**Collated CPD resources list : as supplied by**

**Lothian and Borders GP Appraisers**

**Online** **Modules**

[doctors.net](http://doctors.net) https://www.doctors.net.uk

RCGP modules, RCGP Essential knowledge challenges and updates <http://elearning.rcgp.org.uk>

BMJ learning <http://learning.bmj.com/learning/home.html>

FSRH Mandatory Training and Management modules <https://www.e-lfh.org.uk/programmes/sexual-and-reproductive-healthcare/>

Pulse <http://www.pulse-learning.co.uk/>

Univadis <http://www.univadis.org/e-learning>

**Useful Websites**

**General**

The Clinical Knowledge Network : //www.knowledge.scot.nhs.uk/home.aspx

MDDUS “. <https://www.mddus.com/training-and-cpd>

Bleak Practice “ videos, for PLT type group learning in a practice

<https://www.mddus.com/about-us/notice-board/2017/january/bleak-practice--episode-4>

CPD Connect <https://www.cpdconnect.nhs.scot>

GP Notebook [ free access via Univadis] <http://www.univadis.org>

BNF and BNFC and Lothian Joint Formulary

NHS Choices <http://www.nhs.uk/pages/home.aspx>

MIMS Clinical updates <http://www.mims.co.uk/guidelines-clinical-updates>

Clinical Knowledge Summaries [https://cks.nice.org.uk/#?char=A](https://cks.nice.org.uk/%23?char=A)

Patient UK www. [patient.co.uk](http://patient.co.uk)

National Resuscitation Guidelines - <https://www.resus.org.uk/resuscitation-guidelines/>

SRU concussion module <http://www.scottishrugby.org/domestic-rugby/player-welfare/injury-management>

You tube videos - joint injections, Epley maneouvre, physio exercises

OnMedica -<http://www.onmedica.com/>

MDDUS and MPS websites for members

Guidelines in Practice <https://www.guidelinesinpractice.co.uk>

Events4healthcare.com - <https://e4h.co.uk/our-services/>

**Secondary Care**

ONCOLOGY

Macmillan Cancer Tookit for GPs - <https://www.macmillan.org.uk/about-us/health-professionals/resources/resources-for-gps.html>

NHS Scotland Palliative Care Guidelines , <http://www.palliativecareguidelines.scot.nhs.uk/> .

WOMEN’S AND SEXUAL HALTH

Faculty of Sexual and Reproductive Healthcare website <https://www.fsrh.org/home/>

RCOG Green top guidance - <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/>

Chalmers clinic website- <http://www.lothiansexualhealth.scot.nhs.uk/Professionals/TrainingAndDevelopment/Pages/default.aspx>

CHILD HEALTH

Royal College of Paediatrics and Communithttps://www.macmillan.org.uk/about-us/health-professionals/resources/resources-for-gps.htmly Child Health website <https://www.rcpch.ac.uk/training-examinations-professional-development/continuing-professional-development-cpd/education-pro>

Spotting the Sick Child DoH /NICE website - <http://www.spottingthesickchild.com/about/>

DERMATOLOGY

Primary Care Dermatology Society website <http://www.pcds.org.uk>

Scotland Dermatology <http://www.dermatology.nhs.scot/dermatology-pathways/>

Dermnetnz for dermatology visual diagnosis <https://www.dermnetnz.org>

NEUROLOGY AND PSYCHIATRY

Royal College of Psychiatry website <http://www.rcpsych.ac.uk/usefulresources.aspx>

Neurosymptoms.org [ Prof Jon Stone’s website for functional disorders.] <http://www.neurosymptoms.org>

RENAL and DIABETES

Eden - ERI Renal Unit website for management of CKD - <http://www.edren.org>

Dundee University Diabetes resource - <http://www.diabetes-healthnet.ac.uk/Default.aspx?pageid=64>

Obesity society <https://www.britishobesitysociety.org/science-research>

PRESCRIBING

Prescribing data <http://www.isdscotland.org/Health-Topics/Prescribing-and-Medicines/Publications/2017-05-09/visualisation.asp>

