
HIGHLIGHTS FROM WISEGP...

2023 highlights including top 5 GEMs, plus what's coming in 2024



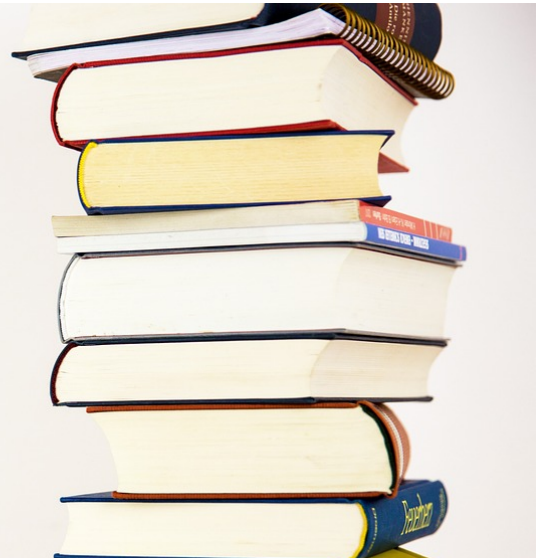
At the start of 2023, WiseGP launched a new website and throughout the year we've continued to add new content and raise awareness of what we're all about.

WiseGP is championing the expert generalist skills of GPs, producing materials to support our complex work and driving changes to make our everyday work sustainable. You can read more about WiseGP's aims to reclaim practice [here](#).

In this newsletter we'll briefly reflect on some highlights from 2023, including the [top 5 GEM headlines](#) and our [top 2023 newsletter](#) for you to look at, if you're a recent subscriber.

We'll then share news about what's coming in 2024!

Top 5 GEMs of 2023



Highlight the intellectual challenges of being a GP

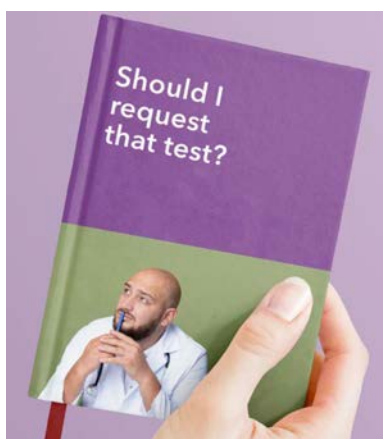
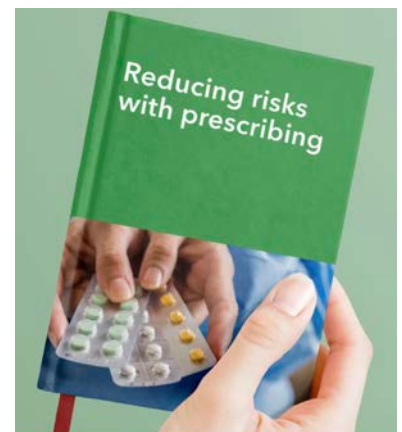
Medical students can perceive general practice as mundane, managing only simple issues- enhance recruitment by showing that's not the case!

<https://www.wisegp.co.uk/teaching-and-mentoring/encourage-your-medical-students>

Prescribing antihypertensives to people aged 80 years and above is as likely to lead to a serious fall as to prevent a stroke/ myocardial infarction

Share decisions with frail/elderly people when prescribing antihypertensives- they could cause more harm!

<https://www.wisegp.co.uk/prescribing/reducing-risks-with-prescribing>



Potential overuse of x-rays in hip osteoarthritis

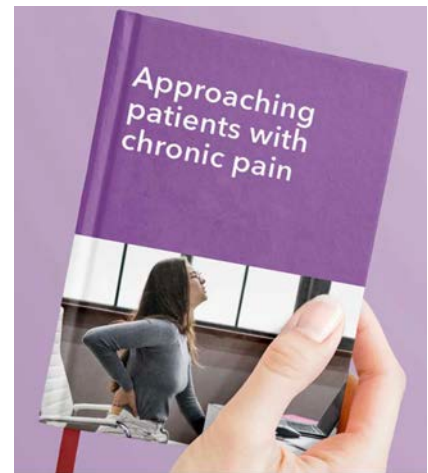
In hips that fulfil the clinical criteria of hip OA, GPs should consider starting the patient on guideline-recommended conservative OA treatments, without radiographic confirmation.

