



# Annual GP Trainees' Conference 2015

Forward Facing GPs:

Training Tomorrow's GPs

Tuesday 21 July 2015

Mary Ward House, Bloomsbury

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# Welcome

Welcome to the Annual GP Trainees' Conference 2015, Forward Facing GPs: Training Tomorrow's GPs.

The role of the traditional GP is changing. Whilst navigating through the Vocational Training Scheme to find our footing as GPs, we are presented with the increasing crisis of recruitment into the speciality and the ever-changing expectations of GPs. We have been told that there are various options for GPs outside the surgery but it's often difficult to identify how one can pursue these opportunities.

The aim of today's conference, 'Forward Facing GPs', is to address the future of General Practice on an individual level as well as evoke thoughts and discussions about how and where the profession will stand in the years to come.

We hope that today's conference will provide delegates the opportunity to engage in and explore the evolving picture of General Practice, and to look at their career paths beyond their training years.

Thank you in advance for your attendance and participation in today's event.

**The annual GP trainee conference committee 2015**

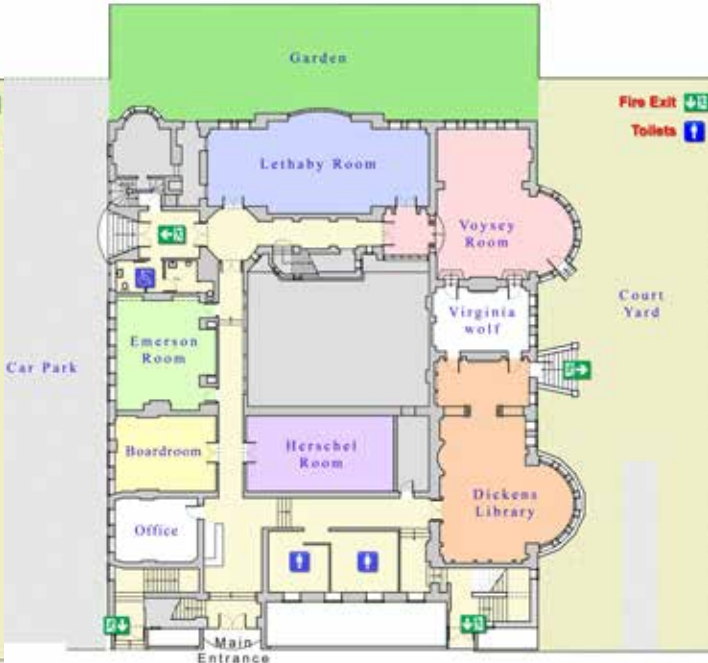
# Programme

Time	Title Presenter	Room Location
08:00	<b>Registration &amp; Refreshments</b>	<b>Dickens Library &amp; Virginia Wolf Room</b> Ground Floor
08:45	<b>Conference Introduction &amp; Welcome</b>	<b>Mary Ward Hall</b> First Floor
09:00	<b>Plenary 1: The RCGP 2022 Vision</b> Professor Maureen Baker	<b>Mary Ward Hall</b> First Floor
09:30	<b>Plenary 2: Working as a GP in Today's Post- Political Climate</b> Dr Beth McCarron	
10:00	<b>Plenary 3: GP Federations: The Future of General Practice?</b> Dr John Horton & Dr Michael Smith	
10:30	<b>Refreshments &amp; poster walk</b>	<b>Dickens Library &amp; Virginia Wolf Room</b> Ground Floor
11:00	<b>Selected abstracts - Oral presentations</b>	<b>Mary Ward Hall</b> First Floor
11:30	<b>Parallel Workshops - Session 1</b> Various facilitators	<b>Meeting rooms</b> Ground & Lower Ground Floor, please see workshop programme on page 5
12:30	<b>Lunch</b>	<b>Brewer &amp; Smith Room</b> Lower Ground Floor
13:30	<b>Parallel Workshops - Session 2</b> Various facilitators	<b>Meeting rooms</b> Ground & Lower Ground Floor, please see workshop programme on page 5
14:30	<b>Refreshments</b>	<b>Dickens Library &amp; Virginia Wolf Room</b> Ground Floor
15:00	<b>Selected poster winner</b>	<b>Mary Ward Hall</b> First Floor
15:10	<b>Question panel - the diversity of General Practice</b> Various facilitators	<b>Mary Ward Hall</b> First Floor
17:00	<b>Closing notes</b>	<b>Mary Ward Hall</b> First Floor

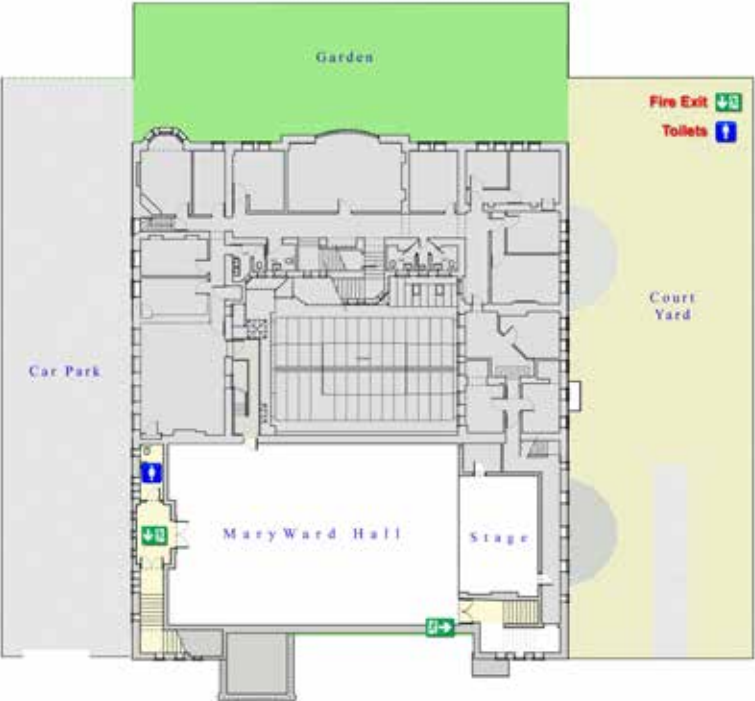
# Venue information and floor plans



Lower Ground Floor



Ground Floor



First Floor

## Rooms for our event

**Lower Ground Floor:**  
 Arnold Room – *Workshop*  
 Brewer & Smith Room – *Lunch*  
 Morris Room – *Workshop*  
 Toilets (*male & female*)

**Ground Floor:**  
 Courtyard – *Refreshments*  
 Dickens Library & Virginia Wolf Room – *Registration, refreshments & posters*  
 Emerson Room – *Workshop*  
 Herschel Room – *Workshop*  
 Lethaby Room A – *Workshop*  
 Lethaby Room B – *Workshop*  
 Toilets (*male, female & disabled*)  
 Voysey Room – *Workshop*

**First Floor:**  
 Mary Ward Hall – *Conference introduction and welcome, plenaries, selected abstracts oral presentations, question panel and closing notes*

# Plenaries



### Plenary 1: The RCGP 2022 Vision

**Maureen Baker, CBE DM FRCGP DRCOG DCH**

Professor Maureen Baker joined NHS Connecting for Health (CfH) in 2007, now Health and Social Care Information Centre (HSCIC), and is currently their Strategic Adviser for Patient Safety. Her work in patient safety comprises establishing a formal clinical safety management system for NHS CfH, the development of safety standards for Health IT for the NHS in England and the development of e-learning modules on patient safety for doctors in training. Professor Baker has a long history with RCGP as Honorary Secretary between 1999 and 2009, and Chair of Council in November 2013. She has worked tirelessly to make return to British General Practice safe and has also started a nationwide campaign, *Put Patients First*, to increase funding for General Practice by 2017. She continues to practice as a GP in Lincolnshire.



