

Useful links for Performers

None of the links in this document are supported by nor advocated specifically by NHS Midlands.

Wellbeing Resources for Doctors

Mental Health

Practitioner Health

Practitioner Health is a free, confidential NHS service for doctors and dentists across England with mental illness and addiction problems, who are working or looking to return to clinical practice. The service can help with issues relating to a mental health concern, including stress or depression or an addiction problem, in particular where these might affect work. The service is provided by health professionals specialising in mental health support to doctors and is available in various locations across England.

The GP can currently be referred for up to 12 hours of 1-1 Psychotherapy (currently being delivered through Zoom).

0300 0303 300 www.practitionerhealth.nhs.uk/

If you are experiencing a personal crisis, are unable to cope and need support text NHPSPH to 85258

NHS England Support available for our NHS people

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/>

Mind

Mental health charity, ensures that anyone with a mental health problem has somewhere to turn for advice and support.

www.mind.org.uk

Telephone 0300 1233393 E-mail: info@mind.org.uk

Rethink

Offers expert, accredited advice and information to everyone affected by mental health problems.

www.rethink.org

Telephone 0300 5000927 E-mail: info@rethink.org.uk

SANE

Offers emotional support and information to anyone affected by mental health problems; including families, friends and carers.

www.sane.org.uk

Telephone 0845 7678000 E-mail: info@sane.org.uk

Helphub:

This is an online therapy service offering free 20-minute sessions with volunteer therapists. Primarily aimed at vulnerable people who are self-isolating or struggling, they are happy to help NHS staff

<https://www.thehelpub.co.uk/>

Unmind:

The workplace wellness platform Unmind is offering free access to its digital resources for all NHS staff. Follow the NHS staff link at the top of the homepage.

<https://home.unmind.com/>

The Doctors Support Network (DSN)

Fully confidential, friendly self-help group for doctors with mental health concerns

<http://www.dsn.org.uk/> Email info@dsn.org.uk

Counselling and Advice

BMA Counselling

<https://www.bma.org.uk/advice/work-life-support/your-wellbeing/bma-counselling-and-doctor-advisor-service>

Call 0330 1231245 - 24 hours a day, 7 days a week

E-mail: info.d4d@bma.org.uk

BMA Doctor Advisor Service Call 0330 1231245

BMA Doctor Support Service Call 020 73836707

E-mail: info.d4d@bma.org.uk

DocHealth

Confidential, not for profit, psychotherapeutic consultation services for doctors.

www.dochealth.org.uk Call 020 73836533

British Association for Counselling and Psychotherapy

<https://www.bacp.co.uk/search/Therapists>

UK Council for Psychotherapy

<http://www.psychotherapy.org.uk/>

NHS Choices

<http://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

Help them help us:

This is a charity offering help with childcare, transport, food, support grants, wellbeing and psychological services for healthcare staff. They are setting up therapists to give free therapy to NHS staff. Follow the NHS Workers link at the top of their homepage.

<https://www.helpthemhelpus.co.uk/>

Independent Counselling and Advisory Services (ICAS)

Members of Medical Protection society can access six free sessions of counselling by the Independent Counselling and Advisory Services (ICAS). ICAS offers telephone counselling and face-to-face counselling sessions. Call ICAS on 0808 189 4385 and quote your MPS membership number to book.

Faculty of Medical Leadership and Management

30-minute webinar for leaders by FMLM coach Dr Rachel Morris and Dr Amrita Sen Mukherjee. Simple things leaders can do for themselves and their teams to stay well, keep calm, be resilient and maintain effectiveness for the long haul.

<https://www.fmlm.ac.uk/events/maintaining-your-wellbeing-through-covid-19>

Disability

Hope 4 Medics

For those with a disability or chronic illness it can feel as though there are additional barriers to surmount in order to achieve success in a chosen profession. HOPE assists in overcoming some of these additional difficulties - to Help Obtain Professional Equality - and to facilitate a long term successful and fulfilling career.

