



August 2020 – August 2021
GP ST3 Structured Teaching Programme
Bolton Structured Teaching
Programme (ST3)



Bolton

GP Training Scheme

<http://boltongptraining.org.uk/>

Education Centre, Royal Bolton Hospital

TPD: nickpendleton@nhs.net

PCME: katherinerothwell@doctors.org.uk

PCME: sebpillon@nhs.net

Team: gpeducatorsbolton@gmail.com

Mission Statement

- To build upon the experience gained in Foundation and GP ST1-2 and apply the knowledge to patients in primary care
- To develop high-quality communication skills by understanding the importance of the doctor-patient relationship
- To explore the role of a GP as a leader and team-player within both individual patient care and larger healthcare systems
- To maintain working relationships between trainees, trainers, training practices and the wider health and social care economy
- To prepare for the end of formal speciality training and develop career and life goals

We want to produce GPs proficient in the delivery of high-quality primary health care, both now and in the future. Teamwork is integral to the role of the GP, and we want to prepare ST3s to take various roles within teams in order to promote effective working and patient care.

At our core, we want to produce GPs that take both good care of themselves, enjoy their careers, and provide an all-rounded, holistic care to their patients, in Bolton and beyond.

Structure

The ST3 Structured Teaching Programme is run by **Dr Kat Rothwell** and **Dr Seb Pillon**, the Primary Care Medical Educators (PCMEs) for Bolton. They are supported by a variety of expert guest speakers and facilitators, as well as local GPs and GP Trainers.

Dr Nick Pendleton is the Training Programme Director (TPD) and oversees the delivery of the entire GP Training Scheme in Bolton.

The ST3 programme begins formally on **Wednesday 16th September**, and runs weekly, with breaks at traditional holiday times. Sessions start at 0930 and finish by 1530. Time is allocated weekly for e-portfolio work between 1530-1700 each week. Where sessions are not timetabled, you are expected to agree upon an educational activity with your Trainer.

Sessions are usually held in the Education Centre at Royal Bolton Hospital, and occasionally elsewhere. Due to the 2020 SARS-CoV-2 pandemic, education is being provided remotely until it is deemed safe and appropriate to meet in person.

The first half of the year focuses on developing communication skills, in preparation for the Remote Consultation Assessment (RCA) as part of your MRCGP examination. The second half of the year focuses more on management and leadership skills.

We highly encourage the use of small group work to develop communication skills. Some of this will take place during the Wednesday programme, but we advocate the use of study groups outside of these times to help develop your skills.



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Administration

Attendance at the course is mandatory for GPST3s to successfully complete their training period. For full-time trainees, 3 sessions are allocated to educational activity per week; the Wednesday programme comprises two of these three sessions. The other will usually be a tutorial with your GP Trainer.

Due to the 2020 SARS-CoV-2 pandemic, teaching will be delivered remotely using videoconferencing for at least part of your ST3 year. These sessions will take place using Zoom, which you'll need to download if you aren't already using:

		https://zoom.us/
		https://apps.apple.com/us/app/zoom-cloud-meetings/id546505307
		https://play.google.com/store/apps/details?id=us.zoom.videomeetings&hl=en_GB

You don't need to pay for an account, a free one is fine. We will send a joining link in advance of every session.

We strongly advise using a desktop or laptop computer for the sessions if you can, and they have a webcam, microphone and speaker enabled. You can use a tablet or mobile to access Zoom too, but some of the functionality is reduced. It is also harder to see everyone on screen, and at times, you might want to use your phone for other tasks.

Accessing sessions can be from home or work, although we'd ask that you try and minimise the chance of possible distractions wherever you are. We recognise that some of you may have caring responsibilities, so all we ask is that you attend sessions with the ability to participate actively.

When we resume using the Education Centre to host sessions, your travel costs can be reclaimed using the North West Deanery forms. Car parking is available at a charge on-site. Please consider car-sharing or using public transport if you can.