### Plenary 2: Working as a GP in Today's Post- Political Climate

**Dr Beth McCarron**

Dr Beth McCarron is an elected UK Negotiator and job-sharing partner in Truro, Cornwall. Her lead negotiator roles include commissioning and service development, IT and access to patient records, communications strategy, patient responsiveness and workforce. Dr McCarron is interested in patient and public involvement, supporting sessional GPs and NHS reforms. Dr McCarron is a member of the Self Care Forum, BMA Women leaders in medicine working group, is the GPC BMA Workforce lead and is the GPC representative on RCGP Council and a member of Cornwall LMCs Executive. She is a BMA and GPC spokesperson and speaks on many political and health issues on behalf of the profession.



### Plenary 3: GP Federations: The Future of General Practice?

**Dr John Horton, Chairman, Haverstock Healthcare**

Dr John Horton is the chairman and one of the three founder members of Haverstock Healthcare. He is the senior partner at Park End Surgery and has many years' experience as a Camden GP to gauge the needs of the local population. His reputations and track record make him ideally placed to champion the ethos of Haverstock Healthcare and its desire to champion the role of the General Practitioner in Patient Focused, Quality Driven services.



**Dr Michael Smith, Chief Executive, Haverstock Healthcare**

Dr Mike Smith is a GP in North London with unique experience in strategy, pathway redesign, collaborative working and meeting both the unscheduled and scheduled needs of patients. Passionate about General Practice and protecting the interests of the patients in healthcare, he is also the Director of Clinical Pathway Redesign at the Royal Free London Hospital. He has spoken nationally and internationally on General Practice, Disruptive innovation, GP Federations and many more topics.

# Workshops

The workshop sessions will cover a variety of topics relevant to developing as a GP. Delegates will have the opportunity to attend two workshops from the following list:

## Session 1: 11:30 – 12:30

Workshop Title, Facilitator	Room, Location
<b>A) Getting a job as a GP</b> , Dr David Price	<b>Arnold Room</b> , Lower Ground Floor
<b>B) Coaching and mentoring for leadership</b> , Dr Rebecca Viney	<b>Herschel Room</b> , Ground Floor
<b>C) Trauma sensitive yoga – a tool for everyday stress</b> , Alexandra Cat	<b>Morris Room</b> , Lower Ground Floor
<b>D) Professional use of social media</b> , Ian McNeill	<b>Lethaby Room A</b> , Ground Floor
<b>E) Developing your teaching portfolio</b> , Dr Sarah Bennett	<b>Lethaby Room B</b> , Ground Floor
<b>F) An introduction to managing your finances as a GP</b> , Katie Singer	<b>Voysey Room</b> , Ground Floor
<b>G) The Future of GP Out of Hours Services</b> , Dr Sam Shah	<b>Emerson Room</b> , Ground Floor

## Session 2: 13:30 – 14:30

Workshop Title, Facilitator	Room, Location
<b>A) Getting a job as a GP</b> , Dr David Price	<b>Arnold Room</b> , Lower Ground Floor
<b>B) Coaching and mentoring for leadership</b> , Dr Rebecca Viney	<b>Herschel Room</b> , Ground Floor
<b>C) Trauma sensitive yoga – a tool for everyday stress</b> , Alexandra Cat	<b>Morris Room</b> , Lower Ground Floor
<b>H) The importance of good medical note keeping in General Practice</b> , Daine Baylis	<b>Lethaby Room A</b> , Ground Floor
<b>I) Going Rural – Out Of Programme Experience between ST2 and ST3</b> , Dr John McGrath	<b>Lethaby Room B</b> , Ground Floor
<b>J) Navigating the NHS Pension Scheme and planning for the future</b> , Dr Benjamin Holdsworth	<b>Voysey Room</b> , Ground Floor
<b>K) Making IT work</b> , Dr John Horton & Dr Michael Smith	<b>Emerson Room</b> , Ground Floor



## Workshop Facilitators



### **Workshop A) Getting a job as a GP**

**Dr David Price**, Dr David Price, Associate Director, HENCEL

David Price is a GP and Trainer in Hampstead. He is a Programme Director of the Whittington GP Specialty Training Programme and directed the London GP School Academic Training Programme from 2008-2013. His roles for HEE NCEL include provision of training in Workplace Based Assessment for educational supervisors, and coordination of a series of workshops for GP trainees on Quality Improvement. He is the lead for GP Retainees in North Central and East London.

#### **Workshop A synopsis**

This workshop is a practical interactive session covering areas such as:

- where to look to find a post
- how to write a CV, complete an application form and write a cover letter
- what to look for in a GP post and questions you should ask
- preparing for an interview



### **Workshop B) Coaching and mentoring for leadership**

**Dr Rebecca Viney**

Dr Rebecca Viney created and lead the award winning London Deanery coaching and mentoring service from 2008-2014, and published widely on mentoring, including the BMJ. She is currently Deputy Head of Education and Quality for Primary and Community Care, Health Education East of England, a GP and an appraiser. She was on the NCEL LETB Board and Haringey Clinical Commissioning Group board. She leads 'Coaching and Mentoring for Leadership, Rebecca Viney and associates', a new exciting not for profit organization to coach doctors by doctors and to embed Coaching and Mentoring in the NHS.

#### **Workshop B synopsis**

Coaching and mentoring is a way of empowering individuals in order to allow them to develop their full potential in a variety of aspects of their lives. It has been found to increase engagement, motivation and prevent burn out. The NHS recognises the vast array of talent across its staff, and is committed to promoting the development of individuals, retaining them in the workforce when they might otherwise be lost. It can seem a difficult step to get from these ideals to practical ways of working them out in the busyness of clinical life, whilst also juggling lives outside of work. Mentoring can be a very helpful way of bridging that gap, providing support, with time set aside to reflect on where people would like to be and how they can take practical steps to make sure that they are travelling in the right direction. It is extremely valuable for people at a cross roads in their career to reflect on their career aspirations.





### **Workshop C) Trauma sensitive yoga – a tool for everyday stress**

**Alexandra Cat, BA (Hons), MA, RYT, TC-TSY**

Originally trained in Western approaches to psychology, philosophy and neuroscience (Oxford and Sussex Universities), Alexandra Cat shifted her emphasis from the intellectual to the physical in her late 20's, developing body based psychology through her trainings and work in mountaineering/climbing, dance and yoga. As a therapist, Alex is the founder of Mindfulness Based Yoga Therapy - a therapeutic yoga practice combining Ashtanga Yoga and Mindfulness Based Cognitive Therapy. In addition she is one of two people in the UK qualified to deliver Trauma Sensitive Yoga - the Boston Trauma Centre's pioneering intervention for the treatment of Complex PTSD.

