



ISSUE 02
February 2011

Community Education News



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K E E L E
UNIVERSITY

THE EDITORIAL TEAM



Dr Simon Gay



Dr Peter Coventry



Helen Derbyshire



Dr Stuart McBain



Dr Lauren Brooks



Dr Sheena Gibson

Firstly Happy New Year from everyone at the Medical School and welcome to the second edition of Community Education News. You will receive this newsletter initially three times a year in line with the start and end of our semesters October, February and May. It is intended to provide an opportunity to share what is happening at the Medical School and to give you a platform to celebrate your successes or to advertise your events and services. If you have any articles or adverts for inclusion in the next edition please email them to h.derbyshire@hfac.keele.ac.uk.

The Editorial Team comprises of Dr Simon Gay; Clinical Lecturer in Medical Education, Dr Peter Coventry; Senior Lecturer in Medical Education, Helen Derbyshire; Placements Development Officer, Dr Stuart McBain; Teaching Fellow In Biomedical Science, Dr Lauren Brooks; Lecturer in Health Sociology and Dr Sheena Gibson; Clinical Lecturer in Medical Education.

FEATURE ARTICLE

“Graduating Excellent Clinicians” - How Third Sector Placements Help.



“Graduating Excellent Clinicians” is Keele’s aim, but what does this mean? Clinical excellence is in part defined by the General Medical Council’s document *Tomorrow’s Doctors 2009*, which describes the learning outcomes that we must achieve as a medical school. However, there are also much harder to define aspects of professionalism that we believe are needed for a doctor to be truly excellent. One of which is for our graduates to be socially responsible, that is to be aware that they have responsibilities to the communities they serve. Secondly, we want our graduates to be aware that healthcare and other forms of support for patients

are often provided by organisations outside the NHS. This knowledge is crucial if doctors are to understand patients’ experiences and it is also important for doctors to be aware of the wider range of resources that might help patients. We believe that these two main aims can be in part achieved through the Medical School collaborating with Third Sector organisations, and that the nature of this collaborative working will also bring other benefits for students and, crucially, placement providers.

These objectives are very much in keeping with the wider ethos of the University. Keele has a tradition of being committed to the communities in which it is based. The founder of the University, Sandie Lindsay, 1st Baron Lindsay of Birker proposed that a “people’s university” should be established in the area to build on the work of the North Staffordshire Workers’ Educational Associations. The School of Medicine wishes to continue this tradition of working with our community (which now includes Shropshire), and the objectives described above will in part be achieved through the use of an educational model called “service learning”. This is an approach that was developed in North America and emphasises the importance of “a balanced approach between communities and health professions schools and a balance between serving the community and meeting defined learning outcomes” (Seifer 1998). This principle has been adopted by most leading American medical schools and at Keele we are keen to use this approach in our curriculum.



During the fifth and final year of the course, students will be based in a general practice in Staffordshire or Shropshire for 15 weeks. Most of their time will be spent seeing patients, supervised by a GP tutor, but they will have some protected time to work together in a small group with a local Third Sector organisation on a project that meets needs identified by that organisation. By doing this, the students will learn about this sector of health and social care, how to work effectively in both a group and with non-medical colleagues, and how to succeed in improving services. Thus, in addition to the aims described above, these experiences will help them to develop the team-working and leadership skills that have been identified as key to being an “excellent clinician”. Projects will also benefit the organisations students work with, and will enhance the Medical School’s links within the communities we serve. These fifth year projects will build on the very successful second year Student Selected Component (SSC) placements, during which students are attached to mainly Third Sector organisations and learn about their roles and functions.

We strongly believe that Keele students’ experience of this unique programme of second year placements and fifth year projects will provide them with some of the knowledge, skills and attitudes that will help them become excellent doctors. We are extremely grateful to all the organisations that have contributed so far and we look forward to continuing our work with you.

Dr. Peter Coventry
Director of Curriculum

NEWS @ KEELE

HEAD OF SCHOOL'S INAUGURAL LECTURE



Professor Val Wass, Head of School of Medicine delivered the third lecture in the University's programme of Inaugural Lectures for 2010/11, on 16th November.

The lecture, "Globalisation: the educational challenges of human diversity", explored her work on understanding how ethnicity impacts on student learning and achievement in the context of undergraduate medical education and socio-cultural learning theory.

