



# General Practice Clinical Unit GP Newsletter

February 2023

Welcome to the first General Practice Clinical Unit newsletter for 2023. The university year is well underway with students enjoying their clinical placements in general practice and face-to-face tutorials without the intense covid restrictions that we have all been operating under in recent years. Our first practice-based research project is also underway (RELEASE) funded by the Commonwealth Government Medical Research Future Fund. We are enormously grateful to the practices supporting this project. As GPs ourselves, we understand the stress that practices are under. We ensure that research projects such as RELEASE impose as little burden as possible on participating practitioners and practices, and that this support for research is remunerated. We look forward to working with more of you over the coming months and years, as we work together to develop new knowledge and relevant evidence to improve primary health care and outcomes for our patients. Thank you also for your continued dedication to teaching and providing clinical placements for UQ medical students. It is an exciting time with an increased footprint for general practice in the new MD program, currently in its first year this year, and new opportunities for clinical placements in general practice going forward – exciting times indeed.

## **Katharine Wallis**

Mayne Professor and Head, Mayne Academy of General Practice  
Head, General Practice Clinical Unit

## Announcements

At the end of 2022, we gathered for the GPCU Annual Dinner and Awards night in the beautiful Mary Emelia Mayne Room, Mayne Medical Building, Herston, with thirty-four attendees enjoying

the evening. Many GP Teachers were nominated by their students for Teaching Awards in 2022. Congratulations to the 2022 winners:

Dr Brendan Triggs  
for the GP Course



Dr Nick Comino  
for Urban LInCC!



### CPD for teaching and research

Teaching medical students, participating in research, and participating in the Vulnerability in Medicine for GP Teachers program (details below) are all eligible for CPD hours!

General practitioners can claim CPD hours for teaching and research. The RACGP has developed a policy approving up to a maximum of 30 CPD hours for teaching in clinical practice per GP per year, spread across Educational activity (15 hours) and Performance review (15 hours), *and* up to a maximum of 30 CPD hours for participation in research per GP per year, spread across all three CPD domains (Educational activity, Performance Review, Measuring Outcomes) depending on the research activities. The General Practice Clinical Unit provides a letter confirming participation in teaching and research for GPs.

## People

### Congratulations

Congratulations to Associate Professor Deborah Askew in her new role as Director of Higher Degree Research in the Medical School.

### Staff update

We have welcomed several new members to the GPCU Team.

#### Dr Beth Shirley

Hello, I am Beth Shirley (BSc, MBBS, FRACGP, FHEA) and I have recently joined the GP Practice Engagement Team at GPCU in Herston. I am a medical graduate of the University of Queensland and a part time GP. My clinical interest is in working with families with children who have difficulties with sleep, feeding and/or mental health concerns in early parenthood and I have been working exclusively with this patient group for the past ten years. I have also been teaching medical students with UQ since 2009. I look forward to meeting you out in your practices in my new GP Liaison role.



#### Dr Annabel Chau

Hello, I am Annabel Chau (BSc, MBBS, FRACGP, SCHP) and I am the Academic Course Coordinator for Urban LInCC. In addition to my work with the General Practice Clinical Unit, I work as a part-time GP on campus as well as teach various other UQ courses. In my spare time I enjoy cooking, gaming and spending time with my cat, Chester. I look forward to working with you all in the coming year.



## Feedback from your students

Our students highly value and appreciate their GP Placements. Here are some of the comments from our students in their Block 6 GP placements in 2022.

