Annual Primary Care Conference & Exhibition
12 - 14 October 2017
ACC Liverpool
rcgpac.org.uk

FORWARD TOGETHER
How we lead primary care to the next level

CANCER
PHYSICAL ACTIVITY
DIABETES  MENTAL HEALTH
CHILD PROTECTION  PAEDIATRICS
REFUGEES  RESUSCITATION
CONSULTING SKILLS  SEPSIS

REGISTER NOW!

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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
- Jeremy Hunt Secretary of State for Health

Walking for Health can help save lives and money, and reduce clinic numbers Sponsored by Walking for Health

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.

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.

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.

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.
‘There’s always something you can do.’ Students’ experiences of a self-selected palliative care module

Benedict Hayhoe

Using works by Dr Anton Chekhov, GP and author, as an aid to clinical reasoning

Maria Keering

Reflective practice for clinical supervisors in an online community of practice

Emily Player

Assessing the impact of a teaching skills course on GP trainees’ engagement with teaching

Harish Thampy

Does a 10 week attachment in primary care in year 3 affect student empathy scores and career intentions?

Shivani Tanna

An innovative two-day preparation course to facilitate non-UK trained GPs to enter UK general practice

Mayur Vibhuti

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 multifactorial disease management. Sponsored by Novo Nordisk

CONCURRENT SESSIONS

Clinical Learning
The Uncertain Physician

B1

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?

B4

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.

Clinical Learning
The expanding role of cancer control in primary care

C1

This session will outline the current national picture with regard to cancer, including the national cancer strategy aims, and how very brief advice delivered in primary care using the 3 As approach (Ask, Advise, Act) can help address behavioural risk factors directly relevant for cancer prevention, without creating extra work. The session will also provide an update on the current evidence for e-cigarettes.

Campaigning for General Practice
Choosing to be a ‘Jack of All Trades’

B2

GP’s are in danger of being seen as second-class citizens. If they are to take lead roles in new models of care, they need to believe in themselves and have others believe in them too. This session celebrates all that is good about the generalist, exploring how the profession can balance negative rhetoric around the current difficulties of the role with positive messages about the value of the general practitioner.

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

B5

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 hospital. 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

B6

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.

Short Papers B Oral presentations of research posters on education topics

Educating GPs for modern sexual healthcare - the need for rapid sexual health risk assessment

Rebecca Hall

Tools of the trade: poems for new doctors

Lesley Morrison

Learning together: innovation in learning child health

John Spicer

Human trafficking - training for healthcare professionals

Toby Bonvoisin

Experiential learning in a final year health inequalities module

Ros Herbert

E-learning for safer prescribing – evaluating the first three years of use

Richard Knox

COFFEE BREAK

EXHIBITION AND SPONSORED SESSIONS

15.00-16.00

How will digital innovations support quality improvement in healthcare organisations?

Speaker Professor Rishabh Prasad. Sponsored by Aptus Health

CONCURRENT SESSIONS

Clinical Learning
The expanding role of cancer control in primary care

C1

Campaigning for General Practice
New models of care: The future NHS

C2

New models of care are focused on improving patient care while also developing a more sustainable service, with an underlying commitment to expanding the range of services available in the community and improving integration. Delegates will be able to question leaders of the vanguards and learn about plans for future development.

Forward Together
Bridging barriers between hospital, community and social care providers

C3

Collaboration within Cheshire’s health and social care economy is transforming local care, revealing how to work with the flow of resources to ensure patient-centred services. Community services have been reconfigured using quality markers and are provided by a partnership, including GPs. Increased collaboration with consultants has also improved care.
Primary care can be enhanced in resource-poor settings around the world if the rapid rise of mobile technology can be harnessed. This session will present examples of such uses, including a web-based triage tool in remote Uganda, and challenge delegates to develop innovative concepts to enhance care or support healthcare workers in low-income countries.

The RCGP has been working with the Clinical Practice Research Datalink to produce innovative data reports for a group of practices focusing on prescribing and safety in patients with heart failure. This session will show changes made by the practice teams and share ideas on improving the care of at-risk patients by using data, including secondary uses of routine data already collected in GP systems.