A large audience, including many Medical School colleagues, members of Val's family, and several PhD students whom she is currently supervising, attended the thought-provoking event in the Westminster Theatre.

When later asked if she had enjoyed the evening, Val confirmed that she had done so "once the lecture was over"!

EVENTS @ KEELE

GP SOCIETY LAUNCH SUCCESS - DESPITE THE SNOW!



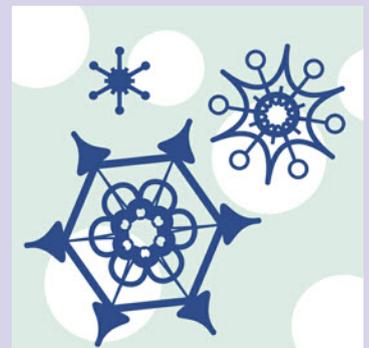
Thursday 16th December 2010 marked the launch of this exciting new student society aimed at those interested in a career in general practice or those who at least want to find out more about it. Unfortunately, due to unforeseen problems with heavy snow, our guest speaker Prof David Haslam was unfortunately unable to attend the event.

However, many key members of staff such as Professor Val Wass, Professor Bob McKinley and Dr Kay Mohanna kindly spoke to the society at very short notice. This was received in good spirits by the students who also got the opportunity to enjoy seeing pictures of some of the other Academic GP team members in their slightly 'younger' days...and even in their nappies!

Also, a big thank you to the society's committee who have worked very hard over the last few months to get this started and also to those students who helped out on the day itself.

The success of this initial event has given a great start to the society, so please watch for future events that the society will be organising.

Dr. Milan M. Mehta



EVENTS @ KEELE



ANNUAL GP TUTOR CONFERENCE

23rd June 2011 2pm-5pm

Keele School of Medicine, Keele Campus

ARE YOU A GP TUTOR?

If you are a general practice who teach Keele Undergraduate Medical School students in general practice, you are cordially invited to the Annual General Practice Conference.

**To book your place please contact Margaret Bourke
m.e.bourke@hfac.keele.ac.uk or phone (01782) 734665**

STUDENTS @ KEELE

Students Share Their Placement Experiences

For this edition of the newsletter the students very kindly volunteered to share their placement experiences with you. Students from across the 5 year curriculum were invited to write a brief article about a memorable placement. These articles really demonstrate the importance and value of the placement opportunities you offer to our students. A big thank you to all the students who have contributed and to the placement provider who supported the students.

Helen Derbyshire - Placements Development Officer



Module 1 - Observe a Health Professional 2010

During my first semester of Module One, I found this placement particularly useful. I had the opportunity to observe patient consultations and the chance to interview a patient along with my partner. The nurse practitioner was very helpful in explaining each consultation and was open to answering any of our questions. I would suggest this particular placement to fellow students, as it was a great chance to witness and learn about what a patient consultation consists of, alongside an experienced health professional explaining each aspect.

Sana Malik - Module 1 Student

Module 2 - SSC Douglas Macmillan Hospice



During my second year, I was placed at the Douglas Macmillan Hospice for the Student Selected Component (SSC) of the course. The aim was to gain insight into the variety of services offered to patients within the community setting, but also to appreciate their impact on patients' quality of life beyond the hospital.

With limited clinical experience at that time, I thought the opportunity to visit a centre offering palliative care to patients with a wide variety of conditions would be of great benefit to my learning. Particularly given that I had never previously visited a palliative care setting and therefore early exposure in an environment of this nature was important to me.

My experience at the hospice was truly memorable. I felt included in all aspects of the care and was exposed to the full range services offered to the patients. There were opportunities to meet patients on home visits with specialist nurses, on the ward rounds for patients staying in the centre for treatment or respite, as well as meet patients in day care centre, which is often themed for certain medical conditions. I was fortunate enough to see both the medical and complementary medicine approach to the management of palliative conditions during my time at the hospice.

The placement left me better prepared to care for future palliative patients. I was subsequently placed on the oncology/haematology wards of the City General Hospital during my third year where I was able to apply my learning from the hospice. Consequently, I felt the cases with poorer prognoses were not as much of a shock to me as they may have perhaps been, had I not been placed at the hospice.



I thoroughly enjoyed my time at the hospice and highly recommend this placement to any student who is considering an SSC within a hospice environment and it will prepare them well for their clinical years. I believe that this placement would be of great benefit to fellow students who want to see the holistic approach of palliative medicine in the community.

