



2018 GLASGOW

Annual Primary Care Conference & Exhibition
4-6 OCTOBER



A QUICK GUIDE TO SESSIONS & KEY SPEAKERS

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Thursday 4 October Day 1

OPENS 08.00

REGISTRATION REFRESHMENTS, EXHIBITION AND POSTER VIEWING

08.00-09.20

PLENARY

09.20-10.45

- **Host's Introduction** Professor Kamila Hawthorne, Vice-Chair (Professional Development), RCGP
- **President's Welcome** Professor Mayur Lakhani, President, RCGP
- **Chair's Address** Professor Helen Stokes-Lampard, Chair, RCGP
- **Ministerial Address** Shona Robison, Cabinet Secretary, Sport and Health, Scotland
- **Dr Ben Goldacre** Author of Bad Science, Senior Clinical Research Fellow, CEBM, Department of Primary Care Health Sciences, University of Oxford

REFRESHMENTS EXHIBITION AND POSTER VIEWING

10.45-11.45

CONCURRENT SESSIONS A1-6

11.45-12.45

Quality Improvement

A1

Are you QI Ready? Top tips and practical examples of Quality Improvement in general practice

In this masterclass the RCGP's QI Clinical Leads will provide top tips and examples and answer questions from delegates. Case studies will offer ideas for new projects, delegates will be shown how the RCGP QI Ready website can support QI activities and there will be advice on how they can share the responsibility for QI across the practice team.

Clinical Learning

A2

Respiratory clinical update

Keeping up to date on respiratory problems is vital for primary care clinicians. This session will provide updates on asthma and COPD diagnosis, monitoring and treatment, bringing together recent guidelines for practical use in real world primary care. There will also be updates on the latest respiratory hot topics and learning points from evidence published in 2018.

General Practice Communities

A3

Revitalising GP careers - you said, we did... what next?

The SAPC-RCGP GP scholarship programme focuses on reimagining GP careers through championing and cultivating the intellectual expertise of general practice. This session will invite small groups to road-test the resources developed at previous RCGP annual conferences to inform the next stages of this important programme.

Research & Innovation

A4

Winners' Enclosure: The Yvonne Carter award and RCGP Research Paper of the Year

This session celebrates research in general practice with awards that 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 will show how translational research findings can impact on day-to-day practice.

Health & Wellbeing

A5

Prescribing parkrun: Stories of inspirational people

Every weekend there are 600 parkruns taking place in the UK, with more than 120,000 people participating. Delegates will hear how social prescribing, and particularly prescribing exercise, can help transform the lives of people with long-term conditions or those who want to improve their fitness.

Healthcare Technology

A6

Technology in practice: Recognise and resolve risk

Technology is a vital tool helping practices deliver high quality patient care in new ways but are GPs aware of the associated risks? This session teaches how to avoid the most common pitfalls, ensuring delegates comply with the latest regulatory guidance, safe record keeping practices and data protection law. This session is provided by the main conference sponsor, the MDDUS.

Short Papers A Oral presentations of selected posters to be confirmed

11.45-12.45

Essential CPD Basic life support: Adult and Paediatric (RCGP members only, advance booking)

11.45-12.45



LUNCH EXHIBITION, POSTER VIEWINGS AND SPONSORED SYMPOSIA

12.45-14.00

CONCURRENT SESSIONS B1-6

14.00-15.00

Quality Improvement

B1

Never mind the quality, what about the outcome?

The session will explore quality initiatives for which patients have reported positive health and wellbeing outcomes, using patient stories to highlight small things that can make such a difference. National initiatives that help patients to be more responsible for their own care will also be reviewed, including realistic medicine, health literacy and self management.

Clinical Learning

B2

Managing flares and supporting patients with Inflammatory Bowel Disease

IBD affects 1 in 250 patients in the UK. The symptoms can overlap with those of many gastrointestinal and gynaecological conditions, and the peak age for diagnosis is in the 20s and 30s. Half of GPs lack confidence in managing flare-ups while access to IBD teams varies throughout the UK. This session will help GPs to diagnose, manage and support their patients.

General Practice Communities

B3

Global health, local networks - supporting GPs interested in international primary care work

This session will review the benefits of three different approaches to supporting GPs who share an interest in global health. The organisations to be discussed are the RCGP's Junior International Committee, the West Scotland Faculty's International Primary Care Network and the Severn Faculty's Severn International, and WONCA's Vasco da Gama Movement.

Research & Innovation

B4

Ice maidens: Six women cross the Antarctic, what's the relevance to Primary Care? Physiology, psychology and sensors

When six women set out to be the first all-woman, self-reliant group to cross the Antarctic, the Academic Department of Military General Practice saw the opportunity to undertake psychological, physiological and remote sensor technology research. This session will tell their story and discuss the applicability and ethics of bringing sensors to UK health.

