

Education Matters

For educators across north central and east London



April-May-June 2019

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Welcome

Welcome to the newest edition of Education Matters. We have many innovations to share with you, as always, and this edition includes the wonderful work being done in Primary Care.

We have many highlights including our HEE London team's fundraising successes, in memory of Rikul Patel. Read about the web launch for Trainee Nursing Associates, as well as some information about helping trainees manage fatigue.

★ We would also like to congratulate our Postgraduate Dean, Sanjiv Ahluwalia, who has been appointed to the post of Regional Lead Postgraduate Dean. He will take up the post from the 1st of July. Join us in congratulating Sanjiv. ★

Gary Wares, Indranil Chakravorty & Elizabeth Carty

Deputy Postgraduate Deans (HEE North Central & East London Local Office)

Rachel Roberts

Head of Primary Care Education and Development (HEE North Central & East London Local Office)

The Topol Review: Preparing the healthcare workforce to deliver the digital future



The Topol Review which explores how to prepare the healthcare workforce, through education and training, to deliver the digital future was launched in February 2019.

The independent review was led by cardiologist, geneticist, and digital medicine researcher Dr Eric Topol, commissioned by the Secretary of State for Health and Social Care Matt Hancock and produced by HEE.

The review makes recommendations that will enable NHS staff to make the most of game-changing technologies such as genomics, digital medicine, artificial intelligence and robotics to improve services. These recommendations support the aims of the NHS Long Term Plan, and the workforce implementation plan, helping to ensure a sustainable NHS. Find out more about the Topol Review on our website.

The launch took place at the Royal Society of Medicine with the Secretary of State. The event was introduced by HEE Chief

Executive Professor Ian Cumming, Dr Eric Topol delivered a keynote speech on “Preparing the healthcare workforce to deliver the digital future” and HEE Chair Sir David Behan closed the event and set the scene for future work.

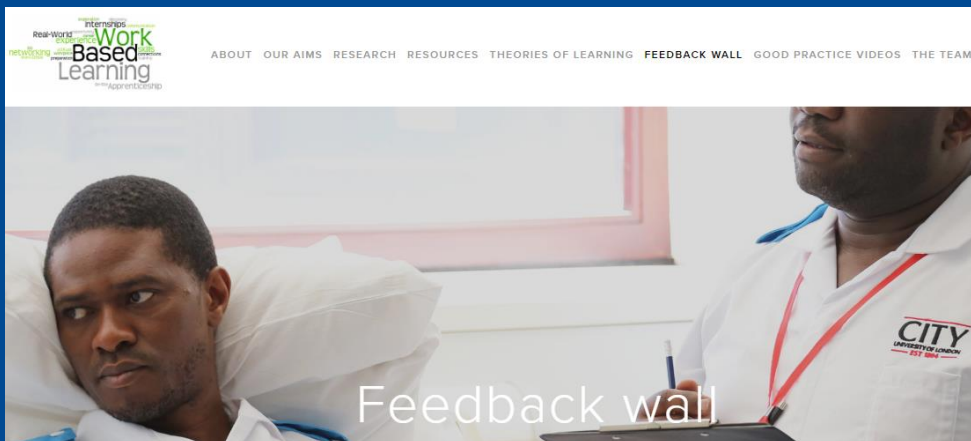
Website Launch web-based learning – trainee nursing associates

A website was produced as part of a project funded by HEE. The project was a collaboration between City, University of London and London South Bank University to address factors in preparing the clinical environment for supervision and work-based learning, and to produce principles for best practice in local implementation. The website has a number of sections and includes resources, theories of learning, good practice videos and a feedback wall. The feedback wall makes

suggestions for adoption of the nursing associate role, both for trainees and for embedding the role of nursing associate in clinical practice.

Please follow the link:

<https://workbasedlearninglondon.com/feedback-wall/>



Trust Induction: helping our trainees manage the fatigue associated with working nights

Diarmuid Mulherin, Clinical Tutor, Royal Wolverhampton NHS Trust

Chairman of NACT (UK) (National Association of Clinical Tutors)

HEE (WM Team) Associate Dean (Lead Clinical Tutor)

Consultant Rheumatologist, Cannock Chase Hospital, Royal Wolverhampton NHS Trust

We would like to share this very useful resource with you:

One of the highlights of our Winter Meeting held at the RCP last month was a talk on helping our trainees manage the fatigue associated with working nights. Dr Michael Farquhar, a sleep specialist in London who works with Children, gave a really engaging talk on the impact of working overnight on decision making (we take more risks) and some simple steps that can help mitigate the effect.

