

Primary Care Teaching Team

Newsletter - February 2022

Editorial: Sadness and Celebrity

A month of contrasts. We had news of the untimely death of Dr Sue Mann, Bristol GP and Effective Consulting tutor. I didn't know her personally but tutored one of her groups in the aftermath. They had nothing but praise for her kindness and competence. She had commissioned them to draft some survival tips for arriving at university and they are keen to take that forward. We send our condolences to everyone touched by her passing. Members of the team are attending her funeral service.

Hats off to Ciaran and Simon for persuading Professor Clare Gerada, once Chair and now President of the RCGP, to spend an hour in the company of our Y3 students. Her CV is unbelievable. She was an inspiring, genial and informed presence and a potent role-model for female students who might aspire to leadership. One of her enduring passions has been practitioner health and wellbeing and she spoke to this, the pandemic and the future of general practice. A student spoke of her confusion at the negativity projected toward GPs in the media. Her take was interesting - she wondered if we took the flack as the most accessible target, compared to hospital colleagues. She likened the response to an adolescent disappointedly finding out that their parents weren't perfect after all.

The following week we welcomed Professor Steven Rollnick, again to a Y3 audience. Steve is the founder of Motivational Interviewing. MI has been subject to more than one thousand research studies and is in use across the world. We'd been teaching this approach to behavioural change for years before discovering that he was based on the other side of the Severn Estuary. Drs Brown, Buchan and I have since done several trainings with him in Cardiff. We coaxed him from academic retirement to give a spirited insight into the world of motivation (his current passion is working with elite sportspersons). His commitment to an *assets-based* approach to the client/patient is relentless. He has uncommon faith in people, their virtues and their capacity to change. Steve is an enthusiast for the "lifestyle conversations" approach we have developed in Bristol.

This month has me reflecting on the importance of community - coming together to support each other, have fun and draw much-needed inspiration. The *Festival of Teaching* on Tuesday 5th April is a unique chance to connect with colleagues, learn practical teaching tips and some medicine direct from our local research community. GP and comedian Dr Phil Hammond is headlining. We are delighted to have 27 colleagues signed up already. To join the

merry throng please email us on phc-teaching@bristol.ac.uk

Today we're publicising three opportunities for a) student artists in your consulting room b) a QI project for FDs and GPRs and c) a project seeking mentors for displaced doctors (flyer attached).

Student feedback for the first half of the year is starting to trickle in and truly gladdens my heart. We'll report in more detail in the next newsletter. Thanks as ever for going the extra mile - our students *really* appreciate your efforts.

Trevor Thompson

Professor, and Head of Teaching in Primary Care



ON TUESDAY THE 5TH OF APRIL 2022

festival of teaching

THE CLIFTON PAVILION, BRISTOL ZOO GARDENS

TEACHING DILEMMAS

LIVE MUSIC

EDUCATION SPEED DATING

TEACHING FOR NEXT YEAR

RESEARCH UPDATE

PRACTITIONER WELLBEING

HEADLINE SPEAKER

VISIONS FOR THE FUTURE



PLUS MORE SESSIONS TO BE ANNOUNCED!

HIV and the Heart's Invisible Furies

I had the pleasure of facilitating a Year 4 teaching session this week with a Human Immunodeficiency Virus (HIV) positive patient. He talked openly to the students about his diagnosis, treatment journey and living a normal life with an undetectable viral load. He appreciated his GP acknowledging his HIV and always checking any potential drug interactions using the Liverpool ichart app - [Liverpool HIV Interactions \(hiv-druginteractions.org\)](http://Liverpool HIV Interactions (hiv-druginteractions.org)). He reminded us of the importance of support groups such as the Brigstowe foundation (www.brigstowe.org), and how HIV treatment is about early therapies and monitoring viral loads rather than CD4 counts.

This upbeat talk made me reflect on how far we have come in HIV diagnosis, treatment and prognosis, in contrast to two of my favorite escapisms of last year - The TV drama 'It's A Sin' and John Boynes book 'The heart's invisible furies'.

If you haven't watched 'It's A Sin' I'd thoroughly recommend it, and it's still available on 4 on demand. The series follows 5 friends over a decade, and shows their developing friendship during the 1980's with a backdrop of the AIDS epidemic. Not only is it an interesting story, but there's a great cast and soundtrack.

With a similar longitudinal setting, John Boynes book documents over half a century of social change in Ireland between 1945 and 2015. You will not regret entering into the life journey of Cyril Avery, the adopted child of a young catholic woman, who moves abroad in order to live as an openly gay man. Although a long book, it is utterly captivating and eye-opening to social stigma and change.

After the talk the students were enthused to open up discussions with colleagues regarding HIV, pre-exposure prophylaxis (PrEP) and promote worlds AIDS day next December 1st. I was encouraged that they will continue to break down barriers and the stigma associated with a HIV diagnosis.

Dr Lizzie Grove

Calling all GPs – invite medical student artists into your consultation room!

'To See Ourselves':

An educational arts project exploring the pleasures and predicaments of contemporary general practice through the eyes and artistic works of medical students.

