

SOUTH WORCESTERSHIRE VOCATIONAL TRAINING SCHEME NEWSLETTER

News

Happy New Year and welcome to the first edition of The South Worcestershire GP VTS Newsletter. We aim to use this to keep you up to date with what is happening on the Scheme and to improve communication between primary and secondary care educators. Our contact details are at the bottom of this newsletter and we are available by email or during VTS term time at CHEC from 1- 1.30pm to discuss any training issues .

SPRING TIMETABLE 2017

26th January Sleep Problems

2nd February No VTS

9th February Exercise for health
(all day)

16th February Rheumatology

23rd February Half term

2nd March Nasal problems

9th March Falls and frailty

16th March Complaints

23rd March Psychosexual
medicine and Communication
skills

NOTEABLE DATES FOR DIARY

9th February - All Day Educational
Event at Salwarpe Village Hall -
please confirm your attendance by
26th January to
jenny.Murray@worceacute.nhs.uk

9th March - AGPEC at CHEC
1000-1200



Review of Autumn Term : We welcomed 8 new ST1s in August 2016 with our annual 2 day educational event at The Three Ways Hotel in Mickleton. This year the theme was Resilience involving concepts such as Growth Mindset, Mindfulness, and utilising Stephen Covey's 7 Habits to be more effective doctors. Our traditional NICE guidelines update Quiz went well and was reproduced at the GP Trainers Sub-regional Event – It would be interesting to know who performed the best!

Other events this term have included The GP Trainers Sub-regional event at Dumbleton Hall which was particularly inspiring and ended with a key note speech from former RCGP Chair, Iona Heath addressing issues of professionalism. Of particular interest to the trainees was an AKT exam course run in Hereford where learning support methods for MCQ exams were shared. Our own CSA Exam day in December was well received, thanks to our 6 experienced examiners, Pam Smith and Maddy Venables who provided invaluable insight about the exam. This term we had some exceptionally high quality educational sessions ran by our trainees themselves. Curriculum areas covered included Infant Feeding problems, Eating Disorders , Cardiovascular Disease, and Medically unexplained symptoms. We look forward to our Spring Term commencing on 26th January. Please feel free to contact us regarding any training issues in the mean time.

Test your knowledge AKT Style

According to the 2016 NICE Guidelines - Low back pain and sciatica in over 16s - which one of the following should be considered in low back pain

*A Belts or corsets B Foot orthotics. C Traction. D Acupuncture E Spinal fusion
F NSAIDS*



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