This issue is very topical, especially in light of the BMA Charter.

It struck me that it might be a good topic to incorporate into trust induction and / or teaching sessions as it probably would be more appreciated by trainees than much of what we end up telling them about when they arrive in our trusts. Not every hospital has an expert to deliver the topic, but Mike has very kindly agreed to

make available the resources he uses in London. Some relate to his own trust, but nonetheless, I think could form a basis for a 20-30-minute session to use in our own trusts.

- Rostering and rota design
- Induction and training
- Common room or 'mess'
- Catering
- Travel
- Rest facilities for doctors working on-call
- Fixing problems

There is written material in the form of an article published in the BMJ

<https://ep.bmj.com/content/101/3/127>

There is a BBC short piece to demonstrate the impact of sleep deprivation on functional skills like driving

<https://youtu.be/z4w3HuKjY>

There is a talk that Mike gave to the RCoA

<https://www.youtube.com/watch?v=SLWD9uXeNw>

Finally, there is a link to the resources they use in Mike's own trust at induction

<https://www.guysandstthomaseducation.com/project/sl-ep-looking-after-your-wellbeing/>

Haringey Community Education Provider Network (CEPN): Training on Turkish Kurdish Turkish Cypriot Communities

Sule Kangulec & Murat Ozcelik, Haringey CEPN Leads

Haringey CEPN carried out a survey with the VTS to identify additional training needs of the Trainee GPs. One of the asks from the respondents to the survey was to better understand the health needs of the Turkish speaking communities in Haringey. CEPN responded to this request by working together with a number of Turkish speaking community organisations to develop a number of training sessions including:

- Understanding Mental Health Needs in Turkish Speaking Communities (Turkish, Kurdish and Turkish Cypriot)
- Understanding Physical Health Needs in Turkish Speaking Communities (Turkish, Kurdish and Turkish Cypriot)
- Violence Against Women and Girls Experiences of Turkish/Kurdish and Cypriot Turkish women –and cultural competency for improved response
- Older people / Elder abuse – Cultural response

The training sessions were developed for health and social care practitioners in order to support developing cultural competence to overcome cultural differences in health and social care provision for Turkish Kurdish and Turkish Cypriot communities. Training sessions focused on different aspects of cultural diversity including language and communication, health beliefs, family and kinship, gender issues, religion, dietary requirements, birth, dying and death, and medical procedures.

The training events were attended by health and care professional across the system. Attendees feedback for the sessions were extremely positive with reporting increased knowledge and confidence. Over 200 staff members attended training during 2018.

Rikul Patel

This article is in memory of a GP trainee, Rikul Patel, who sadly died in January 2017. This includes fundraising links and his wife, Sonia's letter which gives you insight into what it's like to be a trainee managing a complex illness. A massive thank you to our educators for providing such positivity in such difficult times:

The toolkit, which is freely available, can be accessed via this link:

<https://www.fmlm.ac.uk/members/resources/leading-as-a-junior-doctor>

The primary focus of Leading as a junior doctor is the setting-up and running of effective junior My name is Sonia, and I am the wife of Dr Rikul Patel, ST3 GP trainee, who tragically passed away on 20th Jan 2018.

First and foremost, I would like to thank all those who have been involved in making today possible.

It's extremely humbling to see the impact Rik made on his peers and supporting mentors and I wanted to take this opportunity to tell you about my husband for those who did not know him.

Rik was living with Crohns disease from the tender age of 7. Despite having a challenging childhood with long periods of absence from school due to flare ups, he still aspired to be a doctor and managed to complete his degree in Medicine from St George's University, and a further degree in Aerospace Physiology at Kings College London. Most of the medications he used had side-effect profiles that were almost as bad as the symptoms they were intending to treat. Partly as a result of these experiences, I had come to perceive Crohn's as a dark disease. Unfortunately, during his GP training, he suffered complications which required 7 major surgeries, the majority being laparotomies, to remove various damaged areas of his digestive tract between 2013-2017. This resulted in adhesions across his abdomen. He was put on Total Parenteral Nutrition at home from November through to his last days, all in an effort to lessen his horrible and unremitting cramping and abdominal pain.

However, with the support from mentors such as Johra, Rameet Oberoi, Rachel Roberts and Mel Sayer, he managed to weather the storms, and smile through the adversities.

