

## HOW2 VIDEO TRANSCRIPT

### Useful Resources in Primary Care (for Registrars & ANPs) – Summaries

This is the second video in the series looking at useful online resources for doctors/ANPs starting in primary care. Today, we will take a deep dive into some of the online resources that provide summaries of the latest guidance and evidence. One of the best resources in this area is NICE CKS and is covered in the first video.

The first resource we will discuss today is **Red Whale**. Red Whale is an organisation that was created by GPs in order to provide the best primary care medical education in a way that you can put into practice straight away. The resources are generally provided on a subscription basis including a wide variety of educational resources including webinars, courses and handbooks.

They are most famous for their GP update courses which provide an enormous amount of high-quality content on the latest updates in evidence that affect practice in primary care. Since the pandemic, they have changed the course to becoming online and are still aiming to be highly interactive and engaging. I have personally found great benefit from using all their online resource, but I mainly refer to their online handbook which provides excellent evidence-based information in the form of tables, diagrams and flow charts. This presents the information in a clear way that is easy to comprehend during a busy surgery.

Following logging in to Red Whale, you can access the online handbook through choosing MyGPCPD.com followed by online handbooks. This will open the search page for the online handbook where you can either use the search bar or the links on the side of the page to find the specific information you need.

Here we can see an extract from the online handbook section on low back pain. As you can see, the table guides you through the initial assessment, diagnosis including recognition of emergencies followed by management options. I like that the information is highly practical such as this table which provides information on the perception of GPs and patients on the importance of examination, investigation and referral. This information can help when discussing the patients ideas, concerns and expectations. Additionally, their FAQ section can be very helpful in providing answers to common questions which patients can ask.

I also enjoy browsing the Red whale Pearls; these are regular nuggets of information that provide focused learning on the latest updates in evidence which are sent to your email or are accessible on their website.

The next resource we will discuss is **BMJ best practice**.

BMJ best practice is a subscription-based resource that is free for all NHS staff. It was created through a partnership between health education England and the BMJ to create a national 'point of care tool' to guide healthcare professionals. It aims to provide easy access to authoritative information which underpins diagnosis and treatment decisions. Their guides are organised based on presentations or diagnoses and are aimed at both secondary and primary care. You can access their content on their website or through the BMJ best practice app where you will be able to search for the section you need using the search bar or by choosing a speciality.

Here we can see the summary page for MSK low back pain, the table at the top of the page links to the different areas within this particular section. They present the information in a clear and logical manner, going through the theory, diagnosis, management and follow up. I like they're of use expandable tables within their guides as it makes the



information more digestible. Moreover, their extensive referencing of guidance and research clearly points to areas where you can expand your knowledge by reading, for example within their treatment algorithms they link to the BNF section for the specific drug mentioned.

BMJ best practice also provide an extensive list of patient leaflets, these provide balanced up to date information written at a level appropriate for the patients and their families. They also include many calculators for clinical scores such as the Wells score. These scores can help guide your decision making during a consultation. These areas can be found within their guides or by clicking on the appropriate link at the top of the page.