

# BHR CEPN Primary Care Bulletin

*The latest trainings, offers and announcements*

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## **BHR CEPN Training Hub**

Email: [info@manoravenue.co.uk](mailto:info@manoravenue.co.uk)

X (Formerly Twitter): [@BHRCEPN](https://twitter.com/BHRCEPN)

Website: <https://bhrcepntraininghub.co.uk>

## London Kidney Network Sharing & Engagement Event

Join London Kidney Network on the **27th March 2024** at **13:30 - 17:30**, for an in person engaging afternoon sharing the key achievements and ongoing work of the London Kidney Network (LKN). This event offers you an opportunity to:

- Gain insights into the progress of the LKN workstreams.
- Apply the knowledge you gain in your own professional settings.
- Explore avenues for involvement and collaboration.

You'll also have the chance to learn from kidney experts and leaders in fields such as CKD prevention, supportive care, health equity, community outreach, transplant, home therapies, data, and cardiorenal metabolic collaborations. The detailed agenda will be shared closer to the event date.

This event is open to all professionals involved in kidney care, whether in primary or secondary care settings. We encourage you to share this invitation with your colleagues and team members.

As spaces are limited, please confirm your participation by signing up before **20th March, 5pm**.

For any queries or dietary requirements, please email [lkn.londonkidneynetwork@nhs.net](mailto:lkn.londonkidneynetwork@nhs.net) with the subject heading 'LKN event on 27 March'.

**Please note that dietary requirement requests should be sent by 20th March.**

# Health Check Matters

## Improving the experience of Annual Health Checks for people with a Learning Disability

Patients with learning disabilities face some of the most complex challenges, and this includes their experiences accessing primary care.

However, many of us in primary care have not had the opportunity to truly understand what it's like to access primary care from the perspective of our patients with learning disabilities.

Join us for an engaging, lively, and motivating in-person workshop where our partners, People First, a self-advocacy group of 'experts by experience' will help us better understand their world through their eyes.

### Who should attend?

- Clinicians and non-clinicians working in primary care involved in Annual Health Checks for patients with a Learning Disability
- People with a Learning Disability who want to share their experiences and ideas with health professionals.



Workshops are taking place on the following dates, click the link to register your place:



- [Wednesday 20th March – 1:30pm – 4:30pm](#) - [BOOK](#)
- [Thursday 21st March – 10.00am - 1.00pm](#) - [BOOK](#)

For more information or to book a place, contact Summer Cooper at BHR CEPN email: [summer@manoravenue.co.uk](mailto:summer@manoravenue.co.uk) call: 078488 32363



**These workshops are funded by BHR CEPN and BHR&WF SuperHub**

# Inspired to work in Health and Social Care Fair



The event is open to all, no need to book, just drop in!

**Thursday  
21 March,  
10am to 2pm**

**Redbridge Town Hall,  
128-142 High Road,  
Ilford, IG1 1DD**

Come along and meet with training organisations and employers and find out about how you could start or develop a career in the health and social care sector.

For more information, tips, and ideas to help you find work, visit

[www.redbridge.gov.uk/workredbridge](http://www.redbridge.gov.uk/workredbridge)

This event is sponsored by the University of East London



University of  
East London



CARE  
PROVIDERS'  
VOICE



London Borough of  
Redbridge





# PRACTICE TEAM DEVELOPMENT

## Care Navigation - 1 day CLICK FOR MORE DETAILS.

This programme is designed to explore the increasing importance of signposting in General Practice and share best practice in delivering care that enables clinicians to spend their time more effectively.

**16th April 2024**  
**9:30am- 5:00pm**

This *one day* session includes:

- The Role of Signposting and Social prescribing in General Practice
- The Receptionist as Care Navigator
- Managing the process
- Managing patient and provider relationships
- The Role of other Organisations

### **Who are the courses for?**

Clinical and non-clinical staff in patient facing and administration roles.

