

Diary of Events
2010/11

**Secure Environments
Network (SEN) Meeting**
10.11.10
The Vale Hotel, Hensol

RCGP Wales Council AGM
25.11.10
Marriott Hotel, Cardiff

Harvard Davis Lecture
25.11.10
Marriott Hotel, Cardiff

**RCGP Wales General
Practice in Wales
Conference**
26.11.10
Mercure Holland House
Hotel, Cardiff

**RCGP Wales Gala Awards
Dinner**
10.12.10
National Museum, Cardiff

Alcohol Misuse Training
11.02.11
Llangoed Hall, Brecon

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Network / RCGP
Wales Conference**
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We're on the Web!

www.rcgp-wales.org.uk**Message from the
RCGP Wales Chair**

Dr Bridget Osborne FRCGP
Chair RCGP Wales

'Equity and excellence: Liberating the NHS' was the hot topic for our English colleagues in Harrogate where GPs packed the auditorium to hear Andrew Lansley talk about his plans for GP led commissioning. Of much greater concern is the Chancellor's spending review, as the NHS budget in Wales is ring-fenced and needs to find £380million by next April. Posts in secondary care are not filled when they fall vacant, so services become "unsafe" and wards are closed. Even in October we have received reminders about bed shortages.

GPs in the north are already concerned about service reviews, creating a real danger that emergency services in the three district general hospitals may be affected, disadvantaging further some of the most deprived urban communities in the UK. Any saving to health may well be transferred to social care and Ambulance trust budgets, as pregnant, frail and sick patients are ferried to distant services.

GPs are experts in generalism. We manage multiple morbidities, perform minor surgery, deal with mental health problems and act as general paediatricians, social workers and citizens' advice bureau. Whilst secondary care has become increasingly fragmented and specialised, GPs have quietly picked up the pieces, maintaining continuity and providing holistic care, but we do need support. This means working in primary care teams with district nurses, health visitors, pharmacists and others in a way which puts the patient at the forefront.

We need to be able to refer our difficult patients for specialist advice and the ever increasing range of secondary care interventions. When admitted to hospital, our patients should be in a bed – with adequate pillows and blankets- somewhere where friends and family can visit and provide the emotional support so necessary to physical recovery.

Members of the Royal College of General Practitioners are "committed to improving patient care, clinical standards and GP training". GPs across Wales really should find out what is happening to local services. Although normally a quiet profession, we must not hesitate to make our voices heard when the care we deliver is threatened and patients put at risk, especially those disadvantaged patients, not able to articulate their own needs. Those involved in medical education also need to be aware of the knock on effect on training when wards are closed and services cut.

When the cold financial winter arrives, we still need to be able to admit our ill, isolated elderly to a warm and cared for local hospital bed, and to ensure our pregnant patients a safe delivery backed up by any necessary paediatric care.

Teenage Pregnancy in Wales

Wales lags behind England in many health parameters: a baby born in Wales may expect to live about year less than one born in England. Wales also has the highest rate of underage pregnancy in Western Europe, with 44.2 per 1000 conceptions in 15-17 year olds compared to 40.5 in England (2008). In Merthyr Tydfil, an area with one of the highest rates of binge drinking in Wales, the figure was 73.3/1000.

Risk factors for teen pregnancy include not only alcohol and drug use, but also poor educational attainment, social deprivation and living in care. Those living in rural areas have poor access to advice or contraception. Whilst living in seaside resorts, with a high seasonal employment rate, is another well factor, as are low life expectation and poor self esteem.

The effects on the health of the mother range from an immediate risk of pre-eclampsia and anaemia, to later life, where teenage mothers score 30% higher for anxiety and depression on GHQ scores. They are more likely to live in a workless family in a poor neighbourhood and the cycle of underachievement is perpetuated by the high risk of partnership dissolution. Even the fathers are twice as likely to be unemployed at 30 compared to those who have not fathered an underage pregnancy and are likely to have difficulty in supporting either mother or child and to have less contact with their children.

Babies born to underage mothers have a higher rate of infant mortality, congenital abnormality and low birth weight. They are unlikely to be breast fed and will probably grow up in a deprived, single parent family. The risk of accidents is increased as is the incidence of behavioural problems. The children themselves are more likely than others to become teenage parents, completing a circle of intergenerational disadvantage.

