



## Beds & Herts LMC Ltd: Update for Practices, Tuesday 18<sup>th</sup> April 2023

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### 1. Beds & Herts LMC Evening Roadshows - Coming Soon!

Please come along and meet the team and receive some practical information on the principles of Safe Working in General Practice: what you can do, what you can't do and what others are doing.

We will also have an update on the new imposed GP Contract, and in particular what it says about access, and are pleased to confirm Dr Clare Bannon, Deputy Chair of GPC England is able to attend on the 21<sup>st</sup> June.

These free events are open to all GPs and Practice Managers in Bedfordshire & Hertfordshire. Please see the below dates and venues:

- **Wednesday 21<sup>st</sup> June 2023, 7 – 9:30pm** – Kings House, 245 Ampthill Road, Bedford, MK42 9AZ
- **Wednesday 28<sup>th</sup> June 2023, 7 – 9:30pm** – Focolare Centre, 69 Parkway, Welwyn Garden City, AL8 6JG

To book your free place, please [click here!](#)

### 2. GP contract changes guidance

Following the announcement of the GP [contract changes](#) for 2023/24, which were imposed on the 1<sup>st</sup> April, the LMC has dissected the various contract documents and produced our guide to the changes, which can be found [here](#). This includes a summary of when each of the changes will come into effect (not all changes came into effect on the 1<sup>st</sup> April and it is therefore important for practices to understand the various timelines).

Alongside our review, the BMA/GPC has updated its [guidance](#) explaining what it means for practices. The changes are in the following areas:

- Prospective record access
- Cloud-based telephony
- Removal of reference to medical cards in the patient registration provisions
- General practice [pay declaration](#) guidance

Note that the changes on '[access to general practice services](#)' have not been laid before Parliament yet and ICBs will therefore not have sent contract variations to practices. This means the changes

have not yet come into effect. We will share further information on this imposed contractual change as soon as it is available.

**BMA/GPC needs practices' feedback – evidence of the negative impact of imposed 23/24 contract changes.** In their regular engagement sessions with LMCs, BMA/GPC say that they are already hearing of issues relating to unresourced increased costs for practices, e.g. relating to cloud-based telephony. They need to hear about these issues so they can be collated and shared with the DHSC and NHS England as a body of evidence against their imposed changes.

Please email your evidence, as well as any other feedback you may have, to [feedback.gpcontractimposition@bma.org.uk](mailto:feedback.gpcontractimposition@bma.org.uk)

Read more about the 2023/24 GP contract changes on the [BMA website](#).

### **3. Wellbeing and Stress Awareness Month**

The contractual changes imposed by NHS England on the 01<sup>st</sup> April do nothing to recognise the [pressures that GPs](#) are under and were a failed opportunity by the Government to support GPs, their practices, staff and patients. April is Stress Awareness Month, and BMA/GPC has been working hard to highlight the stress GPs face to the public. You can read the [chair's response](#) to this [heartfelt blog](#) from an anonymous GP in The Guardian, and a similar [letter](#) was also published in The Times.

GPs are being forced into a position where they worry about the care their patients are getting, which adds to their stress. The recent study on the [impact of COVID-19 on GP wellbeing](#) showed that the pressures GPs faced during the pandemic have had a negative effect on their wellbeing. The study also highlighted that if GPs continue to face stress and burnout, more GPs could leave the profession, threatening patient care and showing the need to focus on supporting GPs to prevent this and to improve their working lives.

[UEMO's response](#) to the recent [WHO Bucharest declaration](#) on the health and care workforce on what is needed to help health services meet demand, also highlights the importance of properly resourced and supported primary care for continuity of care and improved health outcomes. The present crisis is so severe that we *recommend all GP practices to take some time* to meet to reflect on their wellbeing and what they can do to protect it during *Stress Awareness Month*.

To help manage your stress, BMA/GPC is encourage practices to use the new QOF targets in the GP contract to do your [quality improvement project on staff wellbeing](#). BMA/GPC has put together a [document](#) which can help guide and inform your project, which includes some tangible recommendations and tools for improving workload and safe working.

