

Chelmsford GP Specialty Training HDR Teaching Spring Term 2022

PROGRAMME DIRECTORS: SAADET LAUBLE, WILL BENTLEY & SAM LOW

| Date | Teaching Session 1 2.00 - 3.00 | TPD Session 3.00-3.15 | Break Time 3.15-3.30 | Teaching Session 2 3.30 - 4.30 |
|---|---|--------------------------|-------------------------|--|
| 5 th Jan | Open Session | | | Top Tips for the Diagnosis and Management of Gout in Primary Care Mark Russell, Clinical Research Fellow at Kings College |
| 12 th Jan | Afghan refugee groups and the challenges with navigating with CCGs/politicians Dr Noim Amin | | | PTSD TPD Dr Will Bentley |
| 19 th Jan | What is the role of public health in primary care Michael Gogarty, Director, Wellbeing, Public Health & Communities | | | Getting it right in the beginning-the 6-8 week check (and a bit more) Dr Emma Stephens, Locum GP |
| 26 th Jan | Mental Health Consultations Anna Crozier, ESSEX PARTNERSHIP UNIVERSITY NHS FOUNDATION TRUST | | | Cows Milk Protein Allergy Victoria Mullen, Paeds Dietician |
| 2nd February – Rotation change over day – No Teaching | | | | |
| 9 th Feb | Social Prescribing Dr Lizzy Tuckwell, GP | | | Primary prevention of CVD and statin therapy Dr Nadia Aziz, GP |
| 16th February – Half Term – No Teaching | | | | |
| 23 rd Feb | Lifestyle Medicine in T2DM - Freshwell Low Carb Project, Dr David Oliver and Dr Kim Andrews GPs Freshwell Surgery | | | TPD Led Trainee workshops - RCA/Balint/AKT |
| 2 nd Mar | Why and how's of reflection Tanya Leger, GP ST4 Fellow in the Cambridge GPST scheme | | | Workshop to put advice into practice Tanya Leger, GP ST4 Fellow in the Cambridge GPST scheme |
| 9 th Mar | Farleigh - Symptom Control in Palliative Care Dr Zoe Helman, Consultant | | | Farleigh - Communication Skills Dr Zoe Helman, Consultant |
| 16th March – Self Learning Session ST3 OOH Session with Dr Sanjeev Rana - Southend GPST HDR | | | | |
| 23 rd Mar | TPD Led Trainee workshops - RCA/Balint/AKT | | | Open Session |
| TEACHING WILL COMMENCE ON 20TH APRIL 2022 | | | | |