



NEWSLETTER

OCTOBER 2024

It's been a busy month in the office with a high volume of interaction with our constituents, a diary-full of meetings with practices, commissioners and other system providers. Our inbox is bursting with correspondence about collective action that practices are taking and the challenges that are continuing to be faced in trying to navigate and care for patients in the complexity of a health and social care system under immense pressure.

We were delighted to see so many Practice Management teams at our first Practice Management Conference, **PM Revive** in conjunction with Cambridgeshire and Peterborough Training Hub on 3 October 2024 and are pleased with the feedback we've received so far. Read more later...

Your LMC Committee met last Thursday and discussed a varied agenda encompassing how best to support and strengthen the action that practices are taking, the recent local commissioning offers, and how best to continue to engage and represent general practice in the ICB's emerging strategy - building on what has been presented and challenged in their New Care Models' vision.

Fighting for sustainable terms and funding plays out at both the national and local level. While BMA pushes forward nationally, raising awareness amongst members of the new government and seeking to land the **GPCE's 'Patients First' vision for general practice**, your local team is working hard to understand and influence the ICB's commissioning and levelling up intentions for this year and beyond.

As you will have seen, the local commissioning framework has been rolled over for the remainder of this financial year as the clock ran out before more detailed alternative proposals could be received and negotiated. We are informed that changes will be introduced and agreed in time for the new financial year, including what a second and more recurrent phase of levelling up funding will look like. We expect these discussions to develop over the coming weeks and months, and your Committee considered some of the commissioning gaps that practices are grappling with and how these may feature as part of these discussions.

The Committee also considered the range of strategic planning that the LMC is asked to engage with and comment on ie, Digital Enablement, Service Integration in new models for urgent and intermediate care, and new Clinical Strategies in our acute trusts. All of which are ramping up, and all have implications for general practice and the expectations upon it. Ways to broaden and organise engagement with those leading and representing general practice were discussed and will be used to help shape inclusive and practical approaches.

As Winter approaches, we know that it doesn't take much to destabilise services at a practice level. Contributing to the Alert Status of general practice through the weekly GPAS survey is an essential part of showing how hot the service is running in comparison to other system providers. Coupling our GPAS scores with the emerging corresponding levels of collective action that practices are taking sends a strong signal to the local and national system that there is a finite capacity within our practices. More cannot continue to be accommodated without associated resource, infrastructure and accessible wraparound services.

Your contribution through GPAS means we can collate a robust picture of the current pressure and evidence the need for both short term and enduring investment. **See our interactive GPAS webpage here**, which includes details on how to submit your GPAS status and definitions to assist you each week.

Following on from our Open Meeting in the Spring and the GPCE roadshow in the Summer, we are keen to further develop and discuss some new and recurring themes, and hot topics at our Virtual Open Meeting in November. Please see over for more details and how to register for the event. We look forward to seeing you there!

Thu
07
NOV

19:00-21:00

Cambs LMC Virtual Open Meeting

'Supporting General Practice to strengthen Action locally'

A chance for C&P constituent GPs and Practice Managers to hear directly from your LMC Team.

Delving deeper into implementing Collective Action and what it means for you and your patients, discussing local commissioning and a look at emerging ICB strategies.

[Register here](#)



Our first PM Revive conference for constituent practice management teams, in collaboration with the Training Hub took place on 3 October at the Marriott in Huntingdon, offering a bespoke one-day event to bring together a range of specialist presenters and support our practice management teams to grow and thrive.

The day kicked-off with our keynote speaker, Michael Harrison, CEO of Beds & Herts LMC giving a thought-provoking talk about valuing time and leadership. The remaining programme included a range of subject matter experts, delivering sessions on change management, coaching & mentoring, collaborative working, difficult conversations, understanding the pension scheme, as well as sessions from the LMC team on collective action and looking to the future.

In addition, we were joined by exhibitors giving delegates the opportunity to browse and network with external organisations.

