A quick guide to more than 60 sessions and key speakers now confirmed for 2017

RCGP Annual Primary Care Conference & Exhibition

JOIN US IN LIVERPOOL 12-14 OCTOBER / BOOK NOW AT RCGPAC.ORG.UK

Thursday 12 October Day 1  
OPENS 08.00

PLENARY STATE OF THE NATION 09.30-10.45
The conference opens with up to 1,300 GPs in the auditorium to be welcomed by RCGP President Dr Terry Kemple and hear addresses on the state of general practice and the NHS.

The Chair’s Address
- Professor Helen Stokes-Lampard Chair, RCGP Council
- The NHS Address
- Jeremy Hunt Secretary of State for Health (invited)

COFFEE BREAK EXHIBITION AND SPONSORED SESSIONS 10.45-11.45
- Walking for Health can help save lives and money, and reduce clinic numbers Sponsored by Walking for Health

CONCURRENT SESSIONS A1-6 11.45-12.45

Campaigning for General Practice A1
The GP Forward View: Progress to date and shaping the future
The GP Forward View aims to help stabilise practices now, but also to transform general practice through improved use of self-care, skill mix, technology and collaboration. We need to engage GPs, particularly the upcoming generation, in shaping their future working environment. This session is an opportunity to learn what has been achieved so far and to contribute to the next phase of the programme.

Clinical Learning A2
Essential Knowledge Updates and Challenges 2017 – Clinical updates for GPs by GPs
The ever-increasing number of medical research papers and guidelines means GPs can feel overwhelmed trying to keep up to date while facing huge workload pressures. The EKU online learning programme is a highly valued RCGP resource and this session will focus on the most clinically relevant and important new developments set to change practice in primary care.

Forward Together A3
Medicolegal risk: New models of care
Scaling up general practice can have direct benefits, but the process also brings risks. As practices merge and cluster, issues can arise in areas such as communication across different practices and disciplines, evolving roles, delegation and shifting boundaries, and the impact of new technology, record-keeping and information-sharing. This session offers practical advice on how to identify and mitigate common medicolegal risks.

Healthcare Technology A4
Debate: This house believes that UK primary care should be an early adopter of genomic medicine
Genomic medicine has been defined as ‘an emerging medical discipline that involves using genomic information about an individual as part of their clinical care, and the health outcomes and policy implications of that clinical use’. This collegial debate, organised by the RCGP’s medical ethics committee, aims to address the impact on everyday practice and the values of clinicians.

Health and Wellbeing A5
The active practice: Inspiring primary care teams and their patients
Physical inactivity costs the NHS £20bn per year and primary care is well placed to lead from the front on prevention rather than cure. This workshop focuses on GP surgeries becoming beacons of good health, forging bonds with activity providers from the local authority, commercial and voluntary sectors. It also introduces the concept of the ‘active practice’ developed by the RCGP Clinical Priority team for Physical Activity and Lifestyle.

Research and Innovation A6
Evaluating transformation in primary care: The Scottish School of Primary Care approach
At a time of rapid change across health systems, rigorous evaluation of new models of care is essential. QOF was abolished in Scotland in April 2016 and a new GP contract, based on GP clusters, is under negotiation. The Scottish School of Primary Care has been resourced to evaluate the changes over the next two years, and this session will describe the context, evaluation framework and current work in progress.

LUNCH EXHIBITION AND EXTRA SESSIONS 12.45-14.00
- Meet the Chairs A chance to put your questions to the chairs of the four RCGP councils
- Diabetes Satellite Symposium Advances in cardio-metabolic disease management. Sponsored by Novo Nordisk
### Clinical Learning
**The Uncertain Physician**

Professor David Haslam will examine the challenges of uncertainty and risk within primary care, in a supportive and uplifting session. He will explore how to manage the inherent stresses of uncertainty and their impact both on doctors and patients, and look to the use of NICE guidance, shared decision-making aids and more general advice, to equip those working in general practice to take primary care to the next level.

### Healthcare Technology
**Patient information: What rubbish are you reading now?**

Many GPs have mixed feelings about their patients using the internet to learn about their conditions, fearing self-diagnosis or the acquisition of inaccurate knowledge. Many patients find their information being dismissed by their GP if it does not align with his or her views. This patient-led session aims to disentangle these feelings to enable a partnership approach, empowering patients and leading GPs to rethink their views.

### Health and Wellbeing
**Meditation for GPs: Simple techniques to help stress and burnout**

Dr Aman Arora is a GP and a qualified trainer in meditation skills. In this session, he will aim to introduce simple techniques that can help to reduce stress and burnout, for use by GPs at home or in the surgery. Delegates will be asked to participate in short exercises in breath-meditation, body-scan tension reduction, visualisation and mindfulness, to help boost their individual wellbeing and ultimately to improve patient care.

