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PETERBOROUGH GP ST PROGRAMME



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Hello all!

Following the successful launch of our very first edition, we are delighted to bring you the second issue of our GP ST newsletter! Your feedback has been wonderful, and has inspired us to continue building this space to share updates, celebrate achievements, and stay connected as a community.

As the year gathers pace, we hope everyone is settling well into their roles and routines. Whether you're just finding your feet or already deep into the year's challenges, we hope this newsletter offers a moment to pause, reflect, and feel part of something shared.

As always, we're pleased to bring you a collection of resources, updates, and some fun — and we look forward to continuing this journey together throughout the year.

TRAINER'S SPOTLIGHT

It is our pleasure to introduce our newest Training program director. We are excited for you to get to know her.

About:

My name is Konjo Girma
I am an experienced GP partner with over a decade of work as a GP appraiser, alongside a background in executive coaching. Throughout my career, I have been drawn to roles and training that support the development of other doctors: both in their professional and personal growth.

Teaching Insight

A key principle I share with trainees is that documentation is an extension of clinical care—clear records that outline reasoning and safety netting are essential for both patient safety and professional accountability.

Secondly: Be clinically safe first, efficient second—never let time/other pressure override good judgement. I encourage a mindset of prioritizing clinical safety above efficiency, especially in high-pressure environments.

And most importantly, remember you already have the tools you need to be the best clinician you can be, and that you are resilient. Recognize when to ask for support—doctors are human too.

Fun facts about me:

Outside of work, I enjoy trekking and spending time in nature; I am a keen rambler and use dance to relax and switch off.

Educational resources



AKT resource review

The AKT has a reputation for striking fear into trainees, largely due to the breadth of the curriculum and the overwhelming number of resources available. Knowing where to start, and what to prioritize, can be a challenge.

Having recently sat the AKT, I wanted to share the resources that worked best for me.

RCGP website

Start here. The AKT homepage provides a clear overview of the exam and up to date information. I recommend taking the time to read the website diligently. Further there is also value in reading the feedback reports. These highlight tested areas where candidates tend to struggle, and they helped guide my revision.

NICE CKS

An essential day-to-day resource. Regularly revisiting high yield topics helped reinforce my knowledge in a way that is directly relevant to primary care.

Red Whale

One of my most used resource. Its strength lies in presenting topics concisely from a primary care perspective, with excellent Handbooks, GEMS, and flowcharts that support quick revision and recall. Redwhale is available for free for Peterborough GP trainees.

GP SelfTest

More than sufficient as a question bank. Timed mock exams were key, they improved my speed and built the stamina needed for a 160-minute exam.

FourteenFish

Particularly helpful for statistics. I supplemented this with targeted YouTube tutorials to strengthen my understanding.

Colleagues

Regular discussion sessions were invaluable. Working through questions and timed mocks together helped consolidate knowledge and build confidence. Just as importantly, it kept me accountable and helped maintain a consistent study schedule.

Innovative Posts

During ST2, trainees undertake an Innovative Training Post (ITP). These posts usually run for six months, with trainees spending two days each week in the innovative post and the remainder of their time based in their allocated GP practice. A small number of ITPs are delivered over a 12-month period, during which trainees spend one day per week in the innovative post

Innovative Training Posts available to ST2 trainees include:

iCASH (Sexual Health and Contraception) – Experience working within specialist sexual health services, developing skills in contraception and STI management.

ENT – Gain practical experience in assessing and managing common ENT presentations frequently seen in general practice.

Palliative Care – Work within a multidisciplinary team to develop confidence in symptom control, end-of-life care and holistic patient support.

Leadership and Management – Gain insight into GP leadership, service development and healthcare system management, supporting future portfolio careers.

Frailty – Develop skills in comprehensive geriatric assessment, admission avoidance and multidisciplinary working with older patients.

Virtual Ward – Experience delivering care in innovative virtual settings, supporting patients at home through integrated, multidisciplinary pathways.

Health and Inequality – Work with underserved populations, gaining experience in addressing health inequalities and delivering inclusive, community-focused care.

Musculoskeletal (MSK) – Enhance MSK assessment and management skills through specialist clinics, with a focus on conditions commonly encountered in primary care.

Others are – Research, Research and innovation in primary care, Prison medicine, Community Surgical scheme.

Innovative Posts

Here are a few personal experiences:

MSK

“As a GP ST2 with an interest in Sports and Exercise Medicine, I work once weekly at Dynamic Health Peterborough in the MSK clinic for my ITP, under the supervision of a senior GP with a Special Interest in MSK. This involves working closely within an MSK MDT, including physiotherapists, advanced care practitioners, and podiatrists.

I assess and manage patients with a range of musculoskeletal conditions referred from local primary care to specialist services. This mostly involves taking focused histories, performing joint and soft tissue examinations, interpreting imaging, and assisting with procedures such as steroid injections.

The experience has already strengthened my MSK knowledge, enhancing my clinical skills in MSK assessment, structured management plans, hospital referral pathways and rehabilitation strategies”

Leadership and management.

“Taking part in the Leadership and Management ITP as an ST2 GP trainee has been a genuinely eye-opening experience. The post offered a rare opportunity to step outside routine clinical work and gain practical insight into how primary care operates at scale, from GP Federation governance to Integrated Care System working. Being involved with the Greater Peterborough Network and the North Cambridgeshire & Peterborough Care Partnership helped me understand population health, service design, and collaborative working across organizations.

