

GP4 STUDENT GUIDE

MBBS YEAR 4

2024-2025



**BARTS AND THE LONDON SCHOOL OF MEDICINE
AND DENTISTRY**

COMMUNITY BASED MEDICAL EDUCATION DEPARTMENT (CBME)

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OVERVIEW

1. AIM OF GP4:

We ask you to **observe and immerse yourself in the work of Community Health Care.**

- Understand “Generalism”
- Understand and practise how to deal with “Uncertainty”
- Observe and practise “The Consultation”
- Learn how to assess and manage “The Specialities” from a primary care point of view
- Understand and observe the need for “Equitable Health”
- Comprehend the work of “The MDT”

2. KEY POINTS:

- New **GP4 5 week** block
- 3 day Virtual **Health Equity** Teaching (Tue or Thur). These dates cannot be swapped.
- 1w of the block will be Face to Face “**Consultation Skills**” teaching consisting of lectures and roleplays.

3. YOU SAID, WE DID:

- Longer GP placements
- Simplified Assessments
- Face to Face “Consultations Skills”

4. ASSESSMENTS:

- 3 X Case Write Up inc 500 word reflections (see later section for details)
- FP10
- End of Placement Reflection

5. CONTACTS

Mr. Jim Manzano - Year 4 Administrator	j.manzano@qmul.ac.uk
Dr Camille Gajria - Co-Lead Year 4, Clinical Lecturer	c.gajria@qmul.ac.uk
Dr Dev H Gadhvi -Co-Lead Year 4, Clinical Lecturer	d.h.gadhvi@qmul.ac.uk

6. DATES

Block 1 (C1)	Monday 16th September - Friday 18th October 2024 <i>(Consultation Skills Monday 14th October - Friday 18th October)</i>
2 (C2)	Monday 21st October - Friday 22nd November 2024 <i>(Consultation Skills Monday 18th November - Friday 22nd November)</i>
3 (B1)	Monday 9th December - Friday 20th December 2024 Monday 6th January - Friday 24th January 2025 <i>(Consultation Skills Monday 16th December - Friday 20th December)</i>
4 (B2)	Monday 27th January - Friday 28th February 2025 <i>(Consultation Skills Monday 24th February - Friday 28th February)</i>
5 (A1)	Monday 17th March - Friday 11th April 2025 Monday 28th April - Friday 2nd May 2025 <i>(Consultation Skills Monday 28th April - Friday 2nd May)</i>
6 (A2)	Monday 5th May - Friday 6th June 2025 <i>(Consultation Skills Monday 12th May - Friday 16th May)</i>

Introduction

Welcome to this exciting **new format** to Community Education for Year 4. You will spend **5 weeks** attached to a GP practice where you get the chance to immerse yourselves in Community Care and be part of the team.

We ask you to **observe the work of Community Practice**, understand what Generalism means, how to deal with Uncertainty, observe “The Consultation”, learn how to manage “The Specialities” from a primary care point of view, observe the work to make health “Equitable” and comprehend the work of “The MDT.”

We need to acknowledge **COVID-19** and what this has meant for your education, how this has affected your wellbeing and how it will impact the coming year. It has been a challenging 2-3 years and even though socially COVID-19 concerns are reducing, in healthcare they are still an on-going worry. This is mainly in the form of workload pressures as well as staffing levels (from COVID but also wellbeing/burnout). We ask you to be mindful and thank you for your continued patience in this regard.

Most of you will already be familiar with the **Pebble Pad platform**, which will be used to document and monitor your assessments and allow for sign off. If you are not aware on how to use this, please make sure you read the provided guides before you start the placement.

What to expect

1. Before you start the placement our Administrator will send you your allocation details. Expect that your GP placement will send you an Introductory email with a brief outline of a timetable etc.

This will include details of your online **Health Equity** module; this will be 3 days of **MANDATORY** teaching (half of your group will be on a Tue and the other half a Thur). These days are managed centrally and CANNOT be changed, please note what day you are on and double check your GP Tutor has factored this into your timetable.

You will also have **MANDATORY** Face to Face week of “**Consultation Skills**” teaching, which will fall within the 5 week block.

2. At the start of your placement, you should expect an Induction, and a sit down with your GP tutor to do a “**Learning Needs Assessment**”, it a good idea to have some thoughts on what you would like to get out of this placement/your weak points etc. You will review and sign the “**Student Learning Agreement**” and note the local COVID Policy.