### Research and Innovation
**Winners’ Enclosure: The Yvonne Carter award and RCGP Research Paper of the Year**

We will be celebrating research in general practice and highlighting speakers and published papers that promote academic general practice. The awards give recognition to one outstanding new researcher, and an individual or group who have published an exceptional piece of research relating to general practice or primary care. Presentations from the winners will show how translational research findings can impact on day-to-day practice.
Sustainable healthcare is about maximising value economically, environmentally and socially. This offers opportunities for improving quality of care and harnessing the energy of primary care staff who, in line with UN Sustainable Development Goals, want to lead a response to climate change. This session will introduce the concept of sustainable healthcare, showcase leading projects and ask delegates to design their own sustainability initiatives using quality improvement principles.

Investing in the wider practice team can help address the workforce crisis in primary care. This session will explain how a primary care and community nursing route for undergraduate nurses has inspired many to consider practice nursing as a career choice. A career pathway and competency framework for non-clinical staff has also led to the development of care navigators and medical assistants, demonstrating how new approaches can benefit the whole team.

Half of adult mental health problems are present by the age of 14, yet this can be a difficult area for GPs to address in an NHS where specialist services are stretched and referral criteria increasingly stringent. Working in small groups, delegates will be able to practise using tools to help assess and begin to address young people’s mental health issues, and tips will be given on managing their emotional and physical needs.

The UK literature is rich in analysis of the consultation. An unintended consequence is that attempts to adhere too strictly to complex models can lead to unsatisfyingly formulaic consulting. The old Chinese philosophers took a different approach, cultivating ‘trained spontaneity’ to develop a mindset from which appropriate behaviour could flow naturally. Dr Roger Neighbour attempts to take consulting skills back to basics and beyond.

Anti-immigration rhetoric surrounding the EU referendum seems to have fuelled a rise in reports of racial harassment, including towards NHS staff. GPs receive little, if any, training on the management of racial harassment in their work. This workshop offers an opportunity to reflect and consider one’s own experiences of prejudice and racism, as well as learning effective approaches to deal with such situations.
**CONCURRENT SESSIONS**

**Career Development**
**Doctors as activists**

Doctors have a long history of activism and GPs witness social injustice daily, developing a keen sense of how events such as Brexit or the dismantling of the NHs impact on their patients. This session will inspire delegates to take their skills to the next level, appreciate the different types of activism, and engage with advocacy or activism locally, nationally or internationally.

**Mental Health Focus**
**Reducing mortality from physical health problems in people with severe mental illness**

The life expectancy of people with severe mental illness is reduced by 15-20 years, compared to the general population. This session aims to support GPs to fulfil their responsibility to prevent and manage cardiovascular and metabolic problems in this group, reviewing the evidence base for intervention and sharing good practice about what can be done to improve care.

**Clinical Learning**
**Diabetes hot topics and case studies**

Management of type 2 diabetes in primary care requires almost specialist levels of knowledge. Using case studies and hot topics, this session will provide essential knowledge and skills for all those in primary care to effectively and holistically manage individuals with type 2 diabetes in the community.

**Supporting Doctors**
**The pros and cons of out-of-hours working**

The out-of-hours and in-hours GP services need to work together to ensure primary care cover 24/7. Yet out-of-hours GPs are frustrated that some colleagues do not contribute, while in-hours GPs say their day jobs are too busy to take on more work. The aim of this session is to explore the pros and cons of both sides of the service, increase understanding and improve joint working for the benefit of patients.

**Clinical Learning**
**Sepsis versus antimicrobial resistance: Prognostic tools for early treatment or rapid referral**

The problems of managing infection effectively are faced daily in general practice. Improving sepsis care and antibiotic guardianship require us to work smarter for more of our patients. This session will explore science, innovations and issues in both fields, aiming to educate, stimulate and challenge healthcare professionals to achieve best practice.

**Professional Education**
**Tackling health inequalities through education for professionals**

The education of healthcare professionals has a key part to play in understanding and reducing the inequality of health outcomes. Concentrating on different career stages, with a focus on education, enablement and activation, this session will highlight how existing and future GPs can be prepared to make changes that will impact on inequality, at an individual patient level and across populations.

**Forward Together**
**How GP super-partnerships are building a stronger general practice**

Two GP super-partnerships join forces in this inspirational session to share their experiences of developing GP services at scale, strengthening core general practice and improving patient outcomes while using technology and innovation to work smarter, not harder. They will demonstrate how to collaborate without losing autonomy, develop practical benefits such as back office efficiencies, and take a lead in the local healthcare economy.

