Top Tips and Useful Resources for GP Training

Autumn Seminar, October 2014

This is a summary of all the resources and top tips generated from all 5 workshops run at the autumn seminar. It is a long list and so can seem quite daunting, so why not concentrate on a few things and get to know them well.

Local Resources

- Local GP trainers group and other educators in the practice

- Other team members eg speciality nurses, GPwSIs

- Palliative Care nursing team

- Visiting specialists

Useful websites and online resources

* [www.bradfordvts.co.uk](http://www.bradfordvts.co.uk) - useful for advice on eportfolio etc, also good needs assessment tool
* [www.pennine-gp-training.co.uk](http://www.pennine-gp-training.co.uk) - useful for CSA cases
* GP magazine website - CSA practice cases
* RCGP website - good for 'rules' on eportfolio, how to do assessments, exam times, examination videos, online learning etc
* Lanarkshire rating scale, found on RCGP website
* NHS employers website - LES, DES etc
* [patient.co.uk](http://patient.co.uk) - pt leaflets good for CSA practice, lay language, tell trainee to read it first
* GP notebook
* BMJ article on stats a few years ago
* [www.nntonline.net](http://www.nntonline.net) - good for teaching stats
* RCGP ePEP - rates you against your peers, 140 questions, takes about 30mins, good way identifying learning needs, access it through the college website
* RCGP essential knowledge updates
* NB medical update courses, available as podcast for 3 months too, both can be good source of ideas for audit
* [www.medicine.ox.ac.uk](http://www.medicine.ox.ac.uk) - bandolier - evidence based
* YouTube - useful for examination, epleys etc
* Derm net - good for dermatology
* Bmj learning for online learning
* GMC - interactive cases etc
* MPS - medico legal cases
* Eportfolio to understand the competencies for CBDs - word pictures etc
* Clinical Knowledge summaries
* NICE
* 'Knowledge Anglia' - CCG website
* Moodgym - depression, CBT etc
* Disease based eg Parkinson's, Royal National Institute for the Blind etc
* London deanery
* DVLA
* Google
* Arthritis Research Council - good exercise leaflets
* LBC BUPA health hour, podcasts online, good for non-UK graduates
* Radio 4 Inside Health
* PDS = Primary Care Dermatology website
* Pass medicine, ?£30 for 6 month subscription, use a timed 3 hour test to look at learning needs, links to the evidence for the correct answer
* WONCA tree - good curriculum
* GP care - psychiatry for GPs
* Spotting a sick child
* elearning for health - good for E&D, safeguarding
* Pulse learning, onmedica, [doctors.net](http://doctors.net) etc

Useful apps

* BNF
* BNF-c
* NICE
* Clinical - good for scoring systems eg chads etc
* Quick medicine
* Child protection
* CKS
* Medscape
* Best Practice, about £100 pa - guidelines, management plans etc
* Digitalis - only on iPhone, summarises journal articles, free
* Pulse
* Paeds emergency drugs
* SIGN guidelines
* Qx calculator for scores etc
* ECG course and ECG guide
* Eye handbook
* Universal doctor speaker - language translator
* Eguidelines.co.uk

Useful Books etc

* RCGP case cards, good for practising explanations, CSA etc
* Essential Handbook for GP Trainers, Ramesh Mehay et al
* I don't know what it is but I don't think it's serious - suggestions for helping anxious trainees
* Skills for communicating with patients, Silverman et al
* Neighbour
* RCGP CSA case books, latest one very good
* Education for Primary Care journal
* Trisha Greenhalgh
* BMJ 10min articles and reviews, recent article on resilience
* Differential Diagnoses on Dermatology
* Oxford GP Handbook
* Interesting books /humanities - checklist manifesto, how doctors think, suburban shaman
* CSA book by Thomas Vass
* AKT question book
* ABC books
* Symptom sorter
* Avoiding errors in general practice
* Concise curriculum

Useful DVDs

* Deanery communication skills
* Peter Tate DVDs, mapping sheet good for identifying areas where getting stuck
* RCGP DVDs on CSA, CBDs etc

Teaching and consulting

* joint surgeries, agree skill to concentrate on, positioning
* Videoing, trainee watching them first
* Video a joint surgery
* Video trainer too
* Build in catch-up slots
* Don't let trainee get too comfortable with longer time slots
* Regular debriefs, looking at management, look at pts they want to talk about as well as a random selection
* Joint tutorials with multiple trainees
* Debrief on visits
* Watching video without sound/fast forward to concentrate on body language
* Use iPad/iPhone etc to record consultations /role play

Making tutorials more trainee focused

* topics chosen according to pts seen
* Covering non clinical areas
* Build on patients discussed
* Role play to reinforce topic read up on before the tutorial
* Trainee preparation
* WPBA and discussing patients
* Problem cases
* Significant events

Managing referrals

* discussing them all before actioned, so patient initially told that trainee discussing management with senior colleague, helps to ensure know about available resources
* Keeping a copy of all letters, used in referral analyses
* Discussed in debriefs

Multiple trainees

* use varying skills of trainees during tutorials eg get F2 trainees to present on data gathering, symptom presentations whilst the ST2/3 trainees present cases
* Get them all to cover different parts of the topic, as above
* Get them to teach each other

Monitoring progress

* RDMp system, see article from Milton Keynes scheme

Other

* CSA dummy runs at day release
* CBDs and COTs done at day release with trainers from other practices - different viewpoints and benchmarking
* In house shared drive for tutorial resources
* Multidisciplinary induction for 2 weeks
* Invite to Business meetings
* Delegate admin work to other staff member eg arranging tutorial slots etc
* Shared Word document for tutorials
* Download trainer input/information from eportfolio before trainee leaves
* Tutorials at 8.30 to encourage attendance
* Nurses doing DOPs etc
* Encourage audit in ST1 with re-run later on
* Tutorial on standardised drug formulary
* Skills lab at local hospital
* Journal club