A quick guide to the 45 concurrent sessions and key speakers now confirmed for 2016

**Energising Primary Care**
Medical improvisation, humour and the general practice consultation

- Medical improvisation is an emerging field in which the principles and training techniques of improvisational theatre are used to improve cognition, communication, and teamwork in the field of medicine. This workshop will focus on improvisation skills specific to the GP consultation to help improve doctor/patient relationships, reduce consultation times, and reduce complaints.
  - Dr Waqar Ahmed GP and comedian
  - Dr Roger Neighbour GP, author and communications expert

**Clinical Learning**
Essential Knowledge Updates and Challenges for 2016 – produced by GPs for GPs

The RCGP’s EKU programme focuses on new and changing knowledge which is central to everyday general practice and impacts on patient care. This is the first live EKU seminar at the annual conference, which will highlight the 6–8 most impactful modules on day-to-day general practice from EKU releases in 2016, plus top tips and hot topics.
  - Dr Thomas Round GP and RCGP EKU Development Fellow
  - Dr Dirk Pilat GP and RCGP Medical Director for eLearning
  - Dr Chris Elles GP and RCGP EKC Clinical Lead

**Research and Innovation**
Academic general practice: Recognising the impact and dispelling the myths

This session aims to highlight the ways in which academic general practice directly enhances the daily work of GPs. We will address some of the key misconceptions and showcase the crucial contribution it makes to the profession.
  - Dr Jess Drinkwater GP and NIHR Doctoral Research Fellow in the Academic Unit of Primary Care, University of Leeds
  - Professor Roger Jones Editor of the British Journal of General Practice
  - Dr Adam Firth Academic GP and member of the BJGP Editorial Board

**Campaigning for General Practice**
Five minutes to save general practice! What would you do?

A series of quick-fire speakers from different roles and perspectives in healthcare will be given five minutes each to offer their solutions to the current crisis in general practice. Delegates will hear viewpoints from a pharmacist, hospital doctor, nurse, patient, out-of-hours doctor and CCG lead, before having the opportunity to join the debate and vote for their favourite solutions.
  - Please see the full programme online for details of speakers

**Clinical Challenges**
Chronic kidney disease: Overdiagnosis or undertreatment? Getting it right for our patients

This presentation on the recognition and management of CKD will embrace controversy, debate the subject and offer practical evidence and advice for GPs to optimise care for individual patients. Two clinical speakers will give different perspectives alongside a patient expert/advocate.
  - Dr Julian Treadwell Wiltsire GP and Vice-Chair RCGP Standing Group on Overdiagnosis
  - Dr Kathryn Griffith RCGP Clinical Champion for Kidney Care
  - Fiona Loud Policy Director, British Kidney Patient Association

**Practice Development**
Demand and capacity: How understanding patient flow can help improve access to services

The demands on practice services can feel unsustainable and unpredictable, while access problems are frustrating for patients and can compromise safety. This session from NHS England’s Sustainable Improvement Team shows how the principles of measurement for improvement can help manage demand, offering resources and practical techniques.
  - Dr Richard Lendon GP and Clinical Associate, SIT, NHS England
  - Dr Tom Margham GP, Clinical Lead, SIT
  - Dr David Griffiths GP, Clinical Lead, SIT
  - Mani Dhesi Senior Associate, SIT
90-MINUTE SESSIONS In-depth workshops running from 14.15-15.45

**Energising Primary Care**

Harnessing the energy of patients for the co-production of services

This session will address new ways in which doctors, staff and patients can work more effectively together, to improve consultations and develop practice services. Delegates will be offered replicable ways in which patient participation groups can involve hard-to-reach groups, support patients in self-care and tackle wider areas of concern.