GPST3s should consider the scheduled teaching they may miss when planning annual leave. Please notify all planned absence in advance, and all sick leave on the day, to Carole Kennedy (Carole.Kennedy@boltonft.nhs.uk) at the Education Centre.

GP Trainers are most welcome to attend the Structured Teaching Programme, and other visitors can usually be accommodated with advance request to gpeducatorsbolton@gmail.com.

Less Than Full Time Trainees

You should agree with your trainer which sessions to attend and when, based on your projected CCT and your allocated educational time per week. For example, you may wish to defer some of the CSA/RCA-based sessions until you are preparing for the examination. The course programme remains broadly similar from year to year, so you can map your needs onto the sessions available.



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Out-of-Sync Trainees

The programme is currently based around the traditional “August to August” rotations, but we are conscious that this does not match with trainees who have different training paths.

The curriculum is designed to prepare trainees for life as a GP, and so we believe that overall you will gain the same experience, but in a different order. Nevertheless, we recognise that this may not always correspond with MRCGP examination dates and personal educational needs. We will endeavour to run some examination preparation sessions outside of the main curriculum to support such trainees (such as times when there is usually no scheduled teaching).

Additionally, we would welcome discussion of meeting differing needs, with a combination of alternative sessions or attendance at ST1-2 teaching where this better matches educational goals.

Content

During the year we aim to sample as many parts of the curriculum as possible, but still cover the important areas in depth. The Structured Teaching Programme needs to supplement, not duplicate the function of the training practices. For this reason, the Structured Teaching Programme will concentrate on those areas that may not be able to be covered in the training practices and on those areas where group learning is most useful. We will spend less time covering clinical knowledge as this is best learned in practice or by personal study.

Process

Much of the learning will be based on small group work. The group itself functions as a resource for learning, because by sharing experience with others we can learn far more than by studying in isolation. To help this learning you will be asked to prepare work in advance for some of the sessions.

It follows that non-attendance, late attendance, or failure to prepare work disrupts the group function and effectiveness and thus reduces the educational experience for your colleagues. We ask that you actively participate and contribute to the group, and encourage contribution from your peers. This is an ethic that will be with you throughout your life in General Practice.

Preparing for formal assessment is an important part of the course, and the Structured Teaching Programme is intended to help individuals and the group improve together to pass the exams. Nevertheless, when you become working GPs, self and peer group assessment become far more important and we aim to foster these qualities on the course.

We are keen and open to constructive criticism of the programme so that we meet our aims and continue to provide high-quality training for you and future ST3s.

We have a commitment to make the Structured Teaching Programme useful, supportive, and enjoyable. We are looking forward to working with you this next year, making new (and perhaps life-long) working relationships and friendships.



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Finally, on offer, is individual help to any GP registrar who approaches us – if we cannot help then we know someone who can! You just have to ask. 😊

Nick Pendleton & Kat Rothwell & Seb Pillon Summer 2020

NHS Bolton CCG teaching

All trainees are welcome to attend the NHS Bolton monthly GP teaching, which usually occurs on the first Wednesday afternoon of each month. Local speakers focus on a clinical topic with Bolton-specific advice, and meetings are widely attended by local GPs. When held previously, a tasty free buffet lunch was served, and provided a good networking opportunity.

We leave gaps in the ST3 programme and encourage you attend these sessions, unless you prefer to evidence another form of educational activity instead.

During COVID-19 restrictions, teaching will be delivered using MS Teams, which means you need to have activated your NHS.net email account – this is usually part of your practice induction process, and you may already be using. If not, please arrange with your practice IT lead to set up an account.

You can use MS Team at your practice, or download links for the application to your own device as follows:

		https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/group-chat-software
		https://apps.apple.com/ph/app/microsoft-teams/id1113153706
		https://play.google.com/store/apps/details?id=com.microsoft.teams&hl=en_GB

Out of Hours Induction

Your out of hours induction session, will take place in August usually at BARDOC Waters Meeting Health Centre, Navigation Park, Waters Meeting Road, Bolton. BL1 8TT.

You should receive an e-mail shortly confirming details; if you have not been contacted and your peers have, please inform Carole Kennedy at the Education Centre.

