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### 2018 SSPC Annual Conference

Our annual conference on 18 May was held in the Royal Society of Edinburgh based on the theme of '*Primary Care Research in the era of realistic medicine*'.

The conference was opened by Catherine Calderwood, Chief Medical Officer, who spoke about her latest annual report '*Practising Realistic Medicine*'. It was a lively day, during which ideas were explored and experiences shared.

We had the pleasure of hosting five healthcare professionals and researchers from Nova Scotia led by Professor Rene Lyons. A highlight was a panel discussion on '*Primary Care research in the era of realistic medicine: do we need it?*' Participants included Dr Carey Lunan (RCGP Scotland Chair), Dr Gregor Smith (Deputy Chief Medical Officer), Professor Margaret Maxwell (Director of NMAHP Research Unit), Professor Alison Strath (Principal Pharmaceutical Officer in the Pharmacy & Medicines Division), and Dr Crystal Todd (Family Medicine Chief from Nova Scotia). It was chaired by Professor Marion Bennie (School of Pharmacy, Strathclyde University). SSPC is planning further collaboration with the Nova Scotia health authority and the University of Dalhousie.



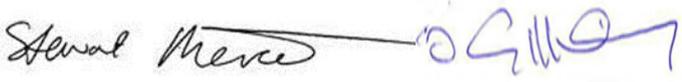
## Editorial

Our annual conference in May this year on *'Primary Care Research in the era of realistic medicine'* was our most successful to date. It moved forward our understanding on how that should be developed and supported in the future, with significant input from our guests from Nova Scotia. We continue to work both on areas where such *'middle ground research'* might be useful, how it could be resourced and how it can contribute to practising realistic medicine, which is at the heart of general practice and primary care. This year's conference was held in association with the Society of Academic Primary Care which awarded a free place to attend its next national conference to the best presentation as the SSPC annual Conference. The winner was Dr Marianne McCallum, pictured centre flanked by Stewart Mercer and Barbara Nicholl.



The day before the SSPC Annual Conference, **SSPC hosted the second 'Scotland, New Scotland' workshop** at which priorities for joint working were agreed. These will be posted soon on <http://www.sspc.ac.uk/reports/>

Have a great summer!

Two handwritten signatures in blue ink. The first signature is 'Stewart Mercer' and the second is 'John Gillies'.

Professor Stewart Mercer  
SSPC Director

Professor John Gillies  
SSPC Deputy Director

### 2018 NES GP Academic Fellowships

SSPC coordinated the appointment of these to its member universities. **Congratulations to the successful candidates and their host institutions:**

- Peter Hanlon (University of Glasgow)
- Harry Sprot (University of St Andrews)
- David Fraile-Navarro (University of St Andrews)
- Marianne McCallum (University of Glasgow)
- Johanna Reilly (University of Edinburgh)



## ADEGS Conference

There is growing support for *middle ground research* as the basis for primary care research in the era of realistic medicine. At the ADEGS (academic GPs) conference in January 2018 in St Andrews, a workshop of GPs suggested the following topics. These represent clinical and organisational areas where there is limited evidence to guide GPs, clusters and policy makers to make good decisions:

### Multimorbidity

- Frailty
- Polypharmacy
- Dementia
- Mental health
- Deprivation

### Communications

- Referral pathways
- Primary care/secondary care interface and integration
- Data sharing, shared systems

### Workload and system capacity

- Inverse care law
- New contract/ GP clusters
- MDTs- e.g., community pharmacists, ANPs, -MSK Physios
- Access/service utilisation/admissions
- Mental health
- Social prescribing/ third sector/social capital/ social care/
- Prevention/health promotion

All of these are relevant to the development of general practice in Scotland over the next five years.

## International Work

The SSPC Director and Deputy Director were invited to Finland by the Finnish Public Health Institute in April to advise on their evaluation of a major and complex programme on integration of health and social care, and primary care reform. It was apparent that most Northern European countries face similar issues of funding and service provisions for ageing populations; sharing ideas on common solutions seems sensible.