Harriette Packer - Module 4 Student

Picture reference: <http://www.dmhospice.org.uk/>

Celebrating Success!



Module 2 SSC - Time 4 Sport (MEND)

I undertook my 2nd year (2009-2010) SSC with the MEND branch of Time 4 Sport. MEND is a scheme aimed at helping children aged 7-13 years old achieve a healthy weight and increase their physical activity levels. I chose to do this placement as I was interested to see how and why children can become overweight at such a young age.

The MEND programme adopts a holistic approach looking at all aspects of the child's life including the diet, sport, discussing bullying and managing the negative feelings that many of these children experience. Each child must bring a parent or guardian to each session as the scheme is directed to changing the whole lifestyle of the family rather than just putting the individual child on a calorie controlled diet.

I was involved in delivering the sessions to the children. This ranged from educating the parents about portion control to playing sport with the children and even running around Sainsburys with the children trying to find healthy food on the Supermarket Sweep.

I found the placement incredibly rewarding and challenged some of my own prejudices. Many of these children were normally picked last for the team at school or not allowed to join in games in the playground. It was great to see them enjoying themselves playing together in the sessions and joining in the sports, unaware that just by doing so they were already on the path to a healthier life.

After the placement we were required to produce a poster, an oral presentation and a written piece about our experiences. As I had enjoyed my placement so much I found it quite easy to write and talk about it, indeed my problem was keeping my talk within the 5 minute time limit! I was extremely surprised to hear a few months later that had won the prize for best SSC presentation and poster and was delighted to receive a certificate and prize on the last day of term in 2010.

Jenny Hands - Module 3 Student



Module 3 GP Block - Wellington Medical Practice, Telford



One of the best community placements I have experienced so far was at the Wellington Medical Practice, Telford, Shropshire at the end of my third year (2010). My clinical partner and I moved from our University Hospital North Staffordshire base to Shrewsbury for a month's GP placement. Prior to this I had not had much experience of primary care, apart from the odd day in my second year.

Upon arrival we were made to feel very welcome by the doctors and all the other staff. We were given a tour of the practice and facilities. Probably the hardest task was getting to grips with the IT system! Our week was organized into various sessions including sitting in with the GP during consultations, running and recording our own consultations and assessments. It was a very good mixture of activities and I felt my skills and confidence grew each week.

Sitting in with the GP gave me a real feel of what primary care involves and how it differs from hospital medicine. A lot of patients are regular attendees and having a good rapport is essential for both patient satisfaction and accurate medical management. This has reflected positively in my communication with patients during my fourth year and building a firm relationship with a patient has aided my history taking and examination.

We also had led our own consultations, this was very rewarding and gave me a real feel of a GP's working day. I saw a variety of patients, some more challenging than others thus demonstrating how diverse a GP's day to day work is and the need for a wide knowledge base. During some of these sessions we had to record the consultation for analysis the following day. I was initially dreading this experience but as the weeks went on I became more comfortable with the situation; being able to receive both positive and constructive criticism was very character building and necessary.

During the weekly assessments I was required to take a history, examine, discuss with the patient and then formulate a management plan. I really valued this aspect of the placement as it prepared me for future decision making whilst under the guidance of an experienced clinician.



I also spent time with the health visitor in the local community, we visited a variety of patients in their home. I also spent time with the nurses and I helped them with their clinics including administering vaccinations, venepuncture and wound care.

The four weeks in primary care flew by and by the end I felt I had become a real part of the team. All aspects of my clinical skills were improved and I felt I consolidated what I had learnt during my hospital blocks. I would thoroughly recommend this placement to future students and I would encourage them to look forward to the experience and get as involved as possible. It really is a great environment to learn in.

Dora Wyn Jones, Module 4 Student

STUDENTS @ KEELE

SAPC

THE SOCIETY FOR ACADEMIC
PRIMARY CARE



In November 2010, I was invited to attend The Society for Academic Primary Care's Northern Conference in Cumbria and present a research survey that I had conducted whilst on my Module 3 General Practice Placement.

As a Module 3 placement, I attended Ludlow's Station Drive General Practice for a month where I had the opportunity, along with a fellow student, to perform a survey based on "Patient's views on the presence of medical students in general practice consultations." We felt the survey would be useful as we were the practice's first cohort of students therefore we were interested in whether our presence had an impact on the satisfaction of patients during their consultation. The practice was extremely helpful and encouraging in assisting, especially our GP Tutor who

facilitated the survey.