The best results in reducing rates of underage pregnancy are seen where there is good quality sex education combined with access to contraception. This is especially important in rural areas, where anonymously obtaining contraception in close knit communities may be impossible.

One successful initiative is the Torfaen C-Card scheme, offering free condoms to young people. In Torfaen there has also been an acknowledgement that young men need attention to encourage responsible and safe sexual behavior and that has been a focus of the C-card scheme and the Strides Project, which helps youth workers to facilitate discussions about sexual health.

Schemes such as this are patchy. Whilst some practices in Wales are able to supply condoms and appropriate advice to young people, this is not universal and there needs to be a national plan for the distribution of condoms and pregnancy-testing kits in primary care. The present iniquitous position is that geography defines what is available and to whom.

Many of our practice nurses are highly skilled in dealing with sexual health matters. We also need to look at the accessibility for young people, and at making teen friendly surgeries. The RCGP Association for young people's health has materials available to help practices to achieve this

(<http://www.youngpeopleshealth.org.uk/GPs4YP/tier.aspx?id=4>).

It is very easy to view underage pregnancy as a problem of society, not a medical problem. However, underage pregnancy carries medical risks for mother and child, as well as contributing to a cycle of deprivation and health inequality. It has been highlighted by the CMO as one of the ten priorities for action.

There will be a workshop around underage pregnancy at RCGP Wales conference and I look forward to hearing your suggestions as to how general practice can reduce our rating in the European underage conception league.

Dr Bridget Osborne, Chair, RCGP Wales.

Secure Environments Network (SEN)

The RCGP Wales Secure Environments Network is now well into its third year and continues to provide a forum through which doctors and allied clinicians can meet and discuss topics relevant to offender health care in Wales.



Over the last year, we have had presentations from Dr Noel Craine, Public Health Wales, on the Blood Borne Virus Action Plan for Wales, our lead from the Welsh Assembly, Rhian Hills and secondary care, Dr Rossana Oretti updated us on preventing deaths due to heroin overdose and the progress with the Naloxone Project in Wales. A year ago, we were presented with early findings of the “Test on Arrest” pilots in Wales by Mr Mike Hardy, Welsh Assembly Government, looking at the prevalence of substance misuse on arrest.

We have a program that aims to keep doctors working in secure environments up-to-date and connected with both colleagues and policies relevant to their work environment in Wales. We aim to keep abreast of the specific issues that will be challenging clinicians working with offenders including revalidation & appraisal and “Liberating the NHS”.

RCGP Wales Conference General Practice in Wales Good Today – Better Tomorrow 2020 Vision

This year’s RCGP Wales Conference will take place on **26th November 2010** at the Mercure Holland House Hotel, Cardiff, and is relevant to all working in General Practice.

The Conference will look at General Practice in Wales in the next ten years, and will be focusing on sharing current good practice and developing further ideas and good practice for the future.

We have lined up a host of high level key note speakers including:

Edwina Hart MBE AM Minister for Health & Social Services
Dr Iona Heath, President, RCGP
Dr Tony Jewell, Chief Medical Officer for Wales
Dr Bridget Osborne, Chair, RCGP Wales

As well as the ability to complete your CPR training the busy programme will include workshops on:

- * Healthcare standards
- * Respiratory Care
- * Measuring Harm in Primary Care
- * Out of Hours Care
- * Teenage Pregnancy
- * Doing it Better—ensuring audit is useful
- * Revalidation

To attend the Conference we are pleased to offer subsidised delegate rates of:

£90 RCGP Member / £110 non-RCGP Member

Tel: 02920 504854 Email: scourt@rcgp.org.uk Fax: 029 20504300

Patient Partnership in Practice (PPiP)

Our Patient Partnership in Practice (PPiP) is a working group which meets to gather views from the public on our contribution to the primary care agenda.



One of our most important partnerships is with patients and through our PPiP group we ensure patient views are taken into account in the development of general practice. The group provides us with advice and guidance on a range of medical issues in line with its following stated aims:

- To provide public scrutiny of RCGP Wales activity, including comments and initiatives.
- To identify and develop ideas and initiatives that encourage GPs to interact most effectively with patients and public.
- To respond to activity in Wales that impacts on the quality of patient care.