Health & Wellbeing

B5

Work as a health outcome - helping people stay at work, the future of fit notes and opportunities for GPs in occupational medicine

GPs do not realise their potential to motivate people back to the workplace. This session will introduce forthcoming changes in vocational rehabilitation that include extending the use of fit notes to other healthcare professionals and the developments in occupational health that should provide GPs with new opportunities.

Healthcare Technology

B6

OpenPrescribing - Making NHS data useful for GPs

A team of clinicians, academics and software engineers will show how routinely available data can be used to rapidly audit and improve quality, highlight the usefulness of creating data-driven tools and routine feedback in clinical practice, and share insights into trends and cost-saving opportunities.

Short Papers B Oral presentations of selected posters to be confirmed

14.00-15.00

Essential CPD Adult safeguarding (RCGP members only, advance booking)

14.00-15.00

REFRESHMENTS EXHIBITION AND POSTER VIEWING

15.00-16.00

CONCURRENT SESSIONS C1-6

16.00-17.00

Quality Improvement

C1

Adopting a 'systems approach' to QI and safety work in frontline general practice

General practice is ideally suited to a 'systems approach' that has been widely recommended for QI and safety activities. However, a shared understanding and meaningful guidance on its application in practice are limited. This workshop will introduce principles adapted from air navigation for understanding current work systems to inform improvement and safety work.

Clinical Learning

C2

Key messages for primary care on the diagnosis and management of ME/CFS

ME/CFS affects around 250,000 people in the UK, and in children and adolescents it is the commonest cause of long-term sickness absence from school. The session will cover early and accurate diagnosis, differential diagnosis and investigations, and key aspects of management including activity management, symptom relief, severe ME/CFS, diet and nutrition.

General Practice Communities

C3

To inspect or not to inspect, that is the question: Debate on the benefits of a GP inspection regime

The CQC inspection programme has been the source of much controversy and challenge, yet GPs are committed to delivering safe care and proponents believe the CQC has been an important lever in raising standards and ensuring patient safety. This will be a lively, fun, topical and controversial debate, which is sure to generate headlines.

Research & Innovation

C4

Interested in clinically relevant research and enhancing your CV? The RCGP Scientific Foundation Board can help you

The RCGP Scientific Foundation Board is the College's charitable funding body and awards grants for research projects whose findings will be of direct relevance to the care of patients in general practice. Delegates will learn about the contribution of previous awards to general practice, and hear what makes a good application.

Health & Wellbeing

C5

Mindfulness in medicine - evidence into practice

This interactive session will present the potential benefits of mindfulness in medical practice, highlighting the pitfalls of multi-tasking and helping the audience to appreciate the rationale and evidence base for mindfulness and how to build this into their daily life and practice.

Healthcare Technology

C6

The robots are coming: Robotics to aid teaching and physical examination

This session will aim to demonstrate how advances in soft robotics can be useful in clinical practice. The speakers will show how robots can test new methods of soft tissue examination and how manual physical examination in clinical practice can benefit from such findings.

Short Papers C1 / C2 Oral presentations of selected posters to be confirmed

16.00-17.00

Essential CPD Child protection for GPs - Level 3 (RCGP members only, advance booking)

16.00-17.00

LATE SESSIONS COMING SOON

17.15-18.15



Friday 5 October Day 2

OPENS 08.00

REGISTRATION REFRESHMENTS EXHIBITION AND POSTER VIEWING

08.00-09.30

PLENARY 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

- **Chair:** Professor Martin Marshall Joint Vice Chair (External Affairs), RCGP
- Professor Helen Stokes-Lampard Chair, RCGP
- Dr Louise Irvine GP, South London
- Dr Carey Lunan Chair, RCGP Scotland
- Dr Vish Ratnasuriya Chair, Our Health Partnership

REFRESHMENTS EXHIBITION AND POSTER VIEWING

10.30-11.30

CONCURRENT SESSIONS D1-6

11.30-12.30

Quality Improvement

D1

Promising approaches to Quality Improvement

This session will set out evidence for what works in quality improvement, both at practice and inter-practice levels. It will bring together promising approaches from all four nations of the UK and draw out elements that are common to successful interventions, and also highlight approaches that attendees should treat with caution.

Clinical Learning

D2

Confident in your skin? A dermatology update

Three short updates on recent developments in dermatology will focus on psoriasis, actinic keratoses and when to use antibiotics in skin infection. Each update will include an interactive quiz from the relevant sections of the RCGP's GP SelfTest and the expert panel will take questions about their specialist areas of dermatology.