*This is just one of the programmes we have designed based on your feedback.*

*The range includes programmes for managers, administrators, and front line staff. All are practical, interactive and are fully supported by workbooks and reference material. They are designed to cover and refresh essential skills in a challenging and rapidly changing Primary Care environment.*

### **Want to know more?**

**Contact us:**

Email:

[bhr@cherithsimmons.co.uk](mailto:bhr@cherithsimmons.co.uk)

or go to the website

[bhr.cherithsimmons.co.uk](http://bhr.cherithsimmons.co.uk)

# Facing the mirror: The path to authenticity and empathy in patient care

## Talk ONE: An Introduction to shadow work in professional development.

Presented by **Lance Curren** (Integrative Transpersonal Psychotherapist)

In this insightful session, explore the profound impact of embracing your inner shadow on your personal growth and ability to provide empathetic patient care.

### Uncover:

- The concept of the inner shadow and its influence
- How your shadow affects your thoughts, emotions, and actions
- The transformative goals and benefits of shadow work

Unlock your full potential for authenticity, self-awareness, and genuine connection with your patients through this illuminating journey of self-discovery.

**Date:** 10th April 2024

**Time:** 12:30pm – 1:30pm

**Location:** Zoom

Please click [here](#) to register

## London PCN Digital Transformation Leads Survey

NHSE is supporting a project in London to build a network for the DTLs and change managers to develop a set of professional standards. A half-day event is being planned with the aim to showcase best practice and share learning and development opportunities.

Could you please provide us the information below via the [survey link](#) by **Thursday 28th March**:

- Do you have a named DTL/Change Manager in your PCN
- If yes could you please provide following details (Borough, PCN name, Name of the DTL, Name of the Change Manager/DTL, email address)
- If you would be interested in such events

We really appreciate you taking the time to share this information.

# A DAY IN THE LIFE OF

## **A Day in the life of a Primary Care Occupational Therapist working in a GP practice**

Working in a GP practice as a Primary Care Occupational Therapist is a new role for OT.

We usually assess patients in their own homes rather than in the GP surgery as this gives us a better understanding of how they manage their daily lives. Most of our patients are housebound living with long term physical and/ or mental health problems which have an impact on the activities they want and need to do. We cover 4 GP practices in our network and work in a team with other roles such as Social Prescribers, Health and Wellbeing coaches, Pharmacists, care co-ordinators, healthcare assistants and a mental health nurse.

A typical day in the life of a Primary care OT consists of home visits, report writing, liaising with family, carers and other services and MDT meetings.

On this day, my first home visit was to assess a patient who lives alone, he is unable to read or write and is experiencing memory and mobility problems which are having an impact on his day-to-day life. He was recently involved in a car accident and since then he has started to become less mobile and is staying in bed for longer periods of time during the day. On my return to the Surgery, I referred him to the community physio to assess and provide a home exercise programme to increase his confidence on the stairs and his balance and outdoor mobility.

I also emailed the Psychologist from the memory clinic and the diabetes nurse specialist to feedback to them the results from my assessment; we plan to work together to find strategies he can use to manage his health appointments and diabetes. I will refer him for a community alarm as he is at risk of falls, and this service can respond if he falls or needs emergency services.

I will also find out if he has been referred to social services adult care for a care assessment as currently, he is relying on neighbours to cook meals and do his shopping. His biggest concern at the moment is that he will no longer be able to help at the Food bank which he enjoyed doing once a week.

Whilst I was in the Surgery one of the doctors spoke to me for advice regarding a patient living with dementia who had become more confused and was found wandering. I phoned the patient's wife to give safety advice, signposting to risk reduction strategies such as the Herbert Protocol. I also explored their daily routine with them and made an appointment for a home visit to look at meaningful activity and mobility. Following my phone call to the patient's wife I made an urgent referral to the telecare team for door exit sensors and a referral to the mental health liaison nurse.

I then had a Teams meeting online with some of the team for a fortnightly case-based discussion where we discuss a few of the patients that we have been working with and support each other to find a solution.