Alexandra has worked in a number of settings, including statutory mental health services, recovery and addiction centres, supported housing projects and in private practice. She is currently helping to establish two research programmes using Trauma Sensitive Yoga within NHS trauma services.

#### **Workshop C synopsis**

Trauma Theory is a rapidly expanding and interdisciplinary subject. Drawing on the work of neurologists, endocrinologists and attachment theorists, it is beginning to explain how and why some traditional Asian and African psychologies work. In this introductory workshop we explore two contributions to the field - David Emerson's Trauma Sensitive Yoga and Stephen Porges's Polyvagal Theory. Although both are orientated towards Complex Trauma, each has profound implications for those of us living with the trauma of chronic stress - a work place experience sadly characteristic of today's NHS GPs. This workshop is intended to provide a conceptual base within which GPs might re-frame and reflect on both their stress reactions and triggers, but also equip GPs with practical, easy to use tools to help regulate their nervous systems. No yoga equipment/clothing needed. No prior knowledge or yoga experience necessary.



### **Workshop D) Professional use of social media**

**Ian McNeill, GMC**

Since February 2015, Ian has been the Head of the Regional Liaison Service for the General Medical Council. Prior to that, he was the Regional Liaison Adviser for London. Ian spent 28 years working in the police service with 11 years as a Chief Superintendent. Ian held senior posts at local, regional and national level. His last role was Head of Justice for Northamptonshire. Other key posts held include Head of Major Crime, Area Commander, Chief of Staff to Her Majesty's Inspector of Constabulary, Head of Corporate Development and lead for East Midlands Regional Collaboration. Additionally he served on the National Executive of the Superintendents Association for England & Wales. As a senior officer, he was a Gold Public Order, Major Incident and Firearms Commander as well as an accredited Senior Investigating Officer (SIO). He holds a Master's Degree in Leadership & Management. Prior to joining the Police Ian qualified as a Registered General Nurse at the Hammersmith Hospital, London.

#### **Workshop D synopsis**

Can social media help you as a doctor? We look at how you can maximise the benefits of social media without the pitfalls. We will explore GMC guidance and examples of good and bad practice when it comes to using social media.

## Workshop Facilitators



### **Workshop E) Developing your teaching portfolio**

**Dr Sarah Bennett**, GP & Lead Clinical Teaching Fellow, UCL Medical School

Dr Sarah Bennett qualified from UCL Medical School in 2004 and completed GP training in 2010 after trying a few other specialities. She now has a portfolio career combining clinical work with teaching. Sarah has worked for UCL Medical School for 4 years as a Senior Clinical Teaching Fellow. Her role is split between UCL and Basildon hospital and she mainly teach and mentor final year medical students.

Her main research interest is preparation for practice and is completing a longitudinal study, evaluating a recent change to the structure of the final year to accommodate a preparation for practice period. In Basildon, she teaches undergraduate students and is also involved in running educational and clinical supervisor courses and developing postgraduate educational activities. She is finishing a Masters in clinical education at the UCL Institute of Education and is hoping to continue with her research to gain an EdD.

### **Workshop E synopsis**

The field is awash with doctors 'interested in teaching' but how do you stand out from the crowd? The professionalization of medical education continues at a rapid pace and it is important for all medical educators to develop a broad portfolio and to 'credentialise' their activity: making their excellence as an educator clear to those who make appointment, promotion, retention and job planning decisions. This workshop looks at the why, what, and how of creating a portfolio as well as discussing the activities that you can get involved in both as a trainee and as a GP to help develop your teaching career further.



### **Workshop F) An introduction to managing your finances as a GP**

**Katie Singer**, Ramsay Brown Accountants

Katie Singer is a Client Principal at Ramsay Brown and Partners, a Chartered Accountancy firm who act solely for the medical industry focussing predominantly on GP Partnerships, Salaried GP's and GP Locums. Ramsay Brown have been specialists in their field for over 25 years and act for around 500 GP Practices and 3,000 GP's. Katie's main responsibilities at Ramsay Brown are liaising with all new and potential clients, preparing and reviewing financial accounts and presenting the annual financial accounts to GP Partnerships. Before joining Ramsay Brown in 2013, Katie studied Theology at the University of Nottingham before ACA qualifying at a medium sized audit firm in Moorgate. Katie's session will cover the basic principles of taxation and the differences in being employed vs. self-employed after qualifying as a Doctor.

### **Workshop F synopsis**

This workshop will be covering the basic principles of taxation. We will look at the differences between being a Salaried GP and a self-employed Locum. We will also touch upon the implications of becoming a Limited Company. The key areas we will focus on are what the tax rates are, how your tax is calculated and what you can do to reduce your taxable income (within reason!) and how you go about paying your tax over to the tax man. We will look at how much you should be saving to ensure your tax bill is paid and the implications if you do not correctly declare your income.



### **Workshop G) The Future of GP Out of Hours Services**

**Dr Sam Shah**, NHS 111 Governance North Central London

Sam has had a career in clinical practice, public health and academia, having worked in both primary and secondary care. Sam is Clinical Lead for NHS 111 Governance in North Central London and the Senior Responsible Clinician for NHS 111 and GP Out of Hours Commissioning. He is Chair of the Urgent Care Systems Board in London and the Clinical Lead for NHS 111 Learning and Development in England. His research interests include digital healthcare, health economics and outcomes research as well as qualitative research. Sam also works with Health Education England and Public Health England.

#### **Workshop G synopsis**

The aim of this workshop is to provide participants with an understanding of the options for future delivery models of GP Out of Hours services. We will:

- describe some of the recent changes in out of hours models of care.
- provide an understanding of the role of NHS 111, Digital Healthcare and skill mix within the out of hours setting
- discuss the learning from 111 Urgent care learning programme and translation to practice



### **Workshop H) The importance of good medical note keeping in General Practice**

**Diane Baylis**, Medical Protection Society

Diane Baylis is a Clinical Risk Manager with MPS. She assists with the delivery of Clinical Risk Self Assessments and other risk management programmes for healthcare organisations. Diane is a Registered Nurse with over 25 years' experience in the health service, including primary and secondary care in the NHS and private sector. She has extensive clinical risk management experience gained throughout her career, in both management and clinical practice. She is experienced in delivering training programmes to doctors and nurses.

#### **Workshop H synopsis**

By attending this workshop you will:

- build your knowledge of the principles of good record keeping
- have an appreciation of some of the regulatory, contractual and legal requirements regarding record keeping
- gain an understanding of how to make good clinical entries
- learn specific tools and techniques to improve the making and keeping of medical records

## Workshop Facilitators



### **Workshop I) Going Rural – Out Of Programme Experience between ST2 and ST3**

**Dr John McGrath, MBBS MRCGP**

John McGrath trained in Oxford then moved to London as part of the Whittington GP VTS scheme. He spent a year working in a rural government hospital in Kwa-Zulu Natal, South Africa, doing a bit of everything you could think of, and this talk is to share his personal experiences of the realities of the OOPE year. He currently is a clinical teaching fellow at UCH and works as a GP in North London.