- Dr Patricia Wilkie President and Chair, National Association for Patient Participation (NAPP)
- Dr Jill Edwards GP Dean, Thames Valley, NHS Health Education England
- Dr Katie Coleman GP and Clinical Chair Islington CCG, London
- Paul Devlin Chief Executive Officer, NAPP

**Clinical Learning**

Advances in gynaecological management in primary care

Management of women with gynaecological problems is now predominantly medical rather than surgical and the care of these women is moving increasingly into the community. This session will aim to energise their management in primary care, including menopause, cervical screening, contraception, prolapse and incontinence.

- Nick Panay Consultant Gynaecologist, Queen Charlotte’s & Chelsea Hospital and Chelsea & Westminster Hospital
- Professor Clare McKenzie Consultant Gynaecologist, Ninewells Hospital

**Clinical Challenges**

Towards better care of dementia in the community

Primary care professionals are facing daily challenges caring for patients with cognitive impairment and/or dementia. This interactive workshop will provide updates on research in dementia, in the pre-diagnostic, diagnostic and post-diagnostic phases, and discussion will focus on ensuring optimal management of these often complex individuals.

- Dr Eugene Tang AIT and NIHR Doctoral Research Fellow, Newcastle University
- Professor Louise Robinson GP and Professor of Primary Care and Ageing, Newcastle University
- Dr Sam Creavin Wellcome Trust Clinical Research Fellow, Bristol University

**Research and Innovation**

Choose two short sessions – one from 14.15-14.55 and one from 15.05-15.45

**Research and Innovation**

14.15 - 14.55 (40 minutes)
Research and innovation in managing morbidity data

This session examines how the Clinical Practice Research Database can be used both in research and in providing morbidity data to practices. It will also look at the ways patients can access their medical records and how they might use their own data to manage their health and wellbeing.

- Dr Janet Valentine Director, Clinical Practice Research Database
- Dr Ralph Sullivan Clinical Lead, RCGP Patient Online, RCGP Clinical Innovation and Research Centre (CIRC)

**Campaigning for General Practice**

14.15 - 14.55 (40 minutes)
(Re)starting a career in general practice: recruitment, retention and returning

This session will focus on the 10-point GP workforce plan launched in 2015. Speakers from the different stakeholder groups will explore how these crucial areas of concern can be tackled.

- Dr Jodie Blackadder-Coward RAF GP, RCGP First5 Committee
- Dr Anthea Lints Director of Postgraduate General Practice Education at NHS Education for Scotland
- Ian Biggs NHS England Director of Primary Care Transformation Programmes

**Practice Development**

14.15 - 14.55 (40 minutes)
How Advanced Nurse Practitioners can enhance your practice team

There is a growing need to share the workload in general practice but little emphasis has been placed on the part ANPs can play in managing acute presentations and long-term conditions. This session shows how nurses can develop to take on these roles, with input on medico-legal aspects from the MDDUS.

- Wendy Fairhurst Chair, RCN ANP Forum
- Dr Pete Lane GP and Clinical Lead Advanced Training Practice Scheme, HEE Yorkshire and the Humber
- Dr John Holden Joint Head of Medical Division, MDDUS

**Research and Innovation**

15.05 - 15.45 (40 minutes)
The RCGP Research Surveillance Centre and Research Ready initiative

This session explores the current and future uses of the RSC as a source of information, analysis and interpretation of morbidity in primary care. We also introduce the RCGP’s new Research Ready scheme, an online quality assurance framework designed for use by any UK practice actively or potentially engaged in research, on any scale.

- Professor Simon de Lusignan Professor of Primary Care & Clinical Informatics, University of Surrey
- Dr Matt Houghton GP, Medical Director, RCGP CIRC

**Campaigning for General Practice**

15.05 - 15.45 (40 minutes)
How central funding strategies are disabling general practice in Scotland and England

New analysis of the crisis faced by general practice provides strong circumstantial evidence that at the core of these problems are centrally driven strategic funding and workforce trends largely originating at the DH. Adopted uncritically by the Scottish government, these are disabling general practice workforce trends largely originating at the DH. Adopted uncritically by the Scottish government, these are disabling general practice.