## Evaluation of Primary Care Transformation Fund

SSPC members across Scotland have been working on the evaluation of this fund for 18 months. It has been a major piece of work and this summer will see them completing their contributions and the core team at SSPC drawing together the findings into a final report for the Primary Care Division of Scottish Government. This should be on our website late autumn. We hope that it will provide intelligence to guide investment in and the development of primary care across Scotland in future years.

## Educational Opportunities

**MSc and CPD Short Courses in Primary Care (University of Glasgow).** Interested in studying for an online MSc in Primary Care at the University of Glasgow? All courses run as online distance learning and can be accessed from anywhere in the world! Three of the MSc optional modules are also run as stand alone courses for continued professional development. For more information, see <https://www.gla.ac.uk/postgraduate/taught/primarycare/?card=shortcoursesforcpd>

**MSc in Family Medicine (University of Edinburgh).** This on-line learning programme is targeted at doctors with limited opportunity for post-graduate study in family medicine. The principles of family medicine and evidence-based medicine are taught focusing on application to local context as well as relevance to global health. On-line learning is complemented by 2 weeks face-to-face teaching, allowing students to meet and form peer-support learning networks which continue beyond completion of the course. For more information, contact [robin.ramsay@ed.ac.uk](mailto:robin.ramsay@ed.ac.uk)

## Julian Tudor Hart

Julian Tudor Hart, who died on 1st July 2018 aged 91, was a pioneering and visionary GP with an outstanding career in the UK National Health Service and worldwide impact on the development of general practice and primary care.

He enjoyed his Scottish connections, being the nephew of Anne Macbeth, one of the Glasgow Girls at Glasgow School of Art. If Julian had not been a doctor, he could have earned his living as an illustrator. His friends and colleagues treasure their collections of Julian's Christmas cards over many years.

During my time as head of the department of general practice at the University of Glasgow, he visited on several occasions. His first paper on patients as co-producers was based on a seminar in the department. In 1998 he was awarded an honorary degree by the University of Glasgow, the first GP to be so honoured in Scotland since Sir James Mackenzie in 1910. In 2007 we held a well-attended symposium in the Hunter Halls to mark his 80th birthday.

Governments in England and Scotland were keen to promote his example, thinking this was composed of health checks, but Julian was never a fan of this approach. He favoured "anticipatory care" in its original sense of finding time within ordinary consultations to anticipate and prevent future problems. He applied evidence when it was available, especially in relation to the management of high blood pressure, but his main intervention was always unconditional personalised continuity of care for whatever combinations of problems a patient might have.

In his Glyncoirwg practice, Julian confounded his inverse care law by showing what additional resources in general practice could achieve in a deprived area, reducing premature mortality to 30% below the rate in a neighbouring practice. In many ways, the Scottish Deep End Project, now copied by similar projects in Ireland, Yorkshire/Humber and Greater Manchester, has sought to follow his example.

From many contacts with colleagues it is clear that Julian Tudor Hart was a champion, a hero, an iconic figure and an inspirer of general practitioners. We have lost his presence but his influence will continue wherever GPs spend their careers and lives serving local populations.

**Graham Watt**  
Emeritus Professor  
General Practice and Primary Care  
University of Glasgow

### Primary Care Evidence Collaborative (PCEC)/ HIS ihub

SSPC has also been working with partners in HIS and NHS Health Scotland in two initiatives. The recently developed ihub pulls together information and toolkits on Quality Improvement into a single website: <https://ihub.scot/gp-clusters/>. This includes our briefing papers on clinical and organisational issues.

The PCEC is referenced in the Scottish Government's recently published Primary Care Workforce Plan <http://www.gov.scot/Resource/0053/00534821.pdf>. The idea is to help identify and fill in gaps in evidence, and support evidence based research and policy.

### Forthcoming Events

**SAPC**  
**10-12 July 2018**  
**London**

For more information, see <https://sapc.ac.uk/conference/2018>

### Knowledge Hub

To keep up to date with the current news and key documentation for the Primary Care Transformation, visit Knowledge Hub at <https://khub.net/>

If there anything you would like to discuss with us, please email [info@sspc.ac.uk](mailto:info@sspc.ac.uk) or contact us on our Twitter account.

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