

Minutes of the Derby Medical Society Wednesday 26th September 2019

Presidential Address

Welcome given by Miss Susie Hewitt (President 2018-19 season)

Apologies

Ken Munson
John Charlton
Syed Iftikhar
Tom Fryatt
Ian Shand
Alastair McCance

Miss Hewitt gave a summary of the history of Derby Medical Society
It was founded in 1862 and is the 2nd oldest Medical Society in the country.
A founding member was Dr William Ogle. In addition to his many achievements he was also in correspondence with Florence Nightingale.
The Presidential medal incorporates the coats of arms of Ogle family, the emblems of Derby City and Derbyshire County Council.

The meetings have been minuted from 1862 and many will be displayed during the Season on the archive boards.

The aims of the Society is to pursue our interests in all things medicine.

Announcement of the death of Dr Anthony Mellersh.

Miss Hewitt announced of the death of Dr Tony Mellersh who died in September. Dr David Young attended his funeral on behalf of the Society.

A brief summary of Dr Mellersh's life was given by Dr David Young:

"Dr Mellersh joined Derby City Hospital in 1988 as a microbiologist and stayed for 13-15 years

Dr Mellersh was a talented teacher.

He skilfully took apart Andrew Wakefield at a teaching session when he presented his - subsequently discredited - research on the MMR.

Dr Mellersh was amiable, quiet, calm and analytical. A very good virologist.

Miss Hewitt announced that the Society have a nomination for 2020-21 President. This is Dr Alastair McCance.

Susie wanted to thank every member for their help and support during her year as President.

Dr Hewitt then went on to introduce Dr Sarah Milner as the President for the 2019-20 season with a summary of her career, life and Fluff and Phoebe the Shetland ponies.

She likes lists and does not like to sit still.

She has recently been awarded the Fellowship of the RCGP.

Presidential Address

Jack of All Trades and Master of Some

Dr Sarah Milner started by thanking Stuart, Susie, the Council and Steven Milner for their support and help. Sarah is the 122nd President of Derby Medical Society but only 6th female president
Apart from Dr Mary Elmitt (President in 1953) all the other female past presidents are here tonight.

The membership of the Society has reduced over time.

Ultimately enthusiasm needs to be generated to ensure the Society survives and thrives.

Sarah's aims for the year:

Increase attendance and new members.

CPD with a difference and interest to everyone. Topics that cannot be easily found elsewhere.

Co-opt new Council members to represent Junior Doctors.

Review the "Rules of the Society".
Increase awareness of the Royal Medical Benevolent Fund.

Sarah summarised the speakers who will come to present to the Society during this season.

Sarah reflected that a large number of secondary care colleagues have not worked in Primary Care since Medical School. Sarah wants to bring her enthusiasm and love of General Practice to the wider membership.

Sarah invited interest from all members to help membership recruitment and review of the Society Rules. Due consideration will be given to the guiding principles and history of the Society.

Sarah summarised the role of the RMBF and reviewed the fundraising opportunities over the year, including a charity auction on 16th November at the Annual Dinner.

"A bit about me...and a few photos."

Sarah was brought up surrounded by the NHS (her parents met while training to be chiropodists) and gets her type A personality from her dad.

Sarah lived in 8 houses and 4 counties before secondary school.

Sarah's mum was proud to be a working mum and took Sarah with her to home visits age 6 weeks!

Sarah has a creative and talented teacher sister who designed Sarah's "jack of all trades" logo used tonight.

Sarah's parents ensured she had a good education and a sound work ethic, with integrity. She and Steven (her orthopaedic consultant husband) have endeavored to in-still these values to their own children.

Sarah and Steve's children have now left home. Matthew is studying in Germany and Charlotte is enjoying developing her creative side with photography in Sheffield, and is doing voluntary work with rescue animals.

Sarah has a can-do attitude and likes to be practical including plumbing and DIY. She and Steve bought a house in need of work, and Sarah did it all. The garden was then reclaimed for an orchard and the ponies. Weeding was sometimes by the means of a chainsaw.

