

Devon Local Medical Committee

Devon
for
the

Newsletter Issue No 53

July 2005

Devon
for
the
NEWS
LMC
Devon

Chief Officer's Corner

7th July 2005 – BMA House

Nobody reading this could be unaware of the terrorist outrage in London on 7th July and of the circumstances whereby a number 30 double-decker bus exploded outside BMA House in Tavistock Square. There can be no good place for an explosion to occur but by serendipity this one occurred where, only yards away, there was a body of experienced and competent doctors, mostly General Practitioners, who swung into action without thought for their own safety in the best traditions of the profession. Other GPs already heading for BMA House were also rapidly involved in triage and emergency life support. We should be very proud of all our colleagues and hopeful that these traumatic events have no adverse long term effects upon them.

The BMA offices remain a "crime scene" and the Association has been "working from home" or in temporary rooms. Lockharts Solicitors has been similarly affected. Please allow some leeway if you have been expecting a response from either organisation.



10 Years on....

I am pleased to report that I have survived my first decade working for General Practitioners in Devon heading up your representative body and that I can say that, for most of the time it has been fun and that it has never been boring!! I arrived on 1st July 1995 to replace the functions previously undertaken by Norman Holberton and to add new dimensions to the services provided to GPs in

the county. Change was in the air and it has not departed since with it becoming the only constant in the provision of care to patients. Out of hours development kept me doing 75 hours a week for the first nine months and created an ongoing relationship between myself, Chris Wright, Adrian Jacobs, Mike Richards and Charlie Daniels in particular. The fight to bring about effective GP Co-operatives was prolonged and difficult but some of the most important work I have been involved in with its knock on effects on improving the lives of as many GPs as possible. Its legacy continues with Devon Docs still being at the front end of effective out-of-hours care to GP patients.

Pastoral support has been vitally important and here I would like to thank Graham Ward and John Dean who have worked with me to support GPs (and their families) who have had difficulties. It is in this area in particular that I believe the LMC has done the most to improve the lot of GPs as individuals and where I have felt that my skills as a GP have been best utilised.

We have also helped to improve GP incomes by negotiations with the various authorities over the years, most recently through our work with PCTs on Enhanced Services and the like. Here the work of our entire Secretariat team has been vital. When I arrived I had the unpaid support of my wife Judy, who shared the task with me of typing up the New Constitution for Devon LMC and other core documents. Norman carried on for a few months before his retirement and I started to build the Secretariat team which has always been brilliantly supportive of both me and GPs generally and now includes (in order of arrival): Lynn Stubbings, Jen Townsend, Barbara Powell, John Baker, John Dean, Sarah Collins, Debbie Galbraith and, from 8th August, Sarah Hale. Turnover of staff has been small with only Helen Lazarus, Graham Ward, Rosemary Humphreys and Nicola Heywood having left us in the ten years!

Thank you for your support to me and for your many kindnesses. Many sandwiches have been provided – prawn ones are particularly fondly remembered....!

Voxpop Update

John Baker has a bit on this later on but essentially we now have 346 users and I want to see everybody who can sign up doing so as it will then become an even more effective mechanism for sharing information and experience than it is now. Have a peek at John's bit and come on board!!!

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Out-of Hours

You will remember that I have already mentioned this but I want to point to Charlie Daniel's piece on OOH. I asked him to write it after I had had contact with a practice where the OOH

work of one partner gave concern to other partners. That is happily resolved by discussion and an alteration within their partnership agreement and it may well be worth all practices contemplating whether they have an agreement that handles all work outside the practice appropriately. If you have concerns please contact me in any of the usual ways.

And finally...

You will also see a piece from a new LMC member, Dr Duncan Bardner of North Devon, who came to his first Conference of LMCs last month. Perhaps one day it could be you...?

More Change for GPs?

