

Dr Maisun Elftise - Trailblazer Fellowship 2020/21

I have gained a lot from this experience – both personally and professionally

- I have learnt a lot from all the projects I have been involved in. The importance of collaboration, networks, phone numbers and twitter accounts.
- My confidence has grown and that is a comment from everyone I know socially and professionally, I still have a huge degree of Imposter Syndrome, but I am taking it as a good thing to make me go forwards.
- Chairing and facilitation meetings, using leadership skills in actual meetings and for projects I am passionate about was the best way to learn and apply the theory I learnt in Mary Seacole programme and other leadership courses. I am still working on my report writing.
- The importance of language and the appropriate communication.

Projects undertaken include:

1. Developing COPD Pathway at the place level: This is still an ongoing project. We are developing COPD pathway for Coventry. I am leading the spirometry project team and involved in all the projects, smoking cessation, pulmonary rehabilitation, virtual ward and spirometry. My contribution has been to make sure primary care perspective is explained and communicating any new projects or challenges to primary care. Health inequality and ensuring patient access and inclusion are crucial part of any decision using the knowledge I gained through working in a deprived area in Coventry and through the learning I gained from the national and local Trailblazers teaching sessions. Meeting local leaders through the leadership forum made it easier to communicate and ask questions when there were challenges and made some important meetings easier especially at the CCG and LMC level.
2. Learning disability Improvement Project: At the start of our fellowship, Coventry was one of the worst areas in the country in the number of the Learning Disability reviews. Meeting the stakeholders including Clinical transformation lead and The CCG chair, local charity lead, training nurses the agreed aim was to not just improve at the number of annual reviews but to look at improving the overall Learning disability service through developing Kitemark and possible community passport. We managed to achieve the short-term goal and look at the reasons behind the reduced numbers of annual reviews to take it in consideration when planning the long-term project. This is a project that can be handed over to the new clinical fellows with a short period of handover, introduction to the team and the project to the new fellows if interested.
3. Working with HEE to collate and Health inequality curriculum and organise the first Midlands wide Health Inequality Conference. ‘Medicine on the Margin’ Conference was one of the highlights of the fellowship being involved with the HEE team and contacting national leaders and receiving that “yes, I can speak at your conference!” email. At times using unconventional methods of communication like using Twitter public pleas and direct messages! The conference itself had excellent feedback and I have learnt a lot from it. It would be amazing if we can organise another one! We also worked with the VTS team to brainstorm ideas of incorporating Health inequality in the training curriculum.

4. One of the main learning projects was joining the practice social prescriber session and learning more about the local available resources and charity. We also worked on developing a migrant oriented pathway and resources.
5. Vaccinating Coventry: Attending vaccinating Coventry public health meeting with stakeholders led to better understanding and involvement in local engagement and educational projects. These are ongoing meetings, and the current fellows could still be involved in new projects.
6. Other meeting and resources that helped understanding local health inequality, find projects and collaborate better in other projects are: Attending Marmot Partnership Stakeholders meetings, meeting public health trainees, meeting public health consultants, West Midlands Violence reduction unit.

Learning experiences:

I have spent them on an online respiratory MSc which helped enormously in the COPD place meetings. This has helped developed my interest in perusing specialist interest in respiratory health.

I also attended my first RCGP annual conference and presenting my first abstract. It was also chance to meet, network and exchange ideas with other Trailblazers in the country

My top 3 achievements:

- The Midlands Conference
- Vaccinating Coventry engagement project
- The Learning disability project, although it is still work in progress, I will be still proud of being involved
- Being part of the Coventry Place COPD team and representing primary care and Health inequality.
- Working towards my MSc Respiratory

What the system gained from the projects you were involved in – what impact have you made on healthcare locally?

A year is a short time to measure the impact of some of the projects, I would like to think that my community engagement project talking to university students, refugees, migrant and ethnic minorities would have clarified some myths and has protected a few extra lives by making them take the vaccine.

The health inequality conference was an educational event and has also increased the interest in applying to such programme. An impression from the questions and the comments during and after the conference.

Once the Learning disability improvement project and the Coventry Place respiratory projects are finished, they will provide improvement in the health outcome to patients and health inequality in the area. Providing the health inequality and primary care prospective have been the main objectives and I am hoping to achieve this at the end of these projects.

How you intend to capitalise on the experience. Where do you see yourself in 5 years' time?

I will still work on health inequality projects in the area, developing an inclusive, accessible sustainable community integrated care that is based on best practice recommendation and improve patients care and staff education, training and wellbeing

I am working with BIMA, British Islamic Medical Association on cancer screening awareness campaign to raise awareness and increase uptake of these screening tool in this community in Coventry. A project that the current fellows can be involved in and does not have to be directed only to a certain ethnic or religious group.

Taking vaccinating Coventry migrant engagement to another level from just focusing on the vaccination programme to the overall health issues and understanding the UK health system and the importance of self-care and management of minor illness or awareness of important health topics which we have already started as part of the COVID vaccine Q&A sessions.

Writing up our trailblazer experience for the BJGP for future fellows and encourage applications.

Using the skills I have learnt from the Trailblazer programme; I am working on developing a scouting programme to make it more accessible for youths from the local community.

In 5 years I see myself a GP who finished an MSc in respiratory that was partially funded by the fellowship, working on equality projects for the community, patients and staff.

Summary

Thank you for giving us this opportunity to develop and learn and for all the support throughout the fellowship.

Coventry as a city needed this programme and the involvement of GPs with all the stakeholders and understanding the situation and what is done locally and national. I have learnt and developed as a GP, a person and as a leader and it gave me the confidence to follow the passion for health inequality and respiratory that I am now part of the leadership team of the PCRS leadership team, I was on their conference opening panel talking about health inequality and respiratory health and teaching at the PCRS leadership course which attended by respiratory health care professionals from all backgrounds including consultants, physiotherapist, nurses and GPs.

I would not have had this confidence and experience of leadership without the Training Hub support through the Trailblazers and Next Generation GP Programme.

Thank you!