Sarah has developed further skills in project management along the way.

Music plays a large part in her life. She dabbles in the clarinet and bassoon but she really enjoys choral singing.

When work allows then Sarah enjoys walking and occasionally riding on the back of a tandem.

Sarah is a "jack of all trades at home" and she has a variety of roles professionally.

She knew she wanted to be a doctor from the age of 8.

She has always enjoyed patient contact and her first GP placement was in her intercalated year.

Sarah graduated from Nottingham Medical School in 1993. Medical job in Mansfield and then surgical job in Derby where she met Steve who was an SHO.

Sarah qualified as a GP on the Chesterfield scheme, and had her children while training.

Sarah settled in partnership in Ripley in 2001 while also working as a Family Planning GP.

They spent a year in New Zealand when Steve had a year long fellowship, and Sarah did GP locum work.

The differences between UK and New Zealand Primary Care was marked at that time and it made Sarah appreciate the amazing job that the NHS does.

In 2004 with GP contract changes and the absence of a practice manager, Sarah became an IT expert ("nerd"). She then became a founding member of the SystemOne National User Group (SNUG) with the ethos of sharing data. The sharing of digital information across healthcare boundaries is vital for the patient best interests.

The GEM School opened in 2003 and this started Sarah's education career, first training medical students and then becoming a GP trainer.

Sarah was involved in the formation of Alexin which provides support for NHS initiatives and other health care related organisations.

GPs are trained to be expert generalists and allows us to develop in many ways. Sarah has developed additional skills in women's health, diabetes, IT, and her role as teacher and trainer.

Now enjoying being a Programme Director (PD) on the Derby GP training scheme.

Sarah reflected on the most rewarding aspects of her life as a GP. She enjoys all areas but end of life care is the most rewarding.

Compassion is the crux of the doctor patient relationship. Sarah still believes that most of us want to help people. We should help our colleague to do this.

A doctor requires knowledge and skills but also understanding, kindness, caring
Confucius said: "Don't do unto others what you don't want done unto you."

Compassion fatigue can occur when we do not have enough time. We lose passion for medicine when we are overstretched.

Sarah referred to Balint - the doctor as the drug. As a GP, Sarah takes the view that the person in front of them is the most important thing.

Being a GP partner can be as much about running a business as dealing with patients. Difficult issues to deal with. The practice saw a change in fortunes with funding cuts and multiple retirements. Despite salaried GP support the practice was not sustainable so the practice merged with DCHS to protect the practice and the staff. This took place in 2016. Despite assurances, the corporate wheels did consume her clinical authority, focusing on KPIs rather than clinical care.

Three more GPs left in a year and the additional pressure almost caused Sarah to burnout. It took her some time to realise that something had to change.

Being a doctor is great but the problem is working within the NHS.

Sarah was eventually able to negotiate changes to her working week.

Training and the PD role has been her saviour.

Sarah is now relieved to say that she is truly past her professional low point.

The experiences taught Sarah the importance of self-compassion, being kind and looking after yourself, and the importance of saying "no".

When we are not "fine" we lose our empathy and compassion. Our stress levels and complaints rise.

Sometimes we have to focus on the possible.

We can become sick and distressed too.

Take a lunch break, realise how much time things take.

Burnout risk increases by lack of appreciation so it is vital to look after your colleagues.

The greatest respect someone and have self-respect. BUT it is ingrained in us to keep going so it is hard for us to change.

Respect yourself and others will respect you.

Can now say that she loves being a GP.

Sarah concluded by saying:

Be true to your values

Care for your patients

Support your colleagues

Be true to yourself.

Register

Members 29

Guests 9

Students. 13

Key Learning Points from the Presidential Address

Being a GP is varied, enjoyable but challenging. Remember Balint and Confucius among all the new health technologies and complex treatments.

Be self-compassionate so you can survive and thrive.

If anyone needs any house renovation advice then ask our President.