



Please find a summary of all the headline messages drawn from our GEMS library. Follow links from each of the research themes to further information on each of the research articles. For suggestions on how to implement the research findings look at the professional development ideas on the WISE GEMS page.

Research Theme	Title	Headline Message
<u>Service Issues</u>	Making on-line triage work for your patients	Patients use online triage tools at the same times and for the same issues as for a face-to-face consultation. Higher levels of use are seen in young people and benefits for patients are context dependent. As a result, online triage tools are unlikely to revolutionise practice but instead provide another route into the practice for patients.
	What to do when QOF ends	Loss of financial incentives such as QOF is associated with a decline in recorded performance against quality measures.
	Spotting your practice's vulnerable patients	Patients who miss more than two appointments per year are likely to be socially vulnerable with poorer health outcomes.
	Designing (updating) your practice team	Implementing change in primary care requires flexibility and adaptability, resources and use of extended professional roles.
	The experience of implementing and delivering group consultations in UK general practice	Group consultations can be enjoyable for clinicians, can reduce appointment burden, enhance multi-disciplinary working, and provide patient-centred care. But, implementation requires strong leadership and significant work is required to initiate and sustain the approach.
<u>Generalism</u>	Approaches to tackle polypharmacy	To tackle problematic polypharmacy we must address both professional and practice barriers to tailored prescribing
<u>Medical Education</u>	Increasing patient contact to encourage students to pursue GP training	More teaching for medical students in general practice with patient contact is significantly correlated with an increase in graduates entering GP training programmes.
	Experiences to offer medical students to encourage them to become GPs	Highlighting the intellectual stimulation from problem-solving and managing uncertainty, in addition to academic careers in family medicine, could encourage medical students to become GPs.

	Considering factors that impact on medical student teaching in general practice	Undergraduate medical student teaching in general practice is impacted by practice workload, the availability of teaching space and remuneration issues.
	The reality of undergraduate GP teaching in UK medical curricula	The amount of undergraduate GP teaching is static or falling, despite being recognised as vital for recruitment of future GPs and teaching future doctors generalist skills. This teaching is also widely underfunded.
<u>Mental Health</u>	Supporting parents bereaved by suicide	Suicide bereavement is associated with a higher risk of mental health problems and suicide attempt in those bereaved. Therefore, the provision of care for this vulnerable group, (referred to as 'postvention') is a key component of suicide prevention strategies.
	Discussing self-harm with older adults	Self-harm is a risk factor for suicide. In older adults the increased risk is amongst those with mental and physical comorbidities.
	Reviewing prescriptions of mirtazapine with an SSRI or SNRI	GPs should think carefully about starting patients on mirtazapine if they are already on an Selective Serotonin Reuptake Inhibitor (SSRI) or Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) and not responding. The evidence simply isn't there.
	Recognising the burden of perinatal anxiety	Perinatal anxiety is a common condition which may occur without symptoms of depression. At their postnatal check women should be screened for anxiety using the GAD-2 and further questioning should occur if that suggests that women are experiencing anxiety. GPs should be aware of local health visitor and community services that support perinatal women. If women feel they would benefit from increased peer support GPs could consider referring to social prescribers.
	Young people's experiences of general practice care for self harm	Self-harm in young people is common and there is a lack of guidelines for GPs to refer to when supporting young people who self-harm. When you see young people who self-harm, attempt to listen, understand, and provide active follow-up which can help facilitate young people accessing general practice care for self-harm; and encourage a youth friendly practice approach.
	Improving the healthcare response to domestic violence and abuse in UK primary care	Domestic violence and abuse (DVA) are common but often under-recognised. Don't overlook suspected DVA in consultations. Clinicians and people affected by DVA need the support of others, including commissioners and health system leaders to provide training and access to specialist DVA care.
	Maintenance antidepressants to prevent relapse?	Patients can be supported to decide whether they want to continue their long-term antidepressant knowing that this may reduce the risk of symptom

		relapse, however, they can be reassured it is safe to try discontinuing long-term antidepressant treatment, as long as it is done slowly, under supervision, with monitoring of withdrawal symptoms and mental state.
<u>Professional Practice</u>	Preparing medical students for out-of-hospital emergencies	Medical students report a lack of knowledge and confidence to assist with out of hospital medical emergencies.
	Supervision of physician associates in primary care	Physician Associates (PAs) remain a relatively new role in general practice and are often new workforce entrants. An induction period, support during clinics and post-clinic debriefs, assignment of named clinical supervisors, formal supervisor meetings to review progression and pastoral support can help ensure safe and effective working.
	Use of Gut Feelings when Assessing Cancer Risk	GPs legitimize their gut feelings by gathering objective clinical evidence, careful examination of referral procedures, and consultation with colleagues. GPs should remain wary of making decisions not to investigate a patient further based solely or substantially on a gut feeling.
<u>Acute Illness</u>	Using CRP point of care testing in COPD exacerbations	CRP point of care testing significantly reduces antibiotic prescribing for acute COPD exacerbations.
	First line medications for gout flares	Use naproxen ahead of colchicine in the absence of contraindications on the grounds of effectiveness, safety and cost.
	Diagnostic performance of CA125 for ovarian and non-ovarian cancers	CA125 is a useful test for ovarian cancer in primary care (especially in women >50), whilst an abnormal CA125 in an older woman without ovarian cancer could indicate another type of cancer (eg. Pancreatic, lung or gastrointestinal).
	No association between breast pain and breast cancer.	Women with breast pain should be reassured that they are at no greater risk of breast cancer than asymptomatic women.
<u>Chronic Illness</u>	Promoting CBT for people with IBS	IBS-specific CBT undertaken by telephone or as a web-based self-management programme shows large improvements in IBS symptoms and impact on life for people with refractory IBS. <i>IBS-specific CBT is now available via the NHS Improving access to psychological therapy (IAPT) service across much of England and the web-delivered self-management programme has been approved by NICE and the FDA.</i>

	Counselling patients commencing statins about liver cancer risk	Statin use halves risk of liver cancer. Informing patients of this further benefit may increase the proportion who consent to initiate statins when recommended and improve treatment concordance.
	Supporting people with multimorbidity to set individualised goals for care	An integrated, patient-centred chronic disease review, focusing on the problems that bother people most, provides care that meets peoples needs more effectively than reviews which simply focus on QOF targets.
	Reviewing prescriptions of emollient bath additives	Leave-on emollients are essential for eczema but emollient bath additives give no additional benefit.
<u>Prevention</u>	Supporting women with an increased cardiovascular disease risk following preterm delivery	Preterm delivery is associated with an increase in maternal risk for future incident cardiovascular events.
	Alcohol screening and advice following loss of QOF incentives	Following loss of financial incentives in 2015 there has been a statistically significant reduction in alcohol screening and delivery of brief advice in primary care.
	Fracture risk screening in older women to reduce hip fractures	A community-based screening programme of fracture risk in older women could effectively reduce hip fractures.
	Living risk prediction algorithm (QCOVID) for risk of hospital admission and mortality from coronavirus	A clinical risk model has been developed that predicts the risk of severe COVID, which could inform population stratification for shielding and vaccination prioritization in future.