Introduction

My name is Kevin Fernando and I am a part-time GP Partner with specialist interests in medical education and diabetes based at North Berwick Health Centre, near Edinburgh.

I am Education Director of GPnotebook Education – a new series of primary care update courses launching across the UK, Ireland and abroad for all primary care professionals including GPs, GP specialist trainees, medical students, practice nurses, nurse practitioners, nursing students, pharmacists and paramedic practitioners.

I am a GP Educational Supervisor and have been actively involved in medical education for over 15 years. I have been elected to Fellowship of the Royal College of General Practitioners, the Royal College of Physicians of Edinburgh and also the Academy of Medical Educators for my contributions to medical education and diabetes.

About GPnotebook Education

GPnotebook is a long established, well-loved and valued online resource with over 100,000 users worldwide. GPnotebook Education will bring this fantastic resource to life, with face-to-face (GPnotebook Clinics) and online content, to help us help our patients in a clinically effective, time-efficient and empathic manner.

Dr Kevin Fernando, Education Director

GPnotebook Education – Why subscribe?

**Face-to-face**
- Tailored GPnotebook Clinic event(s) for delegates of your choosing
- Complimentary workbook for each attendee, packed with key learning points and case studies
- Free from pharmaceutical sponsorship or exhibitors

**Online**
- Access to promotion free online educational resources
- Support materials tailored to your CCG needs
- Available to all primary care clinicians within the CCG catchment – free of charge

www.gpnotebookeducation.com
About GPnotebook

Launched in 1995, GPnotebook is the UK’s most popular website for General Practitioners with over 19,000 unique visitors each month. GPnotebook is mainly used as a diagnostic and treatment tool, providing immediate support to Primary Care during patient consultations, easily accessed via key word search.
About GPnotebook Education

GPnotebook Education is an independent educational resource to which CCGs can subscribe for a low monthly or annual fee (which is based on the number of primary care HCPs in the CCG catchment area). All GPnotebook Education courses provide non-biased, independent content, prepared and presented by fellow HCPs. We accept no pharmaceutical sponsorship or exhibitors. All materials are also accredited by the RCGP and RCN.

Each GPnotebook Education subscription package includes:
- One or more face-to-face events per year to which the CCG can invite whoever they want at no additional cost. Each delegate receives a complimentary workbook which provides summaries of the case studies covered during the day plus associated learning points and key take home messages as well as ideas for quality improvement activities such as prescribing audits.
- Access to a range of online educational resources and support tailored to the CCGs needs which is made accessible to ALL primary care HCPs in the CCG catchment area at no additional cost.
GPnotebook Clinics: Half-day event

A typical “Clinic” will mirror our daily work in primary care and use multiple patient case studies to cover the latest clinical guidance, research and hot topics (e.g. SIGN 154 Diabetes 2017 and NICE NG97 Dementia 2018). Case studies will also include diagnosis and management pearls for more common presentations (e.g. dermatology and musculoskeletal complaints), prescribing & de-prescribing (including drug safety alerts) and also the interpretation of commonly abnormal investigations such as blood tests and spirometry. Finally, a “Home Visits” section will focus on the management of multi morbidity, frailty and polypharmacy in primary care.

Half day agenda (full day agendas available)

09:00 – 09:30  Registration and coffee
09:30 – 09:45  Introduction
  • overview of meeting, website, resources and workbook

Session 1: Morning clinic
09:45 – 11:10  Patient case scenarios
  • Patient case studies to cover the latest clinical guidelines, research and hot topics relevant to primary care
  • “Back to Basics” – diagnostic & management pearls for commonly encountered conditions and situations in primary care e.g. MSK and dermatology

11:10 – 11:30  Coffee Room chat

Session 2: Clinic admin
11:30 – 11:50  “Docman” inbox
  • The management of commonly abnormal blood tests
  • Interpretation of abnormal investigations such as ECGs and spirometry

11:50 – 12:05  Telephone consultation and triage
  • Practical management tips and common pitfalls including case scenarios

12:05 – 12:25  Prescribing and de-prescribing
  • Prescribing pearls
  • Drugs safety alerts
  • The management of polypharmacy

12:25 – 12:45  Home visits
  • Focusing on the clinical and holistic management of our more complex multimorbid patients with polypharmacy

12:45 – 13:00  Practice Meeting
  • Systems management where we can share best practice or “GP hacks” to make life easier for us in primary care e.g. system templates and practice-based protocols

13:00 – 13:05  Chair’s close

www.gpnotebookeducation.com
The “Back to Basics” section will cover diagnostic & management pearls for commonly encountered conditions and situations in primary care that may benefit from a refresher such as migraine, knee pain and psoriasis or the latest DWP advice on the appropriate use of the fit note.

Admin often follows morning clinic and the “Admin” section will simulate a typical “Docman” inbox and cover the management of commonly abnormal blood tests such as liver and thyroid function tests as well as interpretation of investigations such as ECGs, spirometry and 3-day blood pressure monitoring. “Admin” will also cover prescribing & de-prescribing, drug safety alerts and the management of polypharmacy to avoid harm such as acute kidney injury.

The “Home visits” section will focus on the clinical and holistic management of our more complex multimorbid patients with polypharmacy such as those with frailty, and how we can improve both quantity and quality of life for these individuals.

Many practices have a team meeting; the “Practice Meeting” section will be a continually evolving part of the course and will focus on systems management where we can share best practice or “GP hacks” to make life easier for us in primary care; a GPnotebook Clinic “Wiki”- like resource that all attendees can contribute towards and develop. It will signpost, for example, useful templates or shortcuts for GP IT systems and practice-based clinical protocols such as for those newly diagnosed with type 2 diabetes.

And, finally, you will be kept entertained throughout the course with “Coffee Room Chat” – that all important irreverent humour without which we would not be able to get through a day in primary care!

GPnotebook Education: Online resource
All events sessions will be filmed and hosted on the GPnotebook Education website, along with associated learning points and key take home messages. All primary care clinicians in the subscriber CCG’s catchment area will be given a unique password to access these resources at no extra cost. This way, any personnel not able to attend the event won’t miss out.
Final message

We are under unprecedented pressure in primary care; we are asked to do more and more with fewer and fewer resources. Working hard for something we don’t care about is called stress, working hard for something we love is called passion. We are all united in primary care by a passion to help improve the lives of our patients. It is our sincere hope at GPnotebook Clinics that we can help maintain that passion.

We look forward to seeing you at one of our future courses.

Best Regards, Kevin