Obviously the Government believes that GPs will pine away if there is a period of stability in how General Practice services are delivered to patients and it is perhaps for that reason that we await a new White Paper on the future for General Practice. We have a new Health Secretary so perhaps it was inevitable although I believe it was already planned before the post election Cabinet reshuffle. As ever I expect that the new paper will "Change the whole face of General Practice as we know it" – a cry heard at every mooted "review" over a number of years. I think it important that we all realise that even though British General Practice is comparatively cost efficient and cost effective there are those who fear that GPs remain a little too independent minded and a little too willing to point out that "The Emperor is naked!" Those that say that the sons of the Civil servants who, in

1948, failed to bring about a salaried service are now the Sir Humphreys of today may have a point. Perhaps the next attempt will be on the back of a move towards more private enterprise in the NHS but this time in the Primary Care arena? We shall see in the Autumn. Enjoy your Summer!!

National LMC Conference June 2005 Dr Duncan Bardner, North Devon LMC

Having joined the LMC just over one year ago, I volunteered for the dubious pleasure of travelling up to the national conference. Before I went I had little understanding of the purpose of the conference or the mechanisms by which issues were debated, luckily I found the experience both rewarding and good fun (quite sociable too).

The conference I learned had the task of debating a wide range of motions, from training to pensions. Speakers were given 3 minute slots to make their point, time was kept by a strict system of traffic lights so that when the red light came on you stopped, a further speaker would then put their point of view, either in agreement or opposition. Prior to voting the relevant GPC member would give their opinion on the debate to which the speaker could reply if they wished. **The important bit is that the vote effectively decided the direction the GPC would take on further negotiations on behalf of all GPs with the Dept of Health.** Most of the motions were supported. However a few were rejected, notably a motion suggesting an increase in the Global Sum for GPs in affluent areas to counter the higher house prices (not much sympathy from conference I'm afraid).

Hamish Meldrum made the opening address highlighting such issues as inadequate funding of GP trainers, superannuation, enhanced services, global sums, private sector provision of primary care, persecution of small practices and failure to sort out community hospital contracts. These issues all went on to debate. As was expected, a large proportion of the further motions related specifically to the new contract, areas including Global Sums (what's in and what's out), MPIGs, IT, pensions, QOF, PMS, essential/enhanced services, OOH, and premises. Other notable areas were Practice Based Commissioning, Choose and Book.



The speakers from Devon performed as well as usual, managing to put their points of view to the conference, whilst maintaining their sense of humour. This managed to balance the seriousness displayed by the majority but not all of the other speakers, it also seemed to make it more likely that you would be asked to speak if you were from Devon. Andy "Trainspotting" Paton and Charlie "Supershed" Daniels certainly made their points well and subsequently got their pictures in the rags.

From the start of the journey to the return home, great fun was had by all and everyone seemed to be surprisingly tired. Something I'm told was to do with the evening entertainments. I would encourage anyone if given the opportunity to attend the conference. To do so has given me a very useful insight into the how LMC and the GPC work together to strive to improve the working lives of GPs.

An Out of Hours Problem

From Dr Charlie Daniels, Chairman Devon LMC

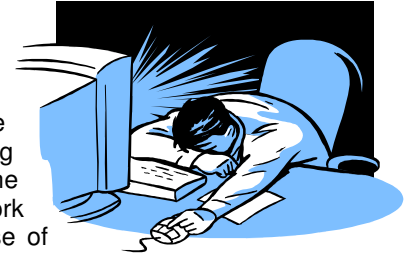
Whatever GPs think about the good and bad bits of the GMS contract, they are usually agreed on one thing. That is, that the Out-of-Hours opt out for around £6,000 has revolutionised their lives.

Many have chosen not to do any OOH work, which means they will probably continue to work longer in the NHS rather than take early retirement. It means the more enthusiastic GPs can do variable amount of sessions for Devon Doc and are able to pick and choose when it suits them. It is a positive benefit to all GPs and to patients who are given a very high quality service provided by Devon Doctors on Call. It all sounds very different just across the Tamar!

