**Working in General Practice**

The Primary Care School has developed a very useful guide for trainees who are new to General Practice rotations and can be found here:



Below is some feedback from previous and current GPSTs in the Colchester scheme about their experience in GP rotation.

**Responsibilities:**

*‘Induction is generally good, an opportunity to shadow different teams in the surgery i.e. doctors, nurses, pharmacist, administrators and secretaries. I started seeing patients with 30-minute consultations which changed over time. It is important to debrief every case with supervisor after each session especially at the beginning until you and your supervisor feel confident that you do not need to debrief every single case. There are different cases everyday which might be different to a surgery in rural area. I see lots of young patients as well as elderly cases. There is always help available if you want to ask. If you feel overwhelmed by the workload at any point, feel free to discuss it with your supervisor, it does not mean you are an unconfident doctor!’*

**Advice to newcomers to this rotation:**

*‘‘Accurex’ is a very good tool to communicate with patients in a time-efficient way (it can be used for sending messages to patients regarding test results, booking appointments, safety netting, etc..)*

*If you are not sure about anything, the best way is to ask. You may find working in GP distressing at the beginning, but you are not alone in this and this is expected to be better with time and building your confidence.*

*Change your mentality and way of consultation especially for someone new to primary care. Primary care physician is different from hospital doctors, we have to deal with wider range of issues and concerns with limited resources compared to the hospital.’*

**Teaching and learning opportunities:**

*‘Every week we have half day teaching with clinical supervisor. However, every day we discuss cases with supervisor or other seniors and this is good way for learning and I reflect on them in my practice. Also, we do prepare cases and presentations and present it among us in half day teaching. We have half-day release on Wednesday morning (useful time to complete portfolio, study or attend OP clinics/courses).’*

**Procedures:**

*‘There are lots of opportunities to learn and practice clinical procedures in GP form the whole clinical team – be curious and just ask!’*

**Experience that can be evidenced in the portfolio:**

*‘Lots of QIA and audit ideas in primary care which can be done during rotations, I did QIP about implementing Arden template for qrisk3 instead of qrisk2 on EMIS. I also did QIA on promoting Chlamydia screens for young people attending the surgery for unrelated reasons.’*

**Useful telephone numbers:**

Hospital switchboard 01206747474

AMSDEC GP referral 07546760694

CAMHS crises (children) 0800 953 0222, 07790570746

Crises team (adults) 08009951000, 01206228701

Safeguarding children 0345 603 7627, (0345 606 1212 for OOH)

Adult safeguarding 0345 603 7630, (07548802307 Fiona)

Single point (palliative team) 01206 890 360 (24/7)

**Resources / Useful links:**

Work Schedule Guidance

<https://www.bma.org.uk/pay-and-contracts/working-hours/work-schedule/work-scheduling-guidance>

Expenses & Mileage claim

<https://leademployer.merseywestlancs.nhs.uk/expenses-1>

Primary Care Network (PCN)

<https://www.england.nhs.uk/wp-content/uploads/2020/03/Network-Contract-DES-Specification-PCN-Requirements-and-Entitlements-2020-21-October-FINAL.pdf>

<https://padlet.com/adinaanoke/resources-for-gp-teams-5zyb1zmuv8aud1ta>

<https://www.bradfordvts.co.uk/>

<https://www.youtube.com/watch?v=Yms5iV4ceNc>

(Learn System1 in 30 minutes)

<https://www.youtube.com/watch?v=LL1MTT3OzGU>

(EMIS features in 5 minutes)

<https://www.youtube.com/@howbeckhealthcare-how2>

(More detailed EMIS videos by How2)

<https://docs.google.com/document/d/10KvARsDzW9HIhNMo5LxsjlCtny7Std0A/edit?usp=sharing&ouid=114299457325172872652&rtpof=true&sd=true> (Services to Support Admission Prevention in North East Essex)

[Essex Clinics and Services-GP - Marwa Mansour.docx](https://nhs-my.sharepoint.com/:w:/g/personal/marwa_mansour2_nhs_net/EfwmWEOd-v5ItRtUFhEm_WMBDm_elADKPgJk2u0lrN-gqA?e=SKxhCr)

In daily work, you may need different websites such as NICE CKS, and local guidelines. Also websites to provide information for patients such as healthier together for children. Health in mind and therapy for you for mental health support and concealing. Some surgeries will have printed leaflets to use for the patients.

**Doctors Bag (copied from scheme newsletter)**

We would strongly encourage all trainees placed in GP to have their own Doctor’s bag. This is the pride of being a GP! This will ensure that you have access to necessary medical equipment all times 1) when switching between rooms 2) switching between main and branch surgeries and 3) while doing home visits.

You need to have the following as essentials:

* Stethoscope
* Manual or digital BP machine
* Thermometer
* Otoscope
* Ophthalmoscope
* Pulse oximeter
* Patella hammer
* Measuring tape
* Tuning fork

Additionally, you might need the following (especially during home visits), but you can get them from your host practices:

* Refills for thermometer, otoscope
* Tongue depressors
* Urine Dipstick
* Urine pot
* Stool pot
* Blood containers and needles for phlebotomy
* Wound swabs
* PEFR and the disposable mouthpiece
* Gloves and masks
* Medications as appropriate (we rarely need these nowadays due to better patient education, good 111 and 999 service)