Technology to help GPs in and out of clinic

WORKING SMARTER NOT HARDER

COLLATED FOR YOU BY THE LANTUM GP COMMUNITY

lantum

This pack is delivered to you by the Lantum GP Community

Lantum is a platform and community that helps GPs make the most of their career.

We use smart and user-friendly technology to give control back to GPs.

At Lantum, we believe that technology can bring amazing benefits, but we understand that healthcare is all about the people.

That's why our thriving GP community is here to help you every step of the way... Welcome on board.

Keep up to date with Lantum news at www.lantum.com

This information pack will help you...

- Consider what kind of GP you want to be
- Maintain the professional support you need
- Manage your time
- Incorporate smart technology into your life and clinic
- Look after your personal well-being
- Work smarter not harder

... welcome and enjoy.

Throughout your training and GP career you should be considering…

- How you are going to organize your time
- What administrative skills you have / need to develop
- Healthcare apps & medical calculators that can make your life easier
- Your E-Portfolio
- Your CPD
- How you will use social media to your advantage

What kind of professional are you?

How you view yourself professionally will shape your **career**, **attitude** and **professional life** cycle

- There are many different professional opportunities for GPs
- Will you make a brand for yourself through social media and become a media GP?
- Are you going to create your own website or LinkedIn page?
- How are you going to describe yourself and the work you do?

    Primary Care Physician
    Family physician
    Consultants in Primary Care
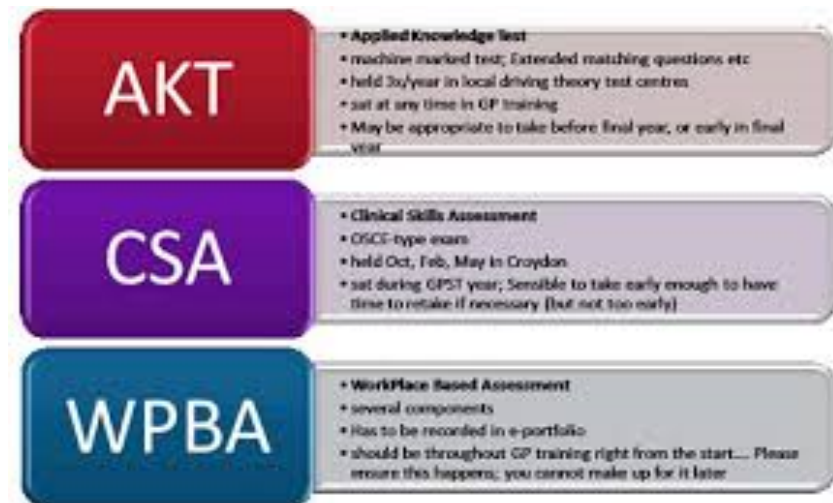   General Practitioner
    Portfolio GP
    Media GP

This year will shape how you define yourself in your working life

If you are still training, consider the MRCGP

- Consider the Applied Knowledge Test but it can wait for the ST3 year
- See patients
- Immerse yourself into general practice and the primary care aspects of your hospital roles
- Learn about yourself in the process
- What do you like/dislike
- What do you excel in / need professional development in
- Be proactive

Support each other – general practice can be isolating

Set up Whatsapp groups

- Encrypted and secure
- Easy peer support
- A safe space to debrief on job related frustrations
- Easy to share useful information to make working life better
- Instant support in and out of clinic

Lantum

A flexible resourcing solution that respects your relationships

- Work when, how, and where you prefer
- Connect with great practices you know and great practices you don't
- Manage all your session booking and related admin
- View practice profiles, session descriptions, patient demographic, hourly rate, and much more
- Populate your diary with all your sessions
- Manage all your invoices, pension forms, and CQC documentation
- Receive notifications of your documentation needs renewing
- Choose to be notified about your favourite work
- Join the GP community, here to help you thrive throughout your profession
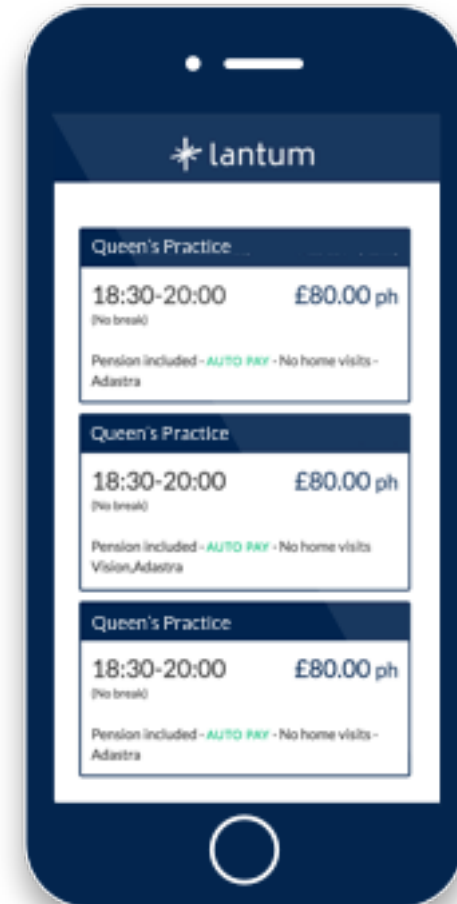
Induction App

