

COMMUNITY BRAIN AND BEHAVIOUR PLACEMENT
YEAR 4 MBBS



BARTS AND THE LONDON MEDICINE AND DENTISTRY
COMMUNITY BASED MEDICAL EDUCATION (CBME)

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1. Introduction

Welcome to Brain and Behaviour in the Community. The life of a GP rarely centres on specific subjects. Your GP tutors are tasked with teaching General Practice with a focus on Neurology and Psychiatry. You may well see patients with problems not related to Neurology and Psychiatry, this is part of your learning experience and the week should be seen as part of the broader experience of understanding Brain & Behaviour in the context of Primary Care.

Firstly, we need to acknowledge COVID-19 and what this has meant for your education and how it will impact the coming year. We appreciate the apprehension you may be feeling coming into Y4 without being on placements for 7 months. We know you may want to hit the ground running but may feel like there are more barriers in place than every before. We also are aware that your worries about “risk” to yourself and perhaps your family; may also be on your mind. We understand, and as a GP Tutor myself I can tell you, you are not alone. Having worked through out the pandemic, you learn to adjust day by day and you learn how best to keep yourself safe. Take it slowly, and explore this with your supervisor.

We are hear to support you through this and have been working very hard to put measures in place to help ensure your Community Medicine Placements are as close to previous years as possible. Saying this, there are changes, please see below.

It is important that you learn about common neurological conditions such as headaches, spinal pain and peripheral neuropathies. All practices have patients with Chronic CVAs, Epilepsy and Diabetic Neuropathy in primary care and it is educational to meet these patients and consider their care in the community.

Psychiatry forms a great deal of primary care, it is estimated that at least a quarter of patients seen in General Practice have a mental health component in their consultation. This is an opportunity to see patients with anxiety/depression, somatisation, alcohol and drug problems in the community. These patients are often willing to discuss their lives with students and this is a valuable chance to practice mental state examinations.

Ophthalmology is also part of the B&B module and routine eye check in diabetes and hypertension clinics are all relevant to widening your learning experience.

SSC sessions are distributed through Year 4 and one session has been allocated to this week in placement.

2. Changes to Clinical Placements – due to COVID-19

Please be aware of the changes for this coming year, for Term 1 and TBC for Term 2 and 3. For many reasons we have felt the need to reduce the number of students in placement at one time and have thus halved the number attending.

Normally you would go for 4 days. Now say in a group of 4 students allocated to a practice, **2 will do for Monday and Tues and the other 2 Thursday and Friday**. With Wed AM SSC and PM sports as usual.

During your time not in placement that week, you will be provided with lots of helpful cases to work through, resources etc to aid you to meet your individual learning objectives. This “Self-Directed Learning” details are in a separate section at the end of this document.

Learning may not be the same; you may be involved in virtual learning, virtual consultations using video calls or telephone with patients. This is a new and unique opportunity to learn as we learn, this new way of consulting and managing patients. It may seem daunting and unfamiliar but it is here to stay and important for you to move with the times. Not also forgetting that this can also keep you safe.

3. Keeping you Safe – COVID - 19

1. The Learning Agreement (separate document) lays out the responsibilities that you as students, your supervisors, your host GP practices and the medical school have to each other. It emphasizes the mutual roles of learners and teachers for a successful clinical placement; that maintains safety for all. We have included specific reference to added requirements arising for the COVID-19 pandemic. You will be asked to read through and sign. **This will need to be signed by yourselves and the Tutor at the induction/ start of the placement.**

We ask you to also be mindful that as an “Essential Worker” (which you are now deemed); you have a level of responsibility to the general public that others friends will not have. Adhering to Social Distancing measures in your personal life is especially required to protect the patients you come into contact with; as well as the staff members looking after you.

2. A Risk Reduction Checklist has been created, ensuring GP practices are aware of their responsibility to keep you safe, having supervision, providing PPE etc **This will need to be signed by yourselves and the Tutor at the induction/ start of the placement.**

3. Please also ensure your have completed your “Return to Placements” module found under Core Information for Students on QM plus.

4. WHO'S WHO

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For all **initial enquiries** or issues about the GP community placements please contact [Jim Manzano](#).

5. LEARNING OUTCOMES – Neurology

AIMS

- To develop an understanding of common neurological conditions presenting in General Practice, considering how these illnesses affect patients and their carers in the community
- To be able to take a focused history and examination and develop a differential diagnosis
- To be able to develop a management plan, including investigations, for patients with common neurological conditions

Learning Outcomes

By the end of the module students will have:

- Been introduced to patients with common neurological conditions
- Considered patient centred care and its application in the consultation
- Received GP tutor feedback on their clinical skills

Knowledge

Students will be expected to acquire clinical knowledge in areas of medicine relevant to community based practice. The following list is illustrative of diseases we would expect students to learn about during Brain & Behaviour (including the GP placement). This list is neither exhaustive and nor exclusive. For more information please see COMPAS.

- Headache
- Spinal pain
- Parkinson's Disease

- Dementia
- CVA and TIA
- Multiple Sclerosis
- Parkinson's Disease
- Epilepsy
- Motor Neurone Disease

LEARNING OUTCOMES – Psychiatry

Aims

- To develop an understanding of common psychiatric conditions presenting in General Practice, considering how these illnesses affect patients and their carers in the community
- To be able to take a focused history and examination and develop a differential diagnosis
- To be able to develop a management plan, including investigations, for patients with common psychiatric conditions

Learning Outcomes

By the end of the module students will have:

- Been introduced to patients with common psychiatric conditions
- Considered patient centred care and its application in the consultation
- Received GP tutor feedback on their clinical skills

Knowledge

Students will be expected to acquire clinical knowledge in areas of medicine relevant to community-based practice. The following list is illustrative of diseases we would expect students to learn about during Brain & Behaviour (including the GP placement). This list is neither exhaustive and nor exclusive. For more information, please see COMPAS.

