



25<sup>th</sup> July 2023

Dear Colleague

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

- Kent LMC Annual Conference: 5th October 2023
- Manage your Mind Workshops - Introductory Sessions (Virtual)
- FitNote Public Consultation for wider roles in Primary Care
- GP Retention Scheme
- IT Update - Multi-factor authentication for NHSmail
- 2023 Kent LMC General Practice Survey
- General Practice Alert State (GPAS)
- A message from NHS Kent & Medway: Primary Care listening events
- Useful Links
- Upcoming LMC Interface Meetings

This week we have also attached the national update from the BMA, and we draw your attention to the following important announcements therein:

- Update from GPC England meeting
- Call to action and safe working in general practice
- Safe working – teaching GPs to be activists
- Preparing for balloting on industrial action
- Implementing a triage system in general practice
- DDRB pay recommendation and BMA response
- General practice responsibility in responding to private healthcare
- Measles warning
- GP trainee visa sponsorship
- Industrial Action and time out of training (TOOT) for GP trainees
- Sessional GPs conference
- Wellbeing resources

### **Kent LMC Annual Conference: 5th October 2023**

We would like to invite you to join us in the afternoon of Thursday 5th October for our Annual Conference, which is FREE to attend and open to all GPs and Practice Managers across Kent & Medway. We are delighted to announce Dr Rachel Morris, Executive and Team Coach, Specialist in Resilience at Work, GP, and Host of the You Are Not A Frog podcast will be joining us as a Keynote speaker, and we will also be covering topics on Digital Innovation, Next Generation GP & Mid Career GP Opportunities, KMMS Medical Students, Wellbeing and Primary to Secondary Care interface.

For more information and to book a place click [HERE](#)

### **Manage Your Mind Workshops - Introductory Sessions (Virtual)**

Kent Local Medical Committee have teamed up with [Manage Your Mind](#) to offer practices an exciting opportunity. We are holding free virtual introductory sessions open to any practice member wishing to learn more about the planned face to face events. The remaining introductory

sessions are being held 1-2pm on Thursday 7 September and Thursday 14 September. These will give individuals an opportunity to understand more about the programme and experience some of the techniques first hand. To book your place on one of the introductory 1 hour sessions please click on the date below that you would like to attend.

Thursday 7 September

Thursday 14 September

The exclusive 1 day programme events will be held in person across Kent and Medway and are available to all practice staff. They will start in September through to November 2023 and will be a multi-professional programme. Sessions will focus on improving mental and emotional well being using powerful breathing exercises and mindfulness techniques. The cost of attendance is £80 but the LMC will share the costs with practices, reducing the cost per participant to £40. We will roll out with four one day sessions this year and we will aim to provide further sessions in 2024 according to demand.

Manage Your Mind offers individuals an opportunity to invest in themselves, to rest, to re-centre, to re-focus and to re-energise. Participants are likely to benefit from learning new skills, breathing techniques, guided meditations and processes that help calm the mind. Studies have shown that when practiced regularly, they help improve sleep, reduce stress, depression and anxiety and improve the quality of life.

This two minute video highlights feedback from participants who have been on the extended length programme: <https://www.youtube.com/watch?v=nOmKYahRAvs>

Booking details for the 1 day event will follow shortly via the LMC. For any questions about the programme, please email: [Manage.yourmind@nhs.net](mailto:Manage.yourmind@nhs.net)

### FitNote Public Consultation for wider roles in Primary Care

The training hub have asked for GPs to respond to the consultation on more health care professionals being able to sign Fit Notes including Paramedics, Dieticians, OTs as well as a consultation on expansion of OH services. The link to the consultation is below, and the response form is attached and it needs to be sent to [oh.consultation@DWP.GOV.UK](mailto:oh.consultation@DWP.GOV.UK). Question 21, on page 52, relates to Fit Notes if GPs do not wish to fill in the whole form.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1172411/occupational-health-working-better-consultation.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1172411/occupational-health-working-better-consultation.pdf)

### GP Retention Scheme

The GP Retention Scheme is a package of educational and financial support aimed at Doctors who are seriously considering leaving (or have left) general practice due to personal reasons (eg. caring responsibilities or personal illness). They may also be approaching retirement, or need more flexibility. It is managed jointly by the local offices of HEE and NHS England.