- *'I felt like part of the team and my GP provided me with plenty of great learning opportunities.'*
- *'The team was absolutely lovely, working in the treatment room occasionally was great for procedural skills.'*
- *'...enthusiastic, supportive and welcoming. They regularly took the time to teach and develop my clinical skills, even on their busiest days.'*
- *'I appreciated having opportunities to practice with direct and indirect supervision.'*
- *'GPs were knowledgeable, kind and fair.'*
- *'Very knowledgeable GPs, thorough explanations of relevant cases...'*

## Practice engagement update

As we move into 2023, your GPCU Practice Engagement Team (Drs Alison Green, Rory Melville, Beth Shirley and Cherri Ryan) will be out and about in the Greater Brisbane area visiting new practices and continuing to support you, our valued network of practices and GPs supporting medical student learning and practice-based research. The new MD 2023 Curriculum has begun. What does this mean for our GP Teaching Practices? From 2024 onwards, we will have a substantially increased number of students doing placements in General Practice. We will be needing all our current GP Teachers, and more. This year, there will be the usual number of Year 3 students in GP block placements and a small number of Year 2 students in Urban LInCC placements. From Semester 2, 2024, all Year 2 students (over 400) in the new Curriculum will be doing a longitudinal placement in General Practice, plus Year 3 students will still be doing 6-week block placements. We share a goal of encouraging more students to understand the specialty of General Practice and to consider it as a future career. We are always keen to engage with our established practices and to provide any additional support you may need.

### Concerns about student health or well-being?

If you become concerned about the health and well-being of a student in a General Practice placement at your practice, please do not hesitate to contact the Course Coordinator. Up to date contact details are located in the Course Handbooks found here [https://medical-school.uq.edu.au/mayne-academies/general-practice#qt-uq\\_general\\_practice-foundation-tabs-2](https://medical-school.uq.edu.au/mayne-academies/general-practice#qt-uq_general_practice-foundation-tabs-2)

You may also wish to directly contact Medical Student Support Services, or assist the student to do so <https://medical-school.uq.edu.au/doctor-of-medicine-student-support>

All UQ Students can also access a range of support via Student Services <https://my.uq.edu.au/information-and-services/student-support/health-wellbeing>, including Mental Health support <https://www.uq.edu.au/about/campaigns-and-initiatives/mental-health> and an after-hours *Crisis and Counselling line 1300 851 998*

## GPCU Teaching Resources

The [UQ General Practice website](#) provides many useful resources for teaching. Scroll to the Teaching & Learning tab, and click on Resources for GP Clinical Teachers, where you will find the current Handbooks for the GP Course and Urban LInCC as well as many other teaching tips and resources.

Please contact us [med.mdgp@uq.edu.au](mailto:med.mdgp@uq.edu.au) if you have any queries about teaching resources.

## Becoming an Academic Title Holder

We encourage all our GP Teachers to apply to be a University of Queensland Academic Title

Holder. Benefits include free access to the vast UQ Library resources. If you are a GP Teacher and have not yet applied for ATH status, please see the video on our website, prepared by Dr Alison Green, guiding you through the steps. Follow the link [here](#) and scroll down to UQ Academic Title Holders to get started.

## UQ MD Design update

### Year 1 MD Students encouraged to seek out their own GP

On Friday 3 February I had the pleasure of meeting the new Year 1 MD students. I was one of several presenters in a session on wellbeing and self-care. I spoke with them about finding their own GP, and encouraged them not to wait until they have an acute need, to find a GP they can talk to when times are challenging.

We have encouraged the 'meet and greet', a term which I've come across in recent years, used by medical colleagues, of taking the important step of coming to see if I'll be a good fit for them as their own GP. So, you'll know why if new patients says, "I'm a new medical student and I'm here as a new patient for a meet and greet!"

We discussed that some doctors are not seeing new patients, and that sometimes we meet a new doctor, and they are not quite the right fit, so we have to persist and try again.

I specifically spoke with students about gap fees in health care. We are very fortunate that our colleagues at UQ St Lucia Medical Centre provide no-gap bulk-billed health care to all students at the University of Queensland. Students are aware that this service exists. I have asked students to assume, as we all do, that they will be paying the gap fee when they attend a private billing clinic. Not all students will have Medicare cards, students who come from overseas will have overseas travel insurance which pays a rebate towards the cost of consultations.

I spoke with students about how to book appointments of an appropriate length for the presenting issue/s. I reassured them that no harm will come to them from expressing vulnerability and asking for help when things are tough. I told them that they are our colleagues, and we know how to look after them and we are so glad they are joining our profession.