**Mental Health Focus**
**Discusses suicide: Increasing the confidence of primary care providers**

People who die by suicide are 2.5 times more likely to have seen a primary care provider in the months preceding their death. Primary care offers a unique venue for the early detection and prevention of suicide, but we know providers may not feel sufficiently knowledgeable to talk about suicide effectively. This session focuses on the new RCGP suicide prevention toolkit (due September 2017) to help providers increase their confidence.

**Professional Education**
**Enhancing the paediatric capabilities of GPs**

Children account for up to two-fifths of GP workload, yet as many as 40-50% of GPs have little or no formal paediatric training. This session will investigate ways of maximising collaboration between paediatricians and GPs to provide truly multidisciplinary care for children and young people based in primary care. Clinical case scenarios and small group work will be used to explore the topic.

**Career Development**
**EQUIP and ECHO: A model to incorporate QI into GP training**

Northern Ireland GPs will share experiences of weaving quality improvement into GP training using the RCGP guide, the telementoring platform ECHO and the Experience in Quality Improvement Programme (EQUIP). The ECHO model combines case-based learning with low-cost webcam-based teleconferencing, while EQUIP has been developed to train ST3 GP trainees in quality improvement.

**PLENARY**

- The John Hunt Lecture
  Sir Tim Smit (pictured near right) Executive Vice Chairman and Co-founder of the Eden Project
- Professor John Guillebaud (pictured far right) Emeritus Professor of Family Planning and Reproductive Health, UCL ‘How to miss out periods and have more margin for error when missing out pills’

**LATE SESSIONS**

- Discover your inner clown: empathy through play Dr David Wheeler, Greenwich, South London
- International Exchange RCGP International (17.45 - 19.15)
- RCGP Research and Surveillance Centre 50th birthday celebration RCGP RSC
- The time for mentoring in General Practice is now RCGP First5 Committee
Professional Education G1
Culture and performance in International Medical Graduate doctors

A third of our registered doctors qualified outside the UK and make a huge contribution to the NHS, yet many underperform relative to their UK counterparts. Performance is a complex phenomenon influenced by, among other factors, learning styles, culture and working in an enabling environment. This session will endeavour to unpick this complex issue by exploring the cultural factors involved and best practice for supporting these doctors.

Supporting Doctors G4
Forward together safely – and what to do if you make a mistake

GPs are under enormous pressure, with an escalating workload and growing public expectations. On average during their professional lifetime, a doctor can expect to face at least three major complaints or referral to the GMC. This workshop aims to demystify the workings of the GMC and Medical Practitioners Tribunal Service, discuss how GPs can practise safely and inform them of what they should do if they make a mistake.

Career Development G5
Undergraduate adventures in remote and rural general practice

GPs and medical educators need to cultivate positive attitudes towards general practice as an exciting, modern career option. This session shares a unique collaboration led by the University of Aberdeen, which took first-year medical students on a two-day adventure in the Cairngorms National Park. The students met rural GPs, toured community hospitals, and engaged in clinical scenarios, work-life balance activities and community involvement.

Forward Together G2
Using QI measurements of whole system performance to incentivise collaboration

The building of cross-sector alliances in New Zealand is demonstrating how large numbers of GP team members, healthcare professionals, consumers and funders can engage in the collaborative redesign of healthcare. Having abandoned the single-disease focus of a performance programme similar to the QOF, direct influence on health and social care delivery has replaced financial incentives as the currency of innovation. Find out more in this interactive discussion.

Career Development G6
Reimagining GP careers: Unleashing our ‘inner scholar’

General practice is in crisis. GPs see the problems and what needs to change, but are often overwhelmed by the daily task of simply surviving. This session aims to unleash the potential of the GP’s intellectual core in reimagining how to consult, design services and build a profession. Small groups will develop and pitch their own ‘dangerous ideas’, with an audience vote identifying three priorities to take forward.

COFFEE BREAK 10.30-11.00

PLENARY 11.00-12.50

- Research Paper of the Year Award
  Presented by Professor Kamila Hawthorne Joint Vice-chair, RCGP Council
- Prizes and Awards
- Professor Amanda Howe President of WONCA
  ‘Breadth, depth and diversity – building a lifelong career in general practice’
- Professor Jako Burgers Professor in personalised care at Maastricht University and head of the guidelines department of The Dutch College of GPs
  ‘Are Dutch GPs happier than their UK colleagues, and if so, why?’
- The President’s Address
  Dr Terry Kemple President, RCGP