For more information on the scheme click [HERE](#)

### IT Update - Multi-factor authentication for NHSmail

We have been asked to share with practices that changes are coming to NHSmail to make your nhs email account more secure with multi-factor authentication (MFA). MFA is a multi-step account login process that requires users to enter more information than just a password. It's an additional way of checking that it is really you when you log in to your email account. MFA needs to be set up by every email user and you can find out how to do that [in this guide](#).

## 2023 Kent LMC General Practice Survey

Kent's Local Medical Committee (LMC) invites you to participate in our 2023 survey, designed to capture the current sentiment in general practice. Your active involvement will inform the work of the LMC.

We aim for inclusivity in this survey and encourage all managers and clinicians, whether they are aligned to a practice or a Primary Care Network. Each perspective offers unique insights that can help shape the vision of general practice in Kent and Medway.

Please rest assured that the survey will take approximately 10 minutes to complete. All your responses are anonymous to ensure your confidentiality.

To take part in the survey please [click here](#). The survey will remain open until 31 July 2023, and we urge you to seize this opportunity to express your views.

Your voice is vital and your feedback pivotal in steering the future direction of general practice in Kent and Medway. By working together, we can enhance the general practice experience for colleagues and patients alike.

Thank you for your time and consideration. We look forward to your valuable input.

## General Practice Alert State (GPAS) National Reporting Dashboard

The first national GPAS reporting dashboard has been published and shows the pressure general practice is under. Kent & Medway practices are reporting the highest alert level, Opel 4, consistent with the county having the lowest level of GPs per head of population in England. Currently, 40 LMCs are collecting GPAS data from their practices and 20 more are rolling out the system. 60% are reporting red or black alerts indicating unsustainable pressure and 80% are reporting levels of patient contacts roughly double or more the level general practice is funded to deliver.

Practices are paid via the GMS contract to deliver appointments to around 1.4% of their patient population per day but of 15 LMCs that submitted data for the first national data collection, 12 reported clinical contacts in excess of 2.5% of their population and the average level reported is over 2.8%. Kent & Medway practices reported clinical contacts in over 3.3% of the population for week commencing 10<sup>th</sup> July.

Thank you to practices that continue to provide input into GPAS on a weekly basis. The information you provide is invaluable in evidencing the pressure general practice is operating under. The GPAS information from the national dashboard will be used by the BMA and feed into contract negotiations.

Submissions continue to be 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 operational pressures in general practice. The report takes less than 5 minutes to complete each week.**

We would encourage every practice to submit a report on weekly basis and to also provide comments and feedback.

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)

Furthermore, if you are experiencing acute operational pressures please do get in touch. **If your GPAS contact person changes or leaves the practice, please update us with the new contact person at [info@kentlmc.org](mailto:info@kentlmc.org)**

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

### A message from NHS Kent & Medway: Primary Care listening events

NHS Kent and Medway Integrated Care Board (ICB) is hosting a series of listening events in August to discuss plans for recovering access to primary care.

Clinical directors, GPs and practice staff across Kent and Medway are being invited to join the sessions and share their views about the primary care strategy.

Food and drink will be provided at each event. Register for your local session below:

[Village Hotel, Maidstone](#) – Thursday, 10 August  
[Brands Hatch, Longfield](#) – Wednesday, 16 August  
[Ashford International Hotel](#) - Thursday, 17 August  
[Hempstead House, Sittingbourne](#) – Wednesday, 23 August

Dr Ash Peshen, Deputy Chief Medical Officer for Kent and Medway ICB, said: "We want to hear from general practice colleagues around what we can do in Kent and Medway to support you and our patients. It will also be helpful to discuss how best we continue our engagement and dialogue in the future. I hope this can be a really useful session where we can come together and have open and productive conversations. Please do come to give us your thoughts, comments, input and knowledge."

### Useful Links

[Subscribe to Kent & Medway ICB General Practice Updates](#)  
[Previous issues of the General Practice Update available online](#)  
[Subscribe to NHSE Primary Care Bulletin](#)  
[Email Newsletters from CQC](#)

### Upcoming LMC Interface Meetings

The following meetings are taking place over the next couple of weeks. If you have any issues that you would like us to raise please email [info@kentlmc.org](mailto:info@kentlmc.org) with the title of the meeting and details of your request.

#### East Kent GP Board – Thursday 10 August

Kind regards  
Kent Local Medical Committee

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