

## Coronavirus - LMC Update May 15<sup>th</sup> 2020

### FAQs

Our FAQs have had a major update this week. If you have a query it's worth checking the FAQs first.

[View our latest FAQs.](#)

### **Relative Risks from COVID – 19 for people from Black, Asian and Ethnic Minority Backgrounds (BAME)**

We have all become aware over the last few weeks of an increasing number of deaths amongst health care workers from Black, Asian and minority ethnic backgrounds. Whilst every death from COVID 19 is a tragedy it has become obvious that a larger proportion than we would have expected come from BAME backgrounds.

Statistics that have been collected nationally by Public Health England have now confirmed that there is a real issue here. No reasons for this phenomenon have yet been found although urgent research is ongoing. This must be very worrying for our colleagues from such backgrounds and we must do all we can to reassure them and minimise any risk to which they may be exposed. People from Black, Asian and Minority Ethnic (BAME) backgrounds make up 44% of the medical workforce.

Pending more definitive guidance coming out as a greater understanding of the issues develops the LMC would recommend the following approach:

- Practices should be supported to have thorough, sensitive and comprehensive conversations with members of the practice team from a BAME background. They should identify any existing underlying health conditions that may increase the risks for them in undertaking their frontline roles, in any capacity. Most importantly, the conversations should also, on an ongoing basis, consider the feelings of BAME colleagues, particularly with regard to their safety and their mental health.
- Practices should risk-assess staff at potentially greater risk and make appropriate arrangements accordingly. Practices should consider how they can do this and take action to protect members of their team. Here are some risk assessment tools available:

[Risk reduction framework](#)

[Risk stratification tool](#)

[NHS Employers advice for BAME](#)

- The first thing for all workers is to stay safe. The vast majority of patient interactions are now done remotely and that is likely to remain the case for some time. Any patients that are seen, will require the health care workers to wear appropriate PPE. Even when seeing patients who are asymptomatic of a potential

COVID infection but need to be seen for a non COVID condition, they should still be seen in a clean environment with appropriate PPE worn by the health care worker and the patient. (usually a mask)

- As we learn more about this and can understand the true level of increased risk for our BAME colleagues, we will be communicating with all our members. Until this is possible we ask that all doctors and their staff stay safe, don't take any risks and follow robust protocols for infection control and use of PPE.

(Our thanks to Peter Higgins at Lancs and Cumbria LMC for sharing their document)

### **Webinar Workshops**

We know times are particularly challenging with changing demands to keep primary care functioning so well. To help you face these challenges we have commissioned a series of online, resilience workshops in partnership with Beyond Coaching for GPs, Practice Managers and primary care staff.

They are 75 minute long interactive sessions timed to run nearer the end of the day. Feedback so far has included comments such as 'manageable amount of time in the current circumstances', 'easy to access the training' and 'thank you, another excellent session'.

Topics have included 'How to manage stress and be kinder to yourself', 'How to change perspectives to achieve clarity and focus' and 'How to build resilience in your team'. We would encourage you to take a little time away from your busy day to invest in yourself with one of these sessions.

We are working with Beyond Coaching to provide further sessions on 3<sup>rd</sup>, 16<sup>th</sup> and 30<sup>th</sup> June from 4.15pm. Further information will be sent out and the events will also be available to book next week at <https://www.humbersidelmc.org.uk/lmceventstraining>

### **Virtual One to One Support for GPs**

We encourage you to take time to look after your own health and wellbeing during the challenges you are facing as a result of Covid-19. The Rapid Access Support Service has been designed to provide short, virtual sessions with a trained mentor who will listen and sign post you to appropriate resources. Please get in touch using one of the following methods:

- by visiting [www.gp-s.org](http://www.gp-s.org) and completing the online contact form;
- by email [contact@gp-s.org](mailto:contact@gp-s.org) or
- by telephone 0115 979 6917.

You will initially be in touch with a Nottinghamshire based operational lead who will offer you a choice of GP mentor based in the Humberside area.

### **Care Homes**

Following the publication of the [second phase of NHS response to COVID-19 document](#) on 29 April 2020, guidance was published on 1 May 2020 [covering primary care and community health support for care home residents](#).

CCGs have been asked to implement support for care home residents through delivery of weekly 'check ins' to review patients identified as a clinical priority for assessment and

care; and development and delivery of personalised care and support plans for care home residents.

The CCGs in our area are taking different approaches and working with PCNs to build on the service you already provide to care homes. We would emphasise that the guidance is not a contractual obligation and where these additional care home requirements are delivered, these should be adequately funded and resourced.

### **Financial Help for Locum GPs**

The Government-run Self-Employment Income Support Scheme is now open. This may be of help to some locums, and it is very quick and easy to see if you are eligible by [checking the scheme website](#).

Locums can potentially claim up to £7,500 as a one-off payment, assuming that self-employed profits were less than £50,000 in the tax year 2018/19, and your self-employed income made up 50% or more of your total income.

Checking takes less than five minutes. All you need is your unique taxpayer number (the 10-digit number that is linked to the payments that are made to HMRC) and your NI number.

### **GP and Practice COVID-19 Toolkit**

The [BMA's toolkit for GPs and practices](#) has been updated to include a section on [minimising risk of transmission in general practice](#). The toolkit helps to answer many of the questions practices have on a large range of topics relating to COVID-19.

### **Practice Managers' Huddle**

Wednesday 20<sup>th</sup> May 2020, 15:30

This is a Zoom event organised by Primary Care Direct. Led by practice managers James Davies (Amicus Healthcare) and Tracy Dell (Plane Trees Group Practice), it's a chance to come together and hear from other PMs across the country about what it's like working in general practice at the moment.

Reserve your spot at: [info@primarycaredirect.co.uk](mailto:info@primarycaredirect.co.uk) or call 01482 649900.