



Research and Clinical Innovation

Issue two: December 2011

Welcome

Christmas is just around the corner and the Olympic year 2012 is racing towards us.

It is usual at this time of year to panic that the Christmas shopping has not been started, wonder if Santa's BMI will be at a level where he can still fit down the chimney (one for our Nutrition Clinical Champion!) and plan for the big events in the New Year.

This is an especially exciting time of year for CIRC as we are in the process of reviewing and confirming the new clinical priority areas for the next three years.

A significant change from previous years will be that one clinical priority will be announced as an 'enduring priority'; over an extended five years and not the usual three.

CIRC will be supporting the new enduring priority as a pilot and we will be shortly announcing the topic and advertising for a Clinical Champion to lead in this area.

It has been five months since I started at the College as Head of Clinical Innovation and Research from the DH.

I would like to thank all of the GPs and staff who have contributed to the work of CIRC and the Research and Surveillance Centre and I look forward to working with you in 2012.

Chris Gush

Head of Clinical Innovation and Research

Obesity: a One Day Essential

On 20 March 2012 our Clinical Champion for Nutrition for Health, Dr Rachel Pryke, is leading on one of the College's 'One Day Essentials' conferences.

The conference will provide clinical training, essential information and practical tips to improve practice in the area of obesity.

Delegates will receive over four hours of learning on the most essential aspects of the diagnosis, treatment and management of patients suffering from or at risk of obesity and its associated health problems.

There will also be a panel debate on what your own role as a GP should be.

For more information or to register please visit www.rcgp.org.uk/courses__events/one-day_essentials/obesity.aspx

RCGP Research Paper of the Year Award - Call for Applications 2011

Have you read a paper, published during 2011, that has particularly impressed you and deserves recognition as the Research Paper of the Year?

The Award is now in its fifteenth year and is open to all general practitioners, including non members of the RCGP.

This year we have decided to extend the award to include additional specific categories aligned to the six NIHR topic specific research networks of diabetes, mental health, stroke, dementias and neurodegenerative diseases, cancer, medicines for children as well as primary care. Each of the seven subcategory winner(s) will receive an award. An additional award will be given to the overall winning paper, selected from the seven subcategory winners. The authors of the overall winning paper will also be invited to present their

findings at the RCGP and Society for Academic Primary Care conference in Glasgow in October 2012.

To be eligible, the paper must relate to a research project in general practice/primary care undertaken within the UK and/or the Republic of Ireland, have been published in print in a peer-reviewed journal between 1 January and 31 December 2011. At least one author should be an active general practitioner. Papers may be submitted either directly by their author(s) or be nominated.

Entries are judged for: Originality, Applicability to General Practice, Scientific Content and Clarity of Presentation. The subcategory winners will be announced at the awards ceremony in early Summer 2012 with the Research Paper of the Year

overall winner announced at the awards ceremony in June 2012, supported by Novartis.

Deadline for entries is **Wednesday 29 February 2012**.

To nominate a paper or for more information, please visit: www.rcgp.org.uk/circ.

The 2010 RCGP Research Paper of the Year Award, sponsored by Novartis, was awarded to the paper: Survival and cessation in injecting drug users: prospective observational study of outcomes and effect of opiate substitution treatment (J Kimber, L Copeland, M Hickman, JMacleod, J McKenzie, D De Angelis, J Roy Robertson; British Medical Journal 2010; 340: c3172).

Yvonne Carter Award for Outstanding New Researcher - Call for applications



Prof. Amanda Howe, Prof. Christian Mallen, Prof. Michael Bannon and Prof. Helen Lester. SAPC Conference 2011

This award has been instituted in memory of Professor Yvonne Carter, CBE.

It is an annual award of £1000, intended to support the international development of promising researchers in primary care. The award provides opportunities to collaborate with researchers in other countries and to attend and present work at an international research meeting.

Applicants should be (pro rata) within five years of either attaining a PhD (non-medical) or ten years of completing specialist training in general practice (medical), affiliated to a UK University, published at least one piece of original research in a peer-reviewed journal and be actively engaged in high quality research.