For those of you working in hospitals...

- Free app that gives 24,000 healthcare professionals a month the information they need to work in any UK hospital
- Ward and office telephone numbers
- Fast beep info
- Where to get coffee!
- E-Induction information
- Developed by podmedics

[WEB VERSION](#)
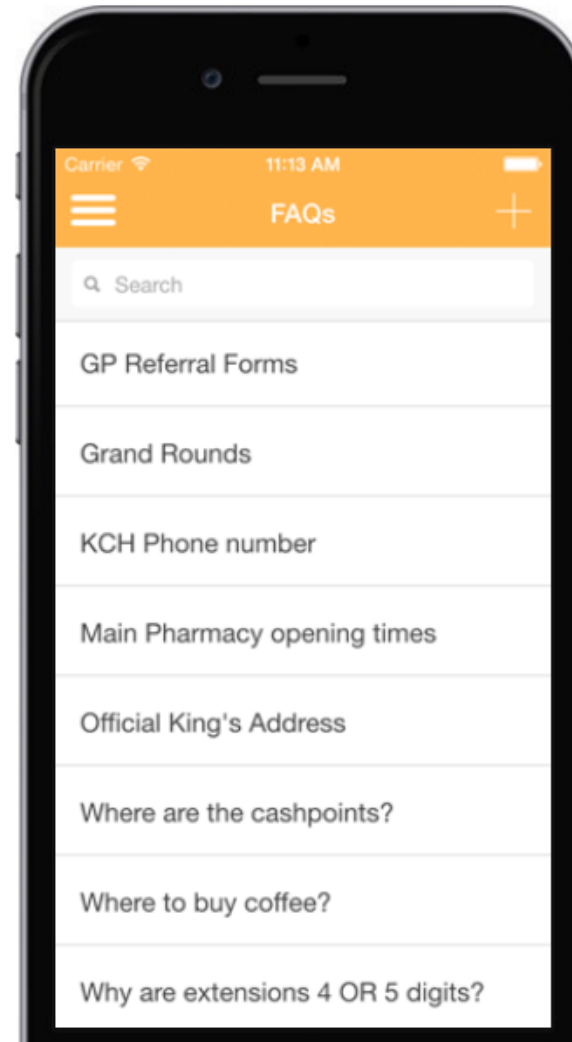
Forward App

Forward seeks to make bleeps, switchboards and paper handover lists a thing of the past, freeing up doctors to do the things that really matter.

To communicate, clinical teams use a combination of bleeps & the switchboard, physically locating colleagues, and non-secure instant messaging. Inefficiencies across these channels frequently result in wasted time of more than 1 hour per doctor per shift.

This app facilitates efficient and timely communication within healthcare teams.

See your most urgent tasks, most recent messages, and any changes to the patients in your care.
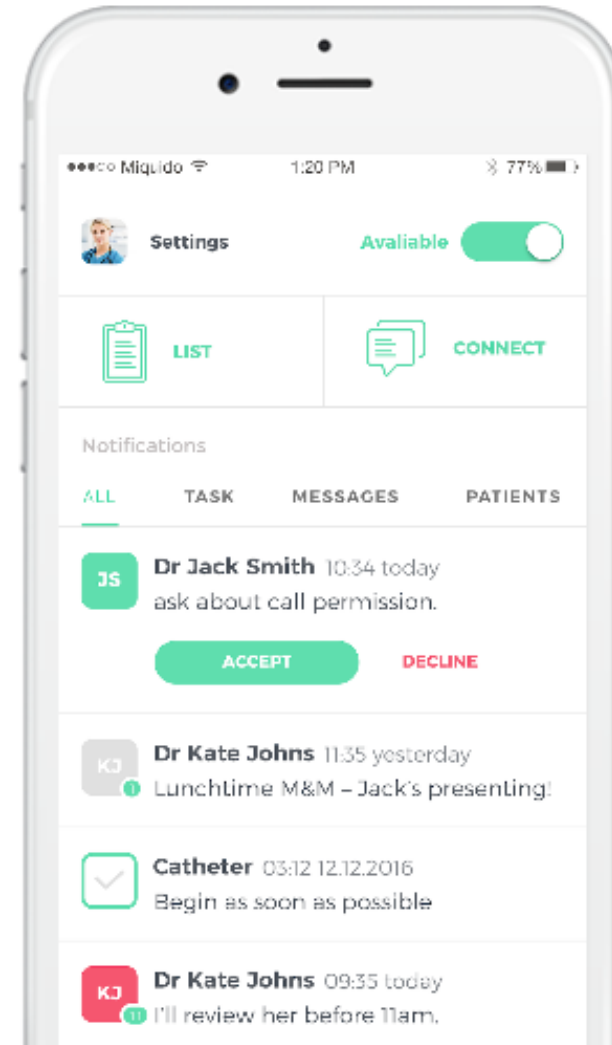
MedShr