We would encourage practices to continue to use BMA/GPC's [safe working guidance](#) to enable them to prioritise safe patient care, within the present bounds of the GMS contract.

### **4. Wellbeing resources**

Self-care is more important than ever for the demoralised and overworked GP profession. If you are feeling under strain the BMA can help, [read an account](#) on how the BMA supported an overworked doctor and find out how the BMA can support you during *#StressAwarenessMonth*.

A range of wellbeing and support services are available to doctors, from 24/7 confidential [counselling and peer support services](#) to networking groups and wellbeing hubs with peers, as well as the [NHS practitioner health service](#) and non-medical support services such as [Samaritans](#).

The organisation [Doctors in Distress](#) also provides mental health support for health workers in the UK, providing confidential peer support group sessions.

See the BMA/GPC [poster with 10 tips to help maintain and support the wellbeing](#) of you and your colleagues.

Please visit the BMA's [wellbeing support services page](#) for further information and resources.

Alternatively, please remember that our pastoral support team is only a phone call away to provide confidential support for both personal and professional difficulties. To access the team please ring **01438 880010** and if you believe a colleague may be suffering, please remind them of the service too (click [here](#) for more information on the service).

## **5. GP workload management and triage toolkit**

As there is currently no standardised triage system for GP practices, to help with the increasing workload, the BMA has developed a [tool](#) to support practices with implementing a triage system if they wish to do so.

The toolkit aims to provide a cost neutral aid to reduce the administrative burden on staff members, ensure patients are seen by the right clinician at the right time and allow GPs to spend their time where it is needed the most. This toolkit will not apply to all practices, but the BMA has provided a number of case studies, along with examples of how you can tailor the system to your practice.

## **6. Nominations open for seats on the GPs committee via the LMC UK conference**

Every year the LMC UK conference elects seven members to the UK GPs committee. Any BMA GP member is eligible to stand.

The deadline for nominations is 12pm, Thursday 11<sup>th</sup> May. Following the close of nominations, voting will take place during the conference from 5pm, Thursday 18<sup>th</sup> May to 3.30pm, Thursday 19<sup>th</sup> May.

Please note that voting is only open to conference delegates.

Successful candidates will take their seats at the start of the next session after ARM in July. [Submit your nomination here.](#)

For more information, please contact the BMA's elections team at [elections@bma.org.uk](mailto:elections@bma.org.uk).

## **7. GP Pensions Update Webinar**

Hosted by Beds & Herts LMC Ltd, presented by Paul Gordon from [Atomos](#), this session is **aimed at GPs** and is an update, not an introductory session.

**Date:** Thursday 11<sup>th</sup> May 2023

**Time:** 7.00 – 8.00pm (registration from 6.45pm)

**Format:** Webinar via MS Teams - joining instructions sent 1 week before

### **Agenda:**

- 1995/2008/2015 Schemes - including Normal Retirement Ages, accrual of benefits and peripheral benefits
- Age Discrimination Case – the impact on members and their benefits

- Annual Allowance – the issues around growth, the impact of the McCloud Judgement, Scheme Pays Election and the options available
- Lifetime Allowance – Budget 2023
- 24-Hour Retirement/Partial Retirement – how, when and why
- Q&A

For more information and how to register your FREE place, please visit [GP Pensions Webinar](#).

**News** - For the latest news, information and weekly updates for practices, please visit the [Hot Topics](#) section of our website.

**BHLMC Job Board** - Advertise your practice vacancies or search for jobs on our [Job Board](#). If you are interested in posting an advert please contact [lmcadmin@bhlmc.co.uk](mailto:lmcadmin@bhlmc.co.uk) for more information.

**Locums** - If you are a Locum and would like to receive LMC updates, please register via the [online form](#) to be added to our database and mailing list.

**Workforce Wellbeing & Support** - [Visit our webpage](#).

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