The winner of the 2010 award is

The Adolescent Healthcare Award - Winner 2011

This year's winner of the RCGP Adolescent Health Care Award is the Windhill Green Medical Practice, Shipley.

It pioneered the WISH drop-in clinic for teenagers, in response to patient feedback and high teenage pregnancy rates in the area.

Dr Abigail Winter, pictured second from the right, is the GP partner involved. WISH aimed to make young people feel less intimidated and to give advice on a one-to-one basis in a comfortable, safe environment.

The weekly clinic for 13-19 year olds is run jointly by a GP, senior practice nurse and health care assistant and was singled out for its innovation which other practices could replicate.

Professor Christian Mallen (University of Keele), a GP at Kingsbridge Medical Practice, Newcastle-under-Lyme. His academic general practice career has two core components; research to optimise the management of musculoskeletal disorders in primary care and increasing academic capacity in general practice.

He has been awarded two Arthritis Research UK Fellowships, attracting research funding in excess of £1,000,000 and leads a cohort at Keele University examining long term outcomes for patients with joint pain in primary care and a National Institute for Health Research (NIHR) funded cluster randomised trial targeting psychological co-morbidity in older patients with osteoarthritis consulting their general practitioner. He has also published more than 40 peer-reviewed scientific papers.

The deadline for applications for the 2011 award is **Tuesday January 31 2012**.

More information and details of how to apply can be found at: www.rcgp.org.uk/circ and www.sapc.ac.uk

The special RCGP award was set up in memory of Dr Kathy Phipps, a member of RCGP's Adolescent Health Group, who died in a motorbike accident with her cardiologist husband in the USA. She left three teenage children.

The group's vice chair, Dr Marian Davis, presented the award with Prof. Iona Heath.



Prof. Iona Heath, Emma Hastie, Dr Abigail Winter and Dr Marian Davis. RCGP AGM

Working with NICE - how you can be involved

The College is regularly asked to be involved in NICE activity and there are several ways in which you can get involved.

You can:

- Join a Guideline Development Group
- Attend one off scoping workshops and/or submit written comments during scoping consultations
- Submit written comments on draft guideline consultation
- Contribute to the collection and review of evidence
- Contribute to the development of Quality Standards

NICE are very keen to hear from the generalist as well as GPs with particular expertise and skill sets.

One way to become involved is to become a member of the College's Expert Resource. This is a database of GPs who have elected themselves as having an interest or expertise in area(s) of clinical practice. It is these GPs who the College contact in the first instance when we receive requests from NICE. CIRC is currently updating the resource to make it even more user-friendly and more information will be available in later bulletins.

But what are the benefits for a busy GP? Judy Shakespeare, a GP in Oxford says

"Commenting on scoping documents and draft NICE guidance makes me feel that I have been able to influence the outcomes if only by a little. It's also a really good way to keep up to date, because I have to make sure I read them properly! I am now working on the NICE Topic expert group for quality standards for antenatal care and have found them a really committed and enjoyable group to work with."

CIRC will soon have a web page dedicated to NICE activities and of course look out for information in the usual College communications network.

For further information please contact expertresource@rcgp.org.uk

Focus On: RCGP Influenza

The College Research and Surveillance Centre (RSC) is located in Harborne, Birmingham.

The College RSC has operated continuously since 1964 funded by the Department of Health, who particularly value the Centre's contribution on matters relating to influenza and influenza surveillance, and lately the HPA. Historically, this has been known as the Weekly Returns Service because it has provided a weekly update on infectious disease activity in the community.

Influenza is a virological diagnosis but there is a very strong concordance between estimates of clinical incidence of influenza-like illness (ILI) and influenza virus detections within the same network of participating practices which is illustrated for the last five years in the figure.

The presence of influenza in the area is often readily recognised by the rapidity and extent of spread in households, schools and close contact environments.

What do we expect this winter - the \$64,000 question?