After lunch I had a second home visit to a patient living in a hostel for asylum refugees, the patient was suffering from PTSD and had many physical problems, he was unable to climb into the bath due to pain in his back and legs. He was also experiencing difficulty with bed transfers and his wife was finding it difficult to lift him up due to her own health problems. We tried equipment for the bath but this was not successful, we tried a bed lever for the bed which would help the patient to pull himself up rather than depending on his wife and putting a strain on her and this appeared to be successful.

My next home visit was to a patient living with long term respiratory disease (COPD) I was concerned that the patient's breathing had become worse, I contacted her GP who was able to advise me over the phone to ask the patient to start taking the medication from her rescue pack thus avoiding an emergency situation.

What make this role unique and different to OT in community teams is that we have instant access to a patient's medical notes and the doctors' team. Many of our patients have very complex health problems so it is useful to know this before an assessment so we have a better understanding of how we can support them and be aware that some of them have very poor health. We may not be able to solve all their problems but can make some small changes which can have a big impact on their quality of life.

# NB Medical 'Hot Topics' GP Update

Attention to all clinicians working across NEL: An enriching GP Update course has been scheduled for your professional development. This course will provide a comprehensive update on the latest developments in the literature and serve as a valuable platform for continuing professional development (CPD).

**Date:** Saturday, 20th April 2024

**Time:** 09:30 – 17:00 (Doors open from 08:30)

**Location:** Impression Events Venue, Milner Road, West Ham, London, E15 3AD

To register, please visit the [NB Medical website](#).

The regular price for this course is £200, but thanks to the Training Hub, a subsidised rate of £99.99 is available exclusively for local staff. This fee includes all-day refreshments and a three-course meal.

Additional details regarding parking facilities, dietary and other accessibility requirements will be provided closer to the event.

**Please note that places are limited**, so early booking is strongly advised. See attachments for the access code for your borough.



The banner features a blue-tinted background image of a smiling woman and a man clapping. In the top right corner, there is a white square containing the letters 'NB' in a bold, sans-serif font, followed by the words 'Medical education' in a white, sans-serif font. The main text of the banner, 'Bespoke Courses for Medical Professionals', is written in a large, white, sans-serif font across the middle. At the bottom left, there is a logo for the North East London Training Hub, consisting of a stylized green and blue starburst icon above the text 'North East London Training Hub'. At the bottom right, there is a logo for BHR CEPN, featuring a colorful cross icon above the text 'BHR CEPN' and 'FOUR TRANSFORMATION AND TRAINING HUB' in smaller text below.

**NB** Medical education

Bespoke Courses  
for Medical  
Professionals

North East  
London  
Training Hub

BHR CEPN  
FOUR TRANSFORMATION  
AND TRAINING HUB

Join this interactive, lighthearted online study day tailored to enhance your communication skills through the practice of Motivational Interviewing (MI). This event is **suitable for Primary Care practitioners managing patients with respiratory complaints** and provides a unique opportunity to learn and grow together.

Registered participants will receive their personal set of CRAFT cards, which will be utilised during the event and can serve as a helpful resource afterwards. Additionally, participants will receive a responsibility reminder training aid to support the implementation of the skills learned.

This study day is designed to be highly interactive, allowing participants to contribute to and influence the content of the day. We will use bespoke situations to demonstrate the MI skills, offering you practical examples to apply these learnings. Please note that no one will be asked to role-play or listen to extensive powerpoint presentations.