The rota team will commence allocating session in August and would you please therefore check your e-mails as your first session may be booked prior to the induction date. They can be contacted at BDQC.rotateam@nhs.net or on 0161 763 8520.



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Course Organisers

Name	Role	Email	Telephone	Address
Bolton GP Training Scheme				
Dr Nick Pendleton	Training Programme Director	nickpendleton@nhs.net	07775 875 510	Heaton Medical Centre
Dr Kat Rothwell	Primary Care Medical Educator	katherinerothwell@doctors.org.uk	07907 191 506	Tonge Fold Medical Centre
Dr Seb Pillon	Primary Care Medical Educator	sebpillon@nhs.net	07930 411 921	Dunstan Partnership Brightmet Health Centre
Mrs Carole Kennedy	Course Secretary	Carole.Kennedy@boltonft.nhs.uk	01204 390 390 ext. 141297	Education Centre, Royal Bolton Hospital, Minerva Road, Bolton BL4 0JR
Health Education England North West Deanery				
Dr Bob Kirk	Director of Postgraduate GP Education	bob.kirk@nw.hee.nhs.uk	0161 625 7656	HEE North Western Deanery, Dept. of Postgraduate Medicine and Dentistry 3 rd Floor, Piccadilly Place, Manchester M1 3BN
Dr Rob Stokes	Head of School	Robert.Stokes@hee.nhs.uk	0161 268 9900	
Dr Nick Walton	Associate Director of Post Graduate GP Education	Nick.Walton@hee.nhs.uk	0161 625 7634	
https://www.nwpgmd.nhs.uk/general-practice/contact-information General GP Team Enquiries: gptraining.nw@hee.nhs.uk				
Royal College of General Practitioners				
The Royal College of General Practitioners		www.rcgp.org.uk	020 3188 7400	30 Euston Square London NW1 2FB
RCGP North West England Faculty		www.rcgp.org.uk/rcgp-near-you/faculties/north-west-england-region/north-west-england-faculty.aspx nwengland@rcgp.org.uk	020 3188 7791	Bank Quay House Sankey Street Warrington WA1 1NN
MRCGP Exams		www.rcgp.org.uk/training-exams/mrcgp-exam-overview.aspx	020 3188 7660	



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	exams@rcgp.org.uk		
NHS Bolton CCG			
Tina Haynes	Events Co-ordinator	tina.haynes@nhs.net	01204 462 143
BARDOC			
Rota Team		BDOC.rotateam@nhs.net	0161 763 8520
IT Helpdesk		BDOC.ICT@nhs.net	0161 763 8531

Course Staff

Name	Role	Email	Telephone	Address
Gerry Ashworth	Resuscitation Trainer	gerrymed1@uwclub.net		
Alistair D. Imrie	Academy of Dramatic Instinct	Adi@willshakespeare.fsnet.co.uk	07775- 746350	131 Hall Bridge Gardens Up Holland, West Lancs, WN8 0EP
Mr. Paul O'Brien	TFD Dunhams Chartered Accountants		0161-872- 8671	11 Warwick Road Id Trafford, Manchester M16 0QQ
Mrs. Naomi Gaughan				
Dr. Michelle Carolle	SARC		0161-276- 6515	St. Mary's Hospital Manchester M12 0JH
Jole Hannan	Clinical Effectiveness Pharmacist	Jole.hannan@nhs.net	01204 462129	Bolton NHS Clinical Commissioning Group 2nd Floor St Peters House, Silverwell Street Bolton BL1 1PP
Kaleel Khan	Adult Safeguarding Manager	kaleelkhan@nhs.net	01204- 462204	
Dr Sarah Kiely	Named GP for Safeguarding Adults	sarah.kiely@nhs.net		
Dr Charlotte MacKinnon	Designated Doctor for LAC and Named GP for Safeguarding Children	charlotte.mackinnon@nhs.net	01204 462000	
Chris Hall	GP Liaison Manager	Chris.hall@theMDU.com	07903- 193047	The MDU