We rarely know what to expect from influenza; about all we can say is 'we will have some flu!'. The time of its appearance, the severity of the illness,

Clinical Champion Spotlight

Professor Keri Thomas and the End of Life Care priority programme

Professor Keri Thomas held the post of Clinical Champion for End of Life Care (EOLC) from 2008-2010 and since completing her term of office has stepped into the role of Clinical Lead for EOLC.

Throughout this time, Professor Thomas, with a team of EOLC Experts from the devolved counties, the RCGP and other royal colleges, developed EOLC-focussed resources.

In direct response to consultation with grassroots GPs, the RCGP has developed a 'one stop shop' dedicated web resource on EOLC which was launched in October 2011.

The resource can be accessed via this

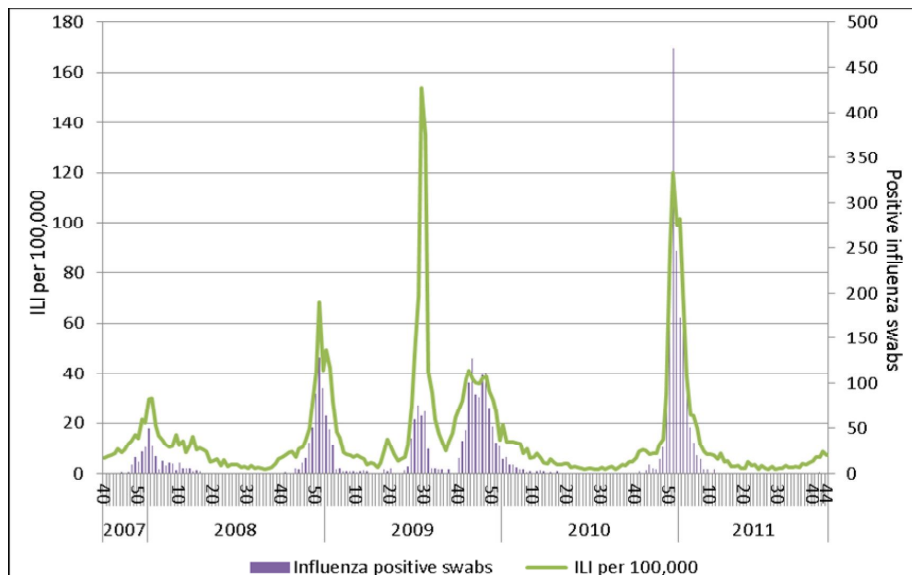


Figure 1: Influenza like illness per 100,000, and influenza positive swabs 2007 - 2011

the magnitude and duration of the epidemic or outbreak vary from year to year partly depending on the virus strain type. Last winter we experienced a dual epidemic of Influenza A H1 and Influenza B virus infection occurring at exactly the same time. Influenza B tends not to recur in the succeeding winter but there are always exceptions. The A H1 virus (swine flu virus) is a relatively new virus and it is likely that there will be some cases this winter, but new viruses sometimes disappear quite quickly.

The more severe epidemics in the last 20 years have been due to Influenza A H3 viruses which were first seen in the pandemic of 1969/1970 and have certainly not disappeared.

link: www.rcgp.org.uk/end_of_life_care/home.aspx
Resources are grouped under the following key headings and there is also a 'useful links' page which includes links to information on:

- Care homes
- Children and young people
- Clinical guidance and support
- Education and learning
- Identifying patients
- National policy
- Public awareness

This is a UK-wide resource that also takes into account the distinctive approaches and structures in Northern Ireland, Scotland and Wales. There is a link at the bottom of the home page

What information will the RSC provide?

Weekly incidence data on ILI and other respiratory infections and a regular update on circulating viruses will continue as before. In addition, we will provide information on vaccine uptake on a weekly basis. We collaborate with The Health Protection Agency using the data from laboratory confirmed cases to estimate influenza vaccine effectiveness both during and at the end of the season. This information is particularly useful for guiding policy in relation to influenza vaccination and the use of antiviral medication. The viruses identified are a major consideration in the English contribution to steering the WHO choice of next year's vaccine virus strains.