Email info@hope4medics.co.uk www.hope4medics.co.uk

Drug and Alcohol Addiction

Alcoholics Anonymous

<http://www.alcoholics-anonymous.org.uk/>

Telephone 0845 769 7555 Email help@alcoholics-anonymous.org.uk

Narcotics Anonymous

<http://ukna.org/>

Telephone 0300 999 1212

The British Doctors' and Dentists' Group (BDDG)

A mutual support society for doctors and dentists who are recovering, or want to recover, from addition to or dependency on alcohol or other drugs. <http://www.bddg.org/>

Contact National Secretary BDDG - 07850 125 119 / natsecretary@bddg.org

Families Group of the BDDG

Offers support to adult family members who are suffering or have suffered from the effects of a doctor's or dentist's addiction. <http://www.bddg.org/>

Contact National Secretary BDDG -07850 125 119 / natsecretary@bddg.org

Medical Council on Alcohol

Support specifically for doctors and dentists regarding alcohol issues

http://www.m-c-a.org.uk/Support/british_doctors_dentists

Telephone 0779 2819966

Gambling Addiction

Gamcare

<http://www.gamcare.org.uk/>

Call 0808 8020 133 Email info@gamcare.org.uk

Emotional Support

Samaritans

Confidential emotional support 24 hours a day. A network of branches also provide drop-in face to face support.

<http://www.samaritans.org/>

Telephone . Call for free on 116 123

Financial Support

The Cameron Fund

The Cameron Fund is the GPs' own charity. It is the only medical benevolent fund that solely supports general practitioners and their dependents. They provide support to GPs and their families in times of financial need, whether through ill-health, disability, death or loss of employment. They help those who are already suffering from financial hardship and those who are facing it

<http://www.cameronfund.org.uk/>

Telephone 020 7388 0796 Email info@cameronfund.org.uk

Royal Medical Benevolent Fund:

This charity provides practical support and assistance for doctors, medical students and their families through all stages of their career and beyond in times of great need. Their help ranges from financial assistance in the form of grants and loans to a telephone befriending scheme for those who may be isolated and in need of support.

<https://rmbf.org/>

Call 0208 540 9194 Email help@rmbf.org

Royal Medical Foundation

The Royal Medical Foundation assists registered doctors and their families who are in financial hardship. Practical assistance is given in three ways: Provision of regular payments to their widows, widowers and their children; provision of one-off grants when emergency help is required and in exceptional circumstances, the provision of assistance with school fees for sons or daughters of registered doctors enabling them to maintain educational stability at times of distress caused by illness, bereavement or financial need in their family

<http://www.royalmedicalfoundation.org/>

Information and Support

Support4Doctors

Information on career and employment issues, education and training, financial advice and links to specialist health support.

<http://www.support4doctors.org> <https://nwpqmd.nhs.uk/resources/support-4-doctors>

Telephone 0208 540 9194

Loss and Bereavement

Cruse Bereavement Care

Offers support, advice and information to children, young people and adults when someone dies and has a website (www.hopeagain.org.uk) specifically for children and young people.

<http://www.cruse.org.uk/>

Telephone 0808 808 1677

Relationships

Relate Call 0300 100 1234 <http://www.relate.org.uk/>

International Doctors

Provision of support for international doctors in relation to cultural, linguistic or equality issues. Promoting equality and fairness for all doctors and dentists working in the UK

British International Doctors Association

E-mail: bida@btconnect.com

<http://www.bidaonline.co.uk/>

Call 01614567828

British Association of Physicians of Indian Origin

<https://www.bapio.co.uk/>

General Links

General Medical Council

Revalidation Information

<https://www.gmc-uk.org/registration-and-licensing/managing-your-registration/revalidation>

Corona Virus: <https://www.gmc-uk.org/ethical-guidance/ethical-hub/covid-19-questions-and-answers>

The Good Medical Practice Framework for Appraisal and Revalidation (copy & paste link into browser)

https://www.gmc-uk.org/-/media/documents/The_Good_medical_practice_framework_for_appraisal_and_revalidation_DC5707.pdf_56235089.pdf