#### **Workshop I synopsis**

This session is about the opportunity for GP trainees to use the London Deanery Out of Programme Experience (OOPE) to live and work in a different country and healthcare economy. John McGrath will be sharing examples of his personal experiences of working in a rural government hospital in South Africa during an OOPE.

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### **Workshop J) Navigating the NHS Pension Scheme and planning for the future**

**Dr Benjamin Holdsworth, Medical Family Finance**

Dr Benjamin Holdsworth works for Medical Family Finance, a financial advisory service that helps medical professionals to navigate the complex world of finances, pensions, investments and mortgages. As well as a qualified adviser, Ben is also a practising Medic. As such, he has a genuine understanding on the realities that every medical professional must face.

#### **Workshop J synopsis**

As you start to have a better idea of your career plans, now is the time to review your finances and put a plan in place for the future. This session will focus on the recent 2015 NHS Pension Scheme changes, as well going over what insurances you actually need and the importance of investing alongside your NHS Pension.



### Workshop K) Making IT work

**Dr John Horton**, Chairman, Haverstock Healthcare

Dr John Horton is the chairman and one of the three founder members of Haverstock Healthcare. He is the senior partner at Park End Surgery and has many years' experience as a Camden GP to gauge the needs of the local population. His reputations and track record make him ideally placed to champion the ethos of Haverstock Healthcare and its desire to champion the role of the General Practitioner in Patient Focused, Quality Driven services.



**Dr Michael Smith**, Chief Executive, Haverstock Healthcare

Dr Mike Smith is a GP in North London with unique experience in strategy, pathway redesign, collaborative working and meeting both the unscheduled and scheduled needs of patients. Passionate about General Practice and protecting the interests of the patients in healthcare, he is also the Director of Clinical Pathway Redesign at the Royal Free London Hospital. He has spoken nationally and internationally on General Practice, Disruptive innovation, GP Federations and many more topics.

### Workshop K synopsis

We will be discussing the impact of health IT on our and our patients lives and also try to kook into the crystal ball to work out where we are going. Topics will include, how did we get where we are and what lessons can be learnt from the National Programme IT project. Recognising the unique importance of patient data held by GP practices and how it can be used responsibly and what are the risks. How IT influences our relationship and interactions with out patients both in and out of the consulting room. Big and small data; from patient held or worn devices to population health. Does confidentiality exist any more, is it important or does it get in the way? Are we the masters of IT, or the slaves? As new GPs how do you see IT and how can you be prepared for the brave new world.

## Question panel: The diversity of General Practice

Delegates will have the opportunity to hear from nine general practitioners representing some of the diverse career options available within the speciality. Delegates are welcomed to ask the panellists questions to stimulate further discussion.

### Panellists



**Dr Caz Sayer**, Clinical Commissioning Chair, Camden CCG

Dr Caz Sayer has been a Camden GP for 25 years, and in July 2011 she was elected Chair of the Camden Clinical Commissioning Group, since when she has established the Board.



**Dr Kate Jolowicz**, GP Partnership, GP Partner, St John's Way Medical Centre

Dr Kate Jolowicz qualified from UCLH before many of you were born, and became a partner at St John's Way Medical Centre in 1989. She is a trainer, GP appraiser and coach/mentor for the Deanery. Her particular interests are women's health, family therapy and medical education.



**Dr Zoe Watson**, Urgent Care, GP Lead- UCH Urgent Treatment Centre

Dr Zoe Watson attended medical school in Glasgow, graduating in 2005. She completed her Foundation Programme there before travelling to Australia to work in Emergency Medicine for 3 years. On her return she continued her training in Brighton as part of the Brighton and Mid-Sussex GPVTS scheme, qualifying in 2013. Zoe took on her current post as GP lead at UCH Urgent Treatment Centre in January 2014.



**Dr Kartik Modha**, Out of Hours GP services & Co-founder- [myHealthSpecialist.com](http://myHealthSpecialist.com)

Dr Kartik Modha is a North London GP who graduated from the Royal Free training scheme in 2010. He currently works as a NHS salaried GP in Barnet, is an Out-of-Hours Clinical Supervisor in Camden and Islington and works in the Urgent Care services at Barnet General Emergency Department. Since qualifying, Dr Modha has also set up the UK's largest GP only Facebook group (Tiko's GP Group) and co-founded [myHealthSpecialist.com](http://myHealthSpecialist.com), an online resource that allows GPs to share their recommendations for reputable private specialists. He loves consultations, hates paperwork and is passionate about digital health.





**Dr Karen Miller**, GP training and RCGP Examining, GP Partner, Adelaide Medical Centre, GP Appraiser

Dr Karen Miller has been a partner at Adelaide Medical Centre in Camden since 1998. She is involved in undergraduate medical teaching and has been a GP Trainer for over ten years. Since 2007 she has worked as a CSA examiner, regularly overseeing as an exam Marshall. She began as a GP appraiser in 2004, and is now both a Responsible Officer (appraising other appraisers) and a Speciality Adviser for revalidation. In addition, she sits on the Medicines & Healthcare Products Regulatory Agency (MHRA) panel as a GP representative assessing the safety of drugs and therapeutics. In 2012, she was awarded fellowship of the Royal College of GPs in recognition for her contributions to education.

**Dr Alan Schamroth**, GPwSI in Musculoskeletal Medicine

Dr Alan Schamroth is a partner & GP trainer in a large teaching practice in North London. He completed a part time distance-learning diploma in Primary Care Rheumatology at Bath University 15yrs ago and up until 2yrs ago organised a weekly musculoskeletal clinic for Haringey PCT/CCG.



**Dr Graham Easton**, Medical Journalism, Lead for Education Research & Academic GP Training Programmes

Dr Graham Easton has split his career between academic general practice and medical journalism. He has worked as producer and presenter for a range of BBC radio programmes, including Radio 4's flagship medical programme Case Notes, Pick of the Week, Discovery, and the BBC's global health programme Health Check. He spent four years as assistant editor at the BMJ where he edited the medical education section and BMJ Careers. He has written two medical textbooks (*How to Pass the CSA*, and the award-winning *General Practice at a Glance*) and is currently writing a non-fiction book about general practice for a lay readership to be published by Little Brown in 2016.



**Professor Steve Iliffe**, Academic General Practice, Academic General Practice, UCL

Professor Steve Iliffe is an academic general practitioner at University College London who has worked in a large inner-city general practice for 30 years. He was the first Professor of Primary Care for Older People in the UK. His research interests are health promotion in later life and dementia. He is Chief Investigator of the ProAct65+ study, a five-year multi-centre RCT of exercise promotion for older people in general practice. A member of INTERDEM, the European research group on early interventions in dementia, he is the UK Principal Investigator for an eight-nation study of palliative care in dementia, funded by the European Commission. From 2006 - 2015, he was Associate Director for the UK national co-ordinating centre for Dementias & Neurodegenerative Diseases Research networks (DENDRON), and was previously a member of the NICE/SCIE dementia guidelines development group.