- Discover and discuss medical images & cases
- Share knowledge with verified members
- Expand your professional network
- Help make a difference
- 150,000 members
- 12,000 GP members

Digitalis CPD

- Find, log, share, and discuss learning on the go
- Record evidence of your continued medical education in text, voice or pictures directly from your smartphone
- Access journals, medical news, NICE guidance
- CPD logs can be exported in PDF for upload to portfolios or emailing to colleagues
- Synced with FourteenFish for seemless population into your appraisal toolkit
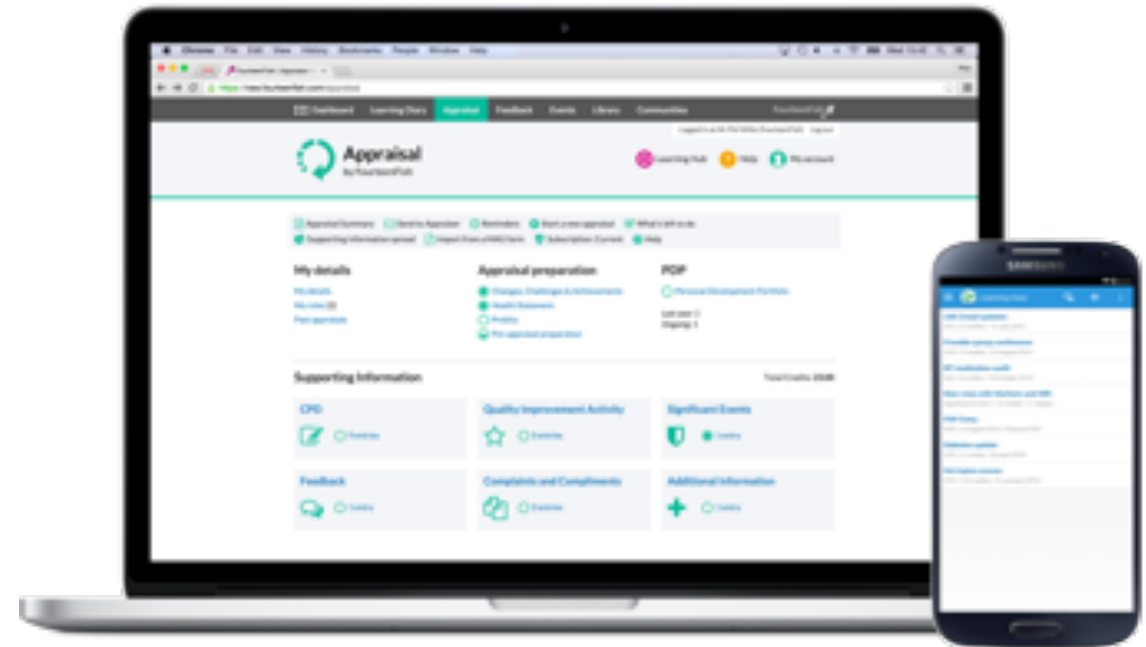- Network and learn with all of your colleagues and peers

FourteenFish

FourteenFish

- Appraisal toolkit and learning diary
- Popular with appraisers
- Easy to work on your appraisal throughout the year
- Easy to use system and excellent support
- Synced with Digitalis for a seemless CPD log experience

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PrimaryCarePhysician.info

Ever find yourself Googling in clinic? This is one site for all your favourite resources...