- Dr Eugene Tang AIT and NIHR Doctoral Research Fellow, Newcastle University
- Professor Louise Robinson GP and Professor of Primary Care and Ageing, Newcastle University
- Dr Sam Creavin Wellcome Trust Clinical Research Fellow, Bristol University

**Practice Development**

15.05 - 15.45 (40 minutes)
The use of risk profiling to personalise care around the needs of patients

The application of risk profiling across CCG populations in the south-east of England has revealed benefits to patients and practices. This approach has now evolved to facilitate the integration of care across sectors, leading to system-wide transformation and culture change, with the common purpose of improving outcomes for clients and patients.

- Dr Laura Hill GP and Clinical Director, NHS Crawley CCG
- Rob Halhead Chief Operations Officer, Docobo
Energising Primary Care

Overdiagnosis: An opportunity to re-energise a generation of GPs?

The RCGP’s overdiagnosis group brings together GPs by email to critically discuss key challenges facing them in daily practice, inspiring themselves and each other to reconnect with core professional values. This session will introduce GPs to the topic as a means of inspiring and re-energising their own careers and practice.

Chair: Dr Joanne Reeve, GP, Associate Clinical Professor, Warwick Medical School
Dr Polly Duncan, GP Trainee and NIHR Academic Clinical Fellow, University of Bristol
Dr David Spitzer, First 5 Locum GP, North London
Dr Sally Higginbottom, GP Trainer, RCGP eLearning fellow, North London

Clinical Learning

What’s new in respiratory medicine in 2016? Top tips for management in primary care

About 25% of primary care consultations are respiratory related. This session will present new findings from national guidelines and research, and interpret these in practical ways that can be used in clinical practice. Conditions covered will include asthma, COPD and respiratory infections.

Dr Kevin Gruffydd-Jones, GP, RCGP Clinical Lead Respiratory
Dr Steve Holmes, GP, Education Lead, Primary Care Respiratory Society UK

Campaining for General Practice

Lessons from the new models of care launching across the NHS

As new models of care are established in various forms around the UK, this session brings together NHS managers and clinicians leading the initiatives in different nations to share their experiences, problems and solutions.

Professor Robert Harris, Chief Executive Officer at Lakeside Healthcare
Dr Grainne Doran, RCGP Northern Ireland Council Member
Dr Graham Kramer, RCGP Scotland Council Member

Research and Innovation

Winners Enclosure: The Yvonne Carter award and category winners from the Research Paper of the Year awards

We will be celebrating research in general practice and highlighting speakers and published papers that promote academic general practice. Presentations from these RCGP award winners will demonstrate how translational research findings can impact on day-to-day practice.

This session will be co-chaired by:

Dr Imran Rafi, RCGP Chair of Clinical Innovation and Research
Dr Helen Stokes-Lampard, Honorary Treasurer of the RCGP

Clinical Challenges

Stopping Over-Medication of People with Intellectual Disability (STOMP-ID)

Psychotropic drugs, and particularly antipsychotics, are overused in people with intellectual disability and evidence suggests they are being used as a ‘chemical restraint.’ Many GPs oversee their management and prescribing, and this workshop will provide the knowledge and resources to confidently review prescribing in this group of patients.

Dr Gyles Glover, Co-Director, Learning Disabilities Observatory Team, Public Health England
Dr Ken Courtney, Consultant Psychiatrist, Barnet, Enfield and Haringey Mental Health NHS Trust
Dr Umesh Chauhan, GP, Honorary Senior Research Fellow, University of Central Lancaster

Practice Development

Making a difference: Using quality improvement methods to improve patient care

The RCGP’s QI Guide for practice teams is a resource that makes quality improvement methods accessible at the frontline of general practice. This session outlines the key content of the guide, followed by a workshop to demonstrate how to use the Model for Improvement, PDSA cycles and run charts to improve patient care.