The event was well attended, and early feedback received both on the day and via emails to the office from delegates, speakers and exhibitors has been encouraging and good to receive.





INTERFACE REMINDERS & RECENT HOT TOPICS

GP Referrals

Rejected referral? If you felt that a patient had a genuine need to see a specialist and made a referral which has subsequently been rejected, it is our view that it is always appropriate to ask secondary care to revisit their assessment.

It is important when asking for a rejection to be reconsidered to ensure it is robust, includes all the relevant clinical information and any changes reported by the patient/further investigations that has arisen in the meantime.

Rejected referral due to no proforma? Please see the BMA '**Focus on**' designed to support General Practice in taking back control of workload.

We have extracted the **template letter** into a word document to make it easy for you to use and share with your practice teams.

C & P Formulary

A reminder of the Cambridgeshire & Peterborough **Formulary** which has a medicines A-Z and helpful key designed to help guide clinicians when faced with prescribing queries.

Patient Identifiable Data

A reminder when sending Cambs LMC any evidence relating to interface issues, please ensure any patient identifiable data is redacted. We only require details relating to the Trust, Department and nature of the issue to support us in escalating to system colleagues.

ICS Working Together Principles

Co-produced System Guiding Principles to support interface working in a better, more effective way. View more here: <https://www.cpics.org.uk/working-together-principles>



Managing requests to alter or remove data from medical record

We are often asked by practices if patients can request for information in their medical record to be amended or removed. Here, we explain the legal and professional obligations of General Practices as data controllers, when it is and isn't appropriate, how to do so correctly and how requests should be managed. Patients can question the content of their records, but not on the basis that it is upsetting or that they disagree with it. Read more here: <https://cambslmc.org/guidance/contract-support/requests-for-removal-of-information-from-medical-record/>

Travel Vaccinations

We often receive queries from practices seeking advice on how to manage travel vaccinations whilst awaiting staff training or whilst struggling with capacity. First and foremost, practices should prioritise the sourcing of appropriate training for staff to undertake travel vaccinations.

Our guidance on Travel Vaccinations goes into further detail about Cambs LMCs view on how to meet the need of your patients and your contractual obligations. Read more here: <https://cambslmc.org/guidance/clinical-prescribing/travel-vaccinations/>

Schools

Increasingly, GPs receive requests to provide medical certificates, letters or evidence to present to a school to verify a pupil's absence from school due to illness or to excuse them from exams or other activities.

GPs are not contractually obliged to undertake this work as it does not form part of the NHS General Medical Services (GMS) contract therefore an appropriate charge can be made. Read more here: <https://cambslmc.org/guidance/managing-workload-interface/schools/>



➤➤➤ GP & ACP EDUCATION PROGRAMME Lifestyle Medicine in General Practice Tuesday 15 October 2024, 19:00-20:30

For our next GP& ACP session we'll be joined by Dr Sonal Shah to talk Lifestyle Medicine – what exactly is it and how we can use it to improve patient care. [Click here](#) to book your place. You can also find future dates in the programme on our web page [here](#).

➤➤➤ PCDs Dermoscopy for absolute beginners

Wed 13 November, 08:45-16:45

We are delighted to be able to offer a limited number of funded places to attend this one-day local course at the Old Bridge Hotel in Huntingdon. Dermoscopy for Absolute Beginners is aimed at GPs who have never had a dermatoscope but are planning on getting one and want to know how to use it, who have a dermatoscope in the practice but have not had much (or any) training, or who have been using a dermatoscope a bit and would like to feel more confident with the basics. Please [click here](#) to book.

➤➤➤ GPs KEEP IN TOUCH (KIT) SESSION Returning to work - facing the unknown with confidence

Thu 28 November, 19:30-21:00

This session is aimed at GPs who are on parental leave or considering parental leave in the future. Our host Dr Sarah Ray will introduce two local GPs, Dr Rebecca Ward and Dr Tanya Leger, to talk about their own lived experiences. The session is designed to increase awareness of how to make the best use of parental leave, provide an understanding of finances and appraisals during parental leave and help you feel more confident about returning to work after parental leave. Please [click here](#) to book.