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Useful Resources

Textbooks

- | | |
|--|--------------------------------------|
| ● Skills for Communicating with Patients | <i>Silverman, Kurtz & Draper</i> |
| ● The Inner Consultation | <i>Neighbour</i> |
| ● The Doctor, his Patient and the Illness | <i>Balint</i> |
| ● Common Diseases, their nature, incidence and care | <i>Fry</i> |
| ● The Consultation: An Approach to Learning & Teaching | <i>Pendleton et al.</i> |
| ● The Doctor-Patient Relationship | <i>Freeling & Harris</i> |
| ● Six Minutes for the Patient | <i>Balint & Norell</i> |
| ● Doctors talking to Patients | <i>Byrne & Long</i> |
| ● Games People Play | <i>Berne</i> |
| ● I'm OK You're OK | <i>Harris</i> |
| ● The One Minute Manager | <i>Blanchard & Spencer</i> |

Twitter

- TedxNHS **@TEDxNHS**
 - Licensed [#TEDx](https://twitter.com/TEDxNHS) for the NHS, by the NHS. All TEDxNHS talks available at <http://tedxnhs.com>, with 2019 talks now live on the TEDx YouTube channel
- Team GP **@TeamGP**
 - Bringing GPs together to celebrate general practice RCGP
- Dr Nikita Kanani **@NikkiKF**
 - GP, Director of Primary Care NHS England
- Prof Trisha Greenhalgh **@trishgreenhalgh**
 - Prof of Primary Care, U of Oxford
- Dr Stephanie deGiorgio **@DrSdeG**
 - Portfolio GP. Perinatal MH, Women's Health, Obesity. GP in ED. Medical Lecturer NHSE PNMH
- Dr Zoe Norris **@dr_zo**
 - NHS GP, PCN Clinical Director, GPHotTopics Team, HuffPost blogger
- Dr Michael Farquhar **@DrMikeFarquhar**
 - Consultant in Sleep Medicine Evelina London. Fight Fatigue. Rainbow NHS Badge
- Dr David Oliver **@mancunianmedic**
 - NHS Hosp Dr 31 years. Manc-in-South. Freelance Columnist BMJ
- Dr Rachel Clarke **@doctor_oxford**
 - Palliative care doctor Books: *Your Life In My Hands*, *Dear Life*, *Breathtaking* (Jan 2021)
- Balint Society UK **@BalintSocietyUK**
 - The Society aims to help all health/social care professionals to gain a better understanding of the emotional content of the patient/client relationship
- Academy Of Fab Stuff **@FabNHSStuff**
 - Sharing fabulous things about the NHS and Social Care. A collaboration to ensure best practice examples, great ideas and service solutions are available to all



Remember, use social media responsibly. As a more permanent feature of your practice, you may find patients are more interested in you and may view your public profiles. It may be worth reviewing your privacy settings.

<https://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/doctors-use-of-social-media>