**Dr Andy O'Brien**, The Darzi Programme, Fellow, Clinical Leadership, GP, Islington Central Medical Centre

Dr Andrew O'Brien qualified from Imperial College in 2007 and completed GP training via the Royal Free VTS pilot 4-year scheme in 2013, which included completing a Fellowship in Clinical Leadership (Darzi Fellow) at Islington CCG. He is currently a salaried GP at Islington Central Medical Centre and sits on the Planned Care Board at Islington CCG where he is Clinical Lead for Map of Medicine in Islington.



## Selected abstracts from delegates

The following trainees have submitted abstracts for poster presentation at the Annual GP Trainee Conference 2015 under these overarching themes:

1. Innovative healthcare
2. Teaching, training, leadership and management
3. Quality improvement, audit and research

<b>Victoria Briscoe</b>	<b>ST1</b>	<b>Guys &amp; St. Thomas Scheme</b>
Improving Clinical Handover		
<b>Amber Appleton</b>	<b>ST3</b>	<b>Royal Free Scheme</b>
A mixed methods study of psychiatry trainees investigating the factors in their undergraduate medical training which may have contributed to their decision to train in psychiatry		
<b>Lucy Chan</b>	<b>ST3</b>	<b>Hackney Scheme</b>
Utilising Creativity To Promote Well-Being		
<b>Zahra Husain</b>	<b>ST3</b>	<b>Tower Hamlets Scheme</b>
Follow up of Gestational Diabetes Mellitus (GDM) Patients in screening for Diabetes Mellitus		
<b>Charlotte Iveson</b>	<b>ST2</b>	<b>Whittington Scheme</b>
Supporting Recovery – A Pilot Volunteer Programme in Rehabilitation		
<b>Samantha Joseph</b>	<b>ST2</b>	<b>Whittington Scheme</b>
Out of Programme Experience : A year in a rural South African Hospital		
<b>Katie Long</b>	<b>ST2</b>	<b>Central Middlesex Scheme (2 submissions)</b>
Improving referral rates for treatment and investigation of osteoporosis in fracture clinic		
<b>Carlota Rosales</b>	<b>ST2</b>	<b>Kingston &amp; Roehampton Scheme</b>
Three Year Transient Ischaemic Attack (TIA) Clinic Audit		
<b>Sally Tucker</b>	<b>ST2</b>	<b>Kingston &amp; Roehampton Scheme</b>
There is no morally justifiable reason for the lie in modern medical practice		

#### 4. Population Health – taking general practice to the next level

GPs often focus on individuals, but modern GPs can also affect the wellbeing of the entire community. Population health is about taking a proactive approach and thinking about what influences health, including social, physical, behavioural and economic factors. It is about considering how to improve the wellbeing of whole groups, such as people with a specific condition or those from certain areas, age or ethnic groups. It is closely tied to commissioning, quality improvement and sustainability.

For the past three years the London GP Population Health Programme has helped ST4 trainees showcase new skills by undertaking practical projects. In 2015, ten trainees successfully completed the programme. Trainees developed new processes to identify people with diabetes, dementia, cancer, chlamydia and COPD; reduced the number of unnecessary medicines older people are taking; improved asthma control; worked with the voluntary sector to develop new mental health services, and set up a programme to improve the wellbeing of primary care staff. Trainees have presented their work to practices, CCGs, in journal articles and at national and international conferences.

Trainees say that thinking about population health has helped them develop leadership skills, improve teamwork, become more integrated into practices. improve time management, gain new research skills, understand how to use IT systems and feel proud of themselves for creating lasting change. The programme has helped practices improve the quality of care offered and gel as a team. Most importantly, local families and communities have better health because innovative GPs are thinking outside the box.

<b>Laila Abdullah</b>	<b>ST4</b>	<b>Royal Free Scheme</b>
Reducing problematic polypharmacy in the frail elderly at the Caversham Group Practice: Does identifying and reviewing high-risk polypharmacy improve quality of life, reduce iatrogenic symptoms, pill burden and hospital admissions, in a group of vulnerable elderly patients?		
<b>Eleanor Barry</b>	<b>ST4</b>	<b>Royal Free Scheme</b>
Closing the Diabetes Prevalence Gap: How can we find undiagnosed patients with Diabetes Mellitus at The Vale Practice		
<b>Celia Belk</b>	<b>ST4</b>	<b>Royal Free Scheme</b>
Improving the uptake of bowel cancer screening at Amphill Practice – a population health project		
<b>Jennifer Rea</b>	<b>ST4</b>	<b>Royal Free Scheme</b>
Admissions Avoidance Care Planning: Assessing a new Direct Enhanced Service initiative from the patient’s and doctor’s perspective with the aim of improving future service design and delivery		
<b>Sofia Faircloth</b>	<b>ST4</b>	<b>Royal Free Scheme</b>
Increasing the rate of chlamydia screening in patients aged 15-24 years at St. Peter’s Street Medical Practice		
<b>Nicola Higgins</b>	<b>ST4</b>	<b>Royal Free Scheme</b>
Closing the prevalence gap: COPD case finding in patients with mental illness in primary care		
<b>Charlotte Mackay</b>	<b>ST4</b>	<b>Royal Free Scheme</b>
Can GP staff well being be improved with a mindfulness based intervention?		
<b>Claire Rees</b>	<b>ST4</b>	<b>Royal Free Scheme</b>
Improving mental wellbeing for over 75 year olds at Queenswood Medical Practice		

### Selected abstracts – Oral presentations

Poster competition finalists:

1. Innovative health care: Dr. Lucy Chan (ST3 Hackney Scheme) “Creativity to promote well-being
2. Teaching training, leadership and management: Dr. Samantha Joseph (ST2 Whittington Scheme) “Out of programme experience: a year in a rural South African hospital”
3. QUIP, audit, research: Dr. Laila Abdullah (ST4 Royal Free Scheme) “Reducing problematic polypharmacy in the frail elderly at the Caversham Group Practice”



### Population Health Presentation

Dr. Nicola Higgins (ST4 Royal Free Scheme) “Population health: what’s in it for GPs?”

## An update from the RCGP AiT Committee 2014-15

The RCGP National AiT Committee acts to provide AiTs with a voice to influence training, membership and the development of RCGP policy and initiatives. The current RCGP AiT Representative for London is Dr Anjella Balendra (GP ACF ST2). This year significant results have been achieved, including:

- Increasing the frequency of CSA examination diets for future cohorts, as well as improving examination feedback.
- Continuing work on the functioning of the RCGP e-portfolio, including suggested restructuring of WBPAs and clinical supervisor reports.
- Raising awareness of General Practice as a career through the network of Medical School GP Societies as well as actively engaging both medical students and junior doctors at a number of recruitment steering events held jointly by the RCGP and Health Education England.
- Increasing the transparency of AiT membership fees has ensured that they are re-aligned and reflect the true costs of membership and examinations respectively.
- Working with the Honorary Treasurer to gain a universal ruling from the HMRC for tax reclaim on MRCGP examination fees.
- More recently, a motion has been taken to Council to enfranchise the AiT vote in future College elections.

Locally, concerns were raised regarding the contractual and clinical requirements for less than full time (LTFT) trainees and the need for the provision of a document to reflect this. Subsequently work is on-going (in collaboration with the BMA and CoGPED) to create a national set of guidelines for LTFT trainees.

