



# General Practice Clinical Unit GP Newsletter

Spring November 2023

Welcome to General Practice Clinical Unit Newsletter for Spring 2023.

I would like to take this opportunity to thank you and your practice team for providing excellent learning experiences for UQ medical students. Students consistently rate their experience in general practice very highly. Your dedication to teaching helps to inspire and prepare the next generation of doctors. From 2024, UQ is introducing a new longitudinal placement in general practice (one day per week over about 14 weeks) for all Year 2 students, in addition to the intensive placement in Year 3 or 4.

I would also like to thank practices for participating in the RELEASE trial. So far, fifteen practices have signed up to participate and we seek a further thirteen. The RELEASE trial is testing an intervention designed to support patients to safely stop antidepressants when there is no clinical indication for continued use to improve patient long-term outcomes. Your support helps to develop the evidence base for a high-quality primary health care system. Please contact us if participation could be of interest. [Release.study@uq.edu.au](mailto:Release.study@uq.edu.au)

I look forward to continuing working with you, in both education and research.

**Katharine Wallis**

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

## Upcoming Events

## GPCU Annual GP Dinner and Awards Night

All our valued GPs and GP Registrars who have been teaching in 2023 or involved in GPCU Research are invited to attend.

**Date:** *Wednesday 6 December 2023*

**Time:** *6pm – 8pm*

**Location:** *Mary Emelia Mayne Room, Level 4, Mayne Medical School, Herston*

**RSVP:** to [med.mdgp@uq.edu.au](mailto:med.mdgp@uq.edu.au) by 29 November  
(please notify any dietary needs)

## Lecture - Philosophy of long covid: uncertainty, complexity and ontology

Please join us for a lecture delivered by Professor Trish Greenhalgh, an internationally recognised academic in primary health based at the Nuffield Department of Primary Care Health Sciences at the University of Oxford.

**Date:** *Wednesday 13 December 2023*

**Time:** *4.30-5.30pm*

**Venue:** *ES Meyers Lecture Theatre, Mayne Medical School Building, Herston Road, Herston*

## Improving Pathways to General Practice: Co-design Workshop

The UQ Rural Clinical School, in collaboration with GPCU, seeks to improve pathways to general practice, from medical school to GP registrar years.

We need your expertise, as a medical education stakeholder, in a co-design workshop mid-late November 2023 to jointly develop recommendations for the improvement of GP pathway processes for medical students and junior doctors. Following the workshop, a Delphi study will be conducted online Dec 2023 – Jan 2024 to prioritise identified initiatives for medical schools, colleges, health policymakers and other stakeholders. We hope this study will enhance processes for doctors choosing to become future GPs. Please contact [f.yong@uq.edu.au](mailto:f.yong@uq.edu.au), or follow this [link](#) for further information.

## People

### Staff updates

#### Dr Faith R. Yong

I am a health services researcher with a keen interest in improving the quality of care in health systems by addressing workforce challenges, professional identity, safety and quality, and organisational conflicts within and between professions. I currently work within the Rural Clinical School and GPCU as a postdoctoral research fellow, in a RACGP ERG that looks at strengthening GP pathways in medical education. My research interests include theoretically-based qualitative and participatory action research to understand and improve healthcare work and practitioner wellbeing from a systems perspective. I have taught in universities for the last six years, and have experience in research within general practice, community, hospital pharmacy practice and medical education. I am an experienced community pharmacist and co-founder of the Consultant Pharmacists Australia (CoPA) group.



#### Dr Shane Delisser

Hello, I am Shane Delisser (MBBS, MMed) and I have recently joined the GPCU team at Herston

this year as an Academic Registrar. I currently work as a part-time clinical GP in North Brisbane with an interest in adult medicine, chronic disease, and sexual health; as well as undertaking my position in teaching and research here at the General Practice Clinical Unit. My research interest area is in LGBTQ+ health, advocacy, and medical education. I look forward to meeting and getting to know everyone over the coming year.



## Congratulations

Congratulations to Dr Shane Delisser for winning AAAPC Best Poster Award at the Australasian Association for Academic Primary Care Research Conference 2023.



Congratulations to Dr Jenny Job, Research Director, UQ-MRI Centre for Health System Reform and Integration. In collaboration with the [Society for Academic Primary Care \(SAPC\)](#) in the UK, the AAAPC offers an international dimension to an outstanding paper submitted to the [Annual Research Conference](#). Dr Jenny Job won the 2023 SAPC award for her presentation [“The feasibility and acceptability of implementing a tool to identify and provide management support for people at risk of frailty in general practice”](#). In addition, Dr Job was runner up for the [UQ Mayne Academy of General Practice award for ‘Excellence in translating evidence into practice’](#)



Congratulations to Dr Hayley Thomas and Assoc Prof Nancy Sturman and team, who have received the John Templeton Foundation Grant for the project 'Eating Disorders and Christian Spirituality: An Exploratory and Co-Design Approach to Prevention, Whole Person Care and Recovery'.