This workshop will enable delegates to use humour and principles from improvisational theatre to facilitate more fulfilling consultations, minimise conflict with patients and staff, and reduce consultation times. Through participation in theatre games, reflection and discussion, they will explore the concept of wellbeing, identify barriers and sources of stress, and move towards healthier interactions.

**Short Papers C**

- **Next Generation GP** by Nish Manek
- **Identifying research questions on self-management of importance to COPD patients from deprived areas** by Benjamin Nadin
- **Harnessing technology to improve the safety of suspected cancer referrals** by Robert Eastham
- **EQUIPping GP trainees to be leaders in improvement** by Anna O’Kane
- **Forward together with family physicians in South Africa** by Jill Edwards
- **Integrating primary care and public health** by Luke Allen

**LATE SESSIONS 17.15-18.15**

- **The Great Sugar Debate! Fats or Sugars: Demons or Delights?** by GPs with an interest in nutrition group
- **Inside GP ethics: Guidelines ‘and’ or ‘for’ Good Clinical Practice** by RCGP Committee on Medical Ethics
- **Primary care for Chinese patients in the UK and Asia** by RCGP International
- **Reclaiming your professionalism - the best way to move forward together** by Dr Susi Caesar, Medical Director for Revalidation, RCGP
- **New diagnostic technologies for primary care** by Nuffield Department of Primary Care Health Sciences, University of Oxford
- **RCGP faculties reception** by RCGP Faculties (17.15 - 18.45)

**Friday 13 October Day 2**

**PLENARY SESSION NHS QUESTION TIME 09.30-10.30**

Our version of the BBC’s topical debate show brings together stakeholders from across the healthcare spectrum to answer all the big questions of the day.

**THE PANELLISTS**

- **Chair:** Professor Martin Marshall  
  Joint Vice-Chair, RCGP Council
- **Dr Arvind Madan**  
  Director of Primary Care, NHS England
- **Professor Helen Stokes-Lampard**  
  Chair, RCGP Council
- **Dr Robina Shah**  
  Chair, RCGP Patient and Carers Partnership Group
- **Dr Holly Hardy**  
  Bristol GP and RCGP Council member
- **Roy Lilley**  
  Health policy analyst and commentator

**COFFEE BREAK**  
**EXHIBITION AND SPONSORED SESSIONS 10.30-11.30**

- **How will digital innovations support quality improvement in healthcare organisations?**  
  Speaker Professor Rishabh Prasad. Sponsored by Aptus Health
- **Walking for Health can help save lives and money, and reduce clinic numbers**  
  Sponsored by Walking for Health
FRIDAY CONTINUED

CONCURRENT SESSIONS  D1-6  11.30-12.30

Career Development

The environmental sustainability of general 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.

Clinical Learning

Refugee care in general practice – how to assess needs and manage health problems

The growing numbers of refugees and asylum seekers means that GPs encounter them more frequently, facing specific issues within mental health, infectious disease, reproductive health, chronic care and the wounds of torture and violence. This session will provide the clinical knowledge and skills to communicate across linguistic and cultural differences, to help ensure person-centred, comprehensive primary care for this group.

Mental Health Focus

Adolescent mental health: Achieving better outcomes

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.

Professional Education

Confucius say: ‘Consultation ain’t rocket science’

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.

Supporting Doctors

Brexit and our NHS: Rising above a rise in racism

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.

Short Papers D  Oral presentations on audit, innovation and primary care research

- Quality of management of patients prescribed long-term Proton Pump Inhibitors Ying Jin
- National COPD primary care audit: widespread misdiagnosis or a coding problem? Viktoria McMillan
- Dumfries House Womens Menopause Programme Shiona Johnston
- A comparison of emollient prescribing guidelines for eczema across England and Wales Jonathan Chan
- Online patient education interventions in type-2 diabetes: a systematic review of systematic reviews Angharad Woolley
- Treatment of subacromial shoulder pain by individual or group physiotherapy Ian Ryans

LUNCH EXHIBITION AND SPONSORED SESSIONS  12.30-13.45

CONCURRENT SESSIONS  E1-6  13.45-15.00

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

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.