Dr Douglas Fleming, RSC Director

to sections dedicated to work in each of the devolved countries.

The website also hosts the joint RCGP and RCN EOLC Patient Charter that resulted from collaboration between the RCGP Patient Partnership Group, the RCGP End of Life Care English Working Group and the Royal College of Nursing. The Charter was launched to significant press and public interest in June 2011.

This is a living, breathing resource that will evolve over time, so all comments and suggestions are welcome. To submit a comment or suggestion, or to request more information please email circ@rcgp.org.uk.

Christmas Dinner: Dr Rachel Pryke, RCGP Clinical Champion, Nutrition for Health reviews.

That time of indulgence, sloth and omeprazole is upon us once again. Whilst Santa seems unaffected by his burgeoning middle, the rest of us are only too aware that central adiposity is public health enemy number two (after the evil weed, of course).

So what can we do to combat the average 2000 calories that make up the Festive Feast (not including the somewhat alarming 370 calories for a mince pie with a dash of cream)?

There's always the perfectly feasible concept of a 'lite' Christmas, although there is something less festive about steamed veg and jacket potatoes and are you prepared to go for fruit-based stuffing and to skip the cranberry sauce and gravy? Would Christmas fruit salad work for you?

If not, then that leaves us to balance



the equation by energy out, so here are a few ideas for disposing of 2000 calories...

- 2.5 hours of vigorous cycling
- 3.5 hours of jogging
- 9 hours of ballroom dancing
- around 10 hours of walking the dog

Or perhaps you are looking for a reason for the perfect excuse for 6 hours of leisurely golf - but you will have to carry your own clubs!

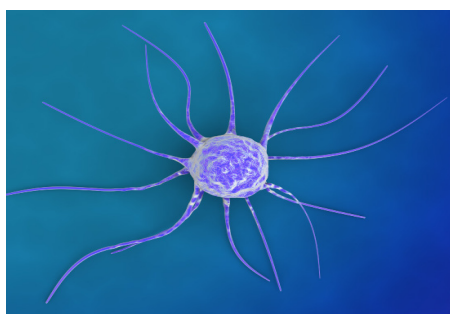
National Audit of Cancer Diagnosis in Primary Care

On Thursday 24 November the College was delighted to launch the *National Audit of Cancer Diagnosis in Primary Care*.

This piece of work was the result of a collaboration between the RCGP, the National Cancer Action Team, the National Cancer Intelligence Network and the Department of Health.

The document represents the largest and most comprehensive study to date of the primary care pathway to cancer diagnosis and the participation of one in seven GP practices across 20 cancer networks.

The report was led by Professor Greg Rubin, who works closely with the College and with CIRC.



It provides the opportunity to examine aspects of clinical practice which could be altered to reduce the time to diagnosis and can be used as a tool by which practices can regularly monitor their own performance. Many practices involved in the audit have committed to continuing use of the audit tool to measure progress.

Dr Clare Gerada said,

"The data show that we do well in General Practice in identifying our patients who have cancer. There are, of course, groups of patients where we do have difficulty for various reasons in making a rapid diagnosis of cancer. Sometimes these are patient, practitioner or system factors."

The report and the presentation which was given at the launch are available on the RCGP website via the following link:

www.rcgp.org.uk/news/press_releases_and_statements/cancer_diagnosis_report.aspx

CIRC thanks....

This December marks the end of term for four of our Clinical Champions.

The CIRC Advisory Board selects a set of clinical priorities annually, based on submitted proposals, and these are developed as three year programmes of work.

The College would like to thank those Clinical Champions who were appointed to lead on those priorities chosen for 2009-2011:

- Professor Louise Robinson (Ageing and Older People's Wellbeing)
- Dr David Kernick (Headache),
- Dr Kevin Gruffydd-Jones (Respiratory),
- Dr Graham Davenport (Osteoporosis)
- Dr Mark Porcheret (Osteoarthritis)

for their commitment to the Clinical Champion programme and for the excellent work that they have done.