3. During your placement you should be looking on how to fulfil your assessment requirements.

Please do not hesitate to contact us if there are any concerns including your wellbeing; as we can look to address them ASAP. Note you also have the Student Support office and the “Report and Support” programme if you want to use this instead.

4. End of placement – please fill in your JISC feedback and then you will sit down with your GP tutor, they will double check completion of your assessments and you should obtain feedback on your performance.

What we expect of you

As always we hope for enthusiasm and a passion to learn, mixed with the same professionalism we expect from any member of staff within the NHS, as you are an extension of this. Inconsiderate and rude behaviour will not be tolerated.

We expect > 90% attendance, if you are unable to attend for some reason, please inform **BOTH** our administrator (Jim Manzano) and your GP Tutor in **WRITING (ie email)**. If this occurs please look to see how these days can be made up asap, as if required to remediate it will then have to be organised in your Christmas/Spring and Summer breaks and **could delay your completion of Year 4**.

Timetable

There will be **5 weeks of GP teaching, 6 times/year.**

There will be **1 week of central (F2F) teaching and 3 days of central Health Equity teaching**, where you will be taught online with trained GP tutors. You will be allocated to groups on either a **Tue or Thur.**

During your 4th year you are expected to undertake an SSC (Student Selected Component) project. In order to facilitate this, dedicated **SSC half days** have been incorporated into your timetable throughout the year. Please ensure this has been factored into your GP4 timetable provided.

You should have **one allocated session of self-directed learning (SDL)** a week. This can be used to prepare for tutorials or may be used to consolidate learning in the placement.

TEACHING ACTIVITIES AND SAMPLE TIMETABLE

Overview Timetable example

	INTRO WEEK WEEK 1	GP Week 2	CK - Central Week 3	GP Week 4	GP Week 5
MON	GP	GP	CK	GP	GP
TUE	GP	HE1a/GP	CK	HE2a/GP	HE3a/GP
WED	?SSC/Sports	?SSC/Sports		?SSC/Sports	?SSC/Sports
THUR	GP	HE1b/GP	CK	HE2b/GP	HE3b/GP
FRI	GP/SDL	GP/SDL	CK	GP/SDL	GP/SDL
KEY					
	GP	Consultation Skills (CK) - Central			
	Health Equity - WFH	Orange Sports PM			
		Self Directed Learning (SDL)			
** Half students out of group do a TUE AM & PM online at home ... and the other half in placement on THUR AM & PM					
** Centralling organised - this week will vary depending on which block it is					
** SSC and SDL days can be moved around					

Learning Objectives

Introduction

Recognising the importance of General Practice within the NHS, QMUL has actively decided to increase the time spent in General Practice in Year 4. This is an opportunity for you to observe the amazing aspects of being a GP and how community care works.

Year 4 continues to be the year that you are exposed to specialties outside of General medicine and General Surgery. These specialties are present in daily GP life and we are keen to educate you in how the specialties are delivered in Primary Care.

We have purposely not created a list of clinical competencies and skills that must be completed during this placement (bar the assessment criteria), the idea is for you to immerse yourselves in general practice. However, like previously discussed it is important to set an individual initial "Learning needs Assessment", which you may want to include 6 week checks, Cervical Smears and Immunisation clinics etc. if not already included.

It is important to know that GMC Medical Licensing Exam (MLA) will be effective in 2025. This may not affect you but you may want to familiarise yourselves with their advised curriculum content from Primary Care point of view..

See [Link...MLA Content MAP](#)

We have also created an [Excel sheet](#) on QM plus to aid you in your learning, this consists of the GP4 module (including Health Equity and Consultation Skills module) Learning Objectives, mapped with the Outcomes for Graduates and Good Medical Practice. This should give you an idea of the objectives the Medical School are working towards in each module.

We have looked at this list and lifted the content of the MLA into this excel sheet for ease of reference.

PLEASE NOTE these are presentations, conditions etc that you MAY come across during these modules.

THIS LIST IS NOT DESIGNED TO ACT AS A CHECK LIST OF MUST SEE TOPICS ETC

LEARNING OBJECTIVES

Generalism

Students should understand that GP is a speciality in its own right.

