

## Friday Forums – Some Dates for October 2021- February 2022

Dear Colleagues

Please see details below of some more Friday morning workshops, facilitated by Dr Andy Eaton (SHS Clinical Lead for Education & Training, and Somerset Training Hub Fellow), which will be delivered virtually between 09.30 – 12.30 – all clinicians welcome.

To register interest / book a place please email [ellen.welch2@nhs.net](mailto:ellen.welch2@nhs.net)

Date	Topic	Content
22 <sup>nd</sup> October, 2021	<b>Hypertension In Primary Care</b>	With Louisa McLachlan – SHS Cardiovascular Lead – looking at the assessment and management of hypertension in primary care, including risk assessments and how we can encourage patients to make healthy lifestyle choices
19 <sup>th</sup> November, 2021	<b>Mental Capacity in Primary Care</b>	A reminder of the principles of the Mental Capacity Act, and how it can be applied to help busy clinicians to <ul style="list-style-type: none"><li>• explore dilemmas around patients who may or may not have capacity</li><li>• make difficult decisions and benchmark against our peers</li><li>• explore ways of supporting patients and ourselves when patients make decisions we might deem to be unwise</li><li>• use the best interests checklist and offer a reminder of how ethical principles can help guide our decision making</li></ul>
28 <sup>th</sup> January, 2022	<b>An Update Session For Primary Care</b>	To include <ul style="list-style-type: none"><li>• <b>“Lipids Simplified”</b> with Dr Alex Bickerton (Consultant in Diabetes &amp; Endocrinology at YDH) including making sense of the lipid profile and triglycerides – why they matter</li><li>• <b>“How not to miss a serious cause for chest pain remotely or face to face”</b> with Dr Chris Campbell, Associate Medical Director for Devon Docs and Honorary Senior Clinical Lecturer Exeter Medical School and RCGP Educational Lead For Tamar Faculty</li></ul>
18 <sup>th</sup> February, 2022	<b>Mental Health Problems in Children</b>	With increasing pressure on secondary care services, more and more mild to moderate cases of mental health problems in children are

		<p>remaining under the responsibility of primary care. This interactive case based workshop will help colleagues to</p> <ul style="list-style-type: none"><li>• explore the background to children's mental health problems including behavioural issues, depression /anxiety, and more serious developmental problems</li><li>• create pragmatic solutions to help navigate the murky waters of referrals, and clarify local resources and referral pathways</li><li>• share some simple tips to help parents cope (while waiting to be seen or when the referral is rejected)</li><li>• explore ways we can all help to promote positive mental health in children</li></ul>
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