



Dear Colleague

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

- BMA GPC England Contract Update
- Supporting Your Care for Children with Asthma
- Manage Your Mind Workshops Virtual Sessions, February - April 2024
- General Practice Alert State (GPAS) National Reporting Dashboard
- Useful Links
- Upcoming LMC Interface Meetings

BMA GPC England Contract Update

The BMA GPC has given its view on the current 24-25 contract offer of a 1.9% uplift as inadequate, putting patients and staffing levels at risk. Please see the [2 minute video update from the BMA GPC Chair](#), Dr Katie Bramall-Stainer, on their next steps and why GPs may want to join the BMA to ensure they have a say on the contract which will be put out to referendum by the BMA this month.

Supporting Your Care for Children with Asthma

The ICB are requesting views on childhood asthma, there are a number of questions regarding FeNO testing and we would like to remind practices that this is not commissioned or funded by the ICB currently.

NHS Kent and Medway is keen to understand the confidence and needs of local healthcare professionals with responsibility for caring for children with suspected or confirmed asthma. If you care for children with asthma, please complete this short survey that will enable us to understand the current use of asthma diagnostic testing in primary care and how we can best support this in the future through education and training.

This is part of the work led by Dr Faye Hinsley, in response to the NHS' ambition to reduce avoidable harm to children and young people from asthma. Your feedback would be much appreciated.

*Please access the [Children and Young People's \(CYP\) Asthma Diagnostics survey](#), completing it by **Friday, 8 March**.*

Manage Your Mind Workshops Virtual Sessions, February - April 2024

For all GP Practices, including those who may wish to use this as a resource to help complete the QOF well-being module, we are arranging a webinar with Dr Farnaaz Sharief to discuss the importance of positive self-care for healthcare professionals, key factors that contribute to wellbeing, and how you can 'manage your mind' at work and at home.

After the session staff should be better able to:

- Understand why positive self-care amongst health and social professionals is important.
- Recall key factors that contribute to wellbeing.
- Grasp principles that help maintain wellbeing whilst juggling many responsibilities.
- Use practical techniques at work or at home to 'manage your mind'
- Appreciate the role of breathwork in releasing stress, improving energy and creating a subjective feeling of wellbeing.

We are running a number of dates for the webinars, all sessions will take place over lunch 1-2.30pm. Please click on the date below to book a place:

- [13th February 2024](#)
- [27th February 2024](#)
- [12th March 2024](#)
- [2nd April 2024](#)

General Practice Alert State (GPAS) National Reporting Dashboard

The national GPAS reporting dashboard has been published and shows the pressure general practice is under. Last week Kent & Medway practices reported Opel 4.

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. Furthermore, if you are experiencing acute operational pressures please do get in touch with either the LMC or the ICB to seek support

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 **If your GPAS contact person changes or leaves the practice, please update us with the new contact person at info@kentlmc.org**

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

The LMC is currently working the ICB to explore the support that can be offered to practices when declaring any state beyond Green. For example this could be additional resources, changes to operations with a practice or the wider healthcare system, assistance with communications. We would welcome any ideas from practices as to the help or support that could be offered to a practice when challenged by increased operational pressures and so declaring, a state of amber, red or black: please send them to the LMC at info@kentlmc.org

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](#)

[Kent and Medway Primary Care Training Hub](#)

[Sign up to Primary Care News](#)

Upcoming LMC Interface Meetings

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

East Kent GP Board – Thursday 8 February

Manage Your Mind - Virtual Session – Tuesday 13 February

Manage Your Mind - Virtual Session – Tuesday 27 February

Medway Community Healthcare Interface Mtg (MCH) – Tuesday 5 March

Kent & Medway General Practice Board – Wednesday 6 March

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*