If you have capacity to accept new patients, and you meet one of our new year 1 MD students, thank you very much for your expert care for them.

From time-to-time GP teachers may become aware that a medical student on placement doesn't have a GP of their own. This is a good opportunity to promote having your own GP, and model professional boundaries by encouraging the student to seek care at a practice (not your practice) which is a good fit for them. Some suggested names from you would really help reduce the barriers to seeking care.

Dr Alison Green

### Dates for GPCU General Practice Placements 2023

3 <sup>rd</sup> Year GP Block Placements		2 <sup>nd</sup> Year Urban LInCC	
<b>Block 1:</b>	16 January – 24 February	<b>Semester 1:</b>	February – May
<b>Block 2:</b>	27 February – 7 April	<b>Semester 2:</b>	July – October
<b>Block 3:</b>	17 April – 26 May		
<b>Block 4:</b>	26 June – 4 August		
<b>Block 5:</b>	7 August – 15 September		
<b>Block 6:</b>	25 September – 3 November		

### Rural and Regional Perspectives

At the Rural Clinical School our team of GP Academic Leads and student coordinators work in partnership with more than 26 regional general practices to provide clinical placements for approximately 90 UQ Medical students who come to spend a minimum of a year at the Regional Clinical Units in Rockhampton (24 Year 3 students), Bundaberg (16 Year 3 GP students), Hervey Bay (16 GP students) and Toowoomba (36 GP students).



The Mayne Academy of Rural and Remote Medicine provides additional clinical placements in rural GP practices as part of the Extended Placement Program (EPP). The EPP involves medical students undertaking the General Practice and Rural & Remote Medicine placements back-to-back in the same rural location. In 2023, 17 students (9 RCS & 7 Brisbane based) will undertake 12-week placements in Yeppoon, Theodore, Roma, Goondiwindi, Kingaroy & Dalby. A recent review of work location over a career period of 10 years after graduation found that students who completed EPP were around 3 times more likely to work in rural communities as their careers progressed. For students who completed an EPP and spent 2-years at a Regional Clinical Unit, rural workforce outcomes were 7 times more likely.

The Mayne Academy of Rural and Remote Medicine clinical unit works with over 46 GP clinics and multi-purpose health centres to provide all domestic students with the opportunity to understand and experience the rewards, benefits, and challenges of clinical practice in communities that face access and equity challenges. GP practices support placements across a vast rural footprint and students travel up to 9 hours from Brisbane to GP clinics as far as Emerald, Cunnamulla, and Charleville.

Across this broad footprint, the UQ Regional Training Hubs (Central Queensland, Wide Bay and Southern Queensland) Primary Care Workforce Leads support local medical practitioners to become clinical supervisors and connect medical students and junior doctors interested in rural or regional General Practice careers to complete as much of their training as possible in rural or regional Queensland. Our RCS research team support this work through projects to advance and advocate for the female rural workforce agenda such as “Barriers and enablers of training and employment models for female rural doctors working at a generalist scope”.

## Culture, Community and Inclusivity

*We would love to hear from you!*

In this section, we would like to share your experiences of culture, community and inclusivity, and how this enhances your life or your work in general practice. As GPs, we share common goals and values, and we come from many backgrounds and cultures, have vast ranges of life experiences, work within different communities and hold many roles.

*If you would like to share your experience of culture, community or inclusivity, please email a brief paragraph, poem, or image (up to 200 words +/- photo) to [med.mdgp@uq.edu.au](mailto:med.mdgp@uq.edu.au), (with ‘Culture, Community, Inclusivity’ in the subject line) for inclusion in a future newsletter.*

## Research

### **UQGP Research Network**

This practice-based research network enables GPs, practices and university researchers to work together to develop practice-based solutions to practice-based problems. While most health care is delivered in primary care, most research happens elsewhere. Together we can work to build the evidence-base for a high-quality primary health care system. Please contact us if you have any burning practice-based research questions or would like to get involved in the exciting and cutting-edge world of practice-based research.