- Resources
- NICE
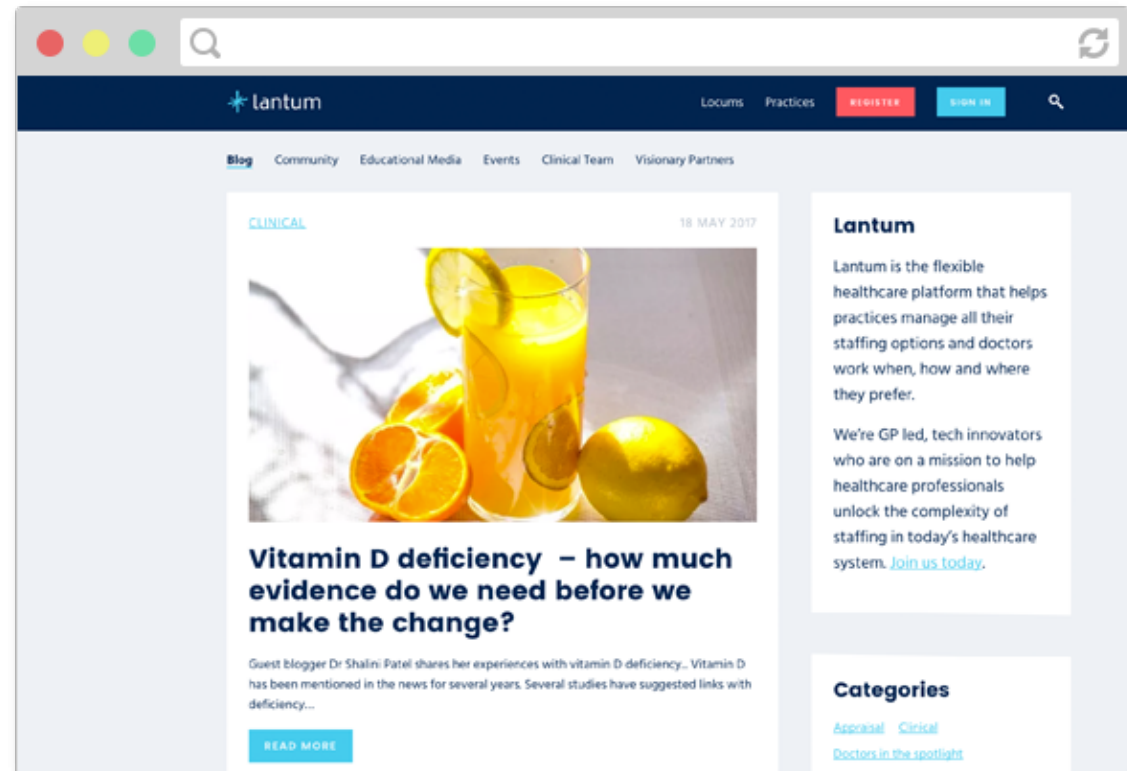- GMC guidance
- Health news
- Blogs

The Lantum blog

Our blog is read by 10,000 GPs every month...

- GP opinion pieces
- Clinical advice
- Financial advice
- Portfolio Careers
- Lantum news
- GP updates
- And much more

Do you want to guest blog for our community? Get involved by emailing our Head of Community:

jess@lantum.com

MyGPEvents.co.uk

- Free platform for GPs to find educational events, conferences, and networking opportunities
- BLS training
- Child and adult safeguarding
- Fill the learning needs or gaps in your e-portfolio!
- Search by category or location
- Includes Pulse, **Lantum** and much more, including CSA/AKT prep courses

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myHealthSpecialist

Do you have patients who want to be referred to a private consultant?

- A free, easy to search database of peer-recommended specialists
- Great for consultations and referring patients
- Add your personal recommendations to help direct your colleagues
- Recommendations help raise money for doctors in difficulty

myHealthSpecialist·com ™

Recommendations from doctors who care

Make your life admin easier: get organised

Here are some options for managing your personal administration and professional documentation

- Synapse
- Cloud Services
- Google Drive
- iPad eBook / PDF viewer
- Calendars
- NHSmail2

