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Items marked * in orange on the content list are highlighted either because of their importance or because they contain information you may not have seen elsewhere.



CORONAVIRUS

Updates from the LMC

We're continuing to regularly update our online resources to support practices through the pandemic. Visit our dedicated coronavirus page at <https://www.humbersidelmc.org.uk/coronavirus> to access guidance and resources, including our FAQs.

We are now issuing our coronavirus bulletins, which contain information on the most recent developments, fortnightly. You can find the most recent edition on the coronavirus page.

Implications for Life Insurance following Antigen and Antibody Tests

The BMA has published guidance for doctors on life insurance and income protection during the pandemic. This follows a number of doctors having raised concerns about the impact of COVID-19 on their application and how insurers are taking into account the results of antibody and antigen tests for the virus. There have been some reports about doctors having their applications for insurance policies deferred as a result of COVID. Read the guidance [here](#).

TRAINING, EVENTS & OPPORTUNITIES

Choose GP Campaign – Share Your Experience

As part of the '[Choose GP](#)' campaign, Health Education England receives a lot of enquiries from doctors who are keen to be put in touch with a GP or trainee either in the area they live or with similar interests. The chance to have direct peer to peer conversations is invaluable to them. The service has been running for the last 4 years and has been proven to make all the difference between someone applying or not.

HEE keeps a list of volunteers who are happy to be contacted occasionally and willing to share experience and expertise – always with prior permission. If you are willing and able to do this contact gprecruitment@hee.nhs.uk with details including your name and contact details, practice name and which part of the country, how long you've been a



GP or trainee, any special interests/expertise or opportunities you're pursuing or would like to as a GP (clinical and non-clinical) and the different settings you work in as well as practice and indicate whether you joined GP training from foundation year (or equivalent), trained and worked in another area first or switched to GP training from another specialty training programme.

Pharmacy Technician Training Programme

This is an opportunity for a programme provided by Buttercups which enables PCNs to receive £4,000 of funding to support the training of a pharmacy technician.

The Pharmacy Technician Training Programme is akin to the pre-registration pharmacist model of work-based learning with increased workplace supervision and monitoring, alongside the demonstration of practical learning outcomes. The programme is a three-way partnership between the workplace training supervisor (WTS), the learner and Buttercups.

Details can be found on the [Pharmacy Technician Training Programme information sheet](#), with more information on the [course information pack](#). The placement application form can be found [here](#).

Eating Disorders in Men: New RCGP-Accredited E-learning

A new free e-learning tool about eating disorders in men has been created by the University of Nottingham in collaboration with King's College London and their partner charity, First Steps ED.

Eating disorders are challenging to care for, and in men they can be even more difficult to diagnose. This new animated RCGP-accredited training tool voiced by patients, provides insight, clinical top tips, evidence-informed advice and treatment guidance, ensuring you have the essential, relevant and practical information you need in the consulting room. For more information, please contact: heike.bartel@nottingham.ac.uk.

You can access the training [here](#).



Humberside LMCs Practice Managers Reference Group - Call for Attendees!

If you are a practice manager that wants to represent the concerns of your practice, connect with your peers and find out what your LMC can do for you and your team, then we want to hear from you!

The Humberside Group of LMCs currently brings together local practice managers for a bi-monthly Practice Managers Reference Group. Acting as a two-way reference group, this has given Practice Managers the opportunity to bring issues to the LMC for discussion, and also allows the LMC to bring items for consultation that have arisen from their other areas of involvement.

External Provider Input

We encourage external stakeholders to regularly attend our meetings to discuss relevant topics, address issues in practices and answer attendees' queries. This has included visits from local IT providers, our local NHSE team, the PCSE GP Engagement Team, the NHS App Team and the International GP Recruitment Team.

Training & Development

The LMC also remain dedicated to facilitating training and development for practice managers and always welcome ongoing suggestions and feedback on this through the meetings. We often discuss plans for upcoming training opportunities with attendees. Assistant or deputy practice managers would also be very welcome to attend, or even senior admin staff whom you feel may benefit from this forum.

Despite their intrinsic and essential role within practices, Practice Managers often report feeling isolated and lacking in peer support. This is something we hope to continue to address through our Reference Group by encouraging a collective approach to problem solving and promoting new networks of colleagues. If you feel that this approach is something you and your practice would benefit from, then please come along to a meeting and get involved!

