

TOP 5 GEMS FROM 2024

Sharing highlights from WiseGP to explore further online...



Our GEM library contains headline messages from the latest research relevant to Primary Care. We include practical WiseGP suggested actions for you to apply the learning in your everyday practice.

Here are the top 5 GEMs accessed over the past 12 months for you to explore!

They include tips for improving your prescribing, managing gastrointestinal problems, enhancing the experience of your GP registrars, requesting appropriate investigations and managing chronic pain.



Reducing risks with prescribing

This GEM includes some recent evidence on NSAID prescribing in high-risk groups, advice on balancing benefits of antihypertensive treatment against the risks of falls in people over 80 years and the risk of venous thromboembolism with both NSAIDs and hormonal contraception.

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

Gastrointestinal problems

This GEM includes a study awarded RCGP research paper of the year, which discusses the use of amitriptyline in people with IBS, in addition to information on FIT tests and how reliable they are in ruling out colorectal cancer. There's also a section on reflux, prompting you to reflect on whether you jump to a prescription too early.

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



Enhance the experience of your GP Registrars

Here are some suggestions for how to improve your registrar's experiences in general practice, including opportunities to experience different portfolio roles, learn about the practice business and an idea you might apply as a TPD; a good Samaritan course.

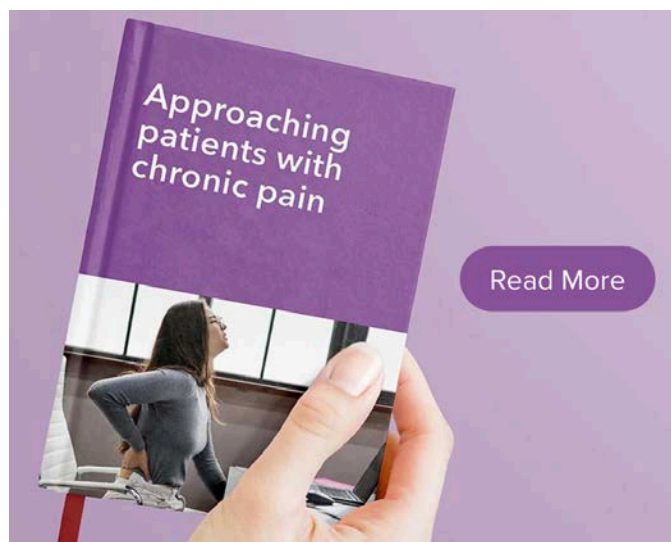
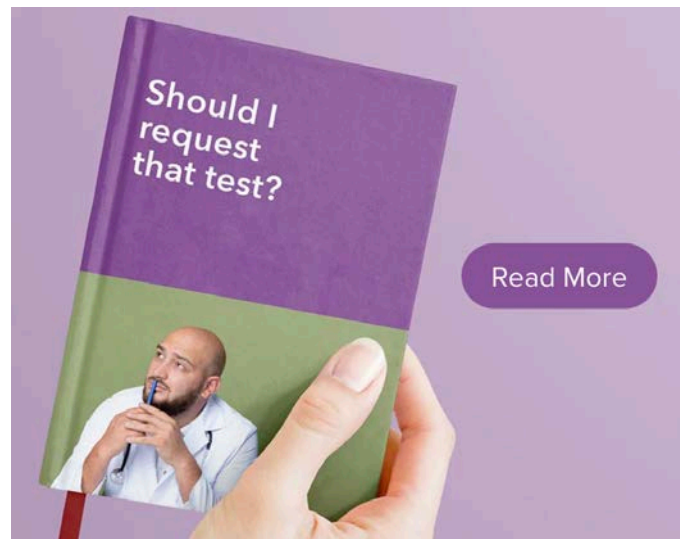
LINK: <https://www.wisegp.co.uk/teaching-and-mentoring/enhance-the-experience>



Should I request that test?

Here we discuss the evidence for ambulatory versus home BP monitoring, the value inflammatory marker tests and X-Rays in certain circumstances and how you might reduce unnecessary investigation requests.

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



Approaching patients with chronic pain

This GEM contains information about the use of cannabis for chronic pain, self-management strategies for pain-related distress and the links between chronic pain and childhood trauma for us to sensitively explore during consultations.

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

If you've found these interesting, there are many more GEMs you can explore in our [library!](#)

Merry Christmas and thank you for your support in 2024

Next year we'll be focusing on a WiseGP approach to more clinical topics and updating you on our Wise Provocations work.