**When:**

24th April 2024

**Where:**

Online

**Please click here to register**

## Timetable

9:00	Registration and Online access audio and visual confirmed
9:30	Introductions – and online etiquette
9:30	MI – What is it – why does it work – How the brain receives stuff! - Principles and Background in a nutshell
10:00	The spirit & principles of MI
10:45	Offering Advice – how to do this without pi**ing people off!
11:15	Official Break
11:30	When Ambivalence meets the Righting Reflex
12:00	Change Talk– What is it? How can I find it? Why does it matter?
12:45	LUNCH
13:30	MI – Open questions, affirmations, reflections and summaries set in context and practiced
15:00	Tea Break
15:15	Putting it all together – demonstration designed by the delegates
15:45	Questions and Evaluation
16:00	Close



# Physician Associates Preceptorship

The PA Preceptorship Programme offers a £5000 bursary designed to support newly qualified PAs transitioning from university to primary care. This opportunity is **open to PAs who have been in their role for the past 12 months** or those who are **new to general practice**. Please find attached the application along with additional guidance for potential preceptees in the accompanying email.

**Please note that spaces in NEL are limited**, and applications will be considered on a first-come, first-served basis. There are 4 places left.

## BHR Long Term Condition Webinars

Long-Term Condition (LTC) patients are growing in demand and severity, and some have multi-morbidities. There is a need for more responsive and coherent care and treatments need to be devised through collaboration with partners. The BHR LTC education programme was established in order to support both clinical and non-clinical workforce, for different tiered patients to manage these conditions in the most effective way.

Each LTC condition has been divided into three cohorts:

1) **Tier 1** is for those patients at the early onset of their LTC experience and can benefit from light touch interventions, particularly looking at lifestyle changes and decisions. The target workforce for these T1 webinars is:

Social prescribers / Care coordinators / Health & Wellbeing coaches / Social Care staff / Voluntary and Community Sector staff / Any other workforce who has service users with early onset LTC and can benefit from light touch interventions, particularly looking at lifestyle changes.

2) **Tier 2** is for those patients with more established LTCs but responding well to interventions. The target workforce for T2 webinars is main grade clinicians – GPs, nurses, pharmacists and other Allied Health Professionals.

3) **Tier 3** is for those patients with complex conditions or those not responding to/complying with interventions. The target workforce for these webinars is senior clinicians – GPs and advanced clinical practitioners.

**See fliers below to register to one of our webinars:**



### Cancer for Tier 1 & 2 cohort

by Drs Jyoti Sood, Bunmi Olajide  
Sangeetha Pazhanisami and Senior  
HWBC Gee Gahir

Tue 26th March 1pm - on Zoom

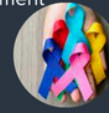
This is part of BHR CEPN LTC Education  
Programme

[CLICK TO REGISTER](#)

The target workforce for this cohort are both clinical and non-clinical professionals namely:

**Tier 1 and 2 cohorts:**

- Social Care Staff
- Social Prescribers
- Care Coordinators
- Voluntary and Community Sector Staff
- Any other workforce who comes into contact with patients with cancer who can help with its management
- Allied Health Professionals
- Pharmacists
- Nurses
- GPs



**Learning Outcomes:**

- Understanding GP contract 2023/24
- Evaluate the strengths and limits of current screening programmes and an overview of NEL cancer screening uptake
- How to increase participation in national cancer screening programmes - a case study.
- Understanding the support and care needs of people with cancer
- The role of ARRS staff in Primary care cancer management
- Cancer Inequalities
- Update on NEL cancer programmes



**Diabetes T1, T1 and T3 cohort**  
by Drs Adeel Ansari & Syed Raza  
Dietician Nav Sidhu  
Psychologist Kim Lyons  
Senior HWBC Gee Gahir

Wed 27th March 12pm - on Zoom

This is part of BHR CEPN LTC Education  
Programme

[CLICK TO REGISTER](#)

The target workforce for this cohort is both clinical and non-clinical professionals working in Primary Care.

**Objectives**

- Let's diagnose more patients with diabetes
- Where do we start? Let's talk diet and lifestyle
- Struggling to book patient for review? Patients not taking medications / not following advice- What now?