Evernote or Microsoft OneNote
- Make notes
- To do lists
- Accessible from any device
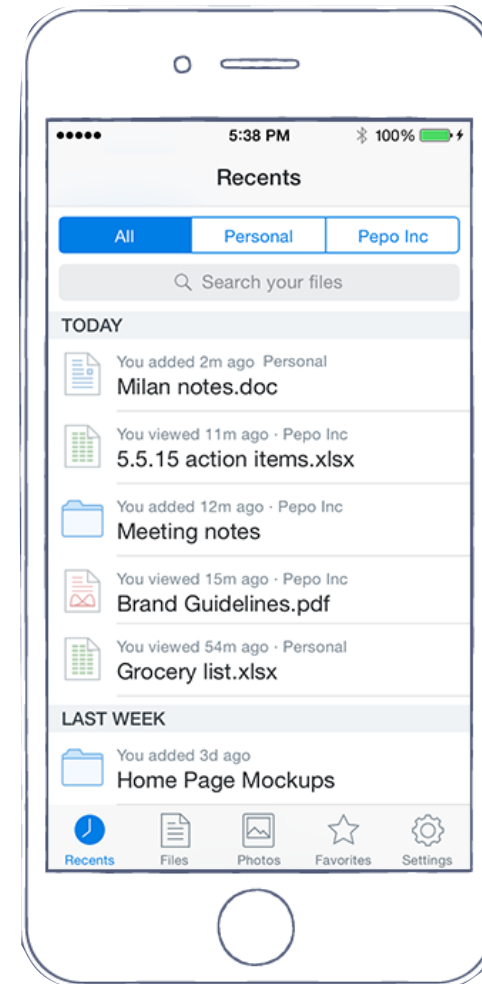- Share what you want
- Work with others

Don't forget that Lantum helps you manage your CQC documentation, your diary of work, your invoicing, pension forms, and much more…

Dropbox

- Access documents anywhere anytime
- Simplifies the way you create, share and collaborate
- Secure storage
- Smartphone and web

Cupris Tym Otoscope

There are so many smart innovations happening within primary care

Here's just one example....

- Captures high quality images and videos of the inner ear
- Larger and higher resolution images, compared to standard otoscopes
- You can easily show images to patients
- Store images and videos on a secure cloud
- Safe sharing with healthcare professionals
- Ability to securely store picture/video for treatment efficiency monitoring

AliveCor Kardia

- Single-lead ECG In 30 seconds
- Records a medical-grade ECG, which can be relayed to a Doctor for analysis and diagnosis
- Attaches to most smartphones
- Convenient and efficient

Wearable Tech

Help your patients take control of their own health…

- **Poole** – wearable tech pilot for epilepsy patients
- **Staffordshire** – dementia patient with GPS camera, motion lights and sensors to aid memory loss
- **Basics**: jawbone, fitbit, relaunch google glasses, apple watch
- Step tracker
- Fitness apps
- Sleep trackers

NHS Discounts

There are plenty of professional perks for NHS professionals.

Make sure you take advantage of what's available.

HEALTH SERVICE DISCOUNT

NHS OFFERS

Useful Resources

eBNF	NICE CLINICAL KNOWLEDGE
NBMEDICAL	NICE
MIMS	QRISK2, QCancer, QFracture
BMIonline	RCGP
BIGP	BRADFORD VTS

Wellbeing

Make sure you put your health and well-being first. The best patient care is delivered by happy doctors

- Take advantage of the NHS practitioner Health Programme
- The NHS Practitioner Health Programme is a free and confidential NHS service for doctors and dentists with issues relating to mental or physical health concern or addiction problem
- Take advantage of supportive apps like Headspace
- Explore Mindfulness for doctors

HEADSPACE

MINDFULNESS FOR DOCTORS

PHP NSH

Resilience and avoiding burnout

Make sure you prosper in your profession…

- Look after yourself!
- Stay interested and interesting
- Keep the passion and the lesson
- Talk to your educational supervisors and programme directors
- Engage with your peers

- Join GP Facebook groups
- Balance: 'Work to live' over 'Live to work'
- Avoid professional isolation
- Be tech smart not tech dependent
- Digital detox and holidays essential

Networking and Social Media

- LinkedIn
- Twitter
- Facebook
- Instagram
- Synapse (London only)

Be courteous, responsible and professional; social media highway code.

RCGP SOCIAL MEDIA

Elective course focusing on medicine and social media for medical and public health

WEBICINA

GPs are advancing their professional experiences through social media. Whether you share CPD opportunities, great resources, or clinical experiences, be supportive, forward-thinking, and seek to add value to your colleagues. Sharing in caring.

Melissa and Will's Portfolio GP Facebook Group

- Join the Lantum community on Facebook
- Our **mission is to support and empower GPs** throughout their professional life-cycle
- We believe that you should prosper professionally
- This is a ring-fenced space for engagement and sharing intended to support and empower GPs
- We welcome health professionals who share our mission
- We uphold a **supportive**, **non-judgemental**, **positive** and **vale-adding community** space
- Our values are: Community, Connectivity, Empowerment and Transparency

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Melissa and Will's GP Locum Group