



Primary Care Clinical Unit

GP Newsletter
November 2019

As 2019 is coming to a close I'd like to acknowledge all our teaching practices and staff for another year of fabulous student experiences. Students consistently rate their GP placements highly. Thank you all!

The Primary Care Clinical Unit has been thriving this year, with Urban LInCC becoming a formal course in Semester 2 of year 2. The MD2025 project, an in-depth review of our medical program is well underway. Thanks to those who have taken the opportunity to pass on their experiences and ideas. Primary care is likely to feature more prominently in the new curriculum to meet the needs of our population.

Recently we have welcomed Associate Professor Katharine Wallis to the team who brings a wealth of experience in GP research and leads the establishment of a Practice-Based Research Network (PBRN). More to follow on this topic.

On the research front this year has seen three PhD students complete their theses. Congratulations to Dr Chalechew Alemayehu for his thesis on n-of-1 trials in resource poor settings, Dr Caroline Nicholson for her work on integrated governance and health reform and to Dr Johanna Lynch for her conceptual work offering a transdisciplinary whole of person approach to patients presenting with distress in primary care.

Supporting you in teaching the next generation of colleagues is important to us. Therefore, we offer a range

of activities throughout the year. In September our team hosted an ALM on giving and receiving feedback. The workshop featured three of our students who interacted with the participating GPs. Given the excellent feedback we plan more of these events in 2020. We will be offering RACGP QI&CPD points for all our workshops and events, so we can make a good start for the next triennium.

I'd like to welcome you all to attend our annual end of year event on Wednesday 13th November, where Prof Kirsty Foster, director of the Office of Medical Education will update us on the MD2025 project. On that day Heather McMaster, who has been our rock for so many years will retire from UQ. She will be dearly missed!

For those of you who are interested in what is happening in the field of antimicrobial resistance, I can highly recommend the AMR Forum at RBWH on Friday 8th November and the GP workshop hosted by PCCU. We hope to see you at our events and wish you a wonderful festive season and summer.

Professor Mieke van Driel, Mayne Professor of General Practice; Head, Mayne Academy of General Practice & Head, Primary Care Clinical Unit

2019 events:

GP Antimicrobial Resistance Workshop Sat 9th Nov 9-3pm
GP Teacher Engagement dinner Wed 13th Nov 6-9 pm

“Thank you very much Dr... It was a wonderful experience, my favourite clinical placement by far.” Year 3 MD student 2019

Summary of Year 3 student feedback

The feedback from students about their GP teachers and the learning experience in the practice is typically very positive and the GP rotation is a top scoring rotation out of all the year 3 and 4 UQ rotations. Most students in the recent Blocks 4 and 5 rated their experiences as very good to excellent.

The **“things I liked most”** include the welcoming environment and friendly practice staff; the well informed and good GP teachers; being actively involved in consultations; taking histories, doing examinations and assisting with/doing procedures; receiving feedback on their skills and seeing patients on their own. They also appreciated the opportunity to discuss other aspects of a medical life.

The **“things I liked least”** is a section which is often left blank or has a comment such as ‘nothing’. However some comments include issues such as lack of involvement and only observing; lack of opportunities to do histories, examinations and procedures; too many different GP teachers; uncertainty about hours required; lack of flexibility about session times; patients saying no to their presence and more than a few consultations being conducted in a language they cannot understand.

If you would like to discuss your teaching, please contact med.gp@uq.edu.au to arrange a practice visit.

Upcoming events for GPs

GP Teacher Annual General Practice Engagement Evening

Wednesday 13th November 6-9pm, UQ Health Sciences Building, RBWH Herston.

Please join us for an evening of networking with GP colleagues, sharing teaching and research expertise and catching up with the latest PCCU and Medical Faculty developments. For further details, contact med.gp@uq.edu.au

GP Antimicrobial Resistance Workshop

Saturday 9th November 9am-3pm,

Professor Mieke van Driel invites you to **update yourself on the responsible use of antibiotics** in respiratory infections, urinary tract infections and children at the Brisbane leg of the national *Antimicrobial Stewardship workshops for General Practitioners*. For further details and to register, go to: <https://cre-reduce.centre.uq.edu.au/event/session/922>

2020 general practice placement dates

3rd year GP Placement Block

Block 1: 20th January – 28th February
Block 2: 2nd March – 10th April
Block 3: 20th April – 29th May

Block 4: 29th June – 7th August
Block 5: 10th August – 18th September
Block 6: 28th September – 6th November



Featured profile

Associate Professor Katharine Wallis is a GP and GP academic who has recently joined the Primary Care Clinical Unit from the University of Auckland. Katharine is working part-time in a general practice on the Gold Coast. She enjoys teaching and aims to inspire students to reflect critically on clinical practice.

Katharine's main research interest is in improving patient safety in primary care, in particular supporting GPs' safer prescribing in routine practice and making the right thing to do the easiest thing to do. Her role at PCCU includes leading the development of a Practice Based Research Network and Katharine is keen to hear from anyone in general practice in Queensland who is keen to get involved in research or has an idea for a research project.