Our next meeting will take place on Tuesday 21 July 2020 and will be a virtual meeting via MS Teams. If you would like to be added to the list of attendees then please just let us know – contact us by email humberside.lmcgroup@nhs.net or call 01482 655111. We hope to see you in July!

Could you be an LMC Member?



Joining the LMC as a member of our committee is a great way to champion general practice. Dr Andrea Fraser, a GP partner in North Lincolnshire who is chair of North and North East Lincolnshire LMC, says:

“I’d encourage any GP, whatever their contractual status, to consider joining the LMC. It’s a chance to influence what’s happening locally in primary care, and provides a great way to meet a wide range of colleagues from other CCG areas.

Our meetings provide access to information on new developments which will help you in your own practice, as well as making you part of an active GP community where everyone can benefit from each other’s knowledge and experience.

Membership will provide you with useful experience for your appraisal portfolio, and there are opportunities to pursue areas of special interest and influence pathways and guidelines.”

We currently have vacancies on our committee, and any GP registered on the Medical Performers List and working in the Humber area is eligible to apply.

You can find more information on being an LMC member in [our FAQs](#). To discuss this opportunity please contact us by email humbertside.lmcgroup@nhs.net or call 01482 655111.

Individual Coaching Support for Primary Care Staff

NHSE/I and RCGP launched a [remote coaching support service for clinical and non-clinical primary care staff](#) in April to provide staff the opportunity to process experiences, develop coping skills, deal with difficult conversations and develop strategies for self-management in difficult circumstances.



This service has now been evaluated by the Institute for Employment Studies (IES), which found that the majority of those responding had a positive outcome from using the service; that they felt listened to and supported by the coach, and that they were able to move forward after the call. Primary care staff can register and book individual coaching [here](#).

Associate Trainers in GP Training

GPs are invited to think about becoming a GP Associate Trainer to support the latest group of GP trainees. Yorkshire and Humber Deanery have been able to fill all GP training posts in the first round itself for the August 2020 start.

Being a GP Associate Trainer is a way in which prospective GP trainers can start training a GP trainee before they have completed their pathway to being a GP trainer provided that they are mentored and supervised by an established GP trainer. A prospective trainer could function as an associate trainer provided they have a supportive TPD and LAT report, a GP mentor who is willing to provide mentorship and supervision - funded by mentorship funding, and has completed all of the training courses as per the trainer approval process.

This process will allow a prospective trainer to commence training as an associate trainer while they complete their mentorship, trainer workshop attendance and await their final trainer interview.

More details can be found on the [Associate Trainers in GP Training - FAQs](#). If you are interested in the opportunity please contact Health Education Yorkshire and Humber via gpapprovals.yh@hee.nhs.uk.

Free 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 and completing the online contact form;
-
- 

- by email 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.

Our standard mentor offer of four, two-hour mentoring sessions is also still available and being delivered virtually. Please use the same GP-S contact details above.

CLINICAL ISSUES

Remote Consultations for Learning Disability Health Checks

Providing support to people with learning disabilities is an important part of general practice activity, which includes offering the opportunity for an annual health check. [NHSEI confirmed in their bulletin of 18 May 2020](#) that, with regards to health checks for people with a learning disability, where this cannot be delivered safely face to face or where the patient has other medical conditions which require them to shield or socially isolate, the review could be conducted remotely. Decisions about the best way to conduct a health check should be made on an individual basis, taking in to account the challenges some patients might have with this. The BMA's [toolkit for practices](#) now also includes an [FAQ for locum doctors working remotely](#).

PRACTICE MANAGEMENT

Extension of Serious Shortage Protocol for fluoxetine 10mg tablets

Due to ongoing supply issues with fluoxetine 10mg tablets, the [Serious Shortage Protocol currently in effect for fluoxetine 10mg tablets](#) is being extended from 12 June, to Friday 11 September.

Supply of additional Direct Oral Anticoagulants (DOACs)

NHSE/I has published [guidance on the supply of additional DOACs \(direct oral anticoagulants\)](#) during COVID-19 to support patients currently prescribed warfarin being prescribed a DOAC instead, where this is clinically appropriate.