AiTs also raised concerns over monetary setbacks from payments for occupational health checks and DBS forms when applying for the National Performers List, in addition to noting regional variation across London. This is being discussed with the BMA and remains under review.

# Conference committee & acknowledgements

## Conference Team

Dr Myra Gilligan	ST2	Whittington Scheme – Chair
Dr Jennifer Rea	ST4	Royal Free Scheme – Plenary coordinator
Dr Anish Jagdish Lalji Radia	ST2	Whittington Scheme – Workshop coordinator
Dr Anna Cantlay	ST2	Riverside Scheme – Workshop coordinator
Dr Vaisnavi Siritharan	ST2	Kings Scheme – Media and communications
Dr Amish Patel	ST1	Hackney Scheme – IT and communications

## Acknowledgements

We, the conference committee, would like to acknowledge the contribution and support from the following individuals and teams in facilitating today's event:

- Catherine Juta, Primary Care Development Manager, Health Education North Central & East London
- Bobby Wilcox, Web & Design Team, London and South East Informatics
- Dr David Price, Associate Director, Health Education North Central & East London
- Mary Ward House

We are grateful to the plenary speakers, workshop facilitators and panellists for their insightful sessions and contributions to this educational event.

We would like to extend our thanks to the delegates who have submitted their work as abstracts to this event.

To the delegates, we thank you for your attendance and participation today, and hope that this year's conference has been a useful learning experience for you. We welcome your feedback to help develop future conferences for GP Trainees in London.

## Conference delegates

Title	First name	Surname	Grade	Scheme
Dr	Nicola	Abassah	ST2	Imperial
Dr	Ciara	Abbott	ST3	Royal Free Scheme
Dr	May	Abboudi	ST2	Central Middlesex Hospital
Dr	Laila	Abdullah	ST4	Royal Free
Dr	Rimi	Adedeji	ST1	Royal Free
Dr	Simi	Adedeji	ST3	Whittington
Dr	Anita	Aggarwal	ST1	UCH
Dr	Zohreen	Ahmed	ST1	St Helier
Dr	Leila	Akinwale	ST3	Northwick Park
Dr	Amel	Alfulajj	ST3	Riverside
Dr	Nasir	Al-Harris	ST1	Croydon
Dr	Afsana	Ali	ST3	Ilford Vts
Dr	Katija	Ali	ST1	Sidcup VTS
Dr	Sarah	Ali	ST2	Newham
Dr	Esther	Amarasingham	ST2	Ilford
Dr	Reena	Amin	ST3	Hillingdon
Dr	Zenon	Andreou	ST3	Whipps Cross VTS, London
Dr	Clementine	Andrewes	ST3	West Middlesex VTS
Dr	Nick	Antonakopoulos	ST3	Haringey & Enfield
Dr	Amber	Appleton	ST3	Royal Free
Dr	Zakia	Arfeen	ST3	Sidcup
Dr	Farzana	Ashraf	ST3	King's
Dr	Eleanor	Au	ST2	Riverside
Dr	Iffat	Aziz	ST1	Ilford VTS
Dr	Gurbaksh	Badial	ST2	Ilford
Dr	Manpreet	Bains	ST3	Hillingdon
Dr	Prabhat	Bakshi	ST1	RFH
Dr	Anjella	Balendra	ACF	St George's
Dr	Cressida	Ball	ST1	Sidcup
Dr	Gemma	Ball	ST2	Guys and StThomas
Dr	Leila	Ball	ST2	Central Middlesex hospital
Dr	John	Barber	ST1	Royal Free
Dr	Will	Barker	ST2	St Mary's
Dr	Matthew	Barratt-Smith	ST1	Royal Free
Dr	Eleanor	Barry	ST4	Royal Free VTS
Dr	Yasmin	Bashir	ST1	Romford
Dr	Anupama	Bathula	ST2	St Mary's

Title	First name	Surname	Grade	Scheme
Dr	Stuart	Bax	ST2	Tower Hamlets
Dr	Chantalle	Beckford-Tackoir	ST3	Hillingdon
Dr	Zara	Beg	ST3	Whipps Cross
Dr	Celia	Belk	ST4	Royal Free
Dr	Danielle	Bennett	ST1	Riverside
Dr	Ruksha	Bhadresha	ST2	GSTT
Dr	Sneha	Bhatt	ST3	Imperial VTS
Dr	Jessica	Briscoe	ST2	St Heliers
Dr	Victoria	Briscoe	ST1	london guys st thomass
Dr	Cyndi	Britto	ST2	Watford VTS
Dr	Ben	Brookes	ST1	Guys and St Thomas
Dr	Pete	Brown	ST3	Sidcup VTS
Dr	Katie	Burlington	ST1	St Helier
Dr	Shyamoli	Burman-Roy	ST1	Royal free
Dr	Mary	Burtenshaw	ST3	Ilford
Dr	Olivia	Butterworth	ST3	UCLH
Dr	Johan	Byran	ST3	Romford
Dr	Anna	Cantlay	ST2	Riverside
Dr	Rupert	Carlton Jones	ST2	Riverside
Dr	Rachael	Cave	ST2	Tower Hamlets VTS
Dr	Lucy	Chan	ST3	Hackney
Dr	Rabiah	Chaudhry	ST2	Hillingdon
Dr	David	Collyer	ST1	St Mary's
Dr	Sarah	Cosser	ST2	Whittington
Dr	Orestes	Couppis	ST2	Sidcup
Dr	Anita	Coutinho	ST3	Ilford
Dr	Emma	Crawley	ST1	Ealing
Dr	Janakan	Crofton	ST2	Royal Free VTS
Dr	Ly Anh	Dang	ST3	St Mary's
Dr	Nicola	Darwent	ST1	Riverside
Dr	Poulami	Datta	ST1	Kings GPVTS
Dr	Renisha	David	ST3	Imperial
Dr	Hannah	Davies	ST2	Whittington
Dr	Sarah	Davies	ST3	Riverside VTS
Dr	Abigail	Davis	ST3	Royal Free
Dr	Hannah	De Silva	ST1	NW London, Hillingdon
Dr	Natalie	De Silva	ST2	West Middlesex

