

GP Autumn School

2021 Programme

Tuesday 19 October

Developing Great Learners – How to Help Your Trainees Put ‘Learning Science’ Into Action
Differential Attainment - Fair Training for All
How To Rise - Your Complete Guide to Resilient Practice
Maintaining The Art of General Practice - English Culture
Not Another QI Project: Go Green!

Wednesday, 20 October

Developing Great Learners – How to Help Your Trainees Put ‘Learning Science’ Into Action
Leadership For Everyone? Microleadership And Learning for Followership
Full Frontal GP Training
Telephone Triage and Consultation Skills

Thursday, 21 October

A Pragmatic Approach to Trainees with Challenges
Adding Another String to Your Bow: Giving Linguistic and Clinical Feedback at The Same Time
Educational Theory for Trainers
How To Help Your Trainee Pass the RCA
Rank And Power Dynamics - An Uncomfortable Issue in GP Training?
Shared Decision Making

Friday, 22 October

How GP Trainers Can Help Support AKT Candidates
How To Rise - Your Complete Guide to Resilient Practice
Not Another QI Project: Go Green!

Also look out for:

The TALC Consultation Skills Clinic

Workshop Descriptions

A Pragmatic Approach to Trainees with Challenges

09:00 to 12:30, Thursday 21 October 2021, Zoom, ([See Maxcourse for more information and to book.](#))

The Performance and Exam team have put together a day covering the salient points of trainer concern when working with a trainee experiencing educational difficulties. Using a combination of plenary and small groupwork, come and develop strategies for managing a range of situations and behaviours, learn what support and resources are available, and take away practical tips to support you as you train our registrars in an increasingly complex environment.

Adding Another String to Your Bow: Giving Linguistic and Clinical Feedback at The Same Time

09:00 - 12:00, 21 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

Are any of your trainees overseas graduates? This hands-on workshop is packed with practical ideas on how to give overseas trained doctors targeted linguistic and cultural communications advice at the same time as giving clinical feedback on consultations. This integrated approach should accelerate learning, and help to provide solutions to some of the common challenges that overseas trained doctors. In this workshop, facilitated by an experienced Language teacher who teaches in the Leeds University Dental School, you will watch mini-demonstrations and share practical teaching ideas. You will leave with a toolkit of ready-made activities for teaching language and cultural communication whilst at the same time as developing overseas trained doctors' GP medical consultation skills.

Developing Great Learners – How to Help Your Trainees Put ‘Learning Science’ Into Action

09:30 - 12:30, 19 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

09:30 - 12:30, 20 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

Training GPs is neither simple nor easy. With difficult exams squeezed alongside demanding work, revision, and life outside work, trainee doctors can feel overwhelmed and unclear which development and revision activities are the most helpful to help them pass their exams and improve as clinicians. This workshop is designed to help GP trainers provide the right support for their trainees so that your trainees can work wisely on their own, applying the best evidence-based techniques and practices at the right time, while staying as motivated, energised and focused as they can in this incredibly challenging season of their careers. At the end of the workshop you will have refreshed (or gained) knowledge of the state-of-the-art in learning science, which you will be able to use when helping your trainees find the right learning techniques for their exams and development. You will also have more options for how best to support your trainees, depending on their individual needs as autonomous learners. You will learn about the psychological barriers that can stop us from using the optimal techniques for learning, and how to help trainees manage and overcome these barriers. This workshop will also introduce teaching and coaching techniques to support trainees' communication skills.

Differential Attainment - Fair Training for All

9:30 - 12:00, 19 Oct 2021, ([See Maxcourse for more information and to book.](#))

This course is an introduction to Differential Attainment and our plans to address differential attainment in GP training in Yorkshire and Humber.

Educational Theory for Trainers

09:00 - 16:30, 21 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

This is an interactive course to support your development in using educational theory in GP training, with ideas to relate theory to practice and to support trainees.

Full Frontal GP Training

09:30 - 16:30, 20 Oct 2021, Microsoft Teams, ([See Maxcourse for more information and to book.](#))

An introduction to GP training for: Anyone who thinks they might like to be a trainer; Anyone who wants to help with training in the practice; Anyone who thinks that Fourteenfish is best with tartar; Anyone who is just nosey about how GP training has been mucked about with.

How GP Trainers Can Help Support AKT Candidates

09:30 - 16:30, 22 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

Building on their experience of running face to face and virtual AKT Preparation courses for Trainees and Trainers, Neal Maskrey and Nick Price will guide you through how GP trainers can help support AKT candidates. This workshop will use a combination of group discussion on Zoom and self direct use of online resources. This will include the opportunity to go through a Mock AKT paper, reflect on key resources, and access to a range of video, powerpoint and workbooks on Evidence Based Medicine. We will also consider the range of support offered by HEEYH locally and regionally, including the importance of neurodiversity.