Films

Film (Year of Release)	Synopsis	Notes
<i>Cake (2014)</i>	The acerbic, hilarious Claire Bennett (Jennifer Aniston) becomes fascinated by the suicide of a woman in her chronic pain support group.	<i>Chronic Pain; Trauma</i>
<i>Contagion (2011)</i>	Healthcare professionals, government officials and everyday people find themselves during a pandemic as the CDC works to find a cure.	<i>Infectious Disease; Healthcare</i>
<i>Amour (2012)</i>	Georges and Anne are an octogenarian couple. They are cultivated, retired music teachers. One day, Anne has a stroke, and the couple's bond of love is severely tested. (French, English subtitles)	<i>Stroke; Carers</i>
<i>Awakenings (1990)</i>	The victims of an encephalitis epidemic many years ago have been catatonic ever since, but now a new drug offers the prospect of reviving them.	<i>Parkinsonism; Medical Research</i>
<i>My Sister's Keeper (2009)</i>	Anna Fitzgerald looks to earn medical emancipation from her parents who until now have relied on their youngest child to help their leukaemia-stricken daughter Kate remain alive.	<i>Childhood illness; Leukaemia; Carers</i>
<i>Girl Interrupted (1999)</i>	This memoir biopic starring Winona Ryder and Angelina Jolie gives a very real and terrifying look at how mental illness was once treated.	<i>Mental illness</i>
<i>Side Effects (2013)</i>	A young woman's (Rooney Mara) world unravels when a drug prescribed by her psychiatrist (Jude Law) has unexpected side effects.	<i>Psychiatry</i>
<i>Patch Adams (1998)</i>	The true story of a heroic man, Hunter "Patch" Adams, determined to become a medical doctor because he enjoys helping people.	<i>Consultation styles</i>
<i>The Skin I Live In (2011)</i>	A brilliant plastic surgeon (Antonio Banderas), haunted by past tragedies, creates a synthetic skin that withstands any kind of damage. (Spanish, English subtitles)	<i>Doctors as Patients</i>
<i>Wit (2001)</i>	Mike Nichols's literate, moving account portrays an academic's struggle with ovarian cancer. Applying her intellect and caustic wit, Vivian (Emma Thompson) tries to make sense of a dehumanizing process.	<i>Cancer; Dying</i>
<i>The Grand Seduction (2013)</i>	To survive, a dying Newfoundland fishing village must convince a young doctor to take up residence by any means necessary.	<i>Rural Medicine</i>
<i>Lorenzo's Oil (1993)</i>	A boy develops a disease so rare that nobody is working on a cure, so his father decides to learn all about it and tackle the problem himself.	<i>Childhood Illness; Carers</i>
<i>Brain on Fire (2016)</i>	A young, capable professional (Chloë Moretz) cannot explain her newly erratic behaviour.	<i>Medical Uncertainty</i>



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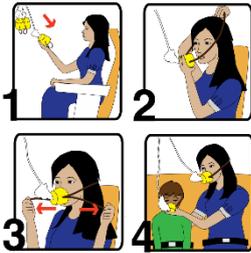
Team: gpeducatorsbolton@gmail.com

I, Daniel Blake (2016)

After having suffered a heart-attack, a 59-year-old carpenter must fight the bureaucratic forces of the system in order to ESA

Benefits System

Wellbeing



“Put on your own oxygen mask first, before helping others”

Your wellbeing is at the core of our curriculum. Happy and healthy doctors are better able to serve their patients.

If, for whatever reason, things aren't okay, then we encourage you to tell someone you trust.

Your trainer, your own GP, the Course staff and Deanery Staff are all available for private discussion, as is Occupational Health via the Lead Employer:

<https://sharedservices.sthk.nhs.uk/health-work-and-wellbeing/trainee-support/>

Wellbeing Support

We're here for you when you need us

- Call Health, Work and Wellbeing | 0151 430 1985**
Available Monday to Friday. Referrals between the hours of 8.45am and 4.15pm
- Call Employee Assistance Programme Insight Healthcare | 0300 131 2067**
Available 24 hours a day, 7 days a week, 365 days a year
- Free Wellbeing Apps**
Try Unmind, Headspace, Sleepio & Daylight, Insight Timer
- Email Health, Work and Wellbeing | hwwb.admin@sthk.nhs.uk**
Anytime referrals, responses within 72 hours

The NHS Practitioner Health Programme is also an optional for mental health or addiction problems. It is confidential and not allied to the Deanery.

<https://www.practitionerhealth.nhs.uk/about-practitioner-health>

#OurNHSPeople Wellbeing support

for all our NHS people, we are here for you whenever you need us

- Call 0300 131 7000**
7am - 11pm seven days a week support, for mental health, financial help, bereavement care and coaching
- 24/7 text support**
Text: 70000 to 83258
- Free access to mental health and wellbeing apps**
Unmind, Headspace, Sleepio and Daylight for all NHS staff
- people.nhs.uk**
Helping you manage your own health and wellbeing whilst looking after others

GPST3 can be an intense period of personal and professional development, and if you are struggling, we want to know about it.

No problem is insurmountable; please get in touch.

- *Kat, Seb & Nick*