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
- Chair, RCGP EKU and EKC Steering Group

**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

**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 for doctors, staff and patients to work together, to improve consultations and develop services. Speakers will discuss replicable ways for patient participation groups to 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, Clinical Lead Collaborative Care and Support Planning Programme, RCGP
- 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

40-MINUTE SESSIONS 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)*
**The use of research data to inform quality improvement at practice level**

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 RAF GP, RCGP First5 Committee
- Professor 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 primary care as the NHS gatekeeper. Here, the author explains her findings and discusses solutions.

- Dr Helene Irvine Consultant in Public Health Medicine, NHS Greater Glasgow and Clyde

**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

**Book your conference place now at rcpac.org.uk**
**Thursday 6 October / Day 1**

### Concurrent Sessions C1-6

#### 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
**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

#### Clinical Challenges
**Clinical Challenges**
- **Stopping Over-Medication of People with Intellectual Disability (STOMP-ID)**
  - Psychotropic drugs, and particularly antipsychotics, are used 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

#### Research and Innovation
**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

#### Campaigning for General Practice
**Campaigning 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

#### Practice Development
**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 to 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 Birchr Qi Clinical Lead, RCGP Clinical Innovation and Research Centre
  - Dr Bill Taylor Qi Clinical Lead, CIRC

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**Friday 7 October / Day 2**

- **Registration from 8.00**

### Plenary Sessions

#### 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
- Alan Frame Risk Adviser, MDDUS

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**Book your conference place now at rcpac.org.uk**
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 Ratnasuriya Chair, Our Health Partnership, Birmingham
- Dr Paul Myres Professional Lead 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

Career Development: Mindfulness in today’s primary care: How can it help us and our patients?

What is mindfulness and what are the potential benefits to GPs? In today’s chaotic world, can we use mindfulness to help our patients, and what resources are available for us to recommend? This session will explore the nature of mindfulness and how it can be used to help doctors, while also looking at the best ways to promote mindfulness to patients with suitable resources to help get them started. Could this be the way to energise primary care?

- Dr Duncan Shrewsbury Academic GP Trainee, Chair West Midlands AiT Committee
- Dr Sheila Hardy Practice Nurse Educator, Charlie Waller Memorial Trust, Senior Research Fellow, Northamptonshire NHS Trust

Supporting Doctors: Caring at the interface: Developing and delivering services at the interface between primary and secondary care

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

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

Professional Education: The next generation of primary care professionals: Attracting, engaging and educating the future workforce

The role of GPs and the primary care team is undergoing major changes, driven by factors including system reform, changing needs, workforce and financial pressures, as well as the expectations of new doctors and nurses. This session explores how we can meet those challenges across the four nations.

- Speakers to be confirmed
**Energising Primary Care**

**The Modern Primary Care: Leading, Learning and Improving**

Many GPs are ill-prepared and ill-equipped to implement the changes now being asked of them. 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 LMCs, 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, Clinical Director Merton CCG, Coaching for Health Lead Trainer
- Dr David Price, GP Programme Director, HEE North Central and East London

**Clinical Learning**

**The NHS Diabetes Prevention Programme: Supporting behaviour 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**

GPs 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

**Professional Education**

**Re-energising your career and the value of lifelong learning**

GPs are facing increased risk of fatigue and burnout. We will explore how education and CPD can enhance resilience and enthusiasm as well as improve the quality of patient care, highlighting the latest changes to CPD, revalidation, MAP and other new types of support.

- Dr Susi Caesar, Medical Director for Revalidation, RCGP
- Dr Dirk Pilat, Medical Director for eLearning, RCGP
- Dr Clare Etherington, Clinical Lead for MAP, RCGP

**Career Development**

**Being a GP and a parent: The balancing act, the guilt and the way forward**

The growing number of parents in the GP workforce means we need to find new ways of working to retain GPs who have taken time out for childcare. We will draw on neuroscientific and neuropsychological research to provide practical strategies to help prevent stress and burnout in working parents.

- Dr Jaz Dhillon, GP, GP appraiser and tutor, RCGP First5 representative
- Dr Shamila Wanninayake, GP, GP tutor, Chair of RCGP First5 Committee
- Dr Richard Pratt, GP Partner, Three Spires Medical Practice, Truro

**Supporting Doctors**

**Improving outcomes in CVD: What can we do differently in primary care?**

This session will cover late diagnosis and suboptimal treatment in CVD, practical steps to improve detection and secondary prevention, how CCGs can be supported to improve outcomes and value in CVD prevention, and improving outcomes and streamlining the effort in primary care.

- Dr Matt Kearney, National Clinical Director for CVD Prevention
- Dr Sarit Ghosh, GP and RCGP CVD Lead
- Professor Matthew Cripps, National Director, NHS RightCare
- Dr Chris Harris, GP and Long Term Conditions Lead, Bradford Districts CCG

**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 doctors and experienced GPs.

- Dr Emma Clarke, Sessional GP, NIHR In Practice Fellow, Keele University
- Dr Samuel Finnkin, GP and NIHR In Practice Fellow, University of Birmingham
- Dr Sharon Spooner, GP and Academic Clinical Lecturer, University of Manchester
- Dr Jonathan Leach, Chair, RCGP Midlands Faculty

**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
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
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
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.

- Dr Sandy Mather Head of RCGP International
- Dr Liz Goodburn Medical Director South & South East Asia, RCGP International