LIFESTYLE MEDICINE

<https://bslm.org.uk>

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

<https://bant.org.uk>

<https://thedoctorskitchen.com>

<https://drchatterjee.com>

MANAGEMENT AND LEADERSHIP

<https://www.bma.org.uk/what-we-do/committees/committee-information/bma-leadership-programmes>

<https://learning.bmj.com/learning/course-intro/leadership.html?courseId=10063151&locale=en_GB>

<https://www.e-lfh.org.uk/programmes/leadership-for-clinicians/>

<https://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/leadership-and-management-for-all-doctors>

QUALITY IMPROVEMENT

Lothian QI site - Quality improvement support and online tools - <https://qilothian.scot.nhs.uk>

QI coaching clinics - <https://qilothian.scot.nhs.uk/qi-coaching>

MENTAL HEALTH AND WELLBEING

CALM

Headpace

Online professional support - see separate resources for this

**WEBINARS and PODCASTS**

BMJLearning webinars <http://masterclasses.bmj.com/gp-webinars/>

BASICS webinars <https://basics-scotland.org.uk>

Web mentor on EMIS

SOAR website webinars <https://soarworks.prainc.com/article/soar-webinar-series-strengthening-applications>

Pfizer webinars - <https://www.pfizerpro.co.uk/support/ondemand-video/list> - Sayana press, depo, COPD

Events4healthcare.com - <https://e4h.co.uk/our-services/>

AMEE International Assoc for Medical Education <https://amee.org/amee-initiatives/mededworld/webinars>

BBC programmes -<https://www.bbc.co.uk/programmes/b019dl1b/episodes/downloads>

RCPE webinars - <https://events.rcpe.ac.uk>

NB Medical podcasts and blogs

Royal Society Medicine podcasts - <https://www.rsm.ac.uk/resources/podcasts/>

NICE Podcasts - <https://soundcloud.com/nicecomms>

BMJ Best Practice podcasts - <https://soundcloud.com/bmjpodcasts/sets/bmj-best-practice-clinical>

**Useful Apps**

GMC learning log app <http://www.gmc-uk.org/education/continuing_professional_development/27539.asp>

NEWS 2 score <https://www.mdcalc.com/national-early-warning-score-news>

SEPSIS app <http://www.knowledge.scot.nhs.uk/home/portals-and-topics/sepsis-app.aspx>

NHS Scotland Palliative Care Guidelines <http://www.palliativecareguidelines.scot.nhs.uk/>

Lothian Joint Formulary app. < <http://www.ljf.scot.nhs.uk/Pages/default.aspx> >

NHS Lothian “ Clinical Companion” . Used by the Trainees for an up to date management of emergencies, abnormal lab results etc. <https://nhs-lothian-companion.soft112.com/>

BNF and BNFC : <https://www.bnf.org/products/apps/>

MDCalc - medical calculators and risk tools online <https://www.mdcalc.com>

Headspace : Teaching meditation app < <https://www.bnf.org/products/apps/> >

“Feeling Good “ app by Dr Alastair Dobbin about the Positive Mental Health programme : < <http://www.foundationforpositivementalhealth.com/listen-now/download-our-app-feeling-good/> >

Pulse Toolkit : good for clinical algorithms. See Pulse website < <http://www.pulsetoday.co.uk/> >

SIGN guidelines [ through HIS] : < <http://www.sign.ac.uk/> >

“ My ACP” for anticipatory care planning : < <http://ihub.scot/anticipatory-care-planning-toolkit/> >

**Courses and General Updates**

Nbmedical <http://www.nbmedical.com> - annual courses, online handbook and CPD tracker, KISS key summaries , podcasts, Facebook updates/Twitter

Red Whale GP updatehttps://www.gp-update.co.uk - annual courses, online handbook, CPD tracker, GP pearls, Facebook updates/Twitter

GP Notebook Educational courses - <https://www.gpnotebookeducation.com>

RCGP courses <http://www.rcgp.org.uk/learning/courses-and-events.aspx>

RCGP First 5 <http://elearning.rcgp.org.uk/course/index.php?categoryid=21>

<http://www.rcgp.org.uk/membership/resources-for-members/contact-your-rep/first5--faculty-leads.aspx>