[k.wallis@uq.edu.au](mailto:k.wallis@uq.edu.au)

### **Research article focus**

#### **The Mobile Outreach Boomerang van: taking care to the community**

For some people, and particularly Indigenous people, primary health care is not always accessible. Indigenous specific mobile primary health care clinics are one strategy for addressing access issues. The Mobile Outreach Boomerang Van (MOB Van), a mobile primary health care clinic, has been providing care for Aboriginal and Torres Strait Islander people in Toowoomba, the

traditional Country of the Giabal and Jarowair people, and the Southern Darling Downs of Queensland since 2013. It has also been a site for education, research, community engagement and for fostering partnerships between Carbal Medical Services and local organisations such as churches and schools. This paper tells the MOB Van's story, from inception to the current day.

**Askew DA**, Kettyle E, Passante K, Campbell T, Toombs MR. The Mobile Outreach Boomerang van: taking care to the community. *Med J Aust.* 2023 Feb 6;218(2):65-67. doi: 10.5694/mja2.51816. Epub 2022 Dec 20.

### Recent articles

Lakhan P, Cooney A, Palamuthusingam D, Torrens G, **Spurling G**, Martinez A, Johnson D. Challenges of conducting kidney health checks among patients at risk of chronic kidney disease and attending an urban Aboriginal and Torres Strait Islander primary healthcare service. *Aust J Prim Health.* 2022 Oct;28(5):371-379. doi: 10.1071/PY21248. PMID: 35863762

**King, D.** Viral infections and persistent cough: Evidence for treatment options. *AJGP* 2022 Dec;51(12). doi: 10.31128/AJGP-05-22-6446

If you would like to receive a copy of any of these articles, please contact us at [med.mdgp@uq.edu.au](mailto:med.mdgp@uq.edu.au)

## Upcoming events and education

### GPCU Research seminars

GPCU research seminars, covering a range of topics, are held fortnightly on Wednesdays from 12pm to 1pm, and can be accessed by Zoom. If you would like to be on the mailing list for these seminars, please contact [med.mdgp@uq.edu.au](mailto:med.mdgp@uq.edu.au)

### GP Teacher Peer Learning

#### Vulnerability in Medicine (ViM) for GP Teachers



Are you interested in CPD hours?

*Vulnerability in Medicine (ViM)* for GP Teachers is a 5-week small group peer learning program providing GPs with the opportunity to engage in critical reflection on teaching and share their experience of teaching with other GP teachers.

As part of the program, you will consider thought provoking questions, challenging teaching scenarios and explore the medical humanities. You will also be invited to spend time engaging in an activity of your choice for your own health and wellbeing. The program is based on the award-winning *Vulnerability in Medicine* program offered to medical students. It will be interesting and fun.

Depending on your engagement with the program you may accumulate CPD hours in the following categories: Educational Activity, Measuring Outcomes, and Reviewing Performance. A learning plan template assists with reporting CPD hours.

### When - coming later this year

If you would like to join us, please express your interest [here](#)

If you would like to learn more, please contact: Dr Michaela Kelly email – [m.kelly4@uq.edu.au](mailto:m.kelly4@uq.edu.au)

Comments from our 2022 participants:

*'It was easy to prioritise when its value became evident. There was a therapeutic element to sharing the joys and challenges.'*

*'I've thoroughly enjoyed having conversations with other GP teachers and the sharing of wisdom, experiences, and ideas. I've been inspired by the connections and feel more energised in my teaching roles.'*

*'It was a joy to explore the underbelly of our teaching lives.'*

## GPs subscribing to this newsletter

Many GPs have told us they would like to receive this newsletter directly into their own inboxes, to stay up to date with the latest GPCU news on teaching, research and upcoming events. If you, or other GPs in your practice, would like to directly subscribe to this newsletter:

Click [subscribe](#) or send the preferred email address/es to [med.mdgp@uq.edu.au](mailto:med.mdgp@uq.edu.au) with 'Please subscribe me to GPCU newsletter' in the subject line.

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and resources

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