The OOH payment structure for shifts emphasises the fact that GPs have been doing OOH on the cheap for years. There is a tendency for some doctors to do as much as possible particularly when you consider two nights a week and a session at the weekend is an extra £85,000 per annum!

The GP contract was negotiated to solve the problems of excessive GP workload and to avoid burn out of stressed GPs so it is ironic that the LMC is picking up tensions in some general practices where partners are doing a lot of OOH shifts. There are concerns about GPs not attending diligently to the in hours

work because they are knackered from doing overnight shifts. The earnings from OOH work has also been a cause of resentment in some partnerships.



We realised that this could be a problem in our partnership of six where we did variable amounts of OOH work, anything from two to eight shifts a month. One of our partners is also a police surgeon working overnight shifts and could be up all night plucking pubic hairs!

As a practice we felt it would be beneficial to be open about what extra work we did OOH, whatever that may be. We made it a rule that if an overnight shift is worked then the following day would be your day off. The day time work in general practice is more pressured when you are going for maximum quality points and we felt this is where partners' efforts should be targeted. We display all OOH rotas in the coffee room and put all earnings through the practice accounts for complete transparency. The partnership agreement also reflects the rules.

To some, our rules may appear over the top but as partners we are content that when we see the accounts this year that show our youngest partner earning the most, we know its not at our expense.

Debbie Galbraith

Executive Officer for South & West Devon

Survey - Requests from Councils for Information on Patients

Thank you to those practices that responded to the survey on GP and Practice Managers' excess paperwork. We will be carrying out another survey in September and will require practices to respond to this in order to collect evidence of just how much GP and PM time is wasted on sending out letters and filling in unnecessary reports etc.

Child Protection training for GPs

More information to follow shortly.

Sherford Project

We have the names of 2 GPs who have agreed to be on the advisory group. Many thanks to those who responded.

Information on Practice Based Commissioning and Choose and Book

If a practice has agreed to PBC you only have to agree to implement C&B at some time in the future ie when the IT equipment is installed and working well.

Transport - Reminder

From 1 June the PCTs are responsible for arranging patient transport. This service is not a practice responsibility.

I hope you all have a good summer break.

VACANCIES	
<p>Dr Gundry & Partners The Medical Centre East Street Okehampton EX20 1AY Tel: 01837 52233</p>	<p style="text-align: center;">Maternity Locum required for 6 months</p> <p>3 whole days a week from early October 2005 to work in a friendly, supportive, well organised practice in the Mid Devon town of Okehampton. Female doctor preferred. Please contact 01837 52233 (Mondays, Wednesdays and Thursdays) or 01837 82585 at other times.</p>
<p>Plym River Practice Plympton Health Centre Mudge Way Plympton Plymouth PL7 1AD Tel: 01752 348884</p>	<p style="text-align: center;">Enthusiastic Committed Doctor looking for a</p> <p>Permanent Post required to replace a full-time partner retiring in April 2006. We are a friendly 4-partner training practice with a retainer and links to the local Medical School. Fully computerised using Inps Vision system, paper light. A suburban practice with all that Devon and Cornwall has to offer on the doorstep. For more information or an informal chat please telephone Lynn Langridge or Dr Steven Millard on 01752 348884 or email: lynn.langridge@nhs.net</p>
<p>Budshead Health Centre 433 Budshead Road Whiteleigh Plymouth PL5 4DU Tel: 01752 206002</p>	<p style="text-align: center;">Salaried GP Required</p> <p>We are looking for a salaried GP for 6 sessions per week – 5 clinical and 1 admin on a Tuesday/Wednesday, Thursday. We currently have 3 partners with 5660 patients. High achieving PMS practice iSoft Synergy clinical system - paper light Well motivated and organised team Applications and CV to Mrs Elaine Boardman, Practice Manager 01752 206002 or email elaine.boardman@nhs.net . Informal enquiries and visits welcome.</p>
<p>Sid Valley Practice Blackmore Drive Sidmouth Devon EX10 8ET Tel: 01395 512601</p>	<p style="text-align: center;">GP Locum</p> <p>We are looking for a locum to cover maternity leave for 6 months – Commencing October 2005</p> <ul style="list-style-type: none"> • 4/5 sessions a week – Wednesdays, Fridays and alternate Tuesday mornings • To take full share of visits, duties, and partner workload <p>We are a large PMS practice covering the Sid Valley. We have 8 GP partners and 3 GP assistants. For further information contact Mrs Karen Colson on 01395 512601 or Dr Sara Hadfield on 07791 606101 or email gps@sidvalley.sfnet.co.uk</p>

