



East Cumbria Vocational Training Scheme

Proposal to seek approval for an Integrated GPStR Post

Date: 27.10.2010

1. Post details

Integrated training post in General Practice and Management of Drug and Alcohol Problems.

2. Bases:

1. Approved training practices in East Cumbria - the practice may vary depending on availability.

Educational Supervisor: GP Trainer.

Preferred practice for this post:

Birbeck Medical Group, Penrith Health Centre, Bridge Lane Penrith.

Telephone number: 01768 214620

Educational Supervisor: Dr Ian Pritchard, GP Trainer

Email: ian.pritchard@gp-A82035.nhs.uk

2. Drug and Alcohol Recovery Team, 113-117, Botchergate, Carlisle. CA1 1RZ.

Telephone number: 01228 882299

Clinical Supervisor (specialty post): Dr Ian Pritchard / Dr Sugato Sarkar

Email: ian.pritchard@cumbria.nhs.uk

3. Background / rationale

Drug and alcohol misuse is an significant an increasing problem for UK society. General practitioners will find increasingly that within their clinical practice drug and alcohol problems will present. Despite shared care of drug users becoming increasingly common, GP's may find themselves feeling less well trained and equipped to deal with substance misusers.

The RCGP does provide further training and qualifications in managing substance misuse, yet this topic can be a neglected part of general practice.

4. Educational outcomes

Generic Learning Outcomes for Integrated Posts

It is anticipated that the learning outcomes of each Integrated Post will enable the GPStR to:

- augment existing clinical and intellectual skills in order to make decisions and problem solve for the benefit of the patient and significant others

- provide evidence based care which is robust and makes optimum use of available resources including local expertise and experience
- demonstrate in consultation and within teams the interpersonal and communication skills which are effective, empathetic and conducive to collaboration and co-operation
- critically evaluate the interface between primary and secondary care services and agencies
- discuss the impact of national health policy on the local provision of care
- demonstrate developing IT skills
- develop confidence and competence as a novice GP

Learning outcomes specific to the post (mapped to the GP curriculum)

- 1. Develop understanding of initial assessment and management of Drug and Alcohol problems.**
- 2. Develop understanding of the natural history of substance misuse, its impact on people's lives and how it fits into society.**
- 3. Develop understanding of dependency issues and cycle of change.**
- 4. Develop self confidence, independent thought and good practice when dealing with substance misusers.**
- 5. Appreciate the importance of Teams and Information sharing when working with a complex client group.**
- 6. This post will help GPStR's develop their thoughts around Holistic care; certainly issues around ethics, personal values, equality and diversity will arise.**
- 7. The GPStR will have the opportunity review some of the evidence base for treatments undertaken in substance misuse.**
- 8. The GPStR will understand that substance misusers develop health problems alongside their addiction problem.**

5. Post summary

- 1. Exposure and experience of drug and alcohol problems.**
- 2. Develop confidence in initial assessment and management of substance misuse problems.**
- 2. Develop ideas around safe management of substance misusers.**
- 3. Develop awareness of how substance misuse impacts on people's and family's lives.**
- 4. Continued exposure to General Practice**

6. Main duties and responsibilities of GPStR

4 sessions based Drug and Alcohol Recovery Team, working initially alongside Keyworkers, Consultant and GPwSI, with the aim of eventually developing the confidence to see clients independently with peer support.

5 sessions based in general practice, working as GPStR in general practice with exposure to full range of GP activities.

1 session per week VTS ½ day release programme.

The number of sessions in each component can be varied based on the learning needs of the GPStR

7. Details of training programme. On call arrangements where applicable and protected teaching

OOH commitment will continue in general practice. No OOH in speciality post. The number of OOH sessions will satisfy the minimum for GP training (further, up to date details can be found on the East Cumbria GP Training Programme website).

During the “in-hours” General Practice component, the GPStR will take part in "duty doctor" sessions.

Protected teaching time for tutorials, of three hours per week, will continue across both parts of the week.

Typical Timetable

<i>Day of the week</i>	Activity & venue AM	Activity & venue PM
Monday	General Practice	General Practice
Tuesday	Drug and Alcohol Recovery Team.	Drug and Alcohol Recovery Team.
Wednesday	General Practice.	Half day release
Thursday	Drug and Alcohol Recovery Team.	Drug and Alcohol Recovery Team.
Friday	General Practice	Private Study (General Practice)

8. Scope for flexible/part time training

Ideally full time post - I feel balance of general practice/substance misuse is important.

9. Arrangements for monitoring, support and appraisal of GPStR for both aspects of the post

GPStR will spend time alongside Consultant, GP and Keyworkers - monitoring and support is in effect already in place.

The Keyworkers provide a huge bank of clinical experience, making this post a relatively safe and fruitful learning experience.

GPStR will be encouraged to complete RCGP part one certificate in substance misuse.

Appraisal of ongoing issues will be part of the tutorial scheme, as issues with substance misusing clients will arise. The GPStR will find that communication skills are increasingly important with this population.

10. Brief overview of experience of Trainers, practices and/or departments in GP postgraduate education

New Consultant Dr Sugato Sarkar in post.

Dr Pritchard has been a trainer for a number of years. He was previously a full time GP partner at Birbeck Medical group, although is now salaried working two days per week. He works three days per week for the Drug and Alcohol Team.

11. Anticipated viability of the post

Viable post - increasingly important problem.

12. Any other information

Opportunity to complete RCGP certificates in substance misuse/alcohol problems/sexual health/blood borne viruses.

To be returned to
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