The Medical Schools Council suggests the following definition:

'Medical generalists are doctors who are prepared to deal with any problem presented to them, unrestricted by particular body systems, and including problems with psychological and social causes as well as physical causes. They take a holistic approach, mindful of the context of the local community. Medical generalism is therefore distinct from specialist care restricted to a particular body system or subset of medical practice, or restricted by virtue of having access to, or involvement in, providing particular types of interventions in particular settings' (MSC, 1(a)).

True Generalism is patient-centred and recognises the person is distinct in their own environment and existing within a community. It takes account of social, psychological and medical factors when considering the care of the person presenting with their health need(s).

Uncertainty

Students should understand that much of GP requires acknowledging and accepting a degree of uncertainty. Clinicians need to use all their clinical skills and expertise to make the best assessment of the patient and act accordingly. This will often require accepting a degree of uncertainty within the medical decision-making. Being able to understand and accept it as an integral part of primary care is critical.

An Introduction to Consultation Skills

You start the year having already learnt the basics of taking a history and examination. Now you should begin to explore the challenges of actual consultations with patients and begin to consider the complexities of addressing patient expectations, negotiating management plans and good medical decision-making in the consultation.

Specialties

Students must develop and learn about the specialties within Year 4. Students will be expected to practise, learn and develop specialty skills and knowledge in the context of how these specialties are delivered within GP. Students will be expected to develop an understanding of the pathways and common ground between GP and specialties. This understanding will improve understanding and respect between all medical communities.

This includes Obs & Gynae, Paediatrics, Neurology, Psychiatry, Health Care of the Elderly, Musculoskeletal, Dermatology, ENT, Sexual Health and Ophthalmology etc.

Health Equity

Students will have dedicated Health Equity teaching. All health care professionals exist in a world of health injustice. Understanding this and opening our eyes to recognise it in all its different forms is critical to being a modern health care professional. Moving beyond understanding, students should begin to think about how they will behave and act to address these issues. Students should also understand that sustainable healthcare is critical to long-term future of planetary health care.

A Multidisciplinary Team

Students should engage with, learn from and experience working with the wide variety of health care professionals who work in GP. This includes but is not exclusive to; Health Visitors, Midwives, Nurses, Physician's Associates, Health Care Assistants, Phlebotomists, Receptionist, Managers and GPs.

Portfolio/Assessments

For the end of placement sign off we hope to concentrate on simple quality assessments. This will now be on an electronic application called **Pebble Pad**.

1. FP10
2. 3 X Case Write Up inc Reflective Writing of 500 words
3. End of Placement Reflection

Students please complete 3 Case Write ups, 2 from list below (one needs to be a pregnant woman etc) and one completely of your choice.

- Pregnant Women – This can be a pregnant woman, but can also be preconception care and post partum concerns. Please note you need this case for discussion in your last day of Health Equity Module.

- Childhood Chronic Condition - Meet the parents (and the child if possible) of a child who has a chronic medical condition – this can range from eczema to complications from prematurity. How does the child manage, how do the parents manage, what are some of the challenges of looking after a child with a chronic medical problem.
- Mental Health - Meet a patient who has a long-term psychiatric condition. How has it affected their life decisions and their day-to-day?
- Adult Chronic Condition - Meet a patient with a long-term neurological, dermatological or musculoskeletal condition. How has it affected their life decisions and their day-to-day?
- Elderly Patient - Meet an elderly patient and consider the challenges of living with medical conditions in old age. How do any limitations affect their mood, and their day-to-day life?

Sign off

ONLINE ASSESSMENT FORM via PEBBLE PAD

1. Fill JISC feedback
2. Attendance (we ask for > 90% attendance)
3. Level of participation and engagement during the placement.
4. Sign off of the 3 Case Write Ups, End of Placement Reflection plus FP10
5. Any Professionalism issues

You will need to countersign the online form following feedback and discussion with your tutor. It is best done there and then with the Tutor present.

Teaching Resources

Please see GP4 page on QM plus.

This includes recorded lectures, practice role-plays, cases/questions to work through and the e-learning modules on Dementia/Dermatology. These are heavily recommended.

The below are optional to aid your learning.