Courses, Conferences and Information

Higher Professional Education Scheme - Study Days

The next HPE study day meeting dates are as follows:

- 19th September – Sexual Health Services
- 18th October – Liver Problems
- 9th November – Paediatrics
- 6th December – Joint Examination (Neck, Back and Wrist)

Planned dates for **2006**: (programme under development)

9th January, 9th February, 12th April, 15th May, 22nd June, 19th July

All are welcome and it's free. All meetings will be held at the Postgraduate Education Centre, RD&E Hospital. Those eligible for HPE will get funding to attend. Contact John Deacon on 01752 311972. The programme content will be posted neared the individual dates but they will also be updated on the CPD Forum website.

National Osteoporosis Society

The Osteoporosis Explosion – A one day seminar (afternoon and evening) designed for Health Professionals in Devon

Date: Friday 14 October 2005

Venue: Postgraduate Centre, Barrack Road, Exeter

Cost: £15.00 to include tea

Buffet lunch £5.00 (Total £20.00)

The numbers of sufferers with this condition is expected to rise significantly in the near future so it is vitally important that medical health professionals are full aware of this growing problem and are equipped to treat and care for patients with, or at risk of developing, osteoporosis. The seminar aims to address the many options for diagnosis and treatments currently available so that patients may receive the highest level of care possible. Further details and delegate pack from Mrs C M Pankhurst, The Old Garden, Burgmann's Hill, Lypstone EX8 5HP.
Tel: 01395 272010. Website: www.nos.org.uk



Funding for Research

PenReN Small Project Grants

PenReN is pleased to announce a limited number of Small Project Grants for primary care research. These research grants are available to primary care practitioners and community health professionals within Somerset, Devon and Cornwall. These grants (up to a maximum of **£5,000**) will be for 18 months and may be used to conduct a pilot study or a full research project.

Proposals must be submitted on the PenReN award form and the grants will be made by the PenReN awards committee after competitive review. The closing date for submission of proposals for the first round of awards is **Friday 5 August 2005**. Awards will be announced by Monday 19 September 2005. For further details, conditions and an application form please contact: Joy Choules, PenReN, Peninsula Medical School (PC), Postgraduate Education Centre, Barrack Road, Exeter EX2 5DW. Tel/Fax: 01392 403011. Email: PenReN@pms.ac.uk





JOINT & SOFT TISSUE WORKSHOPS

A series of 4 individual teaching days for GPs

Venue: East Devon Business Centre, Honiton. 9.00am – 4.00pm
Light lunch and refreshments.

Cost: £146.88 (£125 + VAT) per day (all bookings must be accompanied by full fee)

Limited to 12 places – please book early

Autumn 2005

September 16th

Day 1 –

Shoulder/Neck & Thoracic Spine

December 9th

Day 2 –

Wrist and Elbow/Non-joint problems
(Bursae/Tendonitis)

Spring 2006

February 1st

Day 3 -

Hip and Lower Back/Knee

March 10th

Day 4 -

Foot and Podiatry/Ankle and Lower Leg



*Each day will cover PC diagnosis, treatment and management.
Practical, hands-on examination.*

Treatment involving exercises, injection therapy, taping and acupuncture.