The PPiP group is made up of seven members, two GPs plus one deputy and up to five lay members. Lay members are appointed as individuals and requested to contribute to the group from the patient's perspective rather than as a representative of an organisation.

Members usually meet four times a year and the Chair of the group represents the views of the group at the RCGP Wales Council.

The current PPiP members are:

Lay Members: Mrs Gillian Whitehead, Chair (SW Wales) Mrs Jenny Robbins (SE Wales) Mrs Jacqui Storer (North Wales)

GP Members: Dr Tony Downes Dr Jane Fenton May

Some the activities addressed by the group in 2010 are:

- Chair attends RCGP Wales council and every third RCGP UK council
- Judging Process for the GP of the Year, Patient Nominated Award, the Practice Administration Team of the Year Award and the Caring about Carers Award
- Consultations
- PPiP stand at RCGP National Conference in Harrogate

This year, Jacqui Storer represented the group by travelling up to Harrogate to attend the RCGP Annual Primary Care conference.

Whilst at the conference Jacqui met GPs from America, Turkey, Australia, Germany, Switzerland, Scotland, Ireland and Wales. Whilst talking to the GPs Jacqui learnt that most GPs worked with Patient Partnership groups but they felt that enthusiasm was waning and an injection of new blood was needed. They also suggested that RCGP could give guidance or run a workshop to help.

Jacqui says "Dame Tanni Grey-Thompson's talk was inspirational. Her humour, her pathos and determination inspired and delighted the delegates with her stories and I could have sat all day and listened. The conference was an enjoyable experience with positive and eager attitudes to proceed forward. We in Wales need a 'Pat on the back'".

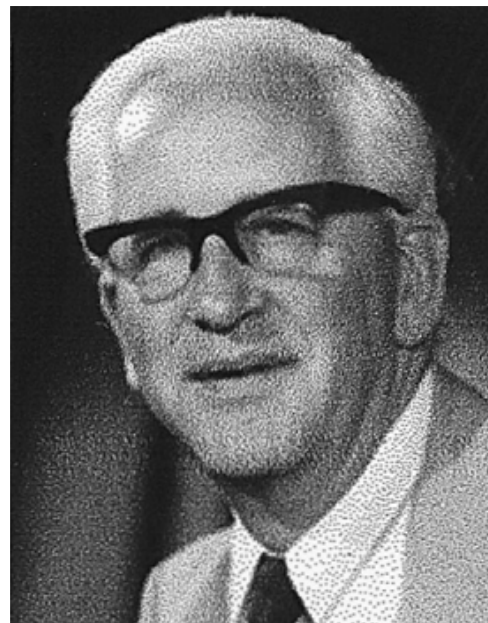
Harvard Davis Lecture—The Dragon and St George

Thursday 25th November 2010

Marriott Hotel, Cardiff

The Harvard Davis Lecture was established by the Welsh Council of the RCGP in 1986 to honour the first incumbent of the Chair of General Practice in the University Of Wales College Of Medicine (previously Welsh National School of Medicine.) Professor Robert Harvard Davies had a distinguished career as an academic and was particularly well known locally for his launching of both undergraduate and postgraduate programmes in General Practice.

The Lecture is an annual prestigious event, organised rotationally between the three Welsh faculties; this year it is the turn of South East Wales faculty.



ROBERT HARVARD DAVIS, DM, FRCGP

Guest Speaker - Dr Iona Heath, President RCGP



Dr Iona Heath's three-year term as President began in 2009.

An avid campaigner for patient rights, she has chaired and been part of numerous RCGP committees over the years, including Medical Ethics and Inner City Medicine and Health Inequalities and was Vice-Chair of RCGP Council 1996-1998. She was also Chairman of the Inter-Collegiate Forum on Poverty and Health 1997 - 2000.

She has a very keen interest in the promotion of quality care for older people, and served as RCGP representative to the Council of the British Geriatrics Society, and on the Royal Commission on Long Term Care for the Elderly.

Dr Heath was Editorial Adviser for the British Medical Journal for several years and GP Series Editor for Oxford University Press. She has successfully published several papers in the BMJ, Lancet and the BJGP on subjects as diverse as child protection, NHS rationing, and the role of ethnic monitoring in general practice.