## Teaching

### Practice Liaison Update

As we near the end of 2023, and reflect on the busy year it has been, the members of the Practice Liaison Team (aka Practice Engagement Team) are humbled and grateful that so many GPs in our community have agreed to teach medical students going forward. We now have over 215 GP practices in the Greater Brisbane area who have committed to teaching UQ medical students. To our longstanding GP teachers and our new ones, we thank you for your role in helping our future colleagues. A positive placement in general practice increases the likelihood of students choosing general practice as their future specialty and improves future interprofessional relationships and understanding for those who move into other specialties.

### GPCU Teaching Resources

The [UQ General Practice website](#) contains the regularly updated *Handbook for GP Teachers* and many other useful resources for teaching. To access, please click on the 'Teaching and Learning' tab and then on 'Resources for GP Clinical Teachers'.

### Becoming an Academic Title Holder

All our GP Teachers are eligible for UQ Academic Title Holder status, at Senior Lecturer level (GPs) or Lecturer level (GP Registrars), which also provides access to the online library, including to articles below, many journals and useful resources such as Therapeutic Guidelines. To apply, please follow instructions provided on the [UQ General Practice website](#) - click on 'Teaching and Learning' and then scroll down to 'UQ Academic Title Holders'.

### Dates for GPCU General Practice Placements 2024

Year 2 GP Longitudinal Placements		Year 3 GP Block Placements	
		<b>Block 1:</b>	15 <sup>th</sup> January – 23 <sup>rd</sup> February
<b>Semester 1</b>	Late January to May	<b>Block 2:</b>	26 <sup>th</sup> February – 5 <sup>th</sup> April
		<b>Block 3:</b>	15 <sup>th</sup> April – 24 <sup>th</sup> May
<b>Semester 2</b>	Mid-June to October	<b>Block 4:</b>	24 <sup>th</sup> June – 2 <sup>nd</sup> August
		<b>Block 5:</b>	5 <sup>th</sup> August – 13 <sup>th</sup> September
		<b>Block 6:</b>	23 <sup>rd</sup> September – 1 <sup>st</sup> November

## Rural and Regional Perspectives

2023 has been a busy year of engagement as the Rural Clinical School with our team presenting at and attending the following conferences:

- FRAME Devonport, Tasmania, Oct 23 - Associate Professor Matthew McGrail presented on the significance of RCS and Hubs in research impacts
- RMA23 Hobart, Tasmania, Oct 23 - Associate Professor Riitta Partanen presented on addressing the rural nemesis: Geographical Narcissism and Professor Bruce Chater led discussions on Exploring Effective Pathways to Rural Practice
- LIMEX23 Oct 23 - Wayne Williams Academic Lead Indigenous Health Education presented Deepening the Ripples of Medical Education on the immersive curriculum he has developed
- WONCA 2023 World Conference, Sydney, Oct 23 - The RCS team were very well represented including Dr Bushra Nasir presenting on developing research capacity through short-term community-engaged scholarly projects for rural and remote medical students, A/Prof Riitta Partanen presented on the goal of making GP first choice for medical graduates through the innovative medical pathways model

Earlier this year the team made the most of their visits to Canberra, meeting with the Department of Health, presenting at the 9 Rural and Remote Health Scientific Symposium and attending the RACGP Education Research Grant Workshop.

### Presentation to Department of Health

On June 15, A/Prof Riitta Partanen, Prof Bruce Chater and A/Prof Matthew McGrail presented to the Commonwealth Department of Health and Aged Care's Health Workforce Divisional Meeting. Their presentation was a short summary of research evidence published by UQ's Rural Clinical School of outcomes relating to its Extended Placement Program in smaller rural communities, which was published in BMJ Open in early 2023. This evidence was presented alongside UQ's redesign of its MD and expanded medical training pathways.

This session was attended by well over 100 members of the divisional team, with plenty of engagement and enthusiasm seen. Following the session, a Department response summed up its impact "thank you again for the great presentation – we've heard a lot of great comments, discussion and interest following on from your talk – it was fantastic.... It was a great opportunity for all members of our division to hear about the work being done to address the workforce shortages in rural and regional Australia...Good to know we are all on the right track!".

### **9<sup>th</sup> Rural and Remote Health Scientific Symposium**

UQRCS had an Exhibit booth and was a Session Sponsor for the Workforce concurrent session at the 9<sup>th</sup> Rural and Remote Health Scientific Symposium that was held in Canberra between 20-21 June.

A/Prof Matthew McGrail presented his research on: *Evaluating the importance of rural medical internships to longer-term workforce distribution outcomes.*

Dr Jordan Fox presented her research on: *Research interest and associated outcomes of medical students training rurally.*



### **RACGP Education Research Grant Workshop**

A/Prof Matthew McGrail & Dr Tiana Gurney attended a 1-day workshop in Melbourne for their successful RACGP Education Research Grant. This provided all the researchers successful in this funding scheme, around Australia, an opportunity to come together and discuss their different projects receiving constructive feedback and advice for each project moving forward. It was incredibly beneficial process for all teams and very nice to meet people in person.



