



Dear Colleague

Welcome to this week's edition of the LMC Express.

We are saddened to hear of the death of a GP colleague in Surrey, Dr Gail Milligan, who died by suicide age 47. A post on social media written by her husband has described how she used to leave for work at 06:45 and not get home until 19:30-20:00, she would then continue working from home until 23:00. On her days off she would often work attending virtual meetings for up to 12 hours. This is a pattern that may well be familiar to many of you reading this. We urge you to contact us if you are struggling, we are here for you to be a listening ear, advise and sign post to ongoing support. You can directly contact the [Practitioner Health](#) which is a free confidential source of mental health care, they are able to assess, prescribe and provide therapeutic interventions, and other helpful links are on our [website](#)

Our local updates for this week include:

- General Practice Alert State (GPAS) – Launch date 5th September 2022
- Gender Identity Services in Kent & Medway
- Kent LMC Annual Conference - 29th September 2022
- A message from Kent & Medway Primary Care Training Hub: Reducing q FIT rejection rates bite sized lunch and learn (30 mins) August 10th 1:15pm
- Handling difficult situations with compassion - training programme
- Manage Your Mind sessions for PCN staff - Dr Farnaaz Sharief

General Practice Alert State (GPAS) – Webinar 25th August 2022: Launch date 5th September 2022

Thank you to all who joined our GPAS Webinar on the 28th July. GPAS enables the LMC to highlight to system partners the pressure that general practice is under. Each week practices will be asked to complete a data return that will take approximately 5 minutes to complete. This data will be collated and reported by the LMC to system partners, providing data highlighting the pressure in general practice in a way that is comparable to the OPEL system hospital trusts use.

For those who were unable to attend our first webinar, we will be running another webinar on Thursday 25th August ahead of our launch - to book your place please click [HERE](#)

For more detailed information about GPAS, what practices need to do now and FAQs please visit our [website](#)

Gender Identity Services in Kent & Medway

Your LMC had, for some time, been raising with the CCG its concerns regarding the lack of local services for this group of patients. Both patients and GPs have been left with very difficult choices. Patients have had to choose between delaying their treatment, accessing medications privately and often from unregulated services, or foregoing treatment entirely. GPs, on the other hand, have been asked to prescribe medication that is too complex and without adequate support from specialists.

Now that we have a new commissioner in place we hope that we can reinvigorate discussions about local gender services. Our view echoes that of NHS England and Improvement, that local commissioners “are responsible for commissioning certain non-specialist elements of the NHS pathway of care for individuals with gender dysphoria” (pg.1). We have taken the opportunity to raise this afresh with Paul Bentley, Chief Executive for the Integrated Care Board, to resolve this predicament for this underserved group by establishing a service that is safe for both clinicians and patients. We have also highlighted how this has become more urgent since the closure of the Tavistock Gender Identity Clinic for Children and Young People.

We will provide further updates to practices as our discussions progress.

Wellbeing Support

For the latest information on services to support your mental health and wellbeing please visit our website:

[Wellbeing support for Doctors](#)

[Wellbeing support for Practice Staff](#)

Kent LMC Annual Conference - 29th September 2022

Our Annual Conference ‘General Practice – the Next 5 years: Tomorrow Starts Today’ will be held on Thursday 29th September 2022 at the Ashford International Hotel, Simone Weil Avenue, Ashford TN24 8UX. Keynote speakers include Dr Farah Jameel, Chair of the General Practitioners Committee and Cedi Frederick and Paul Bentley, Kent & Medway ICB. To book your place please click [HERE](#).

A message from Kent & Medway Primary Care Training Hub: Reducing q FIT rejection rates bite sized lunch and learn (30 mins) August 10th 1:15pm

We would like to ensure that all practice staff are aware of the reasons why some q FIT tests are rejected and what we can do to reduce this risk. We will explore some of the current issues and give tips and advice to support patient communication when a q FIT test is handed out.

This is a bite sized 30 minute learning session which will be useful for anyone working in Primary Care in Kent and Medway.

If you have any questions please do not hesitate to

contact: kmicb.macmillanprimarycare@nhs.net

To register please use this link: <https://www.eventbrite.co.uk/e/reducing-q-fit-rejection-rates-for-primary-care-in-kent-and-medway-tickets-391065917687>

Handling difficult situations with compassion - training programme

NHS England has announced an extension to the training programme. This is being offered to all frontline staff and aims to teach skills and techniques for handling difficult situations.

More details about the programme and how to access it can be found [here](#).

Manage Your Mind sessions for PCN staff - Dr Farnaaz Sharief

PCN Staff Well Being Sessions include:

- The practice of powerful breathing exercises and guided processes which have beneficial effects in releasing stress, improving energy and creating a subjective feeling of wellbeing.
- Subject matter covering important themes such as acceptance, responsibility, managing internal and external conflict all of which are discussed at length, with practical examples and processes, so participants are able to relate to the experience and can embed good practice in their personal and professional lives.
- Participants learn skills to handle negative emotions and practical techniques to improve their energy, work and interpersonal relationships
- Positive self-care amongst health and social professionals is reinforced through daily practice of techniques learned during the sessions
- 4 hr CPD Certificates provided in association with the North Kent Training Hub.

Have a look at this video to understand the impact of these techniques on teams: [Manage Your Mind NHS Impact](#)

Have a look at this video for feedback from participants: [MYM Public Health Team Participant Feedback](#)

If you are interested in joining these sessions please contact Dr Farnaaz Sharief (fsharief@nhs.net) or 01634 334698

Kind regards

Kent Local Medical Committee



Kent Local Medical Committee
8 Roebuck Business Park
Ashford Road,
Harrietsham
Kent ME17 1AB
Tel: 01622 851197
Fax: 01622 851198
www.kentlmc.org

*Supporting list based personalised care,
the partnership model and meaningful collaboration*