

**Please find a summary of all the headline messages drawn from our GEMS library. Follow links from each of the research themes to further information on each of the research articles. For suggestions on how to implement the research findings look at the professional development ideas on the WISE GEMS page.**

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| **Research Theme** | **Title** | **Headline Message** |
| [**Service Issues**](https://www.wisegp.co.uk/service-issues-gems) | Making on-line triage work for your patients | Patients use online triage tools at the same times and for the same issues as for a face-to-face consultation. Higher levels of use are seen in young people and benefits for patients are context dependent. As a result, online triage tools are unlikely to revolutionise practice but instead provide another route into the practice for patients. |
| What to do when QOF ends | Loss of financial incentives such as QOF is associated with a decline in recorded performance against quality measures. |
| Spotting your practice’s vulnerable patients | Patients who miss more than two appointments per year are likely to be socially vulnerable with poorer health outcomes. |
| Designing (updating) your practice team | Implementing change in primary care requires flexibility and adaptability, resources and use of extended professional roles. |
| [**Generalism**](https://www.wisegp.co.uk/generalism-gems) | Approaches to tackle polypharmacy | To tackle problematic polypharmacy we must address both professional and practice barriers to tailored prescribing |
| [**Medical Education**](https://www.wisegp.co.uk/medical-education-gems) | Increasing patient contact to encourage students to pursue GP training | More teaching for medical students in general practice with patient contact is significantly correlated with an increase in graduates entering GP training programmes. |
| Experiences to offer medical students to encourage them to become GPs | Highlighting the intellectual stimulation from problem-solving and managing uncertainty, in addition to academic careers in family medicine, could encourage medical students to become GPs. |
| Considering factors that impact on medical student teaching in general practice | Undergraduate medical student teaching in general practice is impacted by practice workload, the availability of teaching space and renumeration issues. |
| [**Mental Health**](https://www.wisegp.co.uk/mental-health-gems) | Supporting parents bereaved by suicide | Suicide bereavement is associated with a higher risk of mental health problems and suicide attempt in those bereaved. Therefore, the provision of care for this vulnerable group, (referred to as ‘postvention’) is a key component of suicide prevention strategies.  |
| Discussing self-harm with older adults | Self-harm is a risk factor for suicide. In older adults the increased risk is amongst those with mental and physical comorbidities. |
| Reviewing prescriptions of mirtazapine with an SSRI or SNRI | GPs should think carefully about starting patients on mirtazapine if they are already on an Selective Serotonin Reuptake Inhibitor (SSRI) or Serotonin-Norepinephrine Reuptake Inhibitor (SNRI) and not responding. The evidence simply isn’t there. |
| Recognising the burden of perinatal anxiety | Perinatal anxiety is a common condition which may occur without symptoms of depression. At their postnatal check women should be screened for anxiety using the GAD-2 and further questioning should occur if that suggests that women are experiencing anxiety. GPs should be aware of local health visitor and community services that support perinatal women. If women feel they would benefit from increased peer support GPs could consider referring to social prescribers.  |
| [**Professional Practice**](https://www.wisegp.co.uk/professional-practice-gems) | Preparing medical students for out-of-hospital emergencies | Medical students report a lack of knowledge and confidence to assist with out of hospital medical emergencies. |
| [**Acute Illness**](https://www.wisegp.co.uk/acute-gems) | Using CRP point of care testing in COPD exacerbations | CRP point of care testing significantly reduces antibiotic prescribing for acute COPD exacerbations. |
| First line medications for gout flares | Use naproxen ahead of colchicine in the absence of contraindications on the grounds of effectiveness, safety and cost. |
| [Chronic Illness](https://www.wisegp.co.uk/chronic-illness-gems) | Promoting CBT for people with IBS | IBS-specific CBT undertaken by telephone or as a web-based self-management programme shows large improvements in IBS symptoms and impact on life for people with refractory IBS.*IBS-specific CBT is now available via the NHS Improving access to psychological therapy (IAPT) service across much of England and the web–delivered self-management programme has been approved by NICE and the FDA.* |
| Counselling patients commencing statins about liver cancer risk | Statin use halves risk of liver cancer. Informing patients of this further benefit may increase the proportion who consent to initiate statins when recommended and improve treatment concordance. |
| Supporting people with multimorbidity to set individualised goals for care | An integrated, patient-centred chronic disease review, focusing on the problems that bother people most, provides care that meets peoples needs more effectively than reviews which simply focus on QOF targets. |
| Reviewing prescriptions of emollient bath additives | Leave-on emollients are essential for eczema but emollient bath additives give no additional benefit. |
| [**Prevention**](https://www.wisegp.co.uk/prevention-gems) | Supporting women with an increased cardiovascular disease risk following preterm delivery | Preterm delivery is associated with an increase in maternal risk for future incident cardiovascular events. |
| Alcohol screening and advice following loss of QOF incentives | Following loss of financial incentives in 2015 there has been a statistically significant reduction in alcohol screening and delivery of brief advice in primary care. |
| Fracture risk screening in older women to reduce hip fractures | A community-based screening programme of fracture risk in older women could effectively reduce hip fractures. |