

Information Update CORONAVIRUS Date 25/03/2020

Practical advice for GP Trainees worried about COVID 19

It is understandable that GP trainees are worried about the Covid-19 pandemic for a variety of reasons including risk to personal safety, to their patients and to training. We need awareness of current guidance for our daily practice but also to have awareness about what is going elsewhere in practice and internationally so we can prepare ourselves over the next few months. Keep yourself up to date with [NHS](#), [DDLMC](#) and [RCGP](#) guidance for primary care so you know how to advise your patients.

Much of what we deal with from a Covid-19 perspective will not be in our control but what can provide is clear, up-to-date information to assist the government in the delay phase of the virus. Your practice will have a rapidly evolving approach and you should have a lead clinician for this. Daily updates will be necessary to ensure a consistent and effective approach. Remember, we as trainees have access to a wealth of information from each other. Share what other practices are doing with your clinical lead. You may have ideas they have not thought about.

Ensure you are clear about the recommended PPE and have access to it in your clinical room and your visit bag. Make sure you have practiced using it correctly, especially when removing PPE. If you don't have adequate equipment you should not put yourself at risk.

Training and educational opportunities are affected. Guidance has been cascaded from postgraduate deans and trainees should have received the letter from Health Education national leads, dated 10th March which gives guidance principles to all trainees regarding the safety and supervision of trainee staff.

Be clear on the self-isolation policy and consider the impact this will have if you are required to self-isolate both at work and at home. Do not continue to work if you feel unwell. Good self-care physically and emotionally is even more essential at present. With the ever-increasing demand that is likely to face the NHS, make sure you have access to refreshment and take breaks when you need to. Reflect on your own resilience and consider how you cope with stress personally. This is a very stressful time and to feel anxiety is human but remember to be kind to yourself and others. Seek advice from your trainers if you need psychological support and be prepared to seek this by alternative means and support other colleagues if necessary. Also consider how much you are able to commit to in the event of national emergency. Many trainees have other roles in the community including parent or carer. Many of our trainees and colleagues are vulnerable themselves. We will need to lean on each other for practical and emotional support at this difficult time.

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