Senior GP Registrar
Project: Obesity

Dr Ameet Sahni
January 2009
Practice: The Leys Health Centre
PCT: Oxfordshire
Expectations – June 2008

- Structure of the NHS
- Develop skills of working within PCT
- Presentation and project management skills
- Develop specialist interest: Obesity & Diabetes
- Leadership skills
SR Project: Obesity

- Project aim
  - ‘To develop a Multidisciplinary Team clinic for obese patients with BMI >40’
- Oxfordshire PCT Public Health Department – Health Improvement Team
- Joint Lead on this project
- Key area for action in the DPH annual report
- October 2008 – Road map from SHA- Obesity identified as a priority area
  - Focus on Non surgical interventions
  - Those not eligible for surgery
SR Project: Obesity

- Commissioning cycle
- Needs assessment – identify well being and health needs of the local population to allow tailoring of responses
- Time Lines for project
- Involvement of Primary care team:
  - Research opinions on how to tackle increasing numbers of obese within Oxfordshire
  - Presented findings of circulated questionnaires and local meetings (dieticians, consultants, Mental health trust) to Obesity strategy group
- Networking with other PCTs
  - Evidence of good practice
SR Project: Obesity

- Service Specification
  - Written and circulated
  - Taken to each PBC Consortia for opinions and engagement prior to tendering process

- Public engagement
  - Meeting with patient and public involvement team

- Project outline document for strategic board & Commission group

- PEC board paper – in progress

- Tendering & Procurement – in progress Feb/March/April
SR Project: Obesity

- Challenges:
  - Engaging with primary care professionals & other PCTs
  - Marketing of service & generating interest
  - Limited evidence
  - Funding and costing
  - Obesity strategy board meetings
  - Time management – Meetings and additional work
SR Project: Obesity

- National Obesity Forum meetings – Local and National
  - National representatives – Obesity specialists
  - Network and make contacts
  - Drug Company representatives
- Local obesity management meetings
  - Local experts
  - Secondary care physicians & nurses
- Clinics attendance at referral centre at Luton & Dunstable
  - Psychologist
  - Diabetes
  - Nurses
  - GPwSI
SR clinical: The Leys Health Centre

- Non Training Practice
- No Practice Manager!

- Low socioeconomic area
- Working with the practice on idea of becoming a training practice
  - Expectations of trainee, trainer and practice
  - Advantages and disadvantages
  - Involvement of registrar in practice meetings and development
- GP now doing trainers course
SR clinical: The Leys Health Centre

- Independently set up and run diabetes clinic twice a month
- 7 Insulin conversions for practice patients – usually sent to hospital for this - ongoing.
- Audits of diabetes care
- Practice protocols – Microalbuminuria testing, Management Hba1c.

- Involvement in practice change & meetings
SR Special Interest: Diabetes

- Diabetes Care: Certificate in Diabetes Care Warwick University – September 08 – March 09
  - Complete care of diabetic patients
  - Formal Assessments required to obtain Pass – Case Studies, Audits & Project.

- Warwick accredited Insulin Conversion course
  - Supervised insulin conversion
  - Medication & insulin titration
  - Warwick accredited nurse observed my clinic twice a month – to provide formal assessment of competence to pass course
SR Special Interest: Diabetes

- In house GPs refer to me – Clinics filled.
- Improvement in diabetes QOF parameters observed by team
- Support for practice nurse who has taken on diabetes but feels inexperienced – currently doing diploma.
SR Learning Sets

- Social Marketing
  - Marketing concepts to achieve specific goals
  - Applies to obesity project and how to market it

- World Class Commissioning
  - Delivering better health and wellbeing
  - PCT measured against a scale
  - JSNA, Strategic Plan, Annual operating plan
  - Use of these terms and knowledge to understand and develop service and how the PCT would like it to look against the measuring criteria

- Mentoring and coaching
  - Models used in mentoring
  - Stages to help achieve goals
  - Mentoring nursing staff in diabetes care
Additional learning and opportunities

- Lead or be led – NESC course Jan 09
  - Structure of the NHS
  - Member of the board
  - Real professionals at meetings - Journalist

- DRCOG – October 2008 – passed

- Attendance and involvement at PEC & PBC meetings

- Minor ops – At the Surgery

- Substance Misuse training – March 09
Summary

- Fulfilled my expectations and more

Project:
- Opened future doors for PCT work, leadership & project management
- Implementing & Managing change

Clinical:
- On track to complete courses – Diabetes/Obesity Lead
- Developed knowledge base from experience of working in a practice area with deprivation
- Experience of completely different way of practice management & appointments
- Working with practice on training potential
Summary

- Personal
  - Improved prioritisation and personal organisational skills
  - More confidence with presenting and leading meetings

- A valuable and enjoyable training period.

- Future additions to scheme: SR assigned to projects and leads with some prior knowledge of scheme and SR potential
Future

- Diabetes & Obesity Lead – within practice
- PCT/PBC work – Continued involvement in this project within Oxfordshire
- Trainer in the future?
- Partnership