further understanding and update/latest evidence in relation to chronic pain</li><li>• Further understanding and update/latest evidence in relation low back pain</li></ul> Includes 20 mins discussion time.
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none"><li>• Further understanding and update/latest evidence in relation biopsychosocial model of pain</li><li>• Further understanding and update/latest evidence in relation chronic pain and opiates</li><li>• Further understanding and update/latest evidence in relation imaging in primary care</li></ul> Includes 20 mins discussion time.
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none"><li>• Further understanding and update/latest evidence in relation muscle pain and tendinopathy</li><li>• Further understanding and update/latest evidence in relation joint hypermobility</li><li>• Further understanding and update/latest evidence in relation fibromyalgia</li></ul> Includes 20 mins discussion time.
1430	Break
1445	<u>Session 4</u> <ul style="list-style-type: none"><li>• Further understanding and update/latest evidence in relation osteoarthritis</li><li>• Further understanding and update/latest evidence in relation steroid injections</li><li>• Further understanding and update/latest evidence in relation inflammatory arthritis</li></ul> Includes 20 mins discussion time.
1600	End

## Day 5: GP Cancer Update

Over 50% of our patients born after 1950 will be affected by cancer, and as we know there are huge levels of variation around stage at diagnosis, 1-year survival, and rates of emergency diagnosis of cancer, nationally and internationally. There are seismic changes happening around diagnostics and screening and increasing pressure on primary care to manage more cancer follow up, but also an increasing population of people for whom cancer has become a chronic disease.

**Presenter: Dr David Plume**

**Aim:** To review the current evidence and guidance relating to all aspects of cancer care as it applies to us as “coal face” GPs in the primary care setting.

### Objectives:

- Know about early diagnosis: Why is it so difficult and how we can shift the balance in favour of our patients?
- Understand lifestyle advice: is it really worth it?
- Know about cancer screening: Is early detection worth the burden of over diagnosis? How do we discuss this complex idea with patients?
- Know about cancer as a long-term condition – what are the needs of your patients and what are the learning needs of your team?
- Understand more detail about some tricky areas (Difficult to spot cancers; Tumour markers: When and how to use them; Is aspirin the new cancer wonder drug?)
- Discover lots of practical tips to go home with.

### Timetable

Time	Topic
0830	Introductions
0845	<u>Session 1</u> <ul style="list-style-type: none"><li>• Early Diagnosis based around four key areas of potential pitfalls (recurrent Infection, unusual or atypical presentations, false negative tests, and inadequate safety netting).</li><li>• Screening including HPV and cervical cancer, colorectal cancer screening including the over 55 flexible sigmoidoscopy program, blood tests to check for multiple occult malignancies.</li></ul>
1000	Break
1015	<u>Session 2</u> <ul style="list-style-type: none"><li>• Acute oncology including the use of the UKONS tool</li><li>• Childhood and Teenagers and Young Adults with cancer, including brain tumours and testicular cancer</li></ul>
1200	Lunch
1245	<u>Session 3</u> <ul style="list-style-type: none"><li>• Cancer Survivorship and the Personalised Cancer Agenda</li><li>• Lifestyle advice after cancer treatment: early, late and long-term effects</li><li>• The use of immunomodulatory therapies</li></ul>
1430	Break
1445	<u>Session 4</u> <ul style="list-style-type: none"><li>• Palliative care</li><li>• Epidemiology and prevention of cancer including the impact of carcinogenic infections, diet, lifestyle, exercise, HRT and aspirin, and how we can support patients to change using motivational interviewing and brief intervention techniques.</li></ul>
1600	Ends