Dr Imran Rafi says,

"Our Clinical Champions have been very busy and have made a significant impact on their chosen clinical areas in their capacity as RCGP clinical leaders. We wish to thank them for all the hard work and expert input they have all provided."

Being involved in the Champion programme involves giving a lot of your own time and expertise and the College is grateful for the commitment these champions have made and hopes to work closely with them in future.

For more information on the work of these and other Clinical Champions, or to find out how to apply, please visit the CIRC website:

www.rcgp.org.uk/circ



Call for participation in Clinical Guideline Requests

1. The National Clinical Guideline Centre (NCGC) is now recruiting for the Guideline Development Group (GDG) for **'Myocardial Infarction: secondary prevention'** guideline:

For more information, please visit NICE: www.nice.org.uk/getinvolved/joinnwc/MemberMyocardialInfarctionGDG.jsp

If you are interested please contact Expert Resource by 17 January 2012.

3. The Department of Health has launched a technical stakeholder engagement exercise to invite specialist views on their updated draft guidance: **'Management of Hazard Group 4 Viral Haemorrhagic Fevers and Similar Human Infectious Diseases of High Consequence'**.

Their draft guidance provides advice on how patients suspected of being infected with VHF should be comprehensively assessed, rapidly diagnosed and safely managed to ensure the protection of public health.

For more information please visit the DH website: www.dh.gov.uk/ab/ACDP/DH_130727

Key links

To learn more about the RCGP Research and Surveillance Centre click here http://www.rcgp.org.uk/clinical_and_research/rsc.aspx

For tips on participating in Audit in primary care click here www.rcgp.org.uk/clinical_and_research/circ/evidence__effectiveness/audit.aspx

To find out about being a Practitioner with a Special Interest (PwSI) click here www.rcgp.org.uk/clinical_and_research/circ/innovation__evaluation/pwsi.aspx

For information on CIRC's Research Governance click here www.rcgp.org.uk/clinical_and_research/circ/translational_research/research_governance.aspx

RCGP Clinical Innovation and Research Centre

Developing clinical excellence through clinical audit and effectiveness, service development and research projects

For any further information or to contact the CIRC team please email circ@rcgp.org.uk or visit the RCGP Website www.rcgp.org.uk/clinical_and_research.aspx

Please let us know if you have found this issue useful, or tell us what else you would like to hear about.

If you are interested please contact Expert Resource by 19 December 2011.

4. NICE's Diabetes Type 2 Draft Guidance is open for consultation on: **Preventing type 2 diabetes - risk identification and interventions for individuals at high risk.**

As Diabetes is an issue for all GPs, RCGP would welcome your participation in the College's response to this consultation.

This guidance supports the NHS Health Check programme, the national vascular risk assessment and management programme for those aged 40-74.

or information on the draft guidance document please visit NICE's website: guidance.nice.org.uk/PHG/Wave19/62/Consultation/Latest

If you are interested please contact Expert Resource by 4 January 2012.

If you would like to be involved or find out more about any other these calls please email expertresource@rcgp.org.uk

Next time:

- Clinical Champion Spotlight on Dr Martin Johnson and the Pain Summit Conference
- The exciting re-launch of the Expert Resource and how you can register to become a member
- Find out about the position of HQIP Fellow
- Learn more about Care Planning moving forward as the clinical lead makes plans
- Receive information on the work of the National Clinical Guideline Centre
- Information about the upcoming call for nominations for the 2012 Kuenssberg Award
- In a future issue learn about the clinical priorities that have been voted in for 2012-2015 and do look out for the call for clinical champions to take the priorities forward

Give your support
to the RCGP
Capital Appeal

There are many ways in which you can give your support to the RCGP Capital Appeal, including naming a room, inscribing a name on the Foundation Wall or leaving a legacy.

For more information on any of these opportunities or about 30 Euston Square visit: www.rcgp.org.uk/fundraising