We constructed a questionnaire and after piloting this on members of staff and receiving PCT approval, asked all patients who had attended a consultation in which a student was present to voluntarily and anonymously complete this. The results were extremely positive with the vast majority of patients feeling that students situated at the practice benefited patients and also that their satisfaction with the consultation was either the same or improved. Some emergent themes were that patients recognised the need for students to learn and that their presence resulted in a better consultation.

On the day of the conference, I arrived at Cumbria unsure of what to expect and slightly nervous about my impending presentation in front of numerous doctors. However, the welcome I received put me at ease as did seeing the familiar faces of Dr Bartlett and Dr Gay.

The day was filled with various presentations based on research conducted or educational ideas and breakthroughs, including numerous presentations from the Keele University team. The presentations provided an insight into a diverse assortment of research topics that were both educational and enjoyable ranging from learning disabilities to media portrayals of dementia and QOF points. The educational presentations also offered knowledge on different medical school curricula and advances, including those at Keele, which were interesting for me to observe as a current student.

I was pleased with my presentation, many of the listeners seeming particularly interested in the research and asked numerous questions afterwards, which although being a little daunting, made me confident that my survey had encouraged curiosity and enthusiasm. Presenting in the conference was a useful educational experience for me as particularly seeing more experienced presenters, it taught me how to improve my presentations for the future; I would therefore fully recommend participating in similar experiences to other medical students.

Rebecca Williams, MODULE 4 Medical Student

Students @ KEELE

In October 2010, module 1 students took part in the anatomy department's pumpkin carving competition. Students were tasked with carving one pumpkin per group. Examples of their wonderful and skilful creations below:



PRIZE WINNER



PRIZE WINNER



STAFF ENTRY

Fundraising @ KEELE

Charity Fashion Show

@ K2

7pm-9pm

Thursday

17th February

Entrance £2

Medical School, Keele Campus

Buy Clothes at
Bargain Prices

In Aid of Newlife
Foundation



Keele Medics Charity Society



FUNDRAISING @ KEELE

Aspire



Congratulations Kirsty!

Aspire Swimming The Channel Challenge

The Challenge:

Swim the English Channel and back again!! Well almost!

Kirsty Hartley, Education Office Manager, set about the challenge of swimming the distance of the English Channel and back again. Kirsty, had a 12 week time frame, but completed the challenge in 9 weeks at her local swimming pool, swimming 44 miles (just over 3,000 lengths).

The event was to raise money for Aspire, a charity that supports people with spinal cord injuries. To date Kirsty has raised £650 and money is still coming in.

100+
Celebrating our
first 100 years

**WE ARE
MACMILLAN.
CANCER SUPPORT**



Dr Roger Worthington, Lecturer in Medical Law & Ethics at the School of Medicine is doing a sponsored walk on behalf of Macmillan Cancer Support. Macmillan is 100 years old this year and Roger has committed to walking 100 miles!

Roger is doing 10miles at a time (non-stop), and by the time you read this will have already done at least 30miles.

All contributions, small, medium or large, are equally welcome! So many people benefit from work done by Macmillan. If you would like to sponsor Roger please visit his just giving page. It only takes 5 mins doing it online ...

<http://www.justgiving.com/Roger-Worthingtn>

Thank You and Good Luck Roger!



PROVIDER NEWS



Staffordshire Moorlands CABx 'Advice on Prescription' project

Citizens Advice Bureaux in the Moorlands are receiving funding from NHS North Staffordshire for a special project aimed at reducing health inequalities in Biddulph, Cheadle and Leek. Working closely with GPs and other healthcare professionals (HCP) the bureaux are tackling non-medical issues that are impacting on health and wellbeing.

GPs and HCPs can refer patients who they think might benefit from our advice because personal worries or difficult circumstances are having an adverse impact on their health. Good advice to tackle non-clinical problems, like low income and debt, relieves the stress and anxiety that often underscore a patient's clinical symptoms. Patients ring a dedicated phone number to make a convenient appointment or the caseworker can visit them at home if their illness or disability is severe.

