

**BNSSG Covid-19 Learning Guide for Returning GPs**

*Adapted from Somerset Training Hub’s Covid-19 Rapid Training Guide for GPs*

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| **Identify learning needs by asking yourself:**  **‘Do I know how to…?’** | **Yes, No or N/A** | **Resources to help you address your learning needs:** |
| ***Clinical assessment and management*** | | |
| Clinically assess and manage patients with suspected/confirmed Covid-19 in the community |  | **Refer to:** [NICE Rapid guidelines & evidence summaries](https://www.nice.org.uk/covid-19) (Managing symptoms, including at the end of life, in the community [NG163], and Managing suspected or confirmed pneumonia in adults in the community [NG165])  **Refer to:** [BNSSG Primary Care Assessment and Management Guidance for COVID and non-COVID patients.](https://remedy.bnssgccg.nhs.uk/covid-19/remote-assessment/)  **Quick read:** [Red Whale Updates](https://www.gp-update.co.uk/updates) (Clinical assessment & management of Covid-19 in the community)  **Online learning:** [NB Medical education free on-demand Hot Topics Covid-19 in the Community webinar in three 30-minute modules](https://www.nbmedical.com/) |
| Advise and manage patients with chronic respiratory disease during Covid-19 |  | **Refer to:** [NICE Rapid guidelines & evidence summaries](https://www.nice.org.uk/covid-19) (Severe asthma [NG166], and Community-based care of patients with COPD [NG168]).  **Quick read:** [Primary Care Respiratory Society (PCRS) Pragmatic Guidance for crisis management of asthma and COPD during the UK Covid-19 epidemic](https://www.pcrs-uk.org/resource/pragmatic-guidance-crisis-management-asthma-and-copd-during-uk-covid-19-epidemic) |
| Manage patients with Covid-19 at the end of life in the community, and adhere to new guidance about death certification during coronavirus outbreak |  | **Refer to:** [NICE COVID-19 rapid guideline: managing symptoms (including at the end of life) in the community [NG163]](https://www.nice.org.uk/guidance/ng163)  **Refer to:** [BNSSG End of Life Pack](https://remedy.bnssgccg.nhs.uk/covid-19/end-of-life-care-and-respect/) (on REMEDY: BNSSG referral pathways & Joint Formulary, includes information on death certification)  **Refer to:** [St. Peter’s Hospice Clinical guidelines & resources for healthcare professionals](https://www.stpetershospice.org.uk/healthcare-professionals/clinical-guidelines/)  **Refer to:** [RCGP & the Association for Palliative Medicine Community Palliative, End of Life and Bereavement Care in the Covid-19 pandemic](https://elearning.rcgp.org.uk/pluginfile.php/149457/mod_page/content/24/COVID%20Community%20symptom%20control%20and%20end%20of%20life%20care%20for%20General%20Practice%20-%20Word%20FINAL%20v3.pdf)  **Online learning:** [View RCGP 10-minute screencast summarising the latest changes in death certification, in response to COVID-19](https://elearning.rcgp.org.uk/course/view.php?id=378) |
| Use an ethical framework to help me make challenging decisions |  | **Refer to:** [RCGP Ethical Guidance on COVID-19 and Primary Care](https://elearning.rcgp.org.uk/mod/page/view.php?id=10557)  **Refer to:** [BMA guidance Covid-19: ethical issues](https://www.bma.org.uk/advice-and-support/covid-19/ethics/covid-19-ethical-issues) |
| ***Remote triage and consultation*** | | |
| Carry out remote triage and consultation |  | **Refer to:** [BNSSG Primary Care Assessment and Management Guidance for COVID and non-COVID patients.](https://remedy.bnssgccg.nhs.uk/covid-19/remote-assessment/)  **Online learning:** [NB Medical education ‘Hot Topics Top Tips for Telephone Triage & Video Consulting’](https://www.nbmedical.com/NBWebinarSelection?ID=a0K1p00000c0ODVEA2&title=Hot%20Topics%20Top%20Tips%20for%20Telephone%20Triage%20&#38;%20Video%20Consulting%20) |
| ***Infection prevention and control*** | | |
| Find up to date online national guidance |  | **Refer to:** [Public Health England updated online resources COVID-19: infection prevention and control (IPC)](https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control) |
| Advise patients with Covid-19 symptoms on self-isolation |  | **Refer to:** [Public Health England Stay at home: guidance for households with possible coronavirus (COVID-19) infection](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection) |
| Advise vulnerable patients and their families about shielding |  | **Refer to:** [Public Health England COVID-19: guidance on shielding and protecting people defined on medical grounds as extremely vulnerable](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19) |
| When and how to use Personal Protective Equipment (PPE) |  | **Refer to:** [Public Health England guidance COVID-19 personal protective equipment](https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/covid-19-personal-protective-equipment-ppe)  (See Section 8.9 Primary care, ambulatory care and other non-emergency outpatient settings, [videos](https://www.youtube.com/watch?v=-GncQ_ed-9w&feature=youtu.be) and guides on [donning](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878677/PHE_11606_Putting_on_PPE_062_revised_8_April.pdf) and [doffing](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/878678/PHE_11606_Taking_off_PPE_064_revised_8_April.pdf).) |
| ***Managing other patient risks, conditions and problems safely and appropriately*** | | |
