

Introduction to Primary Care Checklist

(Paramedic tFCP)



BNSSG
Training Hub

Pre start Checklist	Date Completed
❖ Contact the BNSSG Training hub Paramedic lead Lily Dixon: lily.dixon2@nhs.net to identify yourself as a new starter in BNSSG. The Paramedic lead will undertake an individual learning needs analysis which will aid your personal development plan. You will also be added onto the Paramedic distribution list for updates /CPD.	
❖ Complete the 8x mandatory e-learning modules (titled MSK primary care): https://portal.e-lfh.org.uk/Component/Details/586030	
❖ Complete the mandatory 3x personalised care modules (Personalised Care & Support Planning, Shared Decision Making, Core Skills eLearning): https://learn.personalisedcareinstitute.org.uk/login/index.php	
❖ Ensure your mandatory training on Equality and Diversity, Basic life support, adult and child safeguarding is up to date and less than 1 year old. Mandatory training MUST be completed on the e-Lfh platform via: https://www.e-lfh.org.uk/programmes/statutory-and-mandatory-training/	
❖ Download and familiarise yourself with the Health Education England's First Contact Practitioner Roadmap: https://www.hee.nhs.uk/our-work/allied-health-professions/enable-workforce/roadmaps-practice-0	
❖ Download the free Excel portfolio* from the BNSSG training hub website (you can also choose to watch an instructional video on how to map your evidence onto the spreadsheet: https://www.bnssgtraininghub.com/first_contact_paramedics/ (*The excel spreadsheet is one way of presenting your portfolio. Use a platform that works best for you, clarity also have an online FCP portfolio)	
Post start Initial 2-week induction	Date Completed
❖ Identify your designated *clinical supervisor and develop a personal development plan (*A Clinical supervisor must be a GP educator or a clinician who has completed the roadmap supervisors' course to be able to sign off the FCP portfolio. Visit the HEE roadmap page for up-to-date roadmap supervisor courses: https://www.hee.nhs.uk/our-work/allied-health-professions/enable-workforce/ahp-roadmaps/news-events)	
❖ Pre-book 2-3hr monthly meetings for the next 6 months with your Designated clinical supervisor to complete work-based assessments (See appendix A for an example of how to plan your clinical supervision)	
❖ Ensure your contract reflects your job description and you are clear on what your role is and your responsibilities	
❖ Complete a self-evaluation to identify patient groups and conditions you are not comfortable to manage to ensure clarity from the onset. (For example you might not see children under 6 months, unable to deal with contraception, Gynaecological problems, Pregnant women)	
❖ Ensure you have a Smart card and you are signed up to access ICE	
❖ Sign up to SCW (http://training.scwcsu.nhs.uk/) for training resources on EMIS for clinical new starters and the webinar "primary care IT induction".	

❖ Spend time with the MDT to understand everyone's role within the practice /PCN. (GP's, ACP, Pharmacists, Physio's, mental health nurses, receptionists, admin)	
❖ Spend a morning /day with the phlebotomist and treatment room staff to understand the following: <ul style="list-style-type: none"> How to send off urine samples (boric acid tubes) Which Swabs are used for MC+S, viral samples, STD's Correct pots to collect stool samples / sputum sample/urine samples Familiarise yourself with phlebotomy How to print off an ICE form The correct pathology bag used for each specimen Emergency drug cupboard, protocol to recording drugs used Emergency bag +defib + Oxygen location Location of consumables for basic wound care 	
❖ Spend some time looking through Bristol Remedy and familiarise yourself with the layout, the 2 week wait criteria's (under suspect cancer 2WW) ,the infection and respiratory system guidelines under "formulary: Adult" and paediatric local guidelines under "formulary: Paediatric" are particularly useful for tFCP's: https://remedy.bnssgccg.nhs.uk/ <p>Useful remedy guidelines for tFCPs:</p> <ul style="list-style-type: none"> BNSSG Primary Care Antimicrobial Guidelines Lower UTI guidance UTI Nursing Home Form Acute Pyelonephritis in Adults Guideline May 19 BNSSG Adult Cellulitis Pathway Bristol Children's Hospital Guidelines: http://www.uhbristol.nhs.uk/for-clinicians/clinical-guidelines/gps/ 	
<p style="text-align: center;">These additional resources are here to help aid learning</p> <p style="text-align: center;">YOU MUST ALWAYS USE LOCAL GUIDELINES TO SUPPORT DECISION MAKING AND TREATMENT</p>	
<p style="text-align: center;">Additional Resources – Remote consultations</p>	
❖ Student guide to remote consulting in Primary Care: https://www.bristol.ac.uk/media-library/sites/primaryhealthcare/documents/teaching/year-5/student-remote-consulting-guide.pdf	
❖ RCGP: Remote versus face-to-face: which to use and when? https://elearning.rcgp.org.uk/pluginfile.php/154305/mod_page/content/17/Remote%20versus%20face-to-face_Nov%202020.pdf	
❖ Using AccuRx on EMIS (short videos on accuRx YouTube channel): <ul style="list-style-type: none"> SMS: https://www.youtube.com/watch?v=BQ0n7FXU_zM Video consultations: https://www.youtube.com/watch?v=vz7VIPq5vzQ Creating your own templates: https://www.youtube.com/watch?v=b2hIK8VRqZo 	
❖ Remote Consultations: new ways of practicing during and beyond the Covid-19 Pandemic: https://nhs.uk/guidelines.scot.nhs.uk/media/1180/remote_consultations_resources_learning_package_040520-2.pdf	