Medical Education

D3

Challenging assumptions and cultivating compassion: Reducing stigma when working with marginalised patients

Caring for marginalised and vulnerable populations presents complex challenges. This session will explore approaches to GP education from around the UK which aim to develop insightful and empathic GPs through challenging stigma and developing a deep understanding of the lived experience of disadvantaged patients.

New Models of Care across the UK

D4

What can group consultations do for my patients and me? A potential solution to the GP workforce crisis

This new approach to delivering care will be outlined from the clinical and patient perspectives, so that delegates can understand the critical factors for success and potential efficiency gains. Small group discussions will enable you to set up and deliver group consultations in your practice, with a template provided for each delegate.

Campaigning for General Practice

D5

'Doctors and druggists wash each other's hands, and always have' - A history of conflicts of interest in medicine, from Chaucer to the age of Trump

All GPs are required by the GMC to declare conflicts of interest in financial and commercial dealings, yet there is no formal place where such interests can be recorded. This session will explore the history of medical conflicts of interest and explain why the present situation needs to be improved, featuring an interactive ethical quiz.

Healthcare Technology

D6

Bringing genomes to life: Translation of genomic variants into clinical impact and into everyday language for your patient

With the cost of genomic sequencing technology tumbling and the mainstreaming of genomic medicine within the NHS, GPs will become increasingly exposed to genomic information in routine clinical care. This session aims to de-mystify this new era and help delegates with the communication of genomics to their patients.

Short Papers D Oral presentations of selected posters to be confirmed

11.30-12.30

Essential CPD Child protection for GPs - Level 3 (RCGP members only, advance booking)

11.30-12.30

LUNCH EXHIBITION, POSTER VIEWINGS AND SPONSORED SYMPOSIA

12.30-13.45

PLENARY

13.45-14.30

- **Host's Introduction** Professor Mayur Lakhani, President, RCGP
- Professor Jason Leitch Clinical Director, Healthcare Quality and Strategy, Scotland
- Lord Victor Adebawale Chief Executive of Turning Point

COMFORT BREAK

14.30-14.45



CONCURRENT SESSIONS E1-6

14.45-15.45

Quality Improvement

E1

'I am that QI sceptic...Convince me!'

Everyone will have experienced services under pressure but while we all aspire to deliver care that is safe, effective, patient-centred, timely, efficient and equitable, the methods by which we might meet that aspiration is less clear. This session will use stories, questioning and real data to challenge the dogma.

Clinical Learning

E2

Cancer early diagnosis: Guidance, pitfalls and safety netting

A key focus of this session will be the importance of and evidence for safety netting, which is only recorded in 44% of cases. A safety netting system will be demonstrated that uses existing practice administrative and clinical systems to create a consistent approach, reducing the potential for human error.

Medical Education

E3

So many PUNs, so little time: How to address DENs and demonstrate reflective practice for revalidation in one go

Every day, every member of the primary care team will encounter new facts, figures, treatments or diseases, often triggered in a consultation, that reveal knowledge gaps. This session will explore various methods of identifying, managing and meeting professional learning needs, both traditional and using new technology.

New Models of Care across the UK E4
New GP contracts in the devolved nations

As the new GP contract is implemented in Scotland and the contractual basis for general practice continues to diverge across the four nations, this is an opportunity to debate the merits of the different approaches with senior members of the four councils of the RCGP.

Campaigning for General Practice E5
Campaigning in action – how GPs can influence at local level

The RCGP is aiming to inspire GPs to get involved with its external influencing work by demonstrating how they can use their own networks and personal skills to build or contribute to a local campaign. Delegates will work in small groups to plan a mini campaign utilising the new planning skills and organisational tools they will learn from facilitators.

Discovering General Practice E6
Encouraging general practice as a positive career choice

A whole-system approach has been adopted in Leicestershire to promote general practice as a positive career choice to all. Their work with sixth form students, the local medical school and wider collaborative initiatives including an innovative Primary Care Elective Placement Programme, will provide an inspirational example for other regions to follow.

Short Papers E Oral presentations of selected posters to be confirmed

14.45-15.45

Essential CPD Basic life support: Adult and Paediatric (RCGP members only, advance booking)

14.45-15.45

REFRESHMENTS EXHIBITION AND POSTER VIEWING

15.45-16.30

CONCURRENT SESSIONS F1-6

16.30-17.30

Quality Improvement

F1

The effective interface: an interactive session on improving the functioning of the GP-hospital interface

Issues at the interface will be tackled in this session using the RCGP Scotland toolkit and fun, innovative new methods. These include improving communication through drawing, and using granny's forthcoming birthday to demonstrate the need for process mapping to understand whole system working.