<https://www.wisegp.co.uk/clinical-management/should-i-request-that-test%3F>

Are you asking about childhood trauma in patients with fibromyalgia and chronic pain?

If childhood adversity is identified, patients could benefit from focused therapy.

<https://www.wisegp.co.uk/clinical-management/approaching-patients-with-chronic-pain>



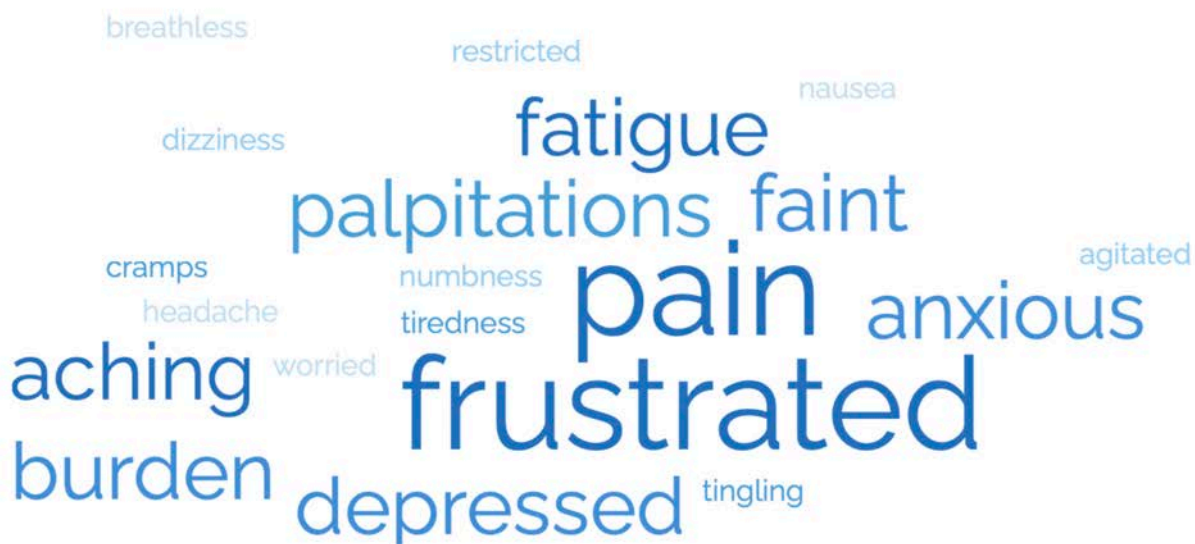
Around 60% of carbon emissions in primary care come from clinical work. The majority of these emissions relate to prescribing

What could you do to help protect the future of the planet?

<https://www.wisegp.co.uk/practice-management/becoming-a-greener-practice>

Most popular 2023 Newsletter

Our most popular newsletter from 2023 was about Persistent Physical Symptoms. With an editorial by Professor Carolyn Chew-Graham, the newsletter reflected on the importance of acknowledging symptoms and how we can try to build an individualised explanation for symptoms. Read more [here](#).



There are many newsletters from 2022 that remain equally relevant now, including refugee and migrant health, working towards a greener planet and the impacts of the cost of living crisis (feeling the pinch). Have a look at our library of past newsletters [here](#).

What's coming in 2024?

Workshops to lead change

Following our session at the RCGP conference where we introduced tools for change, WiseGP will be running workshops in Spring 2024 to support GPs as consultants in general practice to lead change.

WiseGP Action Group

In 2024 we will also launch our WiseGP Action Group, where we welcome your voice within our manifesto for change, to support GPs to reclaim control of front-line professional practice.

WiseGP Map (In partnership with the [Society for Academic Primary Care](#))

In Spring 2024, we will be publishing a map of all the centres of scholarship in the British Isles. It will allow you to see highlights of the work going on in your area and around the country, with people to contact if you want to find out more.

WiseGP also has some larger scale projects on the horizon- Look out for announcements on twitter/ Facebook and via future newsletters for updates!



Thank you for being part of WiseGP and we hope you have a peaceful Christmas and a very happy new year!