BMJ Masterclasses <http://masterclasses.bmj.com/?gclid=EAIaIQobChMIo8vmporS1gIVxCnTCh3AyQQ6EAAYASAAEgIpPvD_BwE>

NES Portal <https://portal.scot.nhs.uk>

Pulse Live update courses <http://www.pulse-live.co.uk>

Sandpiper Trust courses for “Pre Hospital Care” <http://www.sandpipertrust.org/what-we-do/basics-responders/>

Lothian Health’s “ working with Drug Users” : an annual one day course - through NES portal

BEAT runs occasional half day GP updates on eating disorders -<https://www.b-eat.co.uk/for-professionals>

Scottish Paediatric Allergy Group Training days <http://www.bsaci.org/paediatric-allergy-network-directory/dr-adrian-sie>

Retainer scheme educational sessions - through NES portal

**Evening Educational meetings**

LUCS educational meetings

LASGP educational meetings

Royal College of Physicians Edinburgh [ Queen Street] Evening Medical Updates <http://events.rcpe.ac.uk>

Spire Murrayfield <https://www.spirehealthcare.com/spire-edinburgh-hospitals-murrayfield-and-shawfair-park/gp-info/gp-educational-events/>

The Edinburgh Clinic. <https://www.edinburghclinic.com/gps-and-referrers/educational-events/>

BMA and RCGP organise meetings locally. <http://ww>[w.rcgp.org.uk/rcgp-near-you/rcgp-nations/rcgp-scotland.aspx](http://w.rcgp.org.uk/rcgp-near-you/rcgp-nations/rcgp-scotland.aspx)

RCGP First Five group <https://www.rcgp.org.uk/first5>

**Other activities**

Swapping practices with another GP

**CPD Groups**

**PBSGL** [established groups to join – or consider facilitator training and start a new one ]

**PBSGL web link** - <http://www.cpdconnect.nhs.scot/pbsgl/>

**PBSGL email address** - [PBSGLadministrator@nes.scot.nhs.uk](mailto:PBSGLadministrator@nes.scot.nhs.uk)

**Doctors.org.uk** have online chat groups and forums

**Facilitated CPD group** . In Lothian Judith Craven and Karen Rookwood run NHS supported groups each month although vacancies are not common. Contact [k.rookwood@doctors.org.uk](mailto:k.rookwood@doctors.org.uk) or [judithcraven@nhs.net](mailto:judithcraven@nhs.net)

NES “ Leadership for Integration” course. Free course after selection. Open to GPs and allied professionals with an interest in multidisciplinary leadership.

**Swanston Medical Group meetings** : A very long running informal GP group. Historically attendance is by invitation , but if interested could contact : [james.cowan@nhslothian.scot.nhs.uk](mailto:james.cowan@nhslothian.scot.nhs.uk) for info.

Practice protected Learning Times

**Other/ Miscellaneous**

The Book “ Being Mortal” and “ The Dumbell and the Butterfly”.

E books on consultation eg “ Tips on Effective consulting” – The FRAYED consultation model etc Dr Deen Mirza [Google him for his website etc]

http://betterdoctor.org/free-ebook/

**CPD : extending roles**

Chalmers Sexual Health “Champions” : 5 sessions per week for a year to develop GPSI’s in GUM.

NES GP fellowships <http://www.nes.scot.nhs.uk/education-and-training/by-discipline/medicine/general-practice/gp-fellowships.aspx>

Scottish GP Fellowships. http://www.nes.scot.nhs.uk/education-and-training/by-discipline/medicine/general-practice/gp-fellowships.aspx

Rural GP fellowships <http://ruralgp.com/wanttobearuralgp/fellowship/>

QI fellowship - <https://qilothian.scot.nhs.uk/primary-care-network-1>

Collated ideas from the Lothian and Borders Appraiser team local Training sessions

Collated by R Dixon and M Downer

Updated May 2020

*Produced in good faith as a local resource. Web address accuracy cannot be guaranteed.*