Presented by Beacon Associates Ltd

Sponsors: Merck, Sharp & Dohme, & UCB Pharma

Please express interest by replying by e-mail to: simon.kay@GP-L83136.nhs.uk.
For booking forms and any further details e-mail: pennyjolley@btopenworld.com.
Tel/fax: 01460 526 999

LMC Annual Report - Contributions



It is the time of year to pull together the items for inclusion in the LMC Annual Report and we will shortly be writing to various individuals and organisations for their contributions. If you feel you have something you wish to contribute and share with the wider GP community please contact John Baker at the LMC Office.

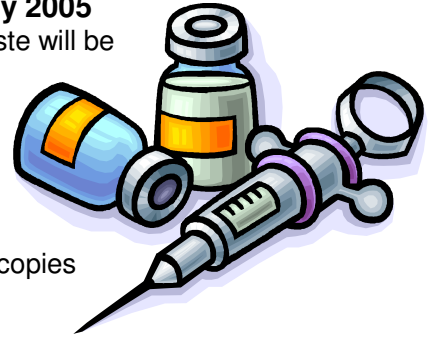


LMC Annual Report – Number of copies

Following feedback from Voxpop it is proposed that we will reduce the number of copies sent to practices, for single-handed and individual Sessional GPs = 1 copy, 2 to 5 GP practices = 2 copies, 5 to 10 GP practices = 4 copies, 10 plus GPs = 5 copies. Additional copies of the reports will be held in the office.

GPC - Guidance note for GP practices on the introduction of the new Hazardous Waste regulations, to be introduced on 16 July 2005

In England and Wales, most practices that produce hazardous waste will be required to be registered with the Environment Agency before hazardous waste is treated, disposed of or removed from the premises. The revised guidelines will streamline the procedures for monitoring movements of hazardous waste, as defined in the revised Hazard Waste List.



A copy of the guidance is enclosed with this newsletter; additional copies can be downloaded from the LMC web site – www.devonlmc.org/Whats-hot.htm



Voxpop

Vox-Shop – Part 2

A series of handy hints and workshops to improve your Voxpop experience...

VoxPop Registration – Total Users now 346

The registration process is simple the link below allows remote registration of new member to Voxpop. The information requested has been kept to a minimum to afford easy access to all. Once you have registered via this route your registration request will be logged with the Voxpop server. LMC staff will then verify your inclusion and will activate your account. When this has happened the server will inform you by e-mail and your account will be ready to use. If you want to see what it is all about see the Help section at the top of the page. Register at <http://www.webmedix.net/voxpath3/registration.html>

Voxpop - Changing your view and profile...



Each element of the Voxpop screen can be changed; the simplest way of changing your view is by using the buttons near the top of the screen. Hovering your mouse over each of the buttons will give you tip on what the button does.



The envelope button – this controls how the system handles email notifications



The order button – this changes the way messages are shown. Either “Newest” at top, “oldest” at the bottom, pressing the button will reverse the order.



The collapse thread button – this allows you to collapse or hide the contents/threads on the screen.



The New button – this icon will show new messages which have been posted. Voxpop will keep a record of each thread you view, please note for this system to work, you MUST log out of the system after each

Log Off

session. Clicking the new button will turn this feature on and off.

Pan-Devon Forum of the Devon LMC Senate	
E-mail Rule:	<input type="text" value="Receive None"/>
Expand/Collapse Rule:	<input type="text" value="Remember How Forum Was Left"/>
New Tag Rule:	<input type="text" value="Show New Tags"/>
Viewing Order Rule:	<input type="text" value="Strands shown in reverse order"/>
Set This As Your Default Forum <input type="radio"/>	

Each of these setting can also be changed in your profile settings.

For more information on these items and access to the help file, go to <http://www.webmedix.net/voxpath3/help/main.html>