### GP Resources

### Sources of Learning During GP Post:

**Consulting:** seeing patients, video surgeries, joint surgeries, random case analysis

**Different types of consultations:** triage, telephone consultations, emergency/urgent appointments, home visits, extended hours, routine appointments, chronic disease clinics

**Different team members**: GP trainer, Other GPs (partners and salaried), practice nurses, paramedics, physicians associates, district nurses, midwife, pharmacist, physiotherapist, reception, practice manager….

**Formal Teaching:** Tutorial, reading, learning sets, portfolio, day release, use of CPD sessions (eg courses, outpatient and community clinics)

**Assessments:** Case-based discussion; COTs, CEPS, Prescribing Assessments, MSF. PSQ, CAT, Leadership activity, Leadership MSF, LEA, QIP

Books

Clinical:

* Differential Diagnosis in Dermatology
* Contraception: your questions answered
* Symptom Sorter
* Oxford Handbook of General Practice
* MIMS *(for photos of inhalers, contraception/HRT tables, and switching antidepressants)*

Consultation

* The Inner Consultation by Roger Neighbour
* The GP Consultation Reimagined: A tale of two houses by Martin Brunet
* How to Read a Paper by Trisha Greenhalgh

Journals

* InnovAiT
* BJGP
* BMJ
* Pulse

Apps

* BNF & BNFc
* Medcalc
* NEWS score
* Healthier Together
* Wessex LMC
* iContraception
* NHSAntibiotic Prescribing Guidelines SHIP
* Learning Diary (fourteen fish)
* Buku Medicine
* MIMS
* Dermatomes
* STOP App (Trafficking)
* Color test (Ishihara plates)
* Amsler Grid

Websites

* [AsthmaUK](https://www.asthma.org.uk/) (good videos showing inhaler technique for each inhaler)
* [BASH Headache Guidelines](https://bash.org.uk/guidelines/)
* [BTS Guidelines](https://www.brit-thoracic.org.uk/quality-improvement/guidelines/)
* [Cates Plot and Visual Rx](http://www.nntonline.net/) (good examples of NNT and statistics)
* [DermNet NZ](http://www.dermnetnz.org/)
* [Diabetes UK](https://www.diabetes.org.uk/)
* [Easy Health](https://www.easyhealth.org.uk/) (health resources for patients with Learning Disabilities)
* [FRAX](https://www.sheffield.ac.uk/FRAX/)
* [GPEU](https://wessex.hee.nhs.uk/general-practice/patch-team-contacts/southampton-new-forest-jersey-gp-homepage/) (includes GPEU and Wessex AiT handbooks as well as upcoming teaching sessions)
* [GP Evidence](https://gpevidence.org/) (resource for supplementing risk/benefit discussions)
* [GP Notebook](http://www.gpnotebook.co.uk/)
* [GPs4YP](http://www.youngpeopleshealth.org.uk/) (association for young people’s health)
* [Healthier Together Wessex](https://what0-18.nhs.uk/)
* [iTalk](https://www.italk.org.uk/) (Hampshire)
* [NHS Screening Programmes](https://www.gov.uk/topic/population-screening-programmes)
* [NICE](https://www.nice.org.uk/)
* [NICE CKS](https://cks.nice.org.uk/)
* [Patient info](https://patient.info/) (patient information leaflets and professional resources)
* [Primary Care Dermatology Society](https://www.pcds.org.uk/)
* [Primary Care Respiratory Society](https://www.pcrs-uk.org/)
* [QRISK 3](https://qrisk.org/)
* [RCGP](https://www.rcgp.org.uk/) (lots of information on exams, training requirements and gaining MRCGP)
* [Steps to Wellbeing](https://www.steps2wellbeing.co.uk/) (Southampton City, Dorset)
* [Sleep Council](https://thesleepcharity.org.uk/information-support/advice-sheets/) (good patient leaflets on sleep)
* [UKMEC](http://ukmec.pagelizard.com/2016) (FSRH)
* [Vaccination Schedules](https://www.nhs.uk/conditions/vaccinations/)
* [Versus Arthritis](https://www.versusarthritis.org/about-arthritis/healthcare-professionals/)
* [Wessex LMC](https://www.wessexlmcs.com/)
* [Wessex Deanary](https://wessex.hee.nhs.uk/general-practice/)