

## Elective - activity ideas for students

- Arrange to shadow a community physiotherapist or occupational therapist if possible. In what way might they contribute to promoting independence?
- Ask if you can speak to 1-2 patients with multimorbidity and explore their experience and impact of treatment burden on their lives. This could be written up as an in-depth case study.
- Attend multidisciplinary team meetings and consider the contribution of the different roles involved.
- Discuss with the GP the processes involved when someone is reaching the end of life. Ask about anticipatory care planning and the KIS summary.
- Find a patient who has medically unexplained symptoms or who is a frequent attender and look at their notes. Are there any adverse childhood experiences documented? In what way might this be significant?
- Observe a substance use clinic if available and learn about the available options.
- Observe an interpreter consultation if you can. Discuss with the GP what additional skills are necessary.
- Practice focused history taking and examination. Reflect on your learning.
- Shadow a GP on a home visit and consider - are there any additional findings when you see a patient in their own home? Any drawbacks? What are the pros and cons of blister packs?
- Speak to the practice link worker if possible and learn about the benefits of social prescribing.
- What is overdiagnosis? Ask your supervisor for any examples to share.
- What is polypharmacy? It would be useful to discuss this with the practice pharmacist and practice using the STOPP START tool.
- You could look at the differences in presentation and management of common conditions between primary and secondary care (e.g., asthma, diabetes, rheumatoid arthritis).
- You are welcome to use the self-directed learning resources for the GP-based SSCs for Years 3 or 4 (Year 3 topics are Deep end patients, Frailty and care of the elderly, LGBTQI and Intersectionality, Multimorbidity and treatment burden and Realistic medicine and Year 4 topics are Adolescent health, COVID-19, Deep end practice and Gender based violence).

### There are further learning resources as follows:

- e-learning for healthcare contains a wide variety of GP based e-learning. It is free but you need to register for an account: <https://www.e-lfh.org.uk>
- Primary care knowledge boost podcasts cover a wide variety of topics presented in a down to earth style: <https://pckb.org>
- Fairhealth have excellent learning resources relating to health inequalities: <https://www.fairhealth.org.uk/courses>
- The deep end conference “50 years of the inverse care law” can be found here <https://www.gla.ac.uk/schools/healthwellbeing/research/generalpractice/deepend/events/conference2021/>
- Red Whale have succinct summaries for GP learning. The code can be found via the GP-SSC Moodle page: <https://gpcpd.com/>