

Blog 2: Restoration

Dr Meeraj Shah, GPFV Workforce Clinical Lead, September 2020

During the last six months, I have been so proud of the sensational response of primary care to the Covid 19 pandemic. The hubs were set up quickly and efficiently to protect both patients and our local workforce and we adapted to remote consulting with ease. As we settle into this new normal I just wanted to take a few moments to update you on how the workforce team plans to support you going forward.

We have probably all noticed that our workload has started to increase again as patients are slowly regaining the confidence to contact their GP surgeries. You may find that patients are presenting with problems that they have put off for the past few months. We are also having to catch up with health checks and medication reviews that have been delayed due to the pandemic. In addition to this we will soon be starting our annual flu clinics. I think we will all certainly have a busy few months ahead. It is therefore so important that we are looking after our own well-being during these challenging times. In light of this, the CCG have invited Dr Helen Garr, a GP working in Nottingham with a special interest in mental health and wellbeing, to deliver her well-being workshop 'Go to Rome – A Wellbeing Journey'. This mindful journey is available free of charge to all staff in primary care and I would encourage every member of our local primary care team to attend the virtual workshop on Tuesday 22nd September between 1pm and 2pm. Please register at <https://ti.to/herefordshire-and-worcestershire-primary-care/a-wellbeing-journey-to-rome/with/qpqe9ekyut8>

We are of course continuing to provide a number of other resources as discussed in my first blog, [Blog 1: Covid Response](#). These resources provide additional support for anyone who feels they need it, such as the [Shiny Minds](#)

[App, Mentoring and the Virtual Peer Support Scheme](#). Please see the attached Flyer for more information about these resources.

It is encouraging to see practices are starting to recruit again and it is great to see vacancies being advertised on the [Training Hub Website](#). For those practices looking to recruit GPs, you may be interested to check out the [Trailblazer Fellowship Scheme](#). The Training Hub have been successful in securing funding for 4 GPs to take part in this exciting new scheme. The scheme aims to explore the complexities of working in areas of deprivation. It will allow for those GPs who take part to spend two funded sessions per week on a quality improvement project that will ultimately seek to improve access to health care for those in the most deprived areas. It will be a great incentive to help recruit GPs in deprived areas and will also be beneficial to participating surgeries in demonstrating a quality improvement project for the health inequalities DES. If you are interested in this scheme and would like more information about the Trailblazer Fellowship, please visit <https://fairhealth.org.uk/post-cct-trailblazer-fellowships/>

PCNs are also recruiting and it is wonderful to see that the additional roles are being 100% reimbursed. The additional roles (pharmacy technicians, PAs and FCPs) will provide great support to practices in helping to deliver the best patient care. I myself found the help of social prescribers and pharmacists invaluable during the Covid 19 pandemic in ensuring our vulnerable patients were able to get access to medications and day to day essentials.

During the last Training Hub Board meeting, it was recognised that the new roles will need additional support and therefore PCNs will need to consider how this can be accommodated. We agreed to appoint an educational representative from each area (Redditch and Bromsgrove, South Worcestershire, Wyre Forest and Herefordshire) to attend the Training Hub

Board meetings. If you are interested in representing your local area in these meetings please contact your PCN Clinical Director for further information.

I recently had the pleasure of speaking with a local neurologist who has been impressed with how GPs have adapted so smoothly to remote consultations. Given that there are sometimes barriers in communication between primary and secondary care, I was pleased to learn that he was very appreciate of the work GPs have been doing. This led me to reflect on how helpful it would be if we were able to improve relationships between the workforce of primary and secondary care. I was heartened to learn of the Wessex exchange programme developed by two GPs whose aim was for primary and secondary care team members to have a better insight and understanding of how each organisation works. We are keen to develop a similar programme and are looking to recruit two enthusiastic and passionate GPs with an interest in service improvement to help us deliver the Herefordshire and Worcestershire Exchange programme. This is a fabulous opportunity to build leadership skills and develop a network of likeminded GPs and consultants. If this sounds like a project you are interested in please contact the Workforce team, before 11th September 2020 for information on how to apply.

You may recall my previous blog mentioned the [Partnership Development programme](#) and I am pleased to confirm that the first cohort of participants have now commenced the programme. In the first session, Dr Gemma Moore discussed her previous experiences with partnerships and why it is crucial to have a watertight partnership agreement which is reviewed on a regular basis. This was a very informative and useful session for us all and the feedback received was very positive. No doubt there will be further invaluable advice and content as we move through the programme.

The second cohort is due to start on 29th September 2020 and we are looking into running further cohorts in the future. If you are a new partner or thinking

of becoming a partner, don't miss out on this fantastic opportunity to take part in this programme. Please contact the workforce team for further details about how you can register your interest.

In August, we held our first H&W Virtual GPN forum. Thank you to our Lead GPN, Nina Lealan for working to get the forum up and running after a few months break. Thank you to our Nursing workforce for attending the forum and for giving such positive feedback. The next forum will be held on 17th November, and you can book your place on the Training Hub website: <https://www.primarycaretraininghub.co.uk/events>.

We have also recently virtualised the last day of Practice Manager 'Team Leader' Training that had to be postponed earlier in the year. Denise Horton will be shortly communicating with Practice Managers other virtual training events planned for the coming months.

I am pleased to confirm that we are looking at restarting the Next Generation GP Programme. This will initially be carried out virtually given the current social distancing restrictions. However, we will be looking to organise networking opportunities as soon as it is safe to do so. Again, this is a fantastic programme for all GPs to take part in. I myself learnt so many useful tips from the various different leaders who were interviewed as part of the programme. A number of these leaders have recorded inspirational and motivational podcasts and if you would like to listen to these please visit

<https://podcasts.apple.com/gb/podcast/the-next-gencast/id1511429489>

If you are interested in signing up for the Next Generation GP Programme please email the workforce team.

Finally, the Covid 19 pandemic, whilst being a very challenging time, has also had the positive effect of highlighting just how important it is to have a

healthy lifestyle. This is a good time to open discussions with patients about healthy living. This can sometimes be a sensitive topic and some patients may be resistant to change. Motivational interviewing techniques can help break down such barriers. The CCG have 45 funded places for clinicians to attend a virtual study day on **Motivational Interviewing** taking place on 1st October 2020. I think this is a fantastic opportunity to develop the necessary skills and techniques to assist in encouraging patients to lead a healthier lifestyle. If you would like to secure a place please visit

<https://ti.to/herefordshire-and-worcestershire-primary-care/motivational-interviewing-study-day-1st-october-2020> .

Thank you for taking the time to read this blog post. If you would like further information about any of the programmes mentioned above please do not hesitate to contact the workforce team.

We are always keen to receive your feedback and it would be great to hear from you with any ideas or suggestions that you may have as to how we can support you in the future.

Please Tweet @HWGPWorkforce, Email, WhatsApp or Text.....stay in touch!

Best Wishes

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[Team Net Page](#): search 'Herefordshire and Worcestershire GP Workforce Team'