General Medical Council – Guidance on Supporting Information for Appraisal & Revalidation (copy & paste link into browser)

https://www.gmc-uk.org/-/media/documents/RT_Supporting_information_for_appraisal_and_revalidation_DC5485.pdf_55024594.pdf

Academy of Medical Royal Colleges

<http://www.aomrc.org.uk/>

including links to specialty guidance

Royal College of General Practitioners

<http://www.rcgp.org.uk/>

RCGP Revalidation Pages

<http://www.rcgp.org.uk/training-exams/practice/revalidation.aspx>

BMA

<https://www.bma.org.uk/advice/employment/revalidation>

NHS England and NHS Improvement

<https://www.england.nhs.uk/>

NHS England Revalidation Pages

<https://www.england.nhs.uk/medical-revalidation/>

NHS Employers

<https://www.nhsemployers.org/>

PCSE Portal

<https://secure.pcse.england.nhs.uk/>

<https://pcse.england.nhs.uk/contact-us>

Appraisal Resources

Appraisal Toolkits

The Midlands supports the majority of appraisal toolkits as well as the MAG appraisal form. Details as follows:

Clarity <https://appraisals.clarity.co.uk/doctors/toolkit/Account>

GP Tools <https://www.gptools.org>

Fourteen Fish <https://www.fourteenfish.com/>

If you require a copy of the **MAG paperwork** this can be downloaded from the NHS England website as follows: <https://www.england.nhs.uk/revalidation/appraisers/mag-mod/>

Formal Patient & Colleague Feedback

The following tools for formal colleague and patient surveys are considered suitable in the Midlands. If you are considering using any other tool please contact the Appraisal Team first to confirm its suitability.

- Colleague Feedback Evaluation Tool Version 2 (CFET)
<http://www.cfepsurveys.co.uk/>
- Edgumbe 360° Colleague Feedback
<http://www.doctor360.co.uk/>
- Online survey
www.HowsMyDr.com to view a demo enter "test1"

Questionnaires undertaken using one of the national appraisal toolkits are also acceptable – for example Clarity, GP Tools and fourteenfish.

GMC Guidance regarding patient and colleague questionnaires can be found here:
http://www.gmc-uk.org/doctors/revalidation/colleague_patient_feedback.asp

Informal Patient Feedback

I Want Great Care - produces a printable, written report of all annual feedback to the site which can be appended to appraisal portfolio

<https://www.iwantgreatcare.org/>

<http://www.gpappraisals.uk/>

Learning Resources

Recording Personal Learning

GMC App for collating CPD: <http://www.gmc-uk.org/education/>

Free Learning Diary (including smartphone app):
<https://www.fourteenfish.com/about/learningdiary>

<https://www.bma.org.uk/advice-and-support/gp-practices/employment-advice/training-resource-for-gp-practice-staff>

Red Whale www.gp-update.co.uk

Enhanced Significant Event Analysis

<https://learn.nes.nhs.scot/903/patient-safety-zone/enhanced-significant-learning-event-analysis-sea-ecomodule>

Safeguarding

This RCGP document provides a summary of the safeguarding requirements for GPs
[RCGP supplementary guide](#) (copy & paste link into browser)

The links below provide details of the Intercollegiate Documents (ICDs) on which the RCGP summary is based

- [Safeguarding Children and Young People: Roles and Competencies for Healthcare Staff, Fourth edition: January 2019](#)
- [Adult Safeguarding: Roles and Competencies for Health Care Staff, First edition: August 2018](#)

A number of online modules dealing with Safeguarding are available for a reasonable cost.
www.virtual-college.co.uk

On-line learning and one day training course suitable for Level 3 training
<http://www.childnottsafe.org.uk>

Imperial College London regular one day training sessions providing an update to GP's
<https://www.symposia.org.uk/>

<https://www.rcpch.ac.uk/resources/safeguarding-children-young-people-roles-competencies>

http://www.rcgp.org.uk/~/_/media/13EDDB7F313E4E0EACF9B9CD33399661.ashx

<https://portal.e-lfh.org.uk/>

<https://www.nice.org.uk/guidance/ng76>

<https://www.cqc.org.uk/guidance-providers/gps/gp-mythbuster-33-safeguarding-children>

