



9<sup>th</sup> January 2023

Dear Colleague

Welcome to this week's edition of the LMC Express. The local updates for this week include:

- Press Release: 5th January 2023: General Practices under intense pressure in Kent & Medway
- GPAS Weekly SitRep
- Managing Demand
- A message from RMBF: FREE online Pilates class for medical students and doctors
- New to Practice - Advice on Premises Webinar

This week we also have the [national update from the BMA](#) and we draw your attention to the following important announcements therein:

- GPC England New Year's message
- Junior doctors' ballot in England for strike action
- Junior doctors' guide to strike action - guidance for GP trainees
- GP Retention survey and focus groups
- Long covid survey
- Wellbeing
- GPC England committee pages and guidance for practices

### **Press Release: 5th January 2023: General Practices under intense pressure in Kent & Medway**

Kent Local Medical Committee are very concerned about the high level of demand General Practices and their teams are experiencing. [Click here to read our Press Release on the 5th January.](#)

As a result of our Press Release, several interviews have taken place on General Practice Pressures. Please click on the link to view the full video:

- [General Practices under intense pressure in Kent & Medway: Dr Gaurav Gupta, ITV Meridian, 5th January 2023](#)
- [General Practice in Crisis: BBC South East Interview with Swanscombe Health Centre](#)
- [BBC South East: GP Pressures, 6th January 2023](#)
- [KMTV: 90% of GPs working beyond safe limits in Kent, Dr Jack Jacobs, GP in Ashford and Medical Director, Kent LMC](#)
- [BBC Radio Kent: GP Pressures interview with Dr Caroline Rickard, 6th January 2023](#)
- [BBC South East Today: GP Pressures, 8th January 2023](#)

### **GPAS Weekly SitRep**

In anticipation of the increasing pressures on general practice, in September 2022, Kent LMC launched its first version of the General Practice Alert State known as GPAS.

Hospital trusts use Operating Pressures Escalation Level (OPEL) to communicate their demand and capacity to the NHS systems. OPEL is used by the NHS system to identify where

support is required in the short term, and where transformation is required in the long term. However, to date there has been no way of highlighting in a consistent way the pressures faced by general practice.

GPAS was implemented to allow General Practice to report the state of resilience across Kent & Medway so that system leaders can understand the pressures being experienced and compare them to those in the rest of Primary and Secondary Care.

Every week Practices submit their assessment of their current state into a central database using data from an EMIS report. Submissions are completely anonymised; the LMC is not able to identify individual practices from the submissions. The only data that is shared with either the ICB or other stakeholders is aggregated at HCP or Kent and Medway level.

The more practices that take part in GPAS, the more robust the evidence will be. Collecting this data is assisting the LMC in illustrating practice pressures – as described above in the press release and resulting press interviews.

We would encourage every practice to submit a report on weekly basis and the LMC is able to assist with getting practices started on reporting. Information can be found on our website at [Kent LMC - General Practice Alert State \(GPAS\)](#) or please email the LMC at [info@kentlmc.org](mailto:info@kentlmc.org)

To view the latest GPAS SitRep please [click here](#)

## Managing Demand

We know that the vast majority of general practice are really struggling with the patient demand, work from others and the workforce challenges. We will be holding some webinars in a couple of weeks time to look at measures practices can take to improve the situation, including implementing BMA safe working guidance. Dates will be confirmed this week.

## A message from RMBF: FREE online Pilates class for medical students and doctors

RMBF are kicking off 2023 with a **free online Pilates class** for medical students and doctors. **Wednesday Wellbeing- Free Online Pilates Class** - [Wednesday 18<sup>th</sup> January 6.30-7.30pm](#)  
Help beat the January blues by joining our RMBF online Pilates class, free for all medical students and doctors. Our wonderful supporter and Pilates instructor, Dr Clara Farque will be leading the session via zoom. A great way to start the new year!

The session is free but donations are welcome to help doctors and medical students in times of hardship.

To find out more and to register to receive the zoom link, please visit: <https://rmbf.org/wednesday-wellbeing-pilates/> and complete the registration form.

## New to Practice - Advice on Premises Webinar

On Thursday 19 January 2023, 1230-2.30pm we have arranged a webinar, especially for those who are new to management roles in GP Practices, with Edwina Farrell, James Gransby and Rosemary Jones. They will give a guided tour of the important information you need to manage funding and development of premises and issues concerning Partnership Agreements, Deeds of Trust and Tax. Rosemary Jones will be covering Current Market Rent and premises costs reimbursement, capital funding for improvements, premises development and valuations. Please register your place to attend this free webinar [here](#)

Kind regards  
Kent Local Medical Committee