| Prioritise workload during Covid-19 |  | **Refer to:** [RCGP Guidance on workload prioritisation during COVID-19](https://www.rcgp.org.uk/-/media/Files/Policy/A-Z-policy/2020/covid19/RCGP-guidance/202003233RCGPGuidanceprioritisationroutineworkduringCovidFINAL.ashx) |
| Assess and manage common and important non-covid problems and conditions |  | **Online learning:** RCGP [Essential Knowledge Update](https://elearning.rcgp.org.uk/course/index.php?categoryid=2) online learning programme is now freely available to all GPs until 30 June 2020.  [The RCGP suggest the following 10 topics for refreshing clinical knowledge:](https://elearning.rcgp.org.uk/mod/page/view.php?id=10554)   * Sepsis * Managing common infections * Acute and chronic low back pain * Chronic asthma * Chronic heart failure * COPD * Combined Hormonal Contraception * Stroke & transient ischaemic attack * Hypertension * Urinary tract infection   **Online learning:** [NICE Clinical Knowledge Summaries](https://cks.nice.org.uk/#?char=A) (summaries of current evidence and practical guidance on a wide range of primary care topics)  **Online learning:** [Red Whale](https://gpcpd.com/login_register) are giving 3 months access free to all clinicians. If you are not currently a member, follow the link and enter the activation code RWGIFT  **Online learning:** [Fourteen Fish](https://www.fourteenfish.com/) are giving free access to their whole GP library for all returning GPs. If required, please contact the [BNSSG Training Hub.](https://www.bnssgtraininghub.com/contact/) |
| Give safe and effective telephone advice about contraception and abortion during Covid-19 |  | **Refer to:** [Covid-19 Resources and Information for SRH Professionals](https://www.fsrh.org/fsrh-and-covid-19-resources-and-information-for-srh/)  **Quick read:** [Red Whale Updates](https://www.gp-update.co.uk/updates) (Remote contraception and abortion advice) |
| Continue to ensure effective safeguarding of children and adults during Covid-19 |  | **Refer to:** [BNSSG CCG Domestic Abuse advice during covid-19 (REMEDY)](https://remedy.bnssgccg.nhs.uk/covid-19/domestic-abuse-during-covid-19/)  **Quick read:** [RCGP Covid-19 and Safeguarding](https://elearning.rcgp.org.uk/mod/resource/view.php?id=10475) |
| ***Wellbeing during the pandemic*** | | |
| Follow some simple ways of looking after myself |  | **Quick read:** [BNSSG CCG Mental Wellbeing during covid toolkit](https://bnssgccg.nhs.uk/library/mental-wellbeing-during-covid-toolkit/)  **Quick read:** [Red Whale Updates](https://www.gp-update.co.uk/updates) (Covid-19: Emotional & psychological survival guide)  **Online learning:** NHS Practitioner Health has links to useful [short videos on Doctors’ Emotional Wellbeing](https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing-videos) discussing the range of reactions we can all have to Covid-19.  **Online learning:** [Wellbeing Apps now free to use for all NHS staff](https://people.nhs.uk/help/): - Unmind (mental health platform) - Headspace (mindfulness & meditation) - Sleepio (sleep improvement programme) - Daylight (for worry and anxiety) |
| Get help and support |  | [Avon Local Medical Committee GP Safe House & COPE scheme](https://avonlmc.co.uk/practice-support/pastoral-support/gp-safe-house/) (online support, telephone counselling & coaching for Avon LMC members)  [NHS Practitioner Health (NHSPH):](https://www.practitionerhealth.nhs.uk/)  Mental health service for all doctors (access by online self-referral)  [Mental health & wellbeing resources](https://www.practitionerhealth.nhs.uk/workforce-wellbeing-resources) and [videos](https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing-videos), [webinars & podcasts](https://www.practitionerhealth.nhs.uk/webinars-and-podcast)  Online Doctor’s common room: daily online peer support, [register here](https://www.practitionerhealth.nhs.uk/upcoming-events)  [#OurNHSPeople Wellbeing Support](https://people.nhs.uk/) (website and app):  [Staff support line](https://people.nhs.uk/help/) (open 7am-11pm, 7 days a week, call 0300 131 700)  [24/7 Text support](https://people.nhs.uk/help/) (text FRONTLINE to 85258 for support in a crisis)  [Individual coaching support](https://people.nhs.uk/lookingafteryoutoo/)  [Free access to mental health & wellbeing apps:](https://people.nhs.uk/help/) Unmind, Headspace, Sleepio & Daylight  [Silvercloud](https://people.nhs.uk/help/) (e-learning modules on stress, resilience, sleep & anxiety) use code NHS2020  [BMA Wellbeing support services:](https://www.bma.org.uk/advice-and-support/covid-19/your-health-and-wellbeing/covid-19-your-wellbeing)  Confidential 24/7 online & telephone counselling and peer support services. Do NOT need to be a BMA member. Call 0330 123 1245 |
| ***Other useful resources:*** | | |
| For further resources on all the above topics, please visit: [BNSSG Training Hub Covid-19 Resources](https://www.bnssgtraininghub.com/covid19_resources/)  [NHSE/I coronavirus webpages for primary care](https://www.england.nhs.uk/coronavirus/primary-care/)  [REMEDY: BNSSG referral pathways & Joint Formulary](https://remedy.bnssgccg.nhs.uk/)  [e-Learning for Healthcare (e-LfH) Coronavirus (Covid-19) online programme](https://www.e-lfh.org.uk/programmes/coronavirus/)  [RCGP Covid-19 Resource Hub](https://elearning.rcgp.org.uk/course/view.php?id=373)  [Red Whale Updates](https://www.gp-update.co.uk/updates) | | |