Clinical Negligence Indemnity Arrangements during the COVID-19 Pandemic

NHS Resolution has published guidance in relation to its [indemnity schemes and claims management](#) during the COVID-19 pandemic. [General practice specific guidance](#) aims to clarify how the management of claims interactions between general practice indemnity beneficiaries and NHS Resolution will proceed during the pandemic. It also provides answers to the most common questions regarding Clinical Negligence Scheme for General Practice (CNSGP) indemnity cover under COVID-19 working arrangements.

GUIDANCE & RESOURCES

Patient's Guide to Advanced Care Planning

The BMA has published an [information leaflet](#) that practices can give to patients who might want to think about how they would like to be treated and cared for in the future – including in the event of getting COVID-19, and explains what advance care planning is. The leaflet is also available in the [home visits and care homes section in the GP practice toolkit](#).

GP Funding and Contracts Explained

The Kings Fund have published a useful short online [guide to the way practices are contracted and funded](#). It sets out how general practices are contracted and paid in England, looking at the services they are contracted to deliver, and the different streams of funding they receive.

Hull University Teaching Hospitals – Hub Mailboxes

Hull University Teaching Hospitals have shared their list of email addresses for their clinical administration hubs. This follows on from the decision that practices should no longer use fax machines for either NHS or patient communications. [Download the list of email addresses](#).

Sustainable and Environmentally Friendly General Practice Report

GPC England has [published a report](#), developed with support from Greener Practice and Sheffield GPs Dr Aarti Bansal and Dr Mike Tomson, which looks at ways in which GP practices can develop, and can be helped to develop, environmentally responsible practices. One of the more positive consequences of the COVID-19 pandemic has been the dramatic reduction in carbon emissions and this demonstrates what can be achieved with specific actions.

The NHS, including general practice, has a significant opportunity to make a difference for the long-term and this report highlights the current carbon footprint of general practice and includes a 10 point plan calling on Government and NHS policy makers to help ensure that the impact of health services on climate change is reversed. GPC England is encouraging all practices to use this to review what actions they could do, working with others in their area.

GENERAL NEWS

New Wellbeing Lead at the LMC



We are delighted to announce the appointment of Dr Zoe Norris as the LMC's new GP Wellbeing Lead. This is a new role dedicated to reaching out to GPs in the Humber region to help improve their wellbeing, working alongside our existing pastoral care team. She will be advising across a range of areas including workforce planning and developments, primary care management, system change and resilience of general practice.

Zoe already has a part-time post as Medical Director with the LMC and will be working an additional one day per week in this new role. She says: "I'm excited to start contributing to the increasing offering from the LMC around wellbeing, and to focus on practical and concrete improvements to the lives of our constituents. We have an

amazing workforce in primary care locally, and I am looking forward to developing this role."

The Cameron Fund Update

The Cameron Fund, the charity which supports GPs in financial difficulty has published its [latest newsletter](#). The charity is experiencing a sharp increase in the volume of enquiries due to the Covid-19 crisis, with some GPs having to stop work due to health conditions and to self-isolate.

The Cameron Fund is the only medical charity which solely supports NHS General Practitioners. This includes GP Trainees, working GPs, retired GPs, as well as dependants of GPs. The Fund helps GPs and their families who are suffering financial hardship, whether through physical or mental ill-health, disability, bereavement or loss of employment. Financial help is tailored to best support an individual's return to work. As well as grants and loans, the Fund can help with money advice assessments and career coaching for those who may no longer be able to continue to work as a GP.

Full details on the work of the fund, including how to apply, can be found at www.cameronfund.org.uk/.

Could You Save Money with the LMC Buying Group?

The LMC Buying Group has negotiated discounts with over 20 suppliers of products and services which practices frequently buy. Members can view pricing and request quotes through [the group's website](#) by logging in, or you can request to become a member if not already signed up.

Take a look at the [list of approved suppliers](#) to get an idea of what products and services are available.

GMC Defers Revalidation Dates Due to Pandemic

The General Medical Council has announced an extension to GP revalidation dates eligible for deferral due to the coronavirus pandemic. The GMC had already deferred validation dates scheduled from March-September 2020 but this new announcement means that doctors who were due to revalidate between 17 March 2020 and 16 March



2021 have had their revalidation submission dates moved back by one year. Responsible officers can submit recommendations to revalidate those doctors at any time up to their new submission date.

Read more about the [changes to revalidation dates on the GMC website](#).

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