<https://www.e-lfh.org.uk/programmes/safeguarding-adults/>

<https://www.rcgp.org.uk/clinical-and-research/safeguarding.aspx> Safeguarding Toolkit

<https://www.bma.org.uk/advice-and-support/ethics/safeguarding/adult-safeguarding-toolkit>

<https://www.cqc.org.uk/guidance-providers/gps/gp-mythbuster-25-safeguarding-adults-risk>

Some of the resources listed in the 'other' section below may also provide safeguarding training.

Equality & Diversity Training

Bluestream Academy <http://www.bluestreamacademy.com/>

Learning for Health <http://portal.e-lfh.org.uk/account/logon>

ACAS <https://elearning.acas.org.uk/index.php>

Some of the resources listed in the 'other' section below may also provide equality and diversity training.

Quality Improvement Activities

RCGP Clinical Audit Guidance - https://gpexcellencegm.org.uk/wp-content/uploads/RCGP_Quick_guide_09_Clinical_Audit.pdf

Significant Event Audits - <https://www.rcgp.org.uk/training-exams/practice/revalidation/mythbusters-appraisal-and-revalidation/significant-events.aspx>

Quality Improvement for General Practice - <http://www.rcgp.org.uk/clinical-and-research/>

Other

On-line learning video modules <https://www.fourteenfish.com/videos>

GP Notebook <https://www.gpnotebook.co.uk/>

Primary Care Development Centre <http://www.pcdc.org.uk/>

MIMS Learning Resources <http://www.mimslearning.co.uk/>

Doctors Net <https://www.doctors.net.uk/>

Forums to share good practice <https://future.nhs.uk/about>
<https://www.networks.nhs.uk/>

Basic Life Support <https://www.resus.org.uk/library/quality-standards-cpr/primary-care-equipment-and-drug-lists#risk>

<https://www.cqc.org.uk/guidance-providers/gps/gp-mythbuster-1-resuscitation-gp-surgeries>

Infection Control [infection-control-briefing-paper2 \(nice.org.uk\)](https://www.nice.org.uk/guidance/infection-control-briefing-paper2)

<https://mdujournal.themdu.com/issue-archive/issue-6/infection-control-in-primary-care>

Anaphylaxis <https://www.resus.org.uk/library/additional-guidance/guidance-anaphylaxis>

Fire Safety <https://www.legislation.gov.uk/ukxi/2005/1541/article/21/made>

Resources for Sessional Doctors

Appraisal tips for sessional GPs:

<https://www.bma.org.uk/advice/employment/appraisals/appraisal-tips-for-sessional-gps>

Useful templates and examples that can be adapted for sessional doctors can be found at:

<http://www.appraisal.nes.scot.nhs.uk/i-want-access-to/toolkits/sessional-gp.aspx>

National Association of Sessional GPs

<https://www.nasgp.org.uk/>

<https://mylocummanager.com>

Support Group Resources

Balint Groups

A group for clinicians meet and discuss clinical cases to get a better understanding of the clinical-patient relationship enhancing the clinician's ability to connect with and care for the patient. <https://balint.co.uk/about/introduction/>

GP Retention and Recruitment

National GP Retention Scheme

<https://www.england.nhs.uk/gp/gp/v/workforce/retained-doctor-scheme/> and <https://heeo.e.hee.nhs.uk/retainer>

Careers Plus pilot – (North Staffordshire GP Federation & Our Health Partnership)

Please see link for contact details and further information.

<https://www.england.nhs.uk/gp/gp/v/workforce/retaining-the-current-medical-workforce/gp-career-plus>

Other Resources

Further information regarding relinquishing your licence can be found at:

http://www.gmc-uk.org/doctors/registration_applications/relinquish_options.asp

<https://www.wessexappraisal.org/appraisees>

<https://ombudsman.org.uk/clinical-advice-review>