## Conference delegates

Title	First name	Surname	Grade	Scheme
Dr	Elizabeth	Dehinbo	ST1	Kings
Dr	Selena	Dhillon	ST3	Sidcup
Dr	Lucy	Doherty	ST1	Riverside
Dr	Jane	Donnelly	ST2	Kingston
Dr	Jonathan	Dove	ST3	St Helier London
Dr	Rochelle	Doyle	ST3	UCLH
Dr	Sarah	Elsabagh	ST2	Guys & St. Thomas'
Dr	Sian	Evans	ST1	UCLH
Dr	Katie	Everton	ST1	St Marys
Dr	Anna-Karin	Faircloth	ST1	Lewisham VTS
Dr	Sofia	Faircloth	ST4	Royal Free
Dr	Daniel	Fenton	ST3	UCLH
Dr	Edward	Flather	ST2	Tower Hamlets
Dr	Calum	Forrester-Paton	ST3	Hackney
Dr	Jayne	Forrester-Paton	ST2	Hackney
Dr	Mike	Forsythe	ST1	Kingston
Dr	Adonna	Francis	ST1	Ilford
Dr	Stephanie	Freedman	ST3	Ilford
Dr	Jayna	Gadawala	ST3	Central Middlesex Scheme
Dr	Rebekah	Garnham	ST2	Croydon
Dr	Makeba	Garraway	ST2	Greenwich
Dr	Susan	Gawler	ST3	Bexley/Sidcup
Dr	Nigel	Giam	Programme Director	St Mary's
Dr	Francesca	Gilbert	ST3	West Middlesex
Dr	Abhijit	Gill	ST1	Riverside
Dr	Myra	Gilligan	ST2	Whittington
Dr	shalini	Goel	ST2	St Thomas'
Dr	Natalie	Gounaris-Shannon	ST2	Kings
Dr	Alexandra	Graham	ST3	Kings
Dr	Devin	Gray	ST3	Kingston & Roehampton
Dr	Elizabeth	Greenberg	ST3	Riverside
Dr	Eddie	Guzdar	ST2	London Northwick Park
Ms	Salma	Haji	ST3	Royal Free
Dr	Hasin	Hakim	ST3	Ilford
Dr	Catriona	Hall	ST2	St Mary's
Dr	Amy	Hamilton	ST2	Central Middlesex, London
Dr	Juwairiyah	Haqqani	ST2	Guys & St. Thomas'



Title	First name	Surname	Grade	Scheme
Dr	Lois	Haruna	ST2	Royal free Hospital
Dr	Khalil	Hassanally	ST3	Ilford VTS
Dr	Chiara	Haynes	ST3	Imperial VTS
Dr	Lisa	Henderson	ST1	Ealing VTS
Dr	Ruth	Henniker-Major	ST3	Royal Free Hospital
Dr	Nicola	Higgins	ST4	Royal Free
Dr	Noorez	Hirani	ST3	Imperial
Dr	Chloe	Ho	ST1	Tower hamlets
Dr	Duncan	Hockey	ST3	Imperial
Dr	Lucy	Hollingworth	ST1	Riverside, London
Dr	Katherine	Holt	ST3	Imperial
Dr	Mandeep	Hoonjan	ST2	Sidcup
Dr	Christopher	Horswell	ST1	GSTT
Dr	Anna	Hourmouzios	ST2	Kings
Dr	Campbell	Howitt	ST2	UCLH
Dr	Hardeep	Hunjan	ST1	St Marys Hospital
Dr	Rebecca	Hurrell	ST2	UCLH
Dr	Zahra	Husain	ST3	Tower Hamlets
Dr	Kei	Iizuka	ST3	UCLH
Dr	Nabiel	Ishaque	ST3	Romford
Dr	Charlotte	Iveson	ST1	Whittington
Dr	Shirin	Izadi	ST2	Imperial
Dr	Radhika	Jalota	ST1	GPVTS - Tower hamlets
Dr	Daniel	James	ST2	St. Thomas'
Dr	Laura	Jarvie	ST3	Riverside
Dr	Suzanna	Jefferson	ST3	Royal Free VTS
Dr	Samantha	Joseph	ST2	Whittington
Dr	Jack	Jouanny	ST1	Newham
Dr	Tasneem	Kapasi	ST2	CMH gpvts
Dr	Natasha	Kay	ST1	Royal Free
Dr	Alex	Kennedy	ST1	Whipps Cross
Dr	Biyun	Kennedy	ST2	Guys and at thomas
Dr	Shailaja	Kesavanathan	ST2	Central Middlesex
Dr	Mohammedabbas	Khaki	ST3	Barnet
Dr	Azra	Khan	ST3	Northwick Park
Dr	Salmaan	Khan	ST2	Royal Free Hospital
Dr	Caroline	Khatir	ST3	Hackney

## Conference delegates

Title	First name	Surname	Grade	Scheme
Dr	Sital	Khistriyasi	ST3	UCLH
Dr	Andrea	Killick	ST3	King's VTS
Dr	Emily	Kirkby	ST2	Whittington
Dr	Meera	Kotecha	ST3	Riverside
Dr	Monica	Kumar	ST1	Romford VTS
Dr	Monica	Kusre	ST3	Croydon
Dr	Aya	Kuwabara	ST2	UCLH
Dr	Seema	Lakshminarasimha	ST3	Greenwich
Dr	Lucy	Langford	ST3	Whittington
Dr	Helen	Lawal	ST3	UCLH
Dr	Sophie	Layen	ST1	London, St Georges
Dr	Jacqueline	Lenders	ST2	Whittington
Dr	Oscar	Leonard	ST3	UCLH
Dr	Veline	L'Esperance	ST2	Kings
Dr	Wing Yee	Leung	ST2	Bromley
Dr	Anika	Lewis	ST1	Royal Free
Dr	Christie	Lewis	ST1	Ealing (Northwest London)
Dr	Katherine	Lloyd	ST3	St Georges
Dr	Katie	Long	ST2	CMH
Dr	Beatrice	Lyons	ST2	Kings
Dr	Charlotte	Mackay	ST4	Royal Free VTS
Dr	Holly	Magee	ST2	St Marys
Dr	Uzma	Mahmood	ST3	Whipps Cross
Dr	Zoe	Malik-Kemp	ST1	Tower Hamlets
Dr	Nishma	Manek	ST1	St Marys
Dr	Lucia	Manfredi	ST3	St Mary's
Dr	Freda	Mangan	ST2	Croydon
Dr	Charlotte	Mann	ST1	Sidcup
Dr	Sonal	Mapara	ST3	St Mary's
Dr	Laura	Mason	ST1	Croydon GPVTS
Dr	Thomas	Mathias	ST1	Whittington
Dr	Susanna	Mayor-Smith	ST3	St Georges
Dr	Karen	McClay	ST1	UCLH
Dr	Sarah	McConnell	ST1	Tower Hamlets
Dr	Grace	McGeoch	ST3	Whittington
Dr	Caroline	Meehan	ST2	Whittington
Dr	Sarah	Mehdi	ST2	Kingston and Roehampton

Title	First name	Surname	Grade	Scheme
Dr	Shaine	Mehta	ST1	Kings
Dr	Peter	Milton	ST3	Kingston and Roehampton
Dr	Anjaly	Mirchandani	ST3	Hillingdon
Dr	Daisy	Moffatt	ST2	Royal Free VTS
Dr	Pratyusha	Mohan	ST2	Whipps Cross VTS
Dr	Bryony	Moore	ST2	Barnet VTS
Dr	Heloise	Moore-Mate	ST1	UCLH
Dr	Willoughby	Morgan	ST3	Riverside
Dr	Amanda	Morrison	ST1	Royal Free VTS
Dr	Rosanna	Moss	ST3	Kings
Dr	Gabby	Muallem	ST3	Kingston VTS
Dr	Sarah	Mufti	ST2	St Mary's
Dr	Krishnaharan	Muthukumarasamy	ST3	Imperial GPVTS
Dr	Teruni Rachel	Muthuveloe	ST3	King's VTS
Dr	Saira	Nasim	ST1	Epsom and St Helier
Dr	Claire	Neilands	ST3	West Middlesex Hopsital
Dr	June	Ng	ST3	Royal Free VTS
Dr	Raisha	Nurani	ST1	Croydon
Dr	Sarah-Elizabeth	Odogwu	ST2	King's VTS
Dr	Mandirassa	Osakonor	ST1	Barnet
Dr	Kanyinsola	Oyeyinka	ST1	St George's VTS Scheme
Dr	Anna	Paes	ST1	Riverside
Dr	Yasotharan	Paramesparan	ST2	Romford
Dr	Nisha	Pardesi	ST3	Greenwich VTS
Dr	Neelam	Parmar	ST1	Kings VTS
Dr	Rina	Parmar	ST2	Newham
Dr	Amish	Patel	ST1	Hackney
Dr	Amit	Patel	ST3	Northwick Park Hospital
Dr	Anika	Patel	ST2	Imperial
Dr	Jay	Patel	ST1	St. Helier
Dr	Kevin	Patel	ST1	Imperial
Dr	Melissa	Patel	ST3	UCH
Dr	Saif	Patel	ST1	London
Dr	Sonali	Patel	ST1	GPVTS
Dr	Ujali	Patel	ST2	Croydon
Dr	Fiona	Paterson	ST4	Royal Free Hospital
Dr	Anisa	Pathan	ST2	Hackney