She has been a member of the WONCA (the world organisation of family doctors) World Executive since 2007.

Now retired clinically, she was formerly a partner at the Caversam Group Practice in Kentish Town in the London Borough of Camden from 1977 and a GP trainer.

All RCGP members are welcome to attend - for further information and to register your place, please contact Shelley Leeson on

Innovative Charity Provides a Unique Therapy Programme



Touch Trust provides a unique therapy programme for individuals and groups with complex needs.

"Touch Trust came to my attention through the endorsement of families and carers. In fact from those with the most medically complicated children and clients. The organisation offers a very high quality professional input". (Mike Kerr, Professor of Epilepsy and Learning Disability)

Touch Trust is a pioneering charity and one of eight 'Resident Arts Organisations' based at the Wales Millennium Centre in Cardiff Bay. Group and one to one sessions are offered daily in the purpose built facilities. The programme can be adapted to suit the needs of many service user groups including those with: Complex Needs; Multi-Sensory Impairment; Learning Disabilities; Profound Autism; Behaviour that challenges; Brain Injuries; Babies at early diagnosis stage; Dementia.

The holistic programme is unique as it combines movement, music, sensory stimulation and intensive interaction with educational principles. The programme has a simple and effective structure and each section has a clear focus. Using a person centred approach the programme supports the individual to reach their full potential in a nurturing and positive environment.

Many of our 'guests' have experienced wonderful developmental results. These have included social and emotional development, cognitive development and physiological development. The work with babies has been outstanding. The results happen much faster when we begin working with the person from a young age. There is significant research to show that early development up to age 3 is the most critical period of human growth. During the Touch Trust Sessions the babies are exposed to a range of experiences that support them to reach their full potential. This includes developmental movement, encouraging the use of voice and sound making and building positive and meaningful relationships.

Touch Trust creates individually tailored programmes for individuals who have brain injuries. The holistic supportive approach allows freedom of expression and 'guests' have commented that they feel much happier and are now moving on with their lives with an improved sense of health and well-being.

Touch Trust is working alongside health professionals to ensure that people are getting the best possible service, and most importantly, the best possible quality of life. The work of Touch Trust is spreading throughout Wales and the UK and also on an International level. There is, however, much more to be done to ensure that it continues to spread and meet the high demand. One family said, *"The only sadness I feel in respect of Touch Trust is that it is not more widely available so that other families who face the same rock face that we did can feel that same sense of homecoming and freedom to be the family they should be."*

True Story - Marianne French

Marianne has very complex needs which limit her in nearly all aspects of her life. She has been attending Touch Trust for several years, initially with school and now (she attends for one to one sessions) independently.

Marianne has benefitted hugely from the sessions and this has been noted by both her parents and care staff. She is now able to communicate more and will ask for attention with eye contact. Her social skills have also developed and she now initiates interactions with others. These interactions include sharing her feelings. She now uses her voice and sings to show that she is happy and also (uses her voice) to show when she is in discomfort or unhappy with something. Marianne has also developed choice-making and recognition and will clearly show her preferences. Her ability to focus has also improved a great deal. Stacey Koseoglu (Touch Trust Session Leader) says, *"This is opening up a new world for Marianne and giving her an overall confidence in her daily life"*.



The Touch Trust Team and 'guests' want to thank RCGP Wales for making us their chosen charity this year.

Touch Trust, Wales Millennium Centre, Bute Place, Cardiff Bay, CF10 5AL Tel: 02920 635660

GALA AWARDS DINNER

*Friday 10th December 2010
National Museum, Cardiff*

to celebrate

**RCGP Wales GP of the Year, Patient Nominated Award 2010
RCGP Wales Practice Administration Team Award 2010
RCGP Caring About Carers Award**

The Cost per person is just £45.00 and your evening will include:

- *Pre-Dinner Drinks Reception with Harpist*
- *Dinner with Wine and Presentation of the Awards*
- *Disco Entertainment*
- *Charity Raffle in support of Touch Trust*
- *Table Magicians*



The Dress Code for the Evening is Black Tie and Evening Dress

For more information or to reserve yourself a place please contact Susan Court:
Tel: 02920 504854 Email: scourt@rcgp.org.uk Fax: 029 20504300

Newport Surgery Pembrokeshire wins award for outstanding care of carers

Newport Surgery in Pembrokeshire has won the first RCGP Wales Caring About Carers Award, for its inspiring care of carers in Pembrokeshire.

