
HIGHLIGHTS FROM WISEGP...

Research opportunities and GEM library updates...



At WiseGP, we recognise every clinician as a scholar. Why do we do that?

Our patients often present with complex problems that don't have a clear or simple answer. So, we have to employ our complex-problem solving skills as experts in whole person-centred healthcare to make sense of and manage those problems.

To do that, we use our [knowledge work skills](#): to explore a problem, explain it, so we can make a plan and then evaluate if and how it has helped with the problem.

We use a range of different sources to help us with that work. One resource is using new research evidence – to help us work with patient problems when guidelines may not provide a clear answer.

There are lots of ways we can access and use new research evidence to help us create new practice-based knowledge. Becoming involved in doing research is one way and you can find opportunities for this through our WiseGP Contribute page.

We also have a new section in our GEM library to explore, that's focused on how the latest research can help you to solve complex problems in your everyday practice.

GEM library Updates

We have a new GEM library section, highlighting recent research that can support you with complex problem solving in your everyday practice. See if there are any useful tips from research to help you avoid over investigation and make complex decisions.



Should I request that test?

Explore whether your practice is up-to-date regarding x-rays in osteoarthritis. You can also view evidence on blood testing to help you reflect on how well you communicate with patients about these tests and whether you are potentially over-investigating.

[Read more](#)

Using your gut feelings

Here we consider research about whether you can trust your gut instinct and also reflect on how a "normal" test result doesn't always rule out disease.

[Read more](#)



Helping people with complex lives and multi morbidity

In this GEM we highlight research on exploring a patient's own goals within chronic disease reviews and how to identify people with complex lives who could benefit from holistic support.

[Read more](#)



Contributing to research

Have you ever participated in a research study? Why not share your views- you could help to shape the future research agenda and contribute to the evidence that informs your everyday practice.

Here are some examples you can explore more on our “[Contribute](#)” page.

Surveys

- Supporting people with Binge Eating Disorder & Bulimia Nervosa
- Exploring why many women don't seek help for pelvic floor dysfunction
- Determining research priorities in food allergy in children
- Tolerance of uncertainty and ambiguity in allied health professionals

Trials

- A behavioural intervention for primary care teams to promote earlier cancer diagnosis
- Food allergy tests for Eczema Relief
- Amitriptyline for prevention of post-herpetic neuralgia
- Different steroid administration routes for idiopathic sudden sensorineural hearing loss

Online conversations/ interviews

- GPs experiences of working with refugees and asylum seekers who present with mental health difficulties
- Clinicians' experiences of significant events in their practice
- Challenges with managing people with bipolar disorder
- Exploring the research activities of advanced practitioners



In our next WiseGP highlights newsletter we will update you on our Wise Provocations work!