

Open Invitation to London GPs to attend Primary Care Fellowship Masterclasses 2019

Date	Topic	Location	Time
Tuesday 15 January	Cancer Treatments	Room 20a, 2 nd floor events centre, Stewart House, 32 Russell Square, WC1B 5DN	9:30 – 4:00pm
Tuesday 19 February	Consequences of Treatment	Central London – TBC	9:30 – 1:00pm
Tuesday 12 March	Recovery Package	Central London – TBC	9:30 – 4:00pm
Tuesday 9 April	Stratified Follow-Up	Central London – TBC	9:30 – 4:00pm
Tuesday 21 May	Rehabilitation	Central London – TBC	9:30 – 4:00pm
Tuesday 18 June	Fellow designed: topic to be determined	Central London – TBC	9:30 – 4:00pm

Background: Primary Care Fellowship Programme

Health Education England, London & South East have developed a programme that offers Fellowships in:

- Urgent and Acute Care
- Living with and beyond Cancer
- Community Care of the Elderly [Frailty]

During the twelve-month Living with and Beyond Cancer Fellowship, the Primary Care Fellows undertake a programme of clinical and academic training to gain experience across both generalist and specialist sectors in the clinical area of the fellowship. In 2019, the programme has scope to invite a wider audience to the Living With and Beyond Cancer Masterclasses, open to Macmillan GPs and GPs with an interest in cancer.

<p>For more information please contact:</p> <p>Sharon Cavanagh, Living With and Beyond Cancer Lead at UCLH Cancer Collaborative: sharon.cavanagh@nhs.net</p> <p>Anthony Cunliffe, Macmillan GP Advisor, London: anthony.cunliffe@nhs.net</p>	<p>To book a place, please contact:</p> <p>Daisy Doncaster, Macmillan Project Co-ordinator at UCLH Cancer Collaborative: daisy.doncaster@nhs.net</p>
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Aims and objectives for each Masterclass

1. Cancer Treatments (15 January 2019)

Aim: Increase understanding of, and latest advances in, cancer treatments.

Objectives:

1. Learn about common treatments for cancer; chemotherapy, radiotherapy, surgery and methods utilised to involve patients within the treatment decision making process
2. Receive update on the newer successful treatments/treatment regimes, including biological therapies
3. Reflect on own experiences of supporting individuals who were/are receiving cancer treatments. What have been common concerns/issues patients have identified or sought assistance to address?
4. Understand the process of consenting to treatment and the impact of the process on compliance and psychological preparedness for the procedure and recovery.

2. Consequences of Treatment (19 February 2019)

Aim: Building on knowledge obtained in previous masterclass on cancer treatments, Fellows will gain knowledge of the effects of cancer and its treatment on an individual's health and quality of life, both short and long term. In addition, Fellows will learn about roles of teams across primary and secondary care in the identification and management of these effects.

Objectives:

1. Learn about some of the common consequences of treatment and how these may impact on the monitoring of an individual's physical health and psychological wellbeing post treatment (focus on common late effects – fatigue, lymphoedema, peripheral neuropathy, weight, mood)
2. Gain an understanding of the personal experience of an individual/carer who is living with the impacts of treatment
3. Discuss the role of primary care clinicians in recognising and addressing CoT
4. Explore how loss and changes in abilities/self identity affect an individual as they adjust to a 'new normal'

3. Recovery Package (12 March 2019)

Aim: To learn about the Recovery Package interventions and understand why this has been prioritised at national and local level.

Objectives:

1. Learn about the background, evidence base, and national levers to implement the Recovery Package
2. Understand the current position across London regarding Recovery Package implementation
3. Discuss the role of Recovery Package interventions in supporting individuals to be partners in healthcare – confident and able to manage their health
4. Understand the role of the Holistic Needs Assessment across the pathway and the benefits of this intervention in the support delivered in primary care
5. Experience attendance at a Health and Wellbeing Event (1:1 or group event) and discuss benefits and limitations of different formats
6. Discuss the current (QOF) CCR with a focus on own practical experience - templates used, process for conducting
7. Consider how interventions could be incorporated into own clinical practice

4. Stratified Follow-Up (9 April 2019)

Aim: Understand the different models of stratified follow-up to support individuals with breast, colorectal and prostate cancer.

Objectives:

1. Appraise different models of stratified follow-up – acute led and primary care led. Consider the pros and cons of each from a patient, doctor and commissioning point of view
2. Understand the local levers/plans regarding implementation of SFU
3. Describe the concept of activated and non-activated patients in long term condition management.
4. Discuss methods to encourage and promote self-management to people and how this varies based on whether they're activated or not and nature of long term condition(s).
5. Learn about tools utilised to support individuals to self-manage. E.g. Patient activated measure (PAM)
6. Further focus on CCR – TCST 4 point model and integration into LTC follow up

5. Rehabilitation (21 May 2019)

Aim: Learn about the importance of rehabilitation from point of cancer diagnosis and the psychological issues face by people living after a cancer diagnosis. Understand specialist and generic provision in local area (secondary care and the community).

Objectives:

1. Learn about the impact of rehabilitation (including pre-habilitation) on outcomes and experience – Time of Diagnosis
2. Learn about the importance of non-pharmacological management modalities and physical activity/nutrition in optimising health
3. Describe the challenges in the provision of both rehabilitation and psychological support services across the cancer pathway
4. Obtain an understanding of physical activity and lifestyle in reducing secondary cancers, maximising Quality of Life/functional ability and improving psychological wellbeing
5. Understand the fear of recurrence and impact of this on daily life
6. Learn about the matrix of psychological support services available in local area and devise methods to meet needs of local population