Presented by the Royal College of General Practitioners (RCGP) and the Princess Royal Trust for Carers, the awards recognise the excellent work of GP practices throughout the UK in identifying and supporting carers.

Dr Bridget Osborne, Chair of RCGP Wales, said "GPs play a vital role in encouraging carers to look after their own health, as well as providing support to help them in their caring role.

Patients have nominated their GPs for the care they've received, and we aim to highlight some of these methods of care with their colleagues across the country. Some of Dr Lewis's very simple but effective methods involve the inclusion of health checks for carers on registration and referral forms."

Dr Sam Lewis of Newport Surgery said: "Experience has taught me that - whenever a carer becomes ill we have at least two patients !! It was our Practice Manager, a committed carer herself, who has driven forward this initiative to actually address and support carers' health!"

Julie Evans, Practice Manager at the Newport Surgery, said: "We are delighted to have won this award. A few years ago, our Practice decided to invite Carers for Health Checks and we also took part in the Pembrokeshire Investors in Carers Scheme project piloted by the Pembrokeshire and Ceredigion Local Health Board in association with the Red Cross and Pembrokeshire Association of Voluntary Services (PAVS). This project developed my Carers awareness within the Practice and gave me the incentive to strive to protect the well being of Carers registered with the Practice. Let's hope the demands and constraints of General Practice will allow us to continue this rewarding challenge. It needs to continue to have any long term benefits to our Carers".

Dr Lewis will be presented with a commemorative certificate and plaque at a RCGP Wales Gala Awards Dinner to be held on Friday 10 December 2010 at the National Museum, Cardiff.

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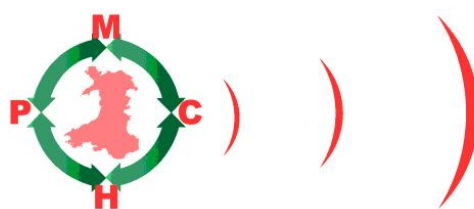
Nicola Edmunds
Manager, RCGP Wales

Susan Court
Project Manager

Karen Morris
Project Administrator

Lesley Hills
WaMH in PC
Project Manager

Carl Turner
RCGP Wales



WaMH in PC Wales Mental Health in Primary Care

In 2007 WaMH in PC released the Welsh Declaration for Mental Health and Well-being which introduced the Gold Standard Programme for the first time. The three core elements of the programme, which WaMH in PC calls the three Hallmarks of positive relationships, have been identified as: **'Trust', 'Good Communication' and 'Person Centredness'**.

Development of the Gold Standard programme of work i.e. education and support packages, close collaboration with other networks and linking with Welsh Assembly Government policy has allowed WaMH in PC to start turning the principles of the WaMH in PC Declaration for Mental Health and Well-being into a reality by launching three new Gold Standard products:

Information sheet 1, entitled **'Improving Mental Health Outcomes through Sustained Employment'**

Information sheet 2, entitled **'The Impact of Emotional Distress on Health'**

Training DVD, entitled **'Getting it Right' – Dealing with Mental Health in Primary Care**

Regular communication with our audience during 2010 – 2011 is a key objective and WaMH in PC aims to fulfil this task by developing easily recognisable, valuable information sheets which will be disseminated into Primary Care on a bi monthly basis and will build over time, into a comprehensive, valuable development tool.

Future publications will cover such subjects as: Mental health and housing, Essential Characteristics of Primary Care Mental Health Services, Mental Health Measures, Improving Mental Health Services across Primary and Secondary Care etc.

The next in the WaMH in PC suite of information sheets was released at the end of October 2010.

To access a copy of Information Sheet 1 or 2, or to find out more about the Gold Standard Programme please visit the WaMH in PC website at www.wamhipc.org.uk.

The **'Getting it Right'** training DVD is available on You Tube at www.youtube.com/user/WaMHIPC

For more information on WaMH in PC contact Lesley Hills on:

029 2050 4516 or by email lhills@rcgp.org.uk