**The Diabetic Foot**  
by PCN Crest Podiatrist Muhammad  
Ibrahim Miah and Advanced Specialist  
Podiatrist Lauren Geeves

Tier 1 cohort

Thur 18th April at 1pm on Zoom

This is part of BHR CEPN LTC Education  
Programme

[CLICK TO REGISTER](#)

**Learning Outcomes:**

- How diabetes can affect the feet
- Signs and symptoms to look out for
- How podiatrists assess feet
- When and how to refer to podiatry
- Case studies



# Apprenticeship Opportunities

## Business Analyst Training to Support Digital and Transformation Leads

This apprenticeship standard, lends itself to be customised to job roles such as PCN, Digital and Transformation Leads and also other business management roles. We are working with a training provider who has extensive experience with Primary Care workforce training and has developed a specialist offer. For further information contact [Kerrie Haley](#).

## Level 3 Team Leader or Supervisor

This apprenticeship standard is for those who are ready to progress to a first line management role, with operational and project responsibilities or responsibility for managing a team to deliver a clearly defined outcome. For further information contact [Kerrie Haley](#).

## Level 5 Operations and Departmental Manager

Management training for Practice Managers and Business Managers. For further information contact [Kerrie Haley](#).

## Level 4 Associate Project Manager Apprenticeship

Would you like to develop a knowledge of the tools and principles of Project Management and gain a nationally, industry recognised qualification? Contact [Kerrie Haley](#) to find out more and join the next cohort.

## Social Care Providers Shout Out!

15 Apprenticeships have been confirmed across 4 providers. Would you like to benefit from the development and retention of staff apprenticeships can offer you as well as not paying 5% of the cost? Get in touch with [Kerrie Haley](#) to find out more.

Follow LinkedIn for day by day updates:

<https://www.linkedin.com/company/apprenticeshipsgov/>

Find out more about Apprenticeships in Primary Care:

<https://haso.skillsforhealth.org.uk/primary-care-apprenticeships/>

Contact [Kerrie Haley](#) for further inquiries on any of the apprenticeships via email or call directly on **07895 526907**.

# Apprenticeship



# NHSE Apprenticeship & Notices

## London GPN Celebration Event – Save the Date

Date: **12th July 2024**

Save the date for this year's 2024 London GPN Celebration Event. The agenda for the day and further information will follow shortly. This event will take place on the **12th July at Regents Park University, in Regents Park.**

## NHS ELFT National Webinar – 'The Future of Primary Care'

Date: **20th March 2024 at 7pm**

The topic of this webinar is [The Future of Primary Care: In Conversation with Dr Lucy Abbott.](#)

**Description:** In Frimley, an anticipatory care model was introduced to support people with either moderate frailty with eight or more co-morbidities or moderate/severe frailty with no GP encounter in the last six months. Registration is [available here on Zoom.](#)

### Speakers:

- Dr Mohit Venkataram – ELFT Executive Lead for Primary Care
- Dr Lucy Abbott – Consultant Geriatrician, Chief of Service for Community Services and Older peoples medicine FHFT, Frimley Health End of Life Steering Group Chair, Frimley Health and Care ICS Ageing Well Clinical SRO, NHSE SE Regional Clinical Advisor for Frailty

## GPN and GPNA Competency Frameworks launch on the Learning Hub

The GPN and GPNA Competency Frameworks have now been published on the Learning Hub, please click [here](#) to access them. The frameworks outline what nurses and nursing associates need to do to meet the capabilities in the Core Capabilities Framework and give greater clarity on the scope of practice for nurses working within primary care and general practice settings. If you don't already have one you can create an account on the Learning Hub [here.](#)

## NCL Schwartz Round Facilitator – Vacancy

**Commitment:** 1.5 days per round yearly, with facilitator training.

**Pay:** £800 per round

**Training:** Facilitator training provided by the Point of Care Foundation, even if not previously trained. NCL supports skill development.

**Application:** Read the attached advert and role description. If interested and you meet the criteria, write a 500-word application about your interest, understanding, and challenges of the role. Send it with your details to [sedat.ozcelik@communitymatters.co.uk](mailto:sedat.ozcelik@communitymatters.co.uk) by **22nd March 2024.** Further details in the attached document.