Dr Joanna Birch, QI Clinical Lead, RCGP Clinical Innovation and Research Centre
Dr Bill Taylor, QI Clinical Lead, CIRC

Energising Primary Care

Finding your inner physician

Every doctor retains an untrained ‘ordinary human being’ - the ‘inner physician’ - who makes an important but often neglected contribution to practice. This workshop will help participants to recognise and identify aspects of their personal histories, emotions and personalities that impact on patients, and to reflect on how they can best be used for the benefit of patients.

Dr Roger Neighbour, GP, author and communications expert

Clinical Learning

Whose illness is it anyway? The new NICE guidance on multimorbidity

Between 30-80% of GP consultations are with people who have multiple long-term conditions, and more than half of acute medical admissions are for people with multiple morbidities. This session will explore this growing problem and give delegates a valuable insight into the new NICE guidance ‘Multimorbidity: clinical assessment and management’, due in September 2016.

Professor David Haslam, Chair of NICE
Professor Bruce Guthrie, Chair of the NICE guideline committee for multimorbidity

Mental Health Focus

Safe and sound: Reducing risk in vulnerable patients

This session guides GPs through the main legal and regulatory frameworks surrounding the complex issues of safeguarding and incapacity. We will use an MDDUS case study to explore the many challenges, from patient consent to communicating with family and carers, and suggest practical ways in which GPs and practice managers can successfully handle these situations and minimise the risk of patient harm and practice complaints.

Liz Price, Senior Risk Adviser, MDDUS

Book your conference place now at rcpac.org.uk
### Professional Education
**Refreshing GP training and the MRCGP exam**
The RCGP is planning to refresh GP training and the MRCGP from August 2017, with a major shift towards encouraging professional capability and less ‘box ticking’. Changes for discussion include a significant reduction in the burden of workplace-based assessments in the MRCGP e-portfolio and the introduction of trainee-led clinical leadership and quality improvement activities in ST1-2.
- Dr Pauline Foreman, Chief Examiner, RCGP
- Dr Sue Cullis, Associate Postgraduate Dean and Lead for QI teaching, HEE East Midlands
- Dr Susan Hadley, Programme Director in Leicestershire, Leicester and Rutland

### Career Development
**Physical activity and primary care: Are we practising or preaching?**

We all know the benefits of physical exercise but how do we successfully incorporate this into our daily lives? Healthcare professionals and effectively motivate our patients to get active? This session will cover the benefits of being active to improve the resilience of GPs and the wellbeing of the wider primary care team.
- Dr Zoe Williams, GP, Clinical Champion
- Dr Dane Vishnubala, GP, Clinical Champion
- Dr Christine Haseler, GP and GPSI, Musculoskeletal Medicine

### Supporting Doctors
**Energising primary care through support for vulnerable practices**
The past decade has seen the emergence and development of interface care, working to support GPs and patients at the point of need for specialist assessment and treatment. Many of these services are delivered by GPs in non-traditional roles, as well as by specialists. This session will look at how we can develop these services for patients’ benefit.
- Dr Ben Jameson, Clinical director, Acute GP Service, Livewell South West
- Dr Miles Mack, Chair, RCGP Scotland
- Carey Lunan, Executive Officer for Interface, RCGP Scotland
- Chair: Dr John Holden, Joint Head of Medical Division, MDDUS

### LUNCH
13.00-14.00

### CONCURRENT SESSIONS
**E1-6**

#### Energising Primary Care
**Energising the profession through working at scale**
GP pioneers in collaborative working will outline the challenges and benefits of working at scale, share their experiences and answer questions. Key topics will include the building of super-partnerships while preserving practice autonomy, the benefits of working in clusters, developing neighbourhood models of care, and improving the quality of care.
- Dr Mike Holmes, RCGP Clinical Lead, Supporting Federations Programme
- Dr Sohail Munshi, GP Chair, Manchester Primary Care Partnership and Greater Manchester Association of GP Federations
- Dr Vish Ratanasuriya, Chair, Our Health Partnership, Birmingham
- Dr Paul Myres, Professional Lead for Primary Care Quality and National Lead for Primary Care Development, Public Health Wales

