

ASPC April 2024 Newsletter

Courses & Events

2024 Annual ASPC Conference

Friday 10th & Saturday 11th May.

Sedgebrook Hall Hotel, Chapel
Brampton, Northamptonshire NN6

8BD www.sedgebrookhall.co.uk

Book via Eventbrite

<https://www.eventbrite.co.uk/e/aspc-2024-conference-tickets-756109593147>

*****Limited Hotel Accommodation. If you intend to stay over, book your accommodation as soon as possible. Advise you are attending the ASPC Conference or use code ASPC090524 Hotel Contact Number 01604 521666***

Joint Injections

19th April 2024 (Coventry)

24th April (Southend)

25th April (Ipswich)

22nd May (Dudley)

Email – s.lim@nhs.net

Minor Surgery

20th April (Coventry)

26th April (Ipswich)

9th May (Nottingham)

23rd May (Dudley)

24th May (Shrewsbury)

Email – s.lim@nhs.net

Introducing our April 2024 newsletter!

Gain insights and ASPC updates. Stay ahead with our trusted content delivered straight to your inbox.



admin@aspc-uk.net



www.aspc.co.uk



Facebook



WhatsApp - email for details

ASPC 2024 Annual Conference

- **Workshops & Seminars including**

- Vasectomy
- Dermatology
- Plastics
- Hand Anatomy and Surgery
- Therapeutic Circumcision
- Aesthetics - including, how to set up your own service
