



16th January 2023

Dear Colleague

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

- CQC Response to Winter Pressures
- GPAS Weekly SitRep
- Managing Demand Webinar
- Kent LMC Elections 2023-2026: Call for Nominations
- Reinforced Autoclaved Aerated Concrete (RAAC)
- KMPT Webinar
- A message from RMBF: FREE online Pilates class for medical students and doctors
- New to Practice - Advice on Premises Webinar
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CQC Response to Winter Pressures

It was announced last week that CQC will be suspending routine inspections in response to winter pressures and for GP services, inspections will only be planned where there is risk of harm to people using services. Further information can be found [here](#)

Winter pressures in the NHS: our response - Care Quality Commission ([cqc.org.uk](https://www.cqc.org.uk))

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

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

Managing Demand Webinar

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.

Kent LMC Elections 2023-2026: Call for Nominations

As the NHS emerges from the pandemic, and now faces unprecedented demand and backlogs alongside transformation, arguably it has never been more important that the views and insights of grass roots GPs are heard in discussions that will impact on patients, practices and practice staff.

With the changes of the commissioning landscape and the greater powers for Integrated Care Boards this demands a strong frontline GP voice. LMCs are perfectly placed to coordinate and advocate for the consistent and authentic voice of general practice, bringing together individuals, practices, Primary Care Networks, and federations alongside other providers.

The current term of office of the members of the Local Medical Committee comes to an end on 31st March 2023, and we are now commencing the Election process for members to the new Committee for the term of office from 1st April 2023 – 31st March 2026.

Whether you are an experienced LMC member who knows the system well, returning to work from maternity leave or a career break, recently qualified, or a long-qualified GP with no previous experience in a medical leadership role, your expertise is welcome and we encourage you to stand. Your perspective and ideas are valuable to your LMC. If you are a new LMC member, you will be supported by colleagues to develop your knowledge of the wider healthcare landscape. A copy of the application pack containing an introduction to the LMC, a copy of the job description, details of remuneration, frequency of meetings, and the election process is [available on our website](#)

Please note the closing date for submission of a nomination is 6th February 2023.

Reinforced Autoclaved Aerated Concrete (RAAC)

Please don't panic following the recent ICB letter. Rosemary Jones, Chartered Surveyor is going to put something together for next week's LMC Express.

KMPT Webinar

We hosted a webinar last week with KMPT colleagues led by Dr Mohan Bhat who attended with Dr James Osborne, from the Community Mental Health Transformation Team to explain how services are running now and planned changes for the future. Thank you to everyone who attended. The LMC continue our regular liaison with KMPT who are working with us currently looking at referral rejection rates to proactively address these and reduce them, we will keep you updated. If you want to get involved consider becoming an LMC representative, you can attend our 6 monthly liaison and support this work, elections are open now - see above for more information!

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 18th 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 19th January 2023

On Thursday 19 January 2023, 12.30-2.30pm 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