#### Clinical Learning
**Dermatology: Practical tips on diagnosis, treatment and management in primary care**
Up to 20% of GP consultations have a dermatological element but GPs receive little or no training in dermatology. This interactive session aims to build confidence in diagnosis and treatment, covering new ideas in eczema management, antibiotics and acne, infections and cellulitis, and lesion recognition and dermoscopy.
- Dr Stephen Kownacki, GP and Executive Chairman, Primary Care Dermatology Society
- Dr Julian Peace, GP and GPSI in dermatology

#### Mental Health Focus
**The generalist awakens: revitalising your mental health consultations**
Our model of care offers individually tailored assessment and management of common mental health problems, helping GPs to reconnect with their generalist values and professional identity. This interactive workshop uses role play to translate our research findings into practical support for clinicians.
- Professor Carolyn Chew-Graham, Professor of General Practice Research, Keele University
- Lucy Cooper, Research Governance and Quality Assurance Lead, Alderhey Foundation Trust
- Dr Liz England, GP and RCGP Mental Health Lead
- Dr Joanne Reeve, Associate Clinical Professor in Primary Care, Warwick Medical School

#### Supporting Doctors
**E5**
**Energising primary care through support for vulnerable practices**
This session will present new findings from the RCGP’s Special Measures Programme (SMP) to prompt discussion on the role of the College and other stakeholders in supporting vulnerable practices. We will explore how this support can energise these practices and, equally importantly, how being part of a support team can energise and encourage the professional development of those offering the support.
- Dr David Geddes, Head of Primary Care Commissioning, NHS England
- Dr Jenny Napier, GP and Honorary Research Fellow, Queen Mary University of London
- Helene Irvine, ANP, Adviser to RCGP SMP
- Dr Sue Rendel, Clinical Lead RCGP SMP

---

**Book your conference place now at [rcgpac.org.uk](http://rcgpac.org.uk)**
Clinical Learning
The NHS Diabetes Prevention Programme: Supporting behavioural change in those at high risk of type 2 diabetes

The NHS DPP is being rolled out nationally to help individuals with non-diabetic hyperglycaemia lower their risk of developing type 2 diabetes. This session will share current and emerging evidence of what works in prevention, and share learning and case studies from the demonstrator sites.

- **Tom Newbound** Programme Manager, NHS DPP, Public Health England
- **Professor Jonathan Valabhji** National Clinical Director Diabetes and Obesity
- **Dr Richard Mendelsohn** Clinical Head of Commissioning, Birmingham South Central CCG
- **Dr Esther Dalton** Leeds GP and Leeds North CCG Portfolio Lead for Diabetes

Mental Health Focus
To prescribe antidepressants or not? The science and the craft

GP’s are the main prescribers of SSRIs but at least 20-30% of patients do not respond to standard treatments and concordance is low. This session introduces some rules of thumb, as well as an effective, evidence-based algorithm for GP prescribing of antidepressants.

- **Dr Maryanne Freer** Programme Lead, Primary Care Mental Health Programme, Charlie Waller Memorial Trust
- **Dr Sheila Hardy** Practice Nurse Educator, Charlie Waller Memorial Trust, Senior Research Fellow, Northamptonshire NHS Trust
- **Professor André Tylee** Emeritus Professor of Primary Care Mental Health, Primary Care Lead, South London CLAHRC

Research and Innovation
The beginning and the end of general practice: What do doctors want?

The UK health administrations have made recruiting and retaining GPs a core priority. This workshop will explore those programmes of work, concentrating at either end of the GP career path and presenting new research on the views of medical students, F2 and F3 positions. Delegates will learn how improvement skills aligned with teamwork can deliver better patient and population outcomes, better professional development and better practice performance.