Background:

'O wad some Pow'r the giftie gie us

To see oursels as ithers see us!' (Burns, 1786)

Bristol Medical School has longstanding experience with the arts within medical education. This new initiative uses students' fresh eyes and ears to offer perspectives on the nature of modern GP consultations through the medium of the creative arts.

Medical students are in the unique position of having legitimate access to consultations without carrying ultimate responsibility for their outcome. They therefore have the space to observe things from the perspective of both patient and doctor as evidenced by a multitude of works on the Out of our Heads website (q.v.).

Where do you come in?

We are seeking GP collaborators to have a single student as an observer in two regular GP clinics during Spring 2022. The observing student is not there for clinical teaching and their presence should not extend your clinic duration – though framing conversations at the beginning and end would be useful. The two clinics should be at least two and not more than five weeks apart (students will be working on their arts project in between) and should run between 1st of March and 31st of April 2022. The actual timings would be via negotiation between you and the student.

Over the study period students will be developing artistic work based on their experience in your clinic. The work may be generic or based on a particular case – with close attention to anonymisation and confidentiality. They will be supported by arts and health educationalists.

In May 2022 you are invited to a discussion group to view the artwork in the company of other participating GPs and discuss the issues raised. Their works, and notes from the group, will form the basis of an exhibition and informal articles – this is not designed as a formal research study though all normal ethical standards will be upheld e.g. with regard to confidentiality.

To give you a sense of the sort of works they can create, we have selected x20 artworks from UoB's medical arts archive 'Out of Our Heads!' We warmly invite you to visit this curation at <https://outofourheads.net/tso-exhibition/> - please add your comments – these are appreciated by the contributors. (To the right we see *Sleep*, from the exhibition, by Beth Rooney, Katie Tan and Max Goldstone).

This project will provide you with unique insight into your practice and would make an interesting addition to an appraisal portfolio. It will provide students with an opportunity to reflect on practice through the creative arts and give us a unique perspective on the work of the modern GP.



If you would like to be part of this project, please email Simon Hall with an expression of interest and we will get right back to you.

Professor Trevor Thompson, Dr Catherine Lamont-Robinson & Dr Simon Hall (sh15056@bristol.ac.uk)

"Are you looking for a quality improvement project for a GP trainee or Foundation doctor working in primary care?"

PACT is a new UK-wide network to help GPs, trainees and primary healthcare professionals do high-quality research.

PACT are launching the Why Test study which aims to explore **why** blood tests are done, **who** requests them and **what** happens with the results. This will allow trainees to identify areas for quality improvement around filing, actioning and communicating blood test results, whilst also gaining research experience.

For more information watch this short video or sign up via our website. "

Early last month, the Prime Minister gave two recent Bristol graduates special awards for their voluntary work.

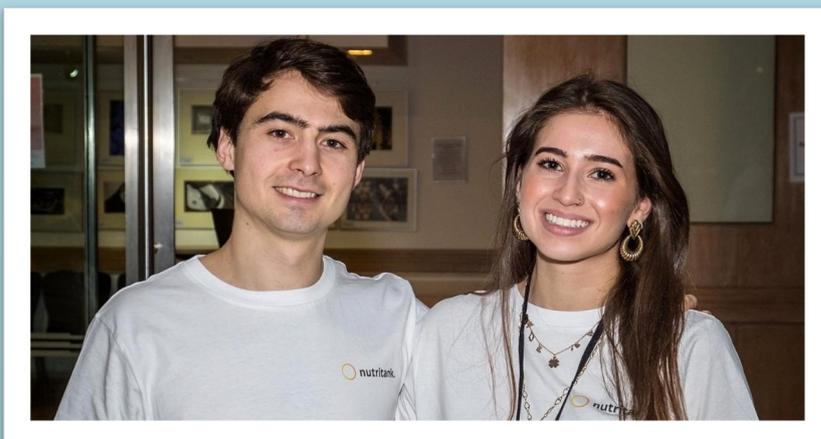
While studying with us Dr Iain Broadley and Dr Ally Jaffee (who some of you may recognise from GP placement teaching) realised that the UK medicine curriculum only gave students a smattering of information on diet and nutrition.

They launched not-for-profit **Nutritank** to help students learn more and it soon spread to 25 medical schools across the UK, helping thousands of trainee medics skill-up.

For their work the pair received a Points of Light Award and a hand-written letter from the PM. To top it all off, Dr Jaffee was given the award on her 26th birthday.

But Nutritank is not standing still. Their campaign **#nutrition4medics**, which has been supported by chef Jamie Oliver, is helping to improve patient care, and it recently helped launch a new nutrition curriculum for undergraduate medical doctors.

[Read more here.](#)



We hope you enjoy our Newsletter, and that you would like to continue to receive it. However, if you would like to unsubscribe, please just drop us a quick note at any point to **phc-teaching@bristol.ac.uk** to let us know, and we'll take you off the mailing list.

Bristol Medical School, 1st Floor, 5 Tyndall Avenue, Bristol, BS8 1UD

Email us on phc-teaching@bristol.ac.uk

Or why not give us a call? 0117 4282987



@capcbristol