



Weekly operational update for local general practice

Wednesday, 20 November, 2019

Welcome to Insight, Devon Local Medical Committee's operational update for GPs and practice managers.

Reminder – direction to administer

A reminder that following detailed consideration and negotiations the LMC has reached agreement with the community nursing services in North and East Devon about medicines that need to be administered by community nursing staff. Read more [here](#). **Topical medications do not need to be dealt with via this route.**

Self care for GPs

As GPs we know the principles of self-care as it affects our patients – but what about ourselves? Dr Andrew Tresidder has [blogged](#) on his experiences for Self Care Week.

New GMC report on doctor wellbeing

A new General Medical Council (GMC) report – with a strong focus on GPs – identifies a need to address the wellbeing of doctors faced with higher workloads, whose own health impacts on patient care.

It states: 'Poor working conditions (high workload, low job autonomy, long hours, low social support, work-life conflict) and poor mental health (high burnout, symptoms of depression and anxiety) are associated with an increased intention to leave medicine....for patients to get the care they need doctors must work and train in safe, supportive and inclusive environments.' Read the report [here](#).

Local GP practice involved in national research on continuity of care

How can general practice balance continuity of care with the need to see a GP promptly? The Health Foundation (HF) explores four early findings from its national Increasing Continuity of Care in General Practice programme – which includes research from St Leonard's Medical Practice in Exeter – in a new [blog](#).

LMC flu media release

The LMC's media release encouraging the public to have the flu vaccination at their local GP practice has generated further coverage – including via the Breeze radio station in Torbay.

Free practice manager development coaching and mentoring support

Practice managers are being offered three free 90-minute confidential coaching and/or mentoring sessions to provide headspace to work through their current challenges and opportunities, as part of an NHS England (NHSE) initiative. They will take place in December 2019 and January 2020. More information – including how to register your interest – is available [here](#).

Last chance to take part in the national practice manager survey

There's a final opportunity to take part in a major national practice manager survey to gather views on issues such as hours and pay. Practice managers can complete the First Practice Management survey [here](#).

Tips for GP practices to prevent norovirus

The latest Bulletin from the Community Infection Prevention and Control Team for General Practice focuses on tips for GP practices to prevent norovirus. Read more [here](#).