## **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, to build the evidence-base for a high-quality primary health care system.

### **Featured article**

#### **Nutrition Care in a pregnancy affected by Gestational Diabetes Mellitus**

GPCU's Dr Alison Green is a co-author, with Dietician colleagues, for the article 'Nutrition Care in a Pregnancy Affected by Gestational Diabetes Mellitus', which appeared in the May 2023 Diabetes Management Journal. GDM affects more than 10% of pregnancies, and most cases are managed with diet and lifestyle change. The article outlines the principles of nutritional needs of the pregnant woman. Alison has flown the flag for GPs in this article, which notes that GDM tends to disrupt the patient-GP long-term relationship, when the GDM diagnosis has traditionally prompted transfer of care from shared to tertiary care. Clinical handover back to primary care has historically not been done well, and this is important because GDM needs follow up, as a key risk factor for development of T2DM. It's important that GPs receive clear and timely handover from the hospital, and have access to up to date, accurate and easy to find resources. This way we can work together with our tertiary obstetric, endocrine, obstetric physician and dietician colleagues, to provide person-centred care and improve patient outcomes.

De Jersey S, **Green A**, Wilkinson S A, Meloncelli N, O'Connor H. Nutrition Care in a pregnancy affected by Gestational Diabetes Mellitus. Diabetes Management Journal, 2023, May, p32

### **Recent articles from GPCU**

**McDonald S, Wallis K**, Horowitz M, Mann E, Le V, **Donald M**. Acceptability and optimisation of resources to support antidepressant cessation: A qualitative think-aloud study with patients. British Journal of General Practice, 21st August 2023. <https://doi.org/10.3399/BJGP.2023.0269>

**Wallis KA, Donald M**, Horowitz M, Moncrief J, Ware R, Byrnes J, **Thrift K, Cleetus MA**, Zwar N, **Panahi I**, Morgan M, Freeman C, Scott I. RELEASE (REdressing Long-tErMAntidepressant uSE): protocol for a 3-arm pragmatic cluster randomised controlled trial effectiveness-implementation hybrid type-1 in general practice. Study Protocol. Trials 2023 24:615 <https://doi.org/10.1186/s13063-023-07646-w>

**Spurling GKP**, Dooley L, Clark J, **Askew DA**. Immediate versus delayed versus no antibiotics for respiratory infections.

Cochrane Database of Systematic Reviews 2023, Issue 10. Art. No.: CD004417. DOI: 10.1002/14651858.CD004417.pub6. Accessed 18 October 2023.

**Spurling GK, Askew DA, Hayman NE.** The impact of COVID-19 on consultations at an Aboriginal and Torres Strait Islander primary health care service: a retrospective observational study. *Research Letter. Med J Aust.* Vol 219, 7. 03 October 2023. <https://doi.org/10.5694/mja2.52121>

**Yong FR, Naicker S, Uebel K, Agalotis M, Chan C, Nguyen JDT, Pathirana T, Hawkey A, Vuong K.** "We're trained to trust our patients": a qualitative study on the general practitioners' trust in patients for colorectal cancer shared care, *Family Practice*, 2023; cmad095, <https://doi.org/10.1093/fampra/cmab095>

### Recent articles from RCS

Anderson E, **McGrail MR**, Hollins A, Young L, McArthur L, **O'Sullivan B**, et al. Comparison of performance outcomes after general practice training in remote and rural or and regional locations in Australia. *Med J Aust.* 2023; 218(9):408-9.

**McGrail MR, Gurney T, Fox J, Martin P, Eley D, Nasir B, Kondalsamy-Chennakesavan S.** Rural medical workforce pathways: exploring the importance of postgraduation rural training time. *Human resources for health.* 2023;21(1): art number 31

**Gurney T, O'Sullivan B, McGrail M, Martin P.** Understanding the non-professional needs of early career doctors: An interview-based study. *The International Journal of Health Planning and Management.* 2023; 38(2):330-46

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)

## Education

Thank you to all the GP Registrars, Teachers and Supervisors who attended the 'Teaching Medical Students in General Practice: for GPs and GP Registrars' educational evening and dinner. The discussions were interesting and insightful and the night was enjoyed by all.



### GPCU Research seminars

GPCU research seminars, 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)

## Culture, Community and Inclusivity

*We would love to hear from you!*

If you would like to share your experiences of culture, community and inclusivity, and how this enhances your life or your work in general practice 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), for inclusion in a future newsletter.

## 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.

Contact us

Apply to be an ATH  
(Academic Title Holder)

Teaching tips  
and resources

This email was sent by Faculty of Medicine, The University of Queensland, Mayne Medical Building, 288 Herston Road, Herston, QLD, 4006, [www.medicine.uq.edu.au](http://www.medicine.uq.edu.au), CRICOS: 00025B | TEQSA: PRV12080 to [k.wicks@uq.edu.au](mailto:k.wicks@uq.edu.au)

[Unsubscribe](#)