➤➤➤ Parental Leave

Are you a GP who has started or is about to embark on parental leave? By signing up to our Career Break Support programme we can put you in touch with a coach or mentoring to provide an opportunity to discuss your plans, invite you to Keep in Touch sessions and provide access to a small CPD grant to support your return to work. Find out more [here](#).

➤➤➤ PCN Education & Workforce Development Lead

Following on from the success of our PCN development programme, we are now pleased to launch a new opportunity to fund protected time for a lead within your PCN to develop Education & Workforce over the next 12-months, which includes four face-to-face education and networking events facilitated by C&P Training Hub. If your PCN is interested, more information and the application form can be found on our website [here](#). Please note that the deadline for applications is Monday 16 October 2024.

➤➤➤ Mid-Career Development Funding

Are you a mid-career GP who would like to explore a special interest in study as you progress through your career? We are now delighted to support you with Mid-Career Development Funding. We are also keen to hear from those who would be willing to mentor others as part of this opportunity. [Click here](#) for more information.

➤➤➤ Leadership Development Funding

Are you looking to develop your leadership skills? The Training Hub has a Leadership Development Fund available for those who are in or en-route to a leadership role in practice of up to £800 per person. If you are interested in knowing more visit our [web page here](#).

Sign up to receive our updates

Anyone can request to receive our newsletters and updates.

C&P Locum GPs can request to join our locum mailing list.

C&P GPs and Practice Managers can request to join the LMC Link mailing list.

Email us to enquire: office@cambslmc.org

Support and signposting

Cambs LMC is always here to represent, support and advise GPs and their practice teams in a safe, confidential space if you are struggling or in distress. We actively encourage you to reach out to us. Visit our [website](https://cambslmc.org) for more information or snap the QR code:



GPAS

Audit and submit your alert state before 17:00pm on Thursdays each week: <https://cambslmc.org/gpas/>

Vacancies in General Practice

We advertise any roles in General Practice on our website: <https://cambslmc.org/jobs/>. This remains a free service to our constituent practices in Cambridgeshire & Peterborough. To advertise a vacancy in your practice, please email us the details, including the closing date and any supporting documents in to office@cambslmc.org.

Practices seeking GP Locums - We continue to forward any GP Locum availability you might have to our locum mailing list. When sending requests to office@cambslmc.org to forward on, please remember to include a short synopsis of your practice in your requests i.e. where you are, what clinical system you use and relevant contact information.

Remote GP Locum sessions - If you have roles which could be undertaken remotely – why not advertise these too? Attract GPs from across the country, and rather than working for other companies, they could work for you, and get NHS pension contributions and instant messaging with senior GPs to support.

BMA Wellbeing

View BMA wellbeing support services page here:



<https://www.bma.org.uk/advice-and-support/your-wellbeing>

A range of wellbeing and support services are available to doctors, including 24/7 confidential counselling and peer support services, NHS practitioner health service and non-medical support services such as Samaritans. Doctors in Distress also provides mental health support for health workers in the UK, providing confidential peer support.

See their **poster** with 10 tips to help maintain and support the wellbeing of you and your colleagues.

BMA Guidance Links

Practical guidance for GP practices

Safe working in General Practice

Latest GP Bulletin (England)

Latest Sessional GPs update

Latest on X/Twitter: @BMA_GP and @TheBMA

PCSE Guidance Links

Guidance Pages

Monthly Updates

Youtube

CQC Guidance Links

Guidance for GPs

Youtube

GP Mythbusters

LMC Office Staff:

Dr Katie Bramall-Stainer – Chief Executive
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Dr James Booth – Medical Director
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Suzy Stoodley – Executive Officer
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