

## CLMC Bulletin 311 - 22.11.16

### **GPC Updated Firearms Guidance**

Following legal advice, GPC has updated its [firearms guidance](#) relating to requests for GPs to complete firearms licensing forms about patients applying to own guns. GPC continues to have significant concerns with the overall process for the granting of firearms licences, which they are taking up directly with the Home Office. I will keep you updated.

### **Self-Care Guidance for Patients inc. Self-Care Forum**

The BMA [Patient Liaison Group](#) has produced some [tips to help patients](#) self-care through the winter months.

Self-care is an obvious win-win for patients, GPs and the wider NHS. It empowers patients to take control of their own health and helps them to make informed decisions about which healthcare services they should access and when. Not only does it help patients feel more confident in managing their conditions, it also reduces the inconvenience and delay of unnecessary visits to their GP surgeries.

The BMA GPs committee believes that educating patients in self-care can play a vital role in reducing avoidable demand on GPs at a time of unprecedented pressures. This is why GPC secured a commitment from NHS England to consider developing a national programme of self-care as part of the 2016-17 contract agreement. Promoting self-care also forms a key recommendation in our [Urgent Prescription for General Practice](#).

For the wider NHS, self-care enables overstretched NHS resources to be used appropriately and optimally for those patients in greatest need. A recent Dutch [study published in the BMJ](#) showed that two years after the launch of an evidence-based self-management website for patients, nationwide use of general practice decreased by 12 per cent.

GPC strongly recommend the [Self Care Forum](#), which has an excellent website with a range of resources such as guides, leaflets and posters available, which are easy to [download](#). GP practices should put material on self-care in their waiting rooms, including electronic versions on TV monitors, to help patients learn more about managing their own health.

### **NHS Pension Scheme Levy Consultation**

A consultation has opened seeking views on introducing an administration levy that employers who participate in the NHS Pension Scheme will be obliged to pay. Please have your say [here](#)

### **NHS Guidance for Primary Care Whistle Blowing Policy**

NHS England has now published whistle blowing [guidance](#) for primary care. It sets out; who can raise a concern, the process for raising a concern, how the concern will be investigated and what will be done with the findings of the investigation.

### **Cameron Fund Christmas Appeal**

Once again the Cameron Fund has launched their Christmas Appeal. This [letter](#) outlines the important work of the Fund and the support it offers to our colleagues and their families in times of distress, illness and bereavement.

### **Fixed Term Targeted GP Training**

For several years GPC has held the view that GP training needs to be 'personalised' and longer, particularly for those who need a longer training period to attain the required competencies. On that basis, GPC have agreed a proposal with Health Education England to develop targeted GP training, which will allow several groups that have not previously been considered into GP training. These groups include, but are not limited to:

- Specialists from secondary care wishing to retrain in general practice
- Overseas doctors who have been unsuccessful with certificate of eligibility for general practice registration applications and given details of required further training
- Doctors who have exhausted extensions to training and have therefore left training without completing the full curriculum requirements (specifically a single element – either clinical skills assessment or applied knowledge test) of the approved exams.

GPC are clear that these proposals are not about introducing a different grade in general practice or the lowering of standards. This is about extending training and personalising it based on individual needs with targeted training (and in some cases longer training) to demonstrate they have reached that standard.