Good advice to tackle non-clinical problems, like low income and debt, relieves the stress and anxiety that often underscore a patient's clinical symptoms. Our vision is that CAB advice, advocacy and support services should be incorporated into all health service planning and made available to all patients, carers, relatives and health service staff, wherever it is needed, across the health and social care system.

In 2009/10 over 450 people were helped with a wide range of issues ranging from money advice to income maximisation and including help with the practicalities of bereavement or relationship breakdown and with employment problems and employment rights whilst sick. Over 40% of these people live in areas of high deprivation. During the year the caseworkers assisted in benefit claims that totaled over £700,000 in annualised and back payments and helped get £250,000 of debt written off.

97% of clients surveyed said that they were very happy with the service provided and 64% reported an improvement in their health as a result of using the service. Many comments have been received including, *'The help I was given has resulted in a great improvement, not only financially, but also in my mental and physical health. I feel that a great weight has been lifted from my shoulders'* and *'Very pleased GP referred me to the service. I have told my doctor the advice I received was brilliant.'*

The project is due to run until March 2012 and the bureaux hope they will be able to secure funding to continue this much-valued service. Our vision is that CAB advice, advocacy and support services should be incorporated into all health service planning and made available to all patients, carers, relatives and health service staff, wherever it is needed, across the health and social care system.

For further information please contact **Maggie Snook, Bureau Manager**, Biddulph CAB on behalf of Cheadle and Leek CABx manager@biddulph.cabnet.org.uk

YOUR NEWS & EVENTS

Worried? Isolated? Feeling Low?

FREE and confidential HELPLINE

0808 800 2234

The helpline provides free, confidential support to anyone who has concerns about their mental health or that of someone they know.

If you are suffering from stress or mental distress, the service offers emotional support and information to help you through difficult times.

If you are a carer, friend or relative the helpline can support you to talk through issues, get information about services, or give you a break to just chat.

You can remain anonymous and the helpline is free from landlines and most mobile networks.

The lines are open **weekdays 7pm – 2am, weekends 2pm – 2am**. During busy times, or when the line is closed messages can be left on the answer phone which will be replied to as soon as possible.

If you are a professional and would like more information about this service or about the Ring-out service which can support your customers over the weekend, please call 01782 406000 and ask for the Helpline Manager.

For more information on any of our services call **01782 406000**
www.brighter-futures.org.uk

Staffordshire Mental Health Helpline
Supporting and promoting emotional and mental wellbeing



TO ADVERTISE YOUR EVENT,
ORGANISATION OR NEWS
HERE PLEASE EMAIL YOUR
ARTICLE BY
FRIDAY 15th APRIL 2011 TO
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YOUR NEWS & EVENTS

Stoke North
LIVE AT HOME SCHEME

offering
Support & Friendship
to older people in the
Stoke North Area



Stoke North Area
Support & Friendship
for older people

Your local Live at Home scheme operates to support older people in your community who may be isolated and unable to get out and about as they used to. We encourage them to regain lost confidence and to become part of local life once more.

The scheme is run by local people and supported by volunteers who help with our many activities from Monday to Thursday. Our Health & Exercise class has been successful now for ten years and has been a great help to those with fitness and weight problems.

our range of activities include:

- Bingo & Social Club (Mon, 1.30 - 3.30 Norton Cricket Club)
- Indoor Bowls Group (Mon, 1.00- 4 Norton Cricket Club)
- Hamil Community Club (Tues 1.30 - 3.30 Hamil Chapel)
- Exercise & Fitness (Mon & Wed 10 - 11 Salem Chapel)
- Local History/Reminiscence (Wed 12 - 1 Salem Chapel)
- Lunch & Social Club (Thur 11.00 - 1 Ball Green Assembly of God)
- Computer Classes available.

If you are an older person who would like to join our scheme, or are someone who could offer time as a volunteer, then please call:

01782 816662

- if you are met with an answering machine, please don't be put off. Just leave a message, we will call you back.

Or alternatively you can write to the Live at Home Manager at:

Stoke North Live at Home
Hamil Methodist Church, Hamil Road, Burslem,
Stoke-on-Trent, Staffordshire ST6 1BB
Tel: 01782 816662 Email: stokenorth.liveathome@mha.org.uk



This scheme is part of the nationwide Live at Home Initiative, run by Methodist Homes for the Aged, Epworth House, Stuart Street, Derby DE1 2EQ
Phone: 01332 296200 Visit our website @ www.mha.org.uk
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