Clinical Learning

F2

Getting the most out of LFT testing: Knowing when to test and how to interpret and act on the results

Liver blood tests can be challenging to interpret. They may be normal even in advanced liver disease, and when abnormal the degree of abnormality may not reflect disease severity. Conversely they may be abnormal when there is no significant liver disease. This session will brief delegates on the latest guidance relevant to primary care.

Medical Education

F3

Balint – where are we? Looking at the present, divining the future

Balint groups help doctors to develop, using their evoked feelings in the service of the patient, by taking them seriously as clinical data. Delegates will hear about Balint's work and how the groups function. Case studies will explore how the experience of supervision and leadership in Balint groups can have positive outcomes for GPs as they focus on the therapeutic relationship.

New Models of Care across the UK F4
How GPs in the four nations are transforming patient care with multi-disciplinary team working

This session will offer a UK perspective on the use of different healthcare professionals in the general practice team, with a focus on innovative work being undertaken in Wales. The discussion will cover the use and employment of paramedics, clinical pharmacists, physiotherapists and occupational therapists.

Campaigning for General Practice F5
Would Einstein have made a good GP?

Specialist medicine is based on a mechanistic 'Newtonian' view of science, which disadvantages general practice. However, the revolution in scientific thought led by Einstein suggests that contemporary medicine should also reflect ideas from relativity and quantum mechanics. This session will explore how general practice already incorporates such ideas.

Discovering General Practice F6
How we can all be the David Attenboroughs of the GP world: Role modelling in medical training

Role models play an important part in shaping the career choices of students. Using the example of Sir David Attenborough as an aspirational role model, this session provides an opportunity to share ideas, experiences and best practice of how good role modelling can be realised in the formal, informal and hidden curriculum of medical schools.

Essential CPD Adult safeguarding (RCGP members only, advance booking)

16.30-17.30

LATE SESSIONS COMING SOON

17.45-18.30





Royal College of
General Practitioners

JOIN US IN GLASGOW **4-6 OCTOBER**
BOOK NOW AT **RCGPAC.ORG.UK**

Saturday 6 October Day 3

OPENS 08.00

REGISTRATION

08.00-09.30

CONCURRENT SESSIONS G1-6

09.30-10.30

Quality Improvement G1

Collaborative quality improvement in GP clusters: the potential of SPIRE

QOF ended in Scotland in 2016 and all practices are now involved in local Quality Clusters. The SPIRE tool facilitates the extraction of primary care data for quality improvement activity, and this session will explore the possible uses of such data and technology, and share learning on the experience of data sharing between practices.

Clinical Learning G2

Safe prescribing in pregnancy

Prescribing during pregnancy is a common scenario for GPs and this session brings together experts to advise on avoiding the pitfalls, using case studies from general practice. Best practice in prescribing for renal disease, cardiac and rheumatic disorders, hypertension and epilepsy, will also be covered.

Medical Education G3

Developing practical leadership skills in GP trainees

Practical leadership training for GP registrars is expected to become a mandatory requirement within two years. This workshop will present the results of the pilot in south east Scotland for the new WPBA leadership assessments, and stimulate the audience to consider how they could introduce the teaching and assessment of practical leadership skills into their own practices.

New Models of Care across the UK G4

Homelessness and health: Innovations in primary care

This session takes an interactive look at the current status of homelessness and explores what GPs can do in daily practice to make significant improvements for these patients in accessing healthcare and addressing the health burden. An innovative, easily replicated approach from Harrogate will also be presented.

Campaigning for General Practice G5

Supporting and using the skills and wisdom of later career and retired GPs

There is a problem with retention in general practice and this session will outline the work that the RCGP is doing to help late career and retired GPs, including innovative ways of encouraging them to continue to contribute to primary care, and exploring the barriers and challenges that need to be overcome to help keep this group engaged.

Discovering General Practice G6

Promoting general practice in Northern Ireland: Encouraging students to 'Think GP'

Since 2014 Northern Ireland GPs have been volunteering as Undergraduate Medical Champions to inspire and support students towards a career in general practice. Successful initiatives that can be replicated elsewhere have included voluntary electives in local practices and the creation of a pack of diverse GP career profiles.

REFRESHMENTS

10.30-11.00

PLENARY

11.00-12.35

- **Host's Introduction** Dr Steve Mowle, Honorary Treasurer, RCGP
- **Prizes and Awards**
- **Research Paper of the Year** Interview with the winner
- **Professor Kamila Hawthorne** Vice-Chair (Professional Affairs) RCGP
- **Professor Graham Watt** Emeritus Professor (General Practice and Primary Care), University of Glasgow, founder of the Deep End Project, with Deep End GP Fellow **Dr Lisa Robins**
- **President's Address** Professor Mayur Lakhani, President, RCGP

CLOSE OF CONFERENCE

12.35

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