## Conference delegates

Title	First name	Surname	Grade	Scheme
Dr	Anna	Peacock	ST3	St Mary's
Dr	Laura	Pollock	ST1	Kingston VTS
Dr	Tim	Powell	ST3	St Helier
Dr	Poppy	Prentice	ST1	Hackney VTS
Dr	Alice	Prior	ST2	Kingston
Dr	Brinta	Rabindra	ST1	Bromley
Dr	Anish	Radia	ST2	Whittington
Dr	Arzo	Rafiq	ST2	Royal Free
Dr	Noori	Rafiq	ST1	London
Dr	Bnar	Raheem	ST1	South London GPVTS
Dr	Ashikur	Rahman	ST1	Ilford
Dr	Heera	Rahman	ST3	Northwick Park
Dr	Seeta	Raja	ST3	UCLH
Dr	Farzeen	Rauf	ST2	Croydon VTS
Dr	Sangeeta	Ravi-Shankar	ST1	Kings College
Dr	Claire	Rawlinson	ST3	St George's Hospital, Tooting
Dr	Jennifer	Rea	ST4	Royal Free Hospital
Dr	Claire	Rees	ST4	Royal Free
Dr	Francesca	Rees	ST3	St Georges
Dr	Rosie	Richards	ST2	Hillingdon
Dr	Emma	Richardson	ST1	Lewisham
Dr	Stuart	Rison	ST1	Homerton University Hospital
Dr	Kirsty	Rogers	ST2	King's VTS
Dr	Rachael	Rooney	ST3	UCLH
Dr	Carlota	Rosales	ST2	Kingston GP VTS
Dr	Jim	Rowan-Parry	ST1	North Central and East London
Dr	Abhiramy	Rudran	ST3	Sidcup VTS
Dr	Norah	Sadek	ST2	St George's VTS
Dr	Reguram	Sandrasegaram	ST3	Lewisham
Dr	Davinder	Sangar	ST1	St Marys
Dr	Prashanth	Sathiagnanam	ST3	St Heliers VTS
Dr	Mohammed	Sattar	ST2	Croydon
Dr	Samuel	Savage	ST3	Lewisham
Dr	Rakhi	Sehmi	ST3	Riverside
Dr	Li-Fay	Seow	ST2	Whittington VTS
Dr	Sarika	Shah	ST1	Hillingdon
Dr	Sumera	Shahaney	ST2	St Heliers

Title	First name	Surname	Grade	Scheme
Dr	Suki	Shandrakopal	ST1	Hackney VTS
Dr	Manju	Sharma-Bhatt	ST3	Northwick Park
Dr	Kara	Sheehan	ST2	Barnet VTS
Dr	Suhana	Sheikhsana	ST3	Tower hamlets
Dr	Sheena	Sheth	other	Foundation Trainee
Dr	Imran	Siddiq	ST2	North West London
Dr	Sindhu	Siddiqi	ST2	GSTT
Dr	Jennifer Manraj	Singh	ST3	Sidcup
Dr	Vaisnavi	Siritharan	ST2	King's
Dr	Brintha	Sivajee	ST2	Kingston & roehampton
Dr	Vanessa	Sivam	ST1	Hillingdon
Dr	Suzanne	Sivanandan	ST3	King's VTS
Dr	Rebecca	Smith	ST2	Kingston
Dr	Sarah	Smith	ST2	UCLH
Dr	William	Smith	ST1	London Guys and St Thomas
Dr	Nadir	Sohail	ST2	Northwick Park
Dr	Suemeet	Sokhee	ST2	St Marys VTS
Dr	Reena	Solani	ST3	Kings VTS
Dr	Tom	Spiegler	ST2	Hackney
Dr	David	Spitzer	ST3	Enfield
Dr	Ashish	Srivastava	ST1	Romford
Dr	Nicola	Steeds	ST3	St George's London
Dr	Anna	Stevenson	ST2	Whittington
Dr	Aimee	Stocks	ST3	Sidcup
Dr	Laura	Storm	ST1	Imperial
Dr	Elizabeth	Stutters	ST2	West Middlesex
Dr	Huma	Sufi	ST1	London
Dr	Venothan	Suri	ST3	Hillingdon
Dr	Baldeep	Syan	ST1	Riverside
Mrs	Farwah	Syed	ST1	St Helier
Dr	Mehreen	Tahir	ST2	Croydon VTS
Dr	Emma	Tait	ST2	Kingston and Roehampton
Dr	Feyi	Taiwo	ST3	Romford
Dr	Anushka	Thalayasingam	ST2	Whittington
Dr	Hannah	Theodorou	ST2	Whipps Cross
Dr	Holly	Thompson	ST2	Hackney
Dr	Charlie	Tinsley	ST3	Bromley

## Conference delegates

Title	First name	Surname	Grade	Scheme
Dr	Katharine	Towers	ST3	Whittington
Dr	Vanessa	Tuboku-Metzger	ST2	Croydon
Dr	Sally	Tucker	ST2	Kingston
Dr	Alison	Varey	ST3	St Helier
Dr	Ajay	Varma	ST2	Barnet
Dr	Nirav	Varsani	ST1	London
Dr	Thormela	Vijayaseelan	ST1	GPVTS South Thames
Dr	Phin	Vo	ST1	General Practice
Dr	Jay	Vyas	ST2	Northwick Park
Dr	Charlotte	Waddingham	ST3	Whittington
Dr	Asha	Walia	ST3	Kingston
Dr	Alice	Wallther	ST2	Hackney VTS
Dr	Katy	Walsh	ST2	Royal free
Dr	Linsey	Wang	ST3	UCLH
Dr	Amy	Watson	ST1	Ealing
Dr	Ichechim	White	ST2	GSTT
Dr	Eleanor	Williams	ST1	Kings
Dr	Leah	Wong	ST1	GPVTS
Dr	Caroline	Woods	ST2	St Marys
Dr	Helen	Wyatt	ST1	Whittington
Dr	Gada	Yassin	ST1	Ilford
Dr	Ciara	Yeates	ST1	St Mary's











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