How To Help Your Trainee Pass the RCA

09:30 - 12:00, 21 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

14:00 - 16:30, 21 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))*

This course aims to equip you with the knowledge and skills you need to help your trainee pass the RCA. The format of the exam and the exact requirements change at regular intervals and we will ensure you have the most up to date knowledge. How can you best help your trainee with their consultation skills? What is complexity and why does it matter so much? How can you help your trainee select which cases to submit? As a trainer or educator, how much or little should you do?

**The PM session will be released if the AM session is fully booked.*

How To Rise - Your Complete Guide to Resilient Practice

09:00 - 16:00, 19 Oct 2021, Microsoft Teams, ([See Maxcourse for more information and to book.](#))

09:00 - 16:00, 22 Oct 2021, Microsoft Teams, ([See Maxcourse for more information and to book.](#))

Are you thriving in General Practice? Join us for a unique, practical approach to cultivating your own wellbeing. We are Dr Karen Forshaw GP and Chrissie Mowbray Physiotherapist, Psychotherapist and Hypnotherapist. During this interactive workshop we will show you how an understanding of various concepts of self-awareness can hugely improve your mindset and increase your ability to thrive in all situations. During this workshop you will learn how to:

- Improve your communication and language skills
- Manage conflict
- Reduce your stress levels
- Increase your motivation
- Retain your energy levels
- Avoid burnout

You will experience a variety of effective, accessible tools and techniques for boosting mental wellbeing, that can be easily woven into your working day. These include, meditations with purpose, visualisation exercises and practical tools. You will leave this course with a positive mindset and the skillset that you need to enjoy a fulfilling and rewarding career.

Leadership For Everyone? Microleadership And Learning for Followership

09:30 - 12:00, 20 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

What is leadership? Is it for everyone? ST3s are now required to undertake a leadership activity and a leadership MSF How can we maximise the benefits?

Maintaining The Art of General Practice - British Culture

09:30 - 16:30, 19 Oct 2021, Zoom & Yorkshire Sculpture Park, ([See Maxcourse for more information and to book.](#))

How do we help our trainees understand the culture and traditions of Britain? This workshop will explore the key elements of British culture and discuss how we can help support our trainees to feel culturally competent working in Britain. This will be a blended course. The morning session

will take place on Zoom. The afternoon session will take place outdoors and in person at the Yorkshire Sculpture Park.

Not Another QI Project: Go Green!

09:30 - 12:30, 19 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

09:30 - 12:30, 22 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

Your ST1 needs to do a clinical QI project. Your ST3 is wondering what to do for their Leadership project. What can they do that is educational and useful to patients and your practice? Enter Sustainable Quality improvement: an approach that integrates the principles of sustainable clinical healthcare to quality improvement. This course will explain how acting on the climate and ecological emergency through clinical practice can support patient and planetary health. We will look at practical examples and resources of useful QI projects that you can use with your trainees. We will include Respiratory QI examples that can improve the care of patients in a low-carbon way and help practices achieve points in the new GP contract as of October 2021.

Rank And Power Dynamics - An Uncomfortable Issue in GP Training?

09:30 - 16:00, 21 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

Rank and power dynamics are all around us in the health care system yet we rarely feel able to talk confidently about them when we feel their effects. This course addresses the issue of power and rank by acknowledging their presence and effect; introducing a model that allows us to explore them further; makes connections to the role of the trainer and trainee. "Really good presenter- engaged and interesting. Small groups and whiteboard worked well. Made a potentially challenging subject interesting, thought provoking and enjoyable. Would thoroughly recommend to anyone working in healthcare." Zoom Participant 2020

Shared Decision Making

14:00 - 17:00, 21 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

Decision making workshop incorporating decision making psychology and consultation skills and updated to reflect the new GMC Guidance on SDM (Nov 2020) and a NICE Guideline (June 2021).

Telephone Triage and Consultation Skills

09:30 - 17:00, 20 Oct 2021, Zoom, ([See Maxcourse for more information and to book.](#))

Most clinicians are now using the telephone as the first point of contact with their patients. This specialist role carries significant risks, such as inappropriate outcomes, dissatisfaction, legal liability due to delay or denial in care, inappropriate use of resources and reduction of appointment availability. Whilst some clinicians want to brush up on their skills having found themselves doing more telephone work than ever before, many have never received training in this sub speciality. This course will be delivered using the virtual platform (e.g. ZOOM) and will provide you with a real understanding of how to manage the risks involved in telephone assessments to practise safely, effectively and efficiently. The day is entirely practical and will give you realistic tools and techniques in telephone triage and consultations by using interactive exercises, real calls, group work and plenary to explore what's involved in providing care when we are unable to see the patient. You will leave armed with useful solutions to managing common calls and the more challenging demands, whether you are new to telephone triage and consultations or experienced in this area.

The TALC Consultation Skills Clinic

09:15 to 11:30, Tue 19 Oct 2021, Zoom ([See Maxcourse for more information and to book.](#))

Develop the skills to be a consultation skills training ninja...bring your consultation teaching problems along! This session will introduce the TALC resources for Teaching and Learning Consultation skills and show how the resources can be used to solve consultation skills problems for learners of any level from beginner to advanced.