

A QUICK GUIDE TO CONCURRENT SESSIONS & KEY SPEAKERS



Royal College of
General Practitioners

Annual Primary Care Conference & Exhibition

12 - 14 October 2017

ACC Liverpool

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Royal College of
General Practitioners

Annual Primary Care Conference & Exhibition

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THE STREAMS

- **Forward Together**
- **Health and Wellbeing**
- **Clinical Learning**
- **Mental Health Focus**
- **Healthcare Technology**
- **Professional Education**
- **Research and Innovation**
- **Career Development**
- **Campaigning for General Practice**
- **Supporting Doctors**

A quick guide to the 42 concurrent sessions and key speakers now confirmed for 2017



Dr Zoe Williams
RCGP physical
activity champion



**Professor
Amanda Howe**
President of WONCA



Dr Arvind Madan
Director of Primary
Care, NHS England



**Professor Helen
Stokes-Lampard**
Chair, RCGP



**Professor
David Haslam**
Chair, NICE



Dr Roger Neighbour
GP communication
skills expert

THURSDAY 12 OCTOBER / DAY 1

Opens 8.00

PLENARY SESSIONS

9.30-10.45

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 **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.

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, the impact of 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 in establishing new models of care.

Healthcare Technology A4 **Debate on the ethics 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 SPONSORED SESSIONS

12.45-14.00

- **Diabetes satellite symposium** Sponsored by Novo Nordisk

CONCURRENT SESSIONS B1-6

14.00-15.00

Clinical Learning

B1

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.

Campaigning for General Practice

B2

Choosing to be a 'Jack of All Trades'

GPs 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.

Forward Together

B3

After the QOF: Realising a new era of quality in healthcare

Scotland has abandoned QOF for a new approach to quality based on innovation and continual improvement, which is essential if healthcare is to remain fit for purpose. The next era will require GPs to achieve shared decision-making with their patients, and to have the skills of quality improvement at their fingertips. This session will share how Scotland is achieving this change through small clusters of practices adopting a peer-led, values-driven approach.

Healthcare Technology

B4

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 coincide 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

B5

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

B6

Winners' Enclosure: The Yvonne Carter award and winners in the 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 of researchers who have undertaken and published an exceptional piece of research relating to general practice or primary care. Presentations from these RCGP award winners will demonstrate how translational research findings can impact on day-to-day practice.

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 C1-6

16.00-17.00

Clinical Learning

C1

The expanding role of cancer control in primary care

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

C2

New models of care: The future NHS

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

C3

Bridging barriers between hospital, community and social care providers

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 recommissioned using quality markers and are provided by a partnership, including GPs. Increased collaboration with consultants has also improved care, and the primary care home model will now be used as a building block towards an accountable care organisation.

Healthcare Technology
C4
Using new technologies to develop innovative patient services in low income settings

Primary care can be enhanced in resource-poor settings around the world if the rapid rise of mobile technology can be harnessed in these areas. This session will present examples of such uses, including a web-based triage tool in remote Uganda, and then challenge delegates to develop their own innovative new concept to enhance patient care or support healthcare workers in low-income countries.

Research and Innovation
C5
Using data to improve patient outcomes

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 the changes made by the practice team in response, and share ideas on improving the care of at-risk patients through the use of data, including secondary uses of routine data already collected in GP systems.

Health and Wellbeing
C6
Humour, improvisation and wellbeing in everyday general practice

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 participating in theatre games, reflection and discussion, they will explore the concept of wellbeing in general practice, identify barriers and sources of stress, and move towards healthier interactions.

FRIDAY 13 OCTOBER / DAY 2

Registration from 8.00

PLENARY SESSION NHS QUESTION TIME

9.30-10.30

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. Delegates will be asked to submit questions in advance for this session and then quiz the panellists live at the conference.

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

CONCURRENT SESSIONS D1-6

11.30-12.30

Career Development
D1
The environmental sustainability of general practice

Sustainable healthcare is about maximising value economically, environmentally and socially. This new lens highlights opportunities for improving quality of care and harnesses 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
D2
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 ECU 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
D3
Building the primary care workforce of the future

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.

Mental Health Focus
D4
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
D5
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
D6
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.

LUNCH EXHIBITION AND SPONSORED SESSIONS
12.30-13.45
CONCURRENT SESSIONS E1-6
13.45-15.00
Career Development
Doctors as activists
E1

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.

Clinical Learning
Sepsis versus antimicrobial resistance: Prognostic tools for early treatment or rapid referral
E2

The problems of managing infection safely and effectively are faced daily in general practice. Improving sepsis care and antibiotic guardianship require us to do things smarter and better for more of the people we care for. 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
E3

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 already 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.

Mental Health Focus
Reducing mortality from physical health problems in people with severe mental illness
E4

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 – both in primary and specialist care, and across the interface.

Professional Education
Tackling health inequalities through education for professionals
E5

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
E6

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.

CONCURRENT SESSIONS F1-6
15.00-16.00
Clinical Learning
Refugee care in general practice – how to assess needs and manage their health problems
F1

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 the skills to communicate across linguistic and cultural differences, to help ensure person-centred, comprehensive primary care for this group.

Forward Together
How GP super-partnerships are building a stronger general practice
F2

Two GP super-partnerships join forces in this inspirational session to share their experiences of developing GP services at scale and strengthening core general practice, 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
Action planning to improve physical healthcare for people with mental illness
F3

This session aims to increase understanding of how mental health, physical health and associated lifestyle choices are intimately entwined, and how practices can effectively deliver holistic bio-psycho-social-spiritual mental health in primary care. There will be a focus on the relationships between mental health, alcohol, obesity and smoking, and delegates will be asked to create action plans to share with colleagues.

Supporting Doctors
F4
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.

Professional Education
F5
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 educational aspects of shared care in community settings.

Career Development
F6
EQUIP and ECHO: A model to incorporate QI into GP training

Northern Ireland GPs will share their experience of how quality improvement can be woven into the GP training scheme using the RCGP guide, the telementoring platform ECHO and the Experience in Quality Improvement programme (EQUIP). The ECHO model combines the classic approach of case-based learning with the opportunities provided by low-cost webcam-based teleconferencing, while EQUIP has been developed specifically to give ST3 GP trainees experience and training in quality improvement.

COFFEE BREAK EXHIBITION AND SPONSORED SESSIONS

16.00-16.45

PLENARY SESSIONS

16.45-17.30

SATURDAY 14 OCTOBER / DAY 3

Registration from 8.00

CONCURRENT SESSIONS G1-6

9.30-10.30

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 be engaged in the collaborative redesign of healthcare. Having abandoned the single-disease focus of a performance programme similar to the QOF, direct influence on the transforming of health and social care delivery has replaced financial incentives as the currency of innovation. Find out more in this interactive discussion.

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.

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.

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 SESSIONS

11.00-12.30

CLOSE OF CONFERENCE

12.30