

HIGHLIGHTS FROM WISEGP GEMS...

Sharing highlights from WiseGP to explore further online...



Explore the GEMs Library...

The library contains GEMs from recent research offering practical ways for the Wise General Practice team to tackle common everyday problems.

The library is split into themed sections (*see below*). Each theme has practical suggestions drawn from recent research to support your whole practice - students, registrars and the extended primary care team - to improve the care they provide.

Here we'll share some highlights from our library to explore further online- we hope they take your interest!

Teaching and Mentoring



Preparation to respond as a 'Good Samaritan'

Have your GP trainees had any preparation to respond as a Good Samaritan, for example, when the cabin crew ask for the assistance of a doctor on board? Trainees within the Dorset Vocational Training Scheme recently benefited from a 1-day course to prepare them to manage clinical problems and also understand their ethical and legal responsibilities when responding as a Good Samaritan. *Could this be something your GP registrar or wider practice team could benefit from training in?*

Read more: <https://www.wisegp.co.uk/teaching-and-mentoring/enhance-the-experience>

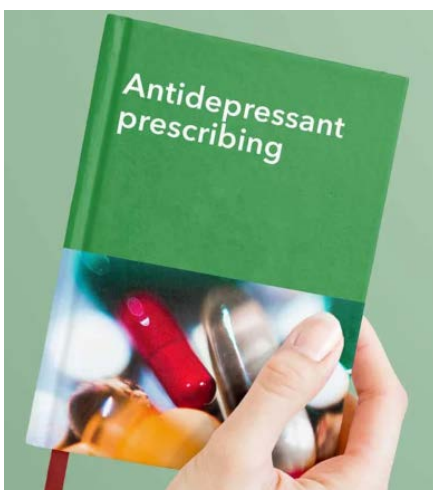
Supporting IMG GP trainees, preventing burnout and more...

Read more about a recent pilot Social Prescribing service to support IMGs during their training, how you could support your practice pharmacists to develop more generalist skills and approaches to prevent GP burnout.

Read more: <https://www.wisegp.co.uk/teaching-and-mentoring/support-your-practice-team>



Prescribing



Discontinuing antidepressants

Did you know that surveys of long-term antidepressant users have found that 30-50% have no evidence-based indication to continue treatment? GP conversations can support discontinuation of antidepressants, particularly if supported by information on relapse rates and use of appropriate tapering regimes.

Want to find out more?

Read our GEMs on antidepressant prescribing here: <https://www.wisegp.co.uk/prescribing/antidepressant-prescribing>

Approaches to reducing antibiotic prescribing

Are you avoiding repeat antibiotic prescriptions within the same episode of a respiratory tract infection and ensuring appropriate use of antihistamines +/- topical steroids for management of insect bites? Do you feel confident communicating with patients when antibiotics aren't required or when a deferred prescription is more appropriate?

GEMs to help prevent antibiotic resistance: <https://www.wisegp.co.uk/prescribing/help-to-prevent-antibiotic-resistance>



Practice Management



Reducing missed appointments

Have you ever audited missed appointments to identify patterns or develop strategies to reduce them?

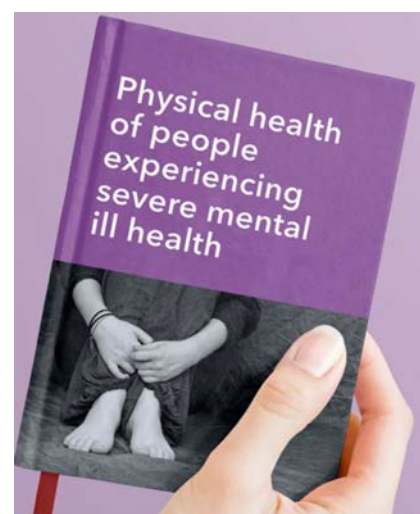
Explore this GEM for some ideas about how to reduce missed appointments: <https://www.wisegp.co.uk/practice-management/optimising-use-of-appointments>

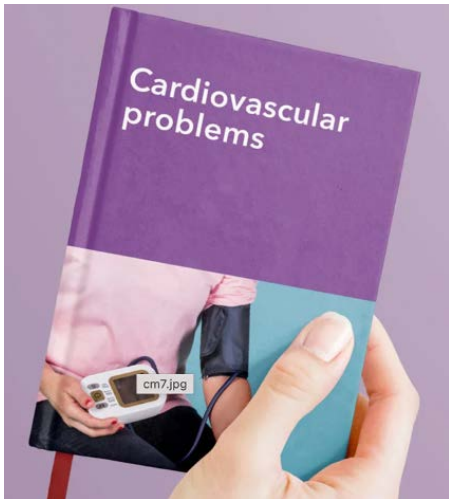
Clinical Management

Physical health of people with SMI

People with severe mental illness (SMI) are three times more likely to die prematurely than the general population. There are many aspects to consider, from addressing cardiovascular disease risk factors to promoting oral health. We also know SMI is associated with an increased likelihood of fragility fractures and under-diagnosis of osteoporosis.

Read more about how you can improve the physical health of people experiencing severe mental ill health: <https://www.wisegp.co.uk/clinical-management/physical-health-of-people-experiencing-severe-mental-ill-health>





Ambulatory Versus Home BP Monitoring

Do you preferentially offer Ambulatory to Home BP Monitoring for patients over the age of 60 years? If not, Home BP Monitoring can miss night-time hypertension.

Read more in our Cardiovascular Disease GEM:

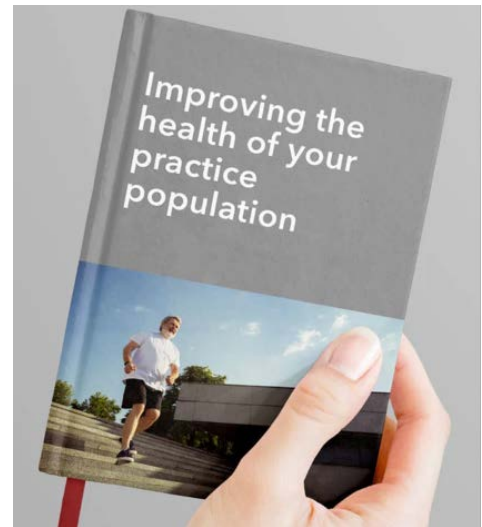
<https://www.wisegp.co.uk/clinical-management/cardiovascular-problems>

Practice Management

Reducing Health Inequalities

Have you considered how to optimise the use of social prescribers in your practice. Could you learn from the approach of others to help reduce health inequalities and support those most at need with managing mental health problems?

Have a read of our GEM for inspiration: <https://www.wisegp.co.uk/public-health/improving-the-health-of-your-practice-population>



Wise Provocations Survey...

We'll share the results of our recent survey and the steps we'll be taking in response in our next newsletter.

In the meantime, why not explore our GEM library further?
If you have any work you would like to be featured in the library, please contact us!

Explore the WiseGP GEMS Library here: <https://www.wisegp.co.uk/>