Neurology

- Neuroexam.com
- Living with dementia – Patient voices - <https://www.patientvoices.org.uk/flv/0866pv384.htm>
- BMJ Management of dementia in GP - https://learning.bmj.com/learning/module-intro/dementia-primary-care.html?locale=en_GB&moduleId=10032231
- BMJ Delirium - https://learning.bmj.com/learning/module-intro/cmt-delirium.html?locale=en_GB&moduleId=10060024
- Headache – thunderclap but was migraine non SAH - <https://speakingclinically.co.uk/videos/sudden-headache-probably-migraine/>
- Migraine in Primary care - https://learning.bmj.com/learning/module-intro/step-by-step-migraine.html?locale=en_GB&moduleId=10060007
- Bells Palsy - https://learning.bmj.com/learning/module-intro/bell%27s-palsy-diagnosis-treatment.html?locale=en_GB&moduleId=5001117
- Vertigo BMJ - https://learning.bmj.com/learning/module-intro/vertigo.html?locale=en_GB&moduleId=10016740
- BMJ Preventative Management – TIA/CVA - https://learning.bmj.com/learning/module-intro/ischaemic-attack-stroke.html?locale=en_GB&moduleId=10060159
- PD BMJ - https://learning.bmj.com/learning/module-intro/parkinson%27s-disease---initial-assessment-and-referral.html?locale=en_GB&moduleId=10009040
- Faculty of Pain Medicine e-pain - <https://fpm.ac.uk/faculty-of-pain-medicine/e-pain>

Psychiatry

- Depression - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/>
 - GAD in Primary care – E learning module – https://learning.bmj.com/learning/module-intro/generalised-anxiety-disorder.html?moduleId=10057971&searchTerm=“depression%20primary%20care”&page=1&locale=en_GB
- Health benefits of physical health in Anxiety and Depression - https://learning.bmj.com/learning/module-intro/physical-activity-cancer.html?locale=en_GB&moduleId=10052400
- Suicidal Ideation - https://learning.bmj.com/learning/module-intro/cmt-self-harm.html?locale=en_GB&moduleId=10054668
- Overdose - <https://speakingclinically.co.uk/videos/impulsive-overdose/> (NOTE THE Q ASKED)

- OCD BMJ - https://learning.bmj.com/learning/module-intro/obsessive-compulsive-disorder-recognition-management.html?locale=en_GB&moduleId=5004330
- Bipolar - <https://speakingclinically.co.uk/videos/obsessive-compulsive-disorder-2/>
(note stress/crisis precipitant)
- BMJ – Psychosis and Schizophrenia - https://learning.bmj.com/learning/module-intro/nice-psychosis-schizophrenia.html?locale=en_GB&moduleId=10055171
- BMJ E – learning Anorexia in Primary Care – https://learning.bmj.com/learning/module-intro/anorexia-childhood.html?locale=en_GB&moduleId=10063032
- E module on Childhood trauma - <https://fairhealthlearning.s3.amazonaws.com/Childhood%20trauma%20and%20adverse%20experience/index.html#/>
- Alcohol Dependence - <https://speakingclinically.co.uk/videos/alcohol-use-disorder-4/>
- Perinatal Mental Illness - https://learning.bmj.com/learning/module-intro/perinatal-mental-illness.html?locale=en_GB&moduleId=10061416

Dermatology

- BMJ – Melanomas - https://learning.bmj.com/learning/module-intro/clinical-pointers-melanoma.html?locale=en_GB&moduleId=10058008
- BMJ Benign conditions - https://learning.bmj.com/learning/module-intro/common-benign-skin-lesions.html?locale=en_GB&moduleId=10027216
- BMJ Nail Conditions - https://learning.bmj.com/learning/module-intro/nail-abnormalities-diagnostic-picture-tests.html?locale=en_GB&moduleId=10009401
- BMJ Acute Itchy Rash - https://learning.bmj.com/learning/module-intro/quick-quiz-acute-itchy-rash.html?locale=en_GB&moduleId=10061510
- BMJ rashes in Children - https://learning.bmj.com/learning/module-intro/quick-quiz-rash-children.html?locale=en_GB&moduleId=10062910
- BMJ Measles - https://learning.bmj.com/learning/module-intro/measles-diagnosis-management.html?locale=en_GB&moduleId=10011206
- BMJ Acne Rosacea – https://learning.bmj.com/learning/module-intro/rosacea-diagnosis-treatment.html?locale=en_GB&moduleId=5004480
- BMJ Topical Management - https://learning.bmj.com/learning/module-intro/emollients-topical-corticosteroids.html?locale=en_GB&moduleId=10060399

Musculoskeletal

- Living with Rheumatoid Arthritis - <https://speakingclinically.co.uk/videos/rheumatoid-arthritis-2/>
- BMJ Back pain inc examination and red flags - https://learning.bmj.com/learning/module-intro/low-back-pain-sciatica.html?locale=en_GB&moduleId=10060322
- BMJ Back pain management - https://learning.bmj.com/learning/module-intro/nice-back-pain-sciatica.html?locale=en_GB&moduleId=10058447
- BMJ OA - https://learning.bmj.com/learning/module-intro/clinical-pointers-osteoarthritis-primary-care.html?locale=en_GB&moduleId=10056233
- BMJ – Polymyalgia Rheumatica - https://learning.bmj.com/learning/module-intro/ask-an-expert-polymyalgia-rheumatica.html?locale=en_GB&moduleId=10060972

- BMJ Septic Arthritis - https://learning.bmj.com/learning/module-intro/septic-arthritis-diagnosis-management.html?locale=en_GB&moduleId=10009773

Health Care of the Elderly

- BMJ E learning – management of dementia in primary care - [https://learning.bmj.com/learning/module-intro/dementia-primary-care.html?moduleId=10032231&searchTerm="depression%20primary%20care"&page=1&locale=en_GB](https://learning.bmj.com/learning/module-intro/dementia-primary-care.html?moduleId=10032231&searchTerm=)
- Living with dementia – Patient voices - <https://www.patientvoices.org.uk/flv/0866pv384.htm>
- BMJ Delirium - https://learning.bmj.com/learning/module-intro/cmt-delirium.html?locale=en_GB&moduleId=10060024
- Complex Pain – Patient voices - <https://www.patientvoices.org.uk/flv/1087pv384.htm>
- UTI in Elderly patient – <https://www.patientsafetyoxford.org/wp-content/uploads/2018/02/Good-Practice-Guidance-for-GPs-management-of-utis.pdf>
- BMJ Falls assessment and prevention - https://learning.bmj.com/learning/module-intro/clinical-pointers-falls-assessment.html?locale=en_GB&moduleId=10063853
- Multi- morbidity - <https://www.bmj.com/content/350/bmj.h176>
- Safeguarding Adults - https://www.ageuk.org.uk/globalassets/age-uk/documents/factsheets/fs78_safeguarding_older_people_from_abuse_fcs.pdf

Other – ENT – Please note that ENT is not formally included in this placement however historically students find this placement a chance to develop these skills.

- BMJ – Allergens - https://learning.bmj.com/learning/module-intro/ask-an-expert-hay-fever.html?locale=en_GB&moduleId=10056477
- BMJ – Sore Throat - Photos - https://learning.bmj.com/learning/module-intro/sore-throat-diagnostic-picture-tests.html?locale=en_GB&moduleId=6058292
- BMJ E learning – ENT - [https://learning.bmj.com/learning/module-intro/tympanic-membrane-diagnostic-picture-tests.html?moduleId=6058134&searchTerm="Respiratory%20and%20ENT"&page=1&locale=en_GB](https://learning.bmj.com/learning/module-intro/tympanic-membrane-diagnostic-picture-tests.html?moduleId=6058134&searchTerm=)
- BMJ – E learning – Vertigo - [https://learning.bmj.com/learning/module-intro/vertigo.html?moduleId=10016740&searchTerm="Respiratory%20and%20ENT"&page=1&locale=en_GB](https://learning.bmj.com/learning/module-intro/vertigo.html?moduleId=10016740&searchTerm=)

Paediatrics

- NHS 6w check - <https://www.nhs.uk/conditions/pregnancy-and-baby/baby-reviews/>
- How to examine in 6w check - https://learning.bmj.com/learning/module-intro/how-to-do-the-infant-physical-examination-at-6-8-weeks-%28baby-check%29-.html?locale=en_GB&moduleId=10047910
- Common Problems in babies BMJ - https://learning.bmj.com/learning/module-intro/ask-an-expert-common-problems-new-babies.html?locale=en_GB&moduleId=10062664
- UTI in children - https://learning.bmj.com/learning/module-intro/ask-an-expert-uti-infants.html?locale=en_GB&moduleId=10061899
- Allergy Care for Asthma and Rhinitis - <https://www.rcpch.ac.uk/resources/allergy-care-pathway-asthma-and-rhinitis>
- BMJ Bronchiolitis - https://learning.bmj.com/learning/module-intro/how-to-do-the-infant-physical-examination-at-6-8-weeks-%28baby-check%29-.html?locale=en_GB&moduleId=10047910

- BMJ Measles - https://learning.bmj.com/learning/module-intro/measles-diagnosis-management.html?locale=en_GB&moduleId=10011206
- BMJ E-learning module Childhood Rash - https://learning.bmj.com/learning/modules/elucidat/5b9a86f38fc73.html?flowId=EL2&moduleId=10062910&page=0&isFrmRA=true&status=LIVE&locale=en_GB&sessionTimeoutInMin=90&shouldStartAtQuestionSection=false&elucidatModuleType=EL2&action=retake
- BMJ E-learning module – Fever in under 5s - https://learning.bmj.com/learning/module-intro/resume-module.html?moduleId=6052018&locale=en_GB
- Bacterial Meningitis – e-learning - <https://www.rcpch.ac.uk/resources/bacterial-meningitis-meningococcal-septicaemia-children-elearning>
- BMJ – E learning module – Safeguarding - https://learning.bmj.com/learning/course-intro/Safeguarding.html?courseId=10046983&locale=en_GB
- E module on Childhood trauma - <https://fairhealthlearning.s3.amazonaws.com/Childhood%20trauma%20and%20adverse%20experience/index.html#/>
- Virtual Paediatric Hospital - <http://www.virtualpaediatrichospital.org/>

Obs & Gynae

- Contraceptive Counselling- A 2 hour course developed by the FSRH to support the effective delivery of contraceptive care. <https://www.fsrh.org/education-and-training/fsrh-contraceptive-counselling-online-course/#course-information>
- FPA – patient leaflets – wonderful way to practice a consultation re: management of COC/POP etc - <http://www.fpa.org.uk/professionals/resources/leaflet-and-booklet-downloads>
- Terminations NHS - <https://www.nhs.uk/conditions/abortion/>
- PMS - <https://patient.info/doctor/premenstrual-syndrome-pro>
- Amenorrhoea - <https://www.youtube.com/watch?v=grZ-PdPLXso&list=PLxWbtwIQyZq8d0JIH7RzU4Fr4P7JJ2TLG>
- BMJ Endometriosis - https://learning.bmj.com/learning/module-intro/endometriosis.html?locale=en_GB&moduleId=10062188
- BMJ – Polycystic Ovarian Syndrome - https://learning.bmj.com/learning/module-intro/ask-an-expert-polycystic-ovary.html?locale=en_GB&moduleId=10056451
- BMJ Ovarian Cancer – early detection - https://learning.bmj.com/learning/module-intro/recognising-early-symptoms-ovarian-cancer.html?locale=en_GB&moduleId=10014285
- BMJ Cervical Screening (from 2015 – so some specifics have changed but principles the same) - https://learning.bmj.com/learning/module-intro/screening-cervical-cancer.html?locale=en_GB&moduleId=5004436
- BMJ PID - https://learning.bmj.com/learning/module-intro/step-by-step-pid.html?locale=en_GB&moduleId=10057868
- BMJ Fertility - https://learning.bmj.com/learning/module-intro/step-by-step-diagnosing-managing-fertility-problems-primary-care.html?locale=en_GB&moduleId=10062945
- Pregnancy journey inc pre-conception. Including quadruple screening, important to think about Risk Communication Skills. How would you explain this in lay terms to parents? <https://www.nhs.uk/conditions/pregnancy-and-baby/antenatal-care-checks-tests/?tabname=getting-pregnant>
- BMJ Diabetes in pregnancy - https://learning.bmj.com/learning/module-intro/step-by-step-diabetes-pregnancy.html?locale=en_GB&moduleId=10055210
- Post Natal Depression - <https://www.nhs.uk/conditions/post-natal-depression/>
- Commons drugs in pregnancy – how safe are they – think about shared risk management and how to communicate this effectively. <https://www.medicinesinpregnancy.org/> - Valporate/Levetiracetam/Lamotrigine/Nitrofurantoin/Trimethoprim
- Menopause - <https://patient.info/womens-health/menopause>