



Update from the Consortium of Lancashire & Cumbria LMCs

Tuesday 10th January 2023

Practice Pressures - RAG Rating Report

As mentioned on our last few Brieflets, the LMC has now received approval from the ICB for Practices to report their RAG rating status to us. We have developed this system specifically to take as little of your time as possible. We will collect this data and anonymously forward this to the ICB to inform them when General Practice has reached unsafe limits. Please let us know by emailing [LMC Enquires](#) whether you are:

- Green – practice has capacity available to deal with referrals
- Amber – practice has limited capacity and may not be able to see everyone when they want to be seen
- Red – practice has no capacity, is not able to accept referrals or has run out of appointments.

Please also let us know of any changes to your Practice status going forward. However, we will be sending out reminders.

GP pressures

Read the [BMA press statement about the GP workforce and appointments data](#). Read about the pressures in general practice [here](#).

The LMC is encouraging practices to consider [BMA guidance](#) to help develop models of working which deliver for patients and keep GPs and their teams safe – get in touch if you wish to discuss further.

Inflationary pressures

After much delay caused by Government and ministerial turmoil in the latter part of 2022, BMA GPC have now started annual contract change negotiations with NHSE and the Department of Health and Social Care. One of GPCs priorities for these negotiations is to secure support for practices to help with inflationary pressures and minimum wage rises. To achieve this BMA GPC have presented evidence to NHSEI developed from a survey ran in October 2022 and some associated case studies. Whilst GPC got some responses, the sample base was relatively low. Despite the dire situation for some practices, national policy and decision makers will not act without compelling evidence.

We know how extremely busy you all are, but your help could make the difference to the outcome of national discussions. Please could you take 10 minutes to [complete this short survey](#). This may be one of the most important surveys you fill in this year and it could have a direct impact on practice income. The more respondents the more strength any arguments on the impact of inflation will have.

By completing this survey practices will be actively supporting the BMA GPC to secure positive and helpful changes in the GP contract for 2023/24. Nearly all the questions are voluntary – apart from the practice code one to avoid getting duplicate responses from the same practice and to ensure data credibility – so even if you cannot complete all the questions in the survey, please complete those that you can.

Hear from [Richard van Mellaerts](#) about how to complete this survey. Please [complete the survey](#) as soon as you can. **Closing date is 9am on Monday 16th January 2023.**





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Junior doctors' ballot in England for strike action

This week the junior doctors' ballot for strike action will open. The BMA's Junior Doctor Committee (JDC) has confirmed that following a successful ballot, the first form of strike action will be a full walkout of junior doctors for 72 hours. JDC have been brought to this point by the year-on-year pay erosion that has left junior doctor members with a real term pay cut of 26.1% since 2008/2009.

As the co-chairs of JDC set out in a [blog](#) published last week, this strategy builds on the lessons learnt from 2016 when junior doctors last took industrial action. Then, full walkout maximised participation in the strike by junior doctors and had greatest impact on the government.

GPC fully supports all GP trainees in this dispute for full pay restoration to protect the profession and the services patients rely on. This support was [demonstrated](#) at the recent LMC England conference. You can find out more information about the ballot at www.bma.org.uk/juniorspay.

Guidance for GP trainees has been added to the [junior doctors' guide to strike action on the BMA website](#). The BMA are in the process of preparing more GP specific advice for trainees and practices which will be shared in due course.

Long covid survey

A proportion of the medical profession has suffered from the chronic health complications which continue after acute infection by COVID-19. This includes people who may have Long COVID and/or other complications. What is less well described is the impact such chronic health complications have continued to have on doctors' work, home, financial security, and overall quality of life. In partnership with [Long COVID Doctors for Action](#), which campaigns and advocates for doctors suffering the continuing effects of COVID, the BMA is undertaking a survey of doctors in the UK to:

- Increase understanding of the impact of post-acute COVID health complications
- Improve support at work for those who continue to experience post-acute COVID health complications
- Strengthen the call for COVID and chronic illness following COVID to be recognised as an occupational disease
- Enhance the call for an appropriate compensation scheme for affected doctors

If you have experienced any type of post-acute COVID ill health, please complete the [survey](#). The survey will close at midnight, 15 January 2023.

Wellbeing

As General Practice continues to face overwhelming pressures, we encourage practices to focus on their own team's wellbeing. A range of wellbeing and support services are available to doctors and can be found [on our website here](#).

Wednesday Wellbeing- Free Online Pilates Class - 18th January 6.30-7.30pm

Help beat the January blues by joining the Royal Medical Benevolent Fund's online Pilates class, free for all medical students and doctors. The session is free, but donations are welcome to help doctors and medical students in times of hardship. To find out more and to register to receive the zoom link, please [see here](#) and complete the registration form.