I particularly valued contributing to frailty and population health projects, developing personalized care approaches while seeing how system-level decisions translate into patient outcomes.

The role was flexible and occasionally unpredictable, but it provided unique networking opportunities, portfolio evidence, and meaningful quality improvement experience. Most importantly, it helped me see the “bigger picture” of healthcare delivery and strengthened my confidence in non-clinical leadership skills. I would highly recommend this ITP to trainees interested in shaping future services and broadening their professional perspective.”



☺ Making Quality Improvement Work for You in GP Training

Quality Improvement (QI) might sound like another requirement to tick off—but done right, it's actually one of the most rewarding (and surprisingly manageable) parts of GP training.

At its core, QI is about making small, meaningful changes that improve your day-to-day practice—for both you and your patients.

Quality Improvement Activities (QIAs) are your opportunity to keep things simple and practical. Think quick wins: a short audit, a tweak to prescribing habits, or a small system change that makes clinics run more smoothly. The key is to try something, see what happens, and reflect on the impact—no need to overcomplicate it.

Quality Improvement Projects (QIPs) take things one step further. These are a bit more structured but still very doable: set a clear goal, look at where you're starting, make a change, and see if it works. Many trainees find that once they get going, QIPs actually bring a real sense of achievement—especially when you can see tangible improvements over time.

In terms of requirements, you'll need two QIAs and one QIP during training (with the QIP counting as one of your QIAs). Most people complete these during GP placements, with support from their supervisor along the way.

Note: There's been some confusion about whether a QIP can count as a QIA within the same year, or if a separate QIA is also required. Royal College of General Practitioners guidance states that by the end of training, you need to complete at least one Quality Improvement Project (QIP) and two Quality Improvement Activities (QIAs). As this is a minimum requirement, it's sensible to err on the side of caution and complete more where possible.

<https://www.rcgp.org.uk/mrcgp-exams/wpba/qia>

A quick tip: **don't get stuck in overthinking**. QI isn't about perfection—it's about progress. Even small changes count, as long as you can show what you did and what you learned.

Bottom line? QI is your chance to take control, improve your working environment, and make a genuine difference—without adding unnecessary stress. Keep it relevant, keep it simple, and you might even enjoy it.



Walk it out

Let's be honest — between clinical work, exams, and chasing sign-offs with the portfolio, “wellbeing” can quickly become that thing we talk about rather than actually do. But sometimes the simplest prescription is also the most effective: a good walk, good company, and zero discussion of NICE guidelines.

Social walks are exactly that — low-pressure, no-experience-needed strolls where the main goal is to get moving, meet people, and clear your head. Evidence aside (yes, it's great for both physical and mental health), it's also one of the easiest ways to decompress after a long week without needing motivation levels of an Olympic athlete.

If you're in or around Peterborough, here are a few easy ways to get started:

- **Ramblers Wellbeing Walks Peterborough** – Free, friendly, and designed for all abilities. Walks range from 10–90 minutes on easy terrain, with regular weekly sessions you can just turn up to. (ramblers.org.uk)

- **Peterborough Walkers Group** – A mix of weekend and evening walks, often with a café/pub stop built in (arguably the real selling point). (ramblers.org.uk)
- **The Walking Club Peterborough & Stamford** – For those feeling a bit more adventurous, with longer walks and occasional weekends away. (thewalkingclub.co.uk)
- **Meet Her** is a community created by women, for women (25–40), bringing together scenic walks and relaxed social events like afternoon teas — perfect for meeting new people while taking a break from the daily grind. <https://www.eventbrite.co.uk/o/33092188071>

The best part? No referral needed; no portfolio reflection required — just turn up.

So, if you've been telling yourself you'll “start doing something for wellbeing,” this is your gentle nudge. Grab a colleague, lace up your trainers, and come along. And if you discover a hidden gem of a route or group, share it — we're always looking to grow the list.

Because sometimes the best way to process the week... is to quite literally walk it off.

GPST Bingo

How many of these have you ticked off this week?

- ☐ You re-read your own notes and still don't understand them
- ☐ You finally catch up... then one complex patient resets everything
- ☐ Spent ages wording a referral like your life depends on it
- ☐ You forgot what the patient said halfway through typing
- ☐ Thought "this will be a quick one" (it wasn't)
- ☐ Patient: "I googled it" → you prepare yourself mentally
- ☐ You open 5 tabs and hope one of them has the answer
- ☐ You try to wrap up... patient starts a new sentence
- ☐ You mentally rehearse calling your supervisor before actually doing it
- ☐ You remember something important... 10 minutes after the patient leaves

Score yourself:

0-3: Are you even a GPST yet?

4-6: Solid effort 🙌

7-10: Thriving (or just surviving?) 😊

If you've got ideas to add to the bingo list, send them in for the next edition!

Announcements

Summer ARCP taking place on the 23rd and 24th of June.

Trainees are encouraged to get their portfolio's ready and book meetings with their supervisors to facilitate this.

August will bring a fresh wave of new faces into the scheme. Do well to make them feel welcome!



Acknowledgements

Huge thanks to Luke, Chimba, Goodness and Dr Marr for their contributions to this edition.

This issue wouldn't be the same without your creativity and effort—thanks for making it happen.



That's all for this edition – thanks for reading, and we'll see you in the next one with more news and updates!

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