❖ BMJ: 10-MINUTE CONSULTATION Covid-19: a remote assessment in primary care: https://www.bmj.com/content/368/bmj.m1182	
Additional Resources -Paediatrics	
❖ Gloucestershire CCG: Most common conditions children present with for urgent care: https://g-care.glos.nhs.uk/uploads/files/Big6_booklet_FINAL.pdf	
❖ Somerset CCG: when should I Worry booklet: https://www.somersetccg.nhs.uk/wp-content/uploads/2021/07/When-should-I-worry-Booklet_England-with-111-service_2016.pdf	
❖ HANDi app: https://bnssgccg.nhs.uk/get-involved/campaigns/download-handi-app/	
❖ Hands on “growing pains” a practical guide for primary care : https://docplayer.net/104561430-Growing-pains-a-practical-guide-for-primary-care.html	
❖ pGALS – paediatric Gait Arms Legs and Spine: a simple examination of the musculoskeletal system: https://ped-rheum.biomedcentral.com/track/pdf/10.1186/1546-0096-11-44.pdf	
❖ Developmental stages- Assessment station in one Page: https://mrcpch.paediatrics.co.uk/wp-content/uploads/2014/06/Development-Assessment-MRCPCH-Website.pdf	
Additional Resources – Dermatology	
❖ Your Dermatology Pocket Guide: Common skin conditions explained: https://www.cppe.ac.uk/learningdocuments/pdfs/dermatology.pdf	
❖ BAD- British Association of Dermatologists. Great for patient leaflets: https://www.bad.org.uk/	
❖ BAD: Dermatology handbook for medical students and junior doctors: https://www.bad.org.uk/library-media/documents/Dermatology%20Handbook%20for%20medical%20students%202nd%20Edition%202014%20Final2(2).pdf	
❖ PCDS: Primary Care Dermatology Society: https://www.pcds.org.uk/	
❖ Mind the Gap: a handbook of clinical signs in Black and Brown skin: https://www.blackandbrownskin.co.uk/mindthegap	
❖ DermNet NZ: https://dermnetnz.org/	
Additional Resources – Pharmacology	
❖ Overcoming Difficulties Discussing Antibiotics: https://elearning.rcgp.org.uk/mod/book/view.php?id=12650	
❖ BNSSG CCG: Medicine for Self-Care: https://remedy.bnssgccg.nhs.uk/media/3260/bnssg-self-care-guidance-for-prescribers.pdf	

❖ BNSSG CCG Pain Management: https://remedy.bnssgccg.nhs.uk/media/4651/pharmacological-treatment-of-adult-chronic-non-cancer-pain-2019v2.pdf	
❖ Bumps -best use of medicines in pregnancy: https://www.medicinesinpregnancy.org/	
❖ The Palliative Care Handbook: https://www.ruh.nhs.uk/for_clinicians/departments_ruh/palliative_care/documents/palliative_care_handbook.pdf	
❖ BNF: https://bnf.nice.org.uk/	
Additional Resources – other	
❖ Dealing with uncertainty in general practice: https://primarycare.imedpub.com/dealing-with-uncertainty-in-general-practice-an-essential-skill-for-the-general-practitioner.pdf	
❖ The Gender Diverse Patient- consultation skills: https://www.youtube.com/watch?v=TxzR6UG1mZE	
❖ Macmillan- Rapid Referral Guidelines: https://www.macmillan.org.uk/healthcare-professionals/news-and-resources/guides/rapid-referral-guidelines	
❖ The ACP Forum: https://www.theacpforum.co.uk/	
❖ Geeky Medics: https://geekymedics.com/	
❖ NICE Clinical Knowledge Summaries: https://cks.nice.org.uk/	
❖ BMJ Learning: https://new-learning.bmj.com/	
❖ Red Whale Pearls: https://www.gp-update.co.uk/updates	
❖ Scottish intercollegiate Guidelines Network: https://www.sign.ac.uk/our-guidelines/	
❖ RCGP clinical toolkits: https://elearning.rcgp.org.uk/course/view.php?id=537	
❖ BASHH -British Association for Sexual Health and HIV: https://www.bashh.org/	
❖ Faculty of Sexual and Reproductive Health: https://www.fsrh.org/home/	