

Pennine GP Learning Group

Minutes of meeting

Date: Thursday 23rd January 2020

Time: 7.30 – 10pm (2.5 hours)

Topics: Safeguarding Case Discussions and Update by Dr Claire Stansfield

“Having Better Conversations” (Professional Peer Support for GPs)

by Dr Rukhsana Hussain

Members present: Shameela Ahmed, Shazia Ahmed, Ibrar Ali, Kirti Chaudhari, Susi Harris, Ann Holmes, Rukhsana Hussain, Chiburuoma Iroegbu, Saira Iqbal, Angela Kapoor, Ali Malik, Don Munyaneza, Claire Stansfield, Mark Wilshere, Asia Yousaf

1. Dr Stansfield updated the group on the recommendations in the intercollegiate documents regarding safeguarding training for GPs and other groups working with vulnerable children and adults. She shared the different ways GPs can meet these requirements and resources on how to access e-learning as well as face to face training in the area.

The group split into 3 groups and discussed 4 safeguarding cases in small groups before sharing their learning amongst each other.

Learning points included:

- Children and other family members are not a protective factor. In the serious cases discussed the presence of children did not prevent the perpetrator from killing their partner.
- Ending a Relationship can be a trigger point for serious abuse and potential victims should be signposted to support that is available to them to enable them to leave an abusive relationship safely. Dr Susi Harris shared details of a national organisation www.safelives.org.uk that help victims of domestic abuse that patients can be signposted to.
- A relationship breakdown including the time leading up to the separation presents the greatest risk to both the victim and other family members, with the maximum risk being at the time of separation and 6 weeks after.
- Dr Hussain shared details of a local organisation set up to support victims of domestic abuse www.calderdalestayingssafe.org.uk that patients could be signposted to.

- Importance of routine enquiry regarding domestic abuse amongst patients as research shows that many people struggle to speak about it but want to be asked. Routine enquiry encourages disclosure of both current and historic abuse.
 - Past history of domestic abuse can be a risk factor for abuse in future relationships.
 - Domestic abuse has an impact on health and wellbeing.
 - Men are more likely to be perpetrators of domestic abuse than women.
 - Be aware of the “toxic trio” – Drug and alcohol abuse, mental health problems and domestic abuse – If one is present – think of the others – present a risk to **others** not only themselves.
 - Coercive control in an intimate or family relationship is a crime.
 - Contact numbers for local emergency services
2. Dr Hussain summarised the “Having Better Conversations” Model being piloted by NHSE Yorkshire and Humber as a means of training a cohort of GPs to provide structured peer support for colleagues.

Learning points:

- Dr Hussain shared a Youtube clip regarding the “power of words” with the group to emphasise the importance of supporting our peers and the potential impact of a few positive words said at the right time to the right person.
- Doctors in difficulty often display a trio of **poor health + poor engagement + poor performance**. No one who becomes a doctor wants to do a bad job so think about the above when you find someone who is struggling.
- Sources of support available to GPs
- Importance of breaking down problems affecting GPs to fully understand them – Problems concerning self, others, workplace and wider environment.
- Managing problems and change: GPs need to recognise what they can change, what they can influence and what is beyond their control and they can try to accept.

- Dr Hussain outlined the Having Better Conversations model for the group. This involves a 3 step process when dealing with any problems: **Reflection**, **Projection** and a **Response**. The group worked through some case scenarios together.

Action Plan

1. Dr Hussain will upload the presentation and the minutes of the meeting to the website.
2. Next meeting is booked for Thursday 5th March 2020 and will be a BLS/CPR update session.