Katharine's alma mater is the University of Otago, where she gained her medical degree, masters degree in bioethics and health law, and doctorate. Her turangawaewae (Māori for spiritual home) is Wanaka in the south of New Zealand where many of her family still live and gather. Katharine is still getting used to the Australian way of life and the beautiful but raucous Australian birds. She is yet to see a koala although looks out for them every time the road signs advise koalas are crossing

Recent Feedback Workshop

8 GPs and 3 medical students joined us for the recent *GP Teacher Interactive Workshop: Enhancing the student learning experience through feedback*.

The first session – explaining and critiquing artwork as a feedback exercise was a novel experience for many and produced some very interesting and entertaining discussions about feedback and art.

Most participants agreed that that the second session was an extremely useful and powerful learning experience. Small groups watched pre-recorded videos of the students performing a history, examination or management interview. One GP gave feedback to the student about the performance while another GP provided feedback to the first GP. The highlight was then hearing about the effects and usefulness of the feedback from the students. Both students and GPs learned a lot from each other.

The afternoon concluded with discussions about difficult teaching scenarios where some challenging dilemmas were considered – managing patient safety, student and GP needs can be tricky.

All participants agreed it was an afternoon well spent.

MD2025 Information

To learn more about MD2025 or to provide your ideas, please see <https://medicine.uq.edu.au/faculty-medicine-intranet/teaching-and-learning/md-curriculum-review-%E2%80%93-md2025>

2nd year Urban LInCC

Semester 1: 17th February – 22nd May
Semester 2: 13th July – 23rd October

Research Focus

General practitioners' engagement in end-of-life care: a semi-structured interview study

Given the ageing of the population, the GPs' role in providing care for people who are approaching the end of life will only increase. It is known that open and honest communication about approaching ones' end of life is beneficial. However, this does not happen enough in practice. Therefore, we aimed to describe how GPs identify and discuss approaching end of life and how their practice changed. We found that if the patient or other health professional articulated a life-limiting prognosis, GPs shifted to end-of-life care, which often included care planning. If approaching end of life was not articulated, GPs shifted their focus to the comfort of the patient, but this was not explicitly discussed with the patient. Future studies should investigate if this implicit unarticulated end-of-life care provided by GPs is sufficient to meet patient needs.

Deckx L, Mitchell G, Rosenberg J, et al. General practitioners' engagement in end-of-life care: a semi-structured interview study. BMJ Supportive & Palliative Care 2019;0:1–8. doi:10.1136/bmjspcare-2019-001817

Recent PCCU research articles

General practice physicians' and nurses' self-reported multidisciplinary end-of-life care: a systematic review. Senior H, Mitchell G et al *BMJ Supportive & Palliative Care* 2019;0: 1–11. doi:10.1136/bmjspcare-2019-001852

Postpartum breastfeeding experiences in the traditional biomedical crossroads: A qualitative study using drawing with Vietnamese and Myanmar refugee women in Australia. Joseph, J et al. *J Adv Nurs* 2019; 00:1-12. doi: 10.1111/jan.14110

Barriers to the psychological well-being of Australian junior doctors: a qualitative analysis. Forbes MP, Iyengar S, Kay M. *BMJ Open* 2019;9:e027558. doi:10.1136/bmjopen-2018-027558

Resilience on the Run - an evaluation of a wellbeing program for medical interns. Forbes M, Kay M et al. *Intern Med J.* 2019 Apr 16. doi: 10.1111/imj.14324

If you would like to receive a copy of any of these articles, please contact us at med.gp@uq.edu.au

Research Recruitment

Testing a multi morbidity toolkit

We are developing an online toolkit that summarizes evidence on interactions, harms and benefits of different treatments for people who have multi morbidity. We have developed a first prototype but we need your expertise to help us improve it.

Participation involves testing the online tool, filling in an online survey and one face-to-face meeting. In recognition of your time we offer \$200 gift vouchers.

If you are interested in participating, please contact Dr Laura Deckx (l.deckx@uq.edu.au).

Tackling the growing problem of loneliness and isolation

A program to address social isolation and reduce burden on the health care system is being trialled in Australia. The Ways to Wellness Social Isolation Project is a partnership between UQ, the Queensland Community Alliance, the Mt Gravatt Community Centre and the Mt Gravatt Men's Shed.

The program uses 'social prescribing', where patients are referred to a link worker and on to non-medical group programs in the community. Along with addressing the serious health consequences caused by loneliness and social isolation, the project hopes to reduce the burden on the health care system by addressing the unmet social needs of patients including some of the 10% of GP patients who are 'frequent attenders'.

For more information, the Ways to Wellness webpage dedicated to Health Professionals explains more about social prescribing, and provides links to referral forms:

<https://waystowellness.org.au/health-professionals/>

Or you can contact Wendy Blackmon on:

E: linkworker@mgcci.org.au

T: 3343 9833 (ext: 103)

Congratulations to:

Geoff Spurling who has been awarded an **NHMRC Investigator Grant** to develop, implement and test a co-created health assessment for Aboriginal and Torres Strait Islander young people in primary care.

Deb Askew who has been awarded a **Churchill Fellowship** to research holistic Foetal Alcohol Spectrum Disorder prevention in urban Indigenous communities in Canada and the USA. For further information see <https://medicine.uq.edu.au/article/2019/10/researcher-study-canada%E2%80%99s-success-preventing-fetal-alcohol-spectrum-disorder>

For further details, please contact: Primary Care Clinical Unit:
med.gp@uq.edu.au
<https://medicine-program.uq.edu.au/academic-disciplines/general-practice>



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