Forward Together

Working in true partnership with patients on co-production of GP services

This session aims to demonstrate the great personal, professional and practice advantages of strong patient partnerships, and how easy and rewarding it can be to achieve the co-production of care. Delegates will explore replicable initiatives in place throughout the UK, and tackle the potential challenges that may face practices in setting up patient groups, such as attracting and maintaining members.

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.

Supporting Doctors

Achieving quality care at scale

GP ‘at scale’ organisations are an essential but new part of the primary care landscape, and demonstrating their impact on quality of care will help to accelerate their development. This panel session aims to generate a discussion on quality at every level of these organisations, covering topics such as maintaining quality while operating at scale, introducing innovative services, and how leadership roles can underpin a focus on quality.
### Short Papers E Oral presentations on primary care research

- User fees in primary care: restricting access for the most vulnerable? Melinda Chau
- Examining the effectiveness of coping strategies in helping carers of family members with Alzheimer’s Manjit Dhamret
- Lung cancer screening: an opportunity to give smoking cessation advice to patients with pulmonary nodules? Marcia Clark
- ‘They’re trying their best’: Women from South Asian background and GPs’ perspectives of chronic pelvic pain Kuldip Bharj
- Are IT solutions to the ‘messy’ work of general practice realistic? Michael Casey,
- How do GPs identify and manage safeguarding concerns in children? Caroline Thurlow

### CONCURRENT SESSIONS F1-6 15.00-16.00

#### 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.

#### 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  
**Discussing 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.

### Short Papers F Oral presentations of research posters on service delivery

- The perceived barriers to social prescribing in general practice Jessica Runacres
- Antibiotics at the touch of a button? The impact of private online GPs Louis Peters
- The ‘999’ GP: Evaluation of a GP-staffed ambulance response model to avoid hospital attendance Matthew Booker
- An analysis of the implementation of primary care practitioners in a practice setting Mathew Fortnam
- Co-designing research into experiences of female genital mutilation: report from a PPI project Sharon Dixon
- Evaluating the effectiveness of multi-disciplinary teamwork Salmaan Khan

### COFFEE BREAK  
**EXHIBITION AND NETWORKING**

16.00-16.45

### 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
**EARLY SESSIONS** 08.15-09.15
- Creating and maintaining a vibrant GP Society  Dr Jodie Blackadder (RCGP) and Dr Catherine Sloan (SE Wales Faculty)
- The Dragons’ Den: could your idea change global health?  RCGP Junior International Committee
- Building resilience in your practice: top tips  RCGP
- What sort of leadership development for primary care?  Dr Tim Swanwick, Health Education England
- Adolescent Health: maximising the potential  RCGP Adolescent Health Group
- NHS Collaborate: Support network for primary care leaders  NHS Collaborate
- Solutions to the GP nursing crisis – how to grow your nursing team  Jenny Aston, RCGP Nurse Champion
- Test your skills in an emergency scenario  Doctors Worldwide (08.15 - 10.30)

**CONCURRENT SESSIONS** G1-6 09.30-10.30
- **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.

- **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.

- **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** G3
  Debate: This house believes that patients value rapid access more than personal care in general practice
  General practice is entering a time of change and it is essential to understand the decisions that GPs will be forced to make as they seek to prioritise their efforts and ensure they are providing what patients need and want. This debate will aim to explore the choices and compromises that general practice will face as it moves forward, and inform the decisions of the profession and UK governments on the future of the service.

- **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** 11.00-12.35
- Research Paper of the Year Award  Interview with the winner
  Presented by Professor Kamila Hawthorne  Joint Vice-chair, RCGP Council
- Prizes and Awards
- Professor Amanda Howe  President, World Organization of Family Doctors
  ‘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

**CLOSE OF CONFERENCE** 12.35