- **Dr Asiya Yunus** GP, Associate Medical Director Londonwide LMC, Senior Clinical Quality Lead for the Transforming Primary Care Team, Healthy London Partnership
- **Dr Durka Dougall** Head of Transformation Southwark CCG, Public Health Consultant
- **Dr Douglas Hing** GP, Clinical Director Merton CCG, Coaching for Health Lead Trainer
- **University of Sheffield** Academic Unit of Primary Medical Care, GP and Academic Lead with first hand with working practitioners.
- **Dr Sharon Spooner** GP, NIHR Foundation School Lead for the NIHR Clinical Research Network, NIHR Independent Research Fellow, NIHR In Practice Fellow, Keele University
- **Dr Samuel Finnikin** GP and NIHR In Practice Fellow, University of Birmingham
- **Dr Dirk Pilat** Medical Director for eLearning, RCGP
- **Dr Clare Etherington** Clinical Lead for MAP, RCGP
- **Professor Athula Sumathipala** NIHR Clinical Research Network, NIHR In Practice Fellow, Keele University
- **Dr Ben Jackson** Senior Clinical Teacher, Academic Unit of Primary Medical Care, University of Sheffield
- **Kevin Reid** Emergency Care Practitioner, Maryhill Group Practice, Elgin

Practice Development
Unpacking the Ps: Pharmacists, paramedics and physician assistants in practices

There is now a realisation that pharmacists and physician assistants are more than capable of offering a partial solution to the current GP workforce crisis. This workshop will review current evidence related to the development of these roles and their wider adoption in primary care, and discuss issues first hand with working practitioners.

- **Ravi Sharma** Lead GP Practice Pharmacist, Greenlight Healthcare, London
- **Dr Ben Jackson** Senior Clinical Teacher, Academic Unit of Primary Medical Care, University of Sheffield
- **Kevin Reid** Emergency Care Practitioner, Maryhill Group Practice, Elgin

Mental Health Focus
The acceptability of metaphors in the management of people with Medically Unexplained Symptoms (MUS)

Metaphors can be used to convey the complex principles of CBT, making them easier for the patient to understand and the practitioner to use. They encourage the patient to view their symptoms – and respond to them – differently. This workshop will discuss the acceptability of these metaphors, and how they can be used in consultations.

- **Professor Carolyn Chew-Graham** Professor of General Practice Research, Keele University
- **Professor Athula Sumathipala** Professor of Psychiatry, Keele University, Consultant Psychiatrist, South Staffs and Shropshire Foundation Trust
Professional Education G4
Energy boosting workshop for UK primary care educators
An opportunity for educators involved with primary care education to meet, network and share their current problems, solutions and best practice ideas. This session follows on from the successful Medical Educators Conference held in Glasgow last year – ideal for delegates who hold educational roles in LETBs, deaneries, training programmes and professional education.
* Speakers to be confirmed

Career Development G5
Caring for refugees and torture survivors
What are the opportunities within your own practice or as a volunteer in the UK with a health charity? This session will enhance your knowledge and illustrate how volunteering can broaden your experience and skills, with expert guidance from GPs with frontline experience.
* Dr Angela Burnett Lead Doctor, Freedom from Torture
* Dr Naomi Hartree Clinical Lead, Medical Justice

Supporting Doctors G6
The Dragons Den: Could your idea change global health?
Delegates will be asked to offer their ideas for improving health around the world. Authors of the best suggestions will be invited to make a pitch to an expert panel in a Dragons Den style session.
* Professor Bob Mash Head of Division of Family Medicine and Primary Care, Stellenbosch University, South Africa
* Dr Sandy Mather Head of RCGP International
* Dr Liz Goodburn Medical Director South & South East Asia, RCGP International

COFFEE
10.30-11.00

PLENARY SESSIONS
11.00-12.45

CLOSE OF CONFERENCE
12.45