It's a great struggle to be in such a position whilst giving medical advice to patients during 10-minute appointments. Coupled with the relentlessness of Crohn's disease, it can be extremely difficult - especially if your symptoms are severe enough to disrupt your daily life.

Indeed, Crohn's affected Rik's life in many ways. Besides the obvious physical pain, there was a lot of mental anguish and frustration. I think the biggest impact for him was how it held back his career for a short time. He could deal with the physical pain but having no control over his career was especially hurtful. His positive attitude coupled with his endless determination, and some old-fashioned stubbornness pulled him through, despite not being able to eat. He didn't want the abdominal pain to win! Besides all of that, he always reminded himself that things could be a lot worse. What's important to note here though is that due to the stop/start nature of his training, he was aware of his limitations and that his patient's safety was paramount.

Normal things that couples would do would be a rarity for us. Going to the cinema for example would have to be carefully considered, dependant on how active his stoma was. He didn't want to be the guy who got up to go to the bathroom or worry his colostomy bag would let out an unpleasant noise or odour. Going on holiday meant having to pick a room with its own private pool so that he would feel as comfortable as possible, and the option of going to a spa was almost non-existent. Unless you experience Crohn's disease first-hand, you could never imagine what such a debilitating and painful disease can do to a person's life – physically and emotionally. I could describe Rik's journey living with Crohn's disease in many ways – educational, painful, heart-breaking, frustrating, draining, embarrassing, eye opening, and funny... yes, funny. We would laugh and try to see the upside because his illness made us pull together more than most couples.

Many, if not all doctors are also patients, so why not capitalise on this shared experience? It offered Rik an opportunity to deepen his therapeutic relationship with his patients, to build trust, to help understanding, and improve patient outcomes. It added an extra empathetic dimension to his practice. One day he felt like he could take on the world and then the next day he felt like a truck just ploughed over him. Because of this, empathy came naturally to him. He truly listened, despite the challenging and painful times and his patients loved him. He took on each day with tolerance, grace and humility. He was a hero in his own right!

Although it brought Rik's untimely demise, my experience with Crohn's significantly changed me as a person. It has made me realise that the most important things in life should not be taken for granted and we must stop worrying about insignificant matters. My personal journey with Crohn's has strengthened my love for life and to be compassionate to each and every individual as everyone is fighting a battle you know nothing about. The most powerful impact that Rik's experience with Crohn's has had on me is that it has instilled the importance of remaining positive.

I do not know what the future will bring, but I will continue to take each day as it comes and live my life to the fullest for Rik. If I can offer any parting words of wisdom from my experience, it is to savour each moment you have. Laugh in the low times and cherish life's highs. And most importantly: be kind – people might be dealing with a pain that we are simply unaware of.

Thank you all again.

Sonia Patel

Senior Consultant

Crohns and Colitis UK at Whipps Cross GP Vocational Training Scheme

Johra Alam, Whipps Cross GP Programme Director, Health Education England

Thanks to all who helped to make today's event so successful. Thanks to all who baked and bought! We sold nearly everything!

Special thanks to Kevin, for coming to speak to us during your annual leave and to Sonia. Sonia, we were so honoured that you could join us. Your speech was amazing, so heartfelt and moving. We learned so much from Rikul's time on our VTS.

I'm really delighted to announce that we raised £ 427.79 from the bake sale.

A huge thank you once again to everyone for supporting this. I've attached a couple of photos and Rikul's just giving page <https://www.justgiving.com/fundraising/rikul-patel>



HEE's North London Team Easter Fundraising: Crohn's & Colitis UK / Back Up (transforming lives after spinal cord injury)

*Christine Strickett, Louise Saul, Genevieve Algje,
Cathy Juta, Michelle Hagan*



The North London Health Education England team have a team of avid knitters/ crocheters who have been furiously knitting bunnies and chicks for their Easter fundraising drive. After our amazing Christmas fundraising success – we managed to raise a staggering £360 for Crisis –

the team felt inspired to continue this success with a follow up for Easter.

We chose two charities to support: Crohn's & Colitis UK (inspired by Rikul Patel – see article above) and Back Up (spinal cord injuries).

Thank you to the many folks in Stewart House who are buying our bunnies and chicks – we are currently just shy of £200 and it's not even Easter yet! Thanks to the nimble-fingered team and to Louise's mum for her contribution of Lance the Lamb for our raffle.



If you wish to submit any articles or view points for Education Matters, please email catherine.juta@hee.nhs.uk