

Pennine GP Learning Group

Minutes of meeting

Date: 17th August 2016

Time: 7-9 pm

Members present: Dr Rukhsana Hussain and Dr Claire Stansfield

Apologies: Several members sent their apologies for cancellation at short notice due to unforeseen circumstances. Other members had already advised they wouldn't make it due to being away on holiday or unable to attend on the specific date.

1. Dr Hussain explained the purpose and constitution of the learning group to Dr Stansfield who was attending as a new member. She signposted Dr Stansfield to the website and briefly mentioned the rules of the group.

2. Dr Hussain had set a challenge for members to think of a patient they had seen in surgery with a condition they had never heard of or didn't know much about and had to research further. The members would then present a summary of this condition to the group. The individual who presented a topic that all or most members had not heard of would win a prize.

3. Dr Hussain presented a summary of "**Fowler's syndrome**"; a condition in which young women develop urinary retention despite being otherwise healthy. This condition was previously thought to be due to hysteria but latest research shows that it is actually caused by a failure of relaxation of the urethral sphincter.

Dr Hussain discussed the key features of the condition and a brief overview of its management including the role of sacral nerve stimulation.

Dr Stansfield admitted she had never heard of the condition before. Dr Hussain mentioned that she had only seen one patient diagnosed with it. She mentioned that subsequently she had met another patient with a similar history but no diagnosis. We wondered whether the condition could be one that was "under-diagnosed" due to lack of awareness amongst clinicians.

4. Dr Stansfield presented a summary of "**The itchy pregnant woman**". She covered the essential parts of the history, presentation and management of 4 conditions which cause itch in pregnancy. These included obstetric cholestasis, polymorphic eruption of pregnancy, atopic eruption of pregnancy and pemphigoid gestationis.

She pointed out that all these conditions present with a rash except obstetric cholestasis. Obstetric cholestasis was also the condition which had most implications for the foetus.

Dr Hussain had heard of the condition, as had Dr Stansfield, but benefitted from the summary as there were some details she had not been aware of. One of the salient learning points was that bile acids and LFTs can take a few days to rise in obstetric cholestasis and should be repeated after 1-2 weeks even if the initial test is normal. We agreed that this may not necessarily always happen in primary care due to clinicians being unaware of this fact.

As Dr Hussain had organised the session she had decided prior to the meeting that she would not be eligible for the prize. Therefore, Dr Stansfield received the prize (a £50 NEXT voucher) for her efforts. Dr Stansfield consented to her presentation being uploaded on to the website for others to benefit.

5. Dr Hussain presented a second topic following on from the previous meeting on Spirometry. This was "**A summary of the management of COPD in primary care**" derived from the updated NICE guidelines.

Dr Hussain presented a stepwise approach to prescribing inhalers in COPD mentioning the specific brands recommended by the local CCG. Dr Stansfield found the summary useful, especially due to the change in inhaler prescribing in COPD over the last few years.

6. We discussed briefly about dilemmas in consultations and how to deal with them e.g. patients pushing for a prescription for the COCP despite it being contraindicated.

There was insufficient time to decide the next meeting's agenda and so we decided we would defer that to be arranged via text/email communication with the group.

Actions to be taken

1. Dr Hussain to book the venue for the next meeting in late September, either on a Tuesday or Wednesday evening.
2. Dr Hussain to liaise with the group regarding setting the agenda for the next meeting.