- Depression including postnatal depression
- Anxiety/ Panic attacks / Panic disorder
- Medically unexplained symptoms / somatisation disorder
- Alcohol screening and health promotion
- Drug addiction

- Memory loss and Dementia

6. Community LOGBOOK/Assessments

With your sign off at the end of your placement, you will be assessed as always on your attendance, enthusiasm to learn and professionalism. Your GP Tutor Supervisors will observe and sign off your “Community Logbook”. Please see details below. These are to aid your understanding of these topics from a community point of view.

If you cannot attend for any reason you must inform the practice and School Office as soon as possible, failure to do this raises concerns about professionalism.

We do appreciate there are also sign offs in your Hospital Based logbooks and that some skills could be signed off in the community. Your GP Tutor is aware of both and should help to facilitate this.

There is **3 requirements** for your sign off of this placement. Details of which are below. Please document the evidence of this in the WORD document, found on QM plus. **This will then need to be shown to you Tutor to allow for sign off. Please then keep this document as evidence of your engagement and upload into your portfolio.**

1. DEMENTIA E-LEARNING MODULES

All Year 4 students are to complete three new dementia e-modules. These have been developed specifically to address an identified learning need that is not being met at the moment.

This will be compulsory for all Year 4 students during their B&B Community placement. Tutors will be asked to ensure that this learning has taken place during the placement.

Please find the link to the GP virtual patients below. This allows you to access the specific links for PC/Mac and iOS/Android versions.

<http://qmplus.qmul.ac.uk/mod/page/view.php?id=275130>

2. Sign off that you have seen **3 of 5 common neurological conditions**: (headache, spinal pain, Parkinson’s disease, dementia and a chronic neurological condition).

3. **One case study** in psychiatry that they will be expected to undertake during their time in general practice. Students should write up this case and present it to their GP tutor.

7. Self – Directed learning

We have spent time creating materials and collecting resources for you to help meet your learning objectives in a way that best substitutes what you are. Trying to base learning around a patients' narrative.

1. Firstly, Dr Meera Sood and Dr Rohini Sabherwal have created **Case Studies for Neurology and Psychiatry**. (found on QM Plus). These are interactive resources that tells of 2 patients medical journey. Poses various questions to you and provides useful resources for you obtain the "answers". This depending on how many gaps in your knowledge there are, could take approximately a 2 days to work through. I suggest you start with this.

2. Intro Lecture to B&B recording – found on QM plus by Dr. Dev Gadhvi

3. Below are some **Learning Resources** to help you learn. We **DO NOT** expect you to do all of these, just what you think will help you.

Learning Resources

BMA/BMJ E learning modules – will need to access through QM library as not all modules accessible through BMA log in.

"Speaking Clinically" resource – please email Malgo Miranowicz (m.miranowicz@qmul.ac.uk) or for student log in details.

Please consult usual methods of learning like NICE guidance, CEG Guidance, GP notebook and advice to patients is always useful from patient.co.uk

In Primary care neurology and psychiatry management is centered around a holistic approach given the nature of the conditions. Please be mindful of this when learning.

Neurology

- Dementia Modules - <http://qmplus.qmul.ac.uk/mod/page/view.php?id=275130>
- Multiple Sclerosis Society - https://www.msociety.org.uk/?msclkid=5ba170b5ae1212acf2be2ef1a276d792&utm_source=bing&utm_medium=cpc&utm_campaign=PX%20%7C%20Brand%20%7C%20England&utm_term=ms%20society&utm_content=PX%20%7C%20Brand
- Migraine society - <https://www.migrainetrust.org/>
- BMJ Epilepsy – E learning- [https://learning.bmj.com/learning/module-intro/epilepsy-primary-care.html?moduleId=10048059&searchTerm="depression%20primary%20care"&page=3&locale=en_GB](https://learning.bmj.com/learning/module-intro/epilepsy-primary-care.html?moduleId=10048059&searchTerm=)
- Living with dementia – Patient voices - <https://www.patientvoices.org.uk/flv/0866pv384.htm>
- Stroke- Patient voices – - <https://www.patientvoices.org.uk/flv/0111pv384.htm>

- Headache – thunderclap but was migraine non SAH -
<https://speakingclinically.co.uk/videos/sudden-headache-probably-migraine/>
- MS - <https://speakingclinically.co.uk/videos/multiple-sclerosis-3/>
- PD - <https://speakingclinically.co.uk/videos/parkinsons-disease-on-off-fluctuations/>

Psychiatry

- Mental Illness in Primary care -
https://www.mind.org.uk/media/4556511/13296_primary-care-policy_web_op.pdf
- 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
- 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#/>
- Overdose - <https://speakingclinically.co.uk/videos/impulsive-overdose/> (NOTE THE Q ASKED)
- OCD - <https://speakingclinically.co.uk/videos/obsessive-compulsive-disorder-2/>
- Bipolar - <https://speakingclinically.co.uk/videos/obsessive-compulsive-disorder-2/> (note stress/crisis precipitant)
- Alcohol Dependence - <https://speakingclinically.co.uk/videos/alcohol-use-disorder-4/>

4. **CAPSULE quizzes** – log in sent to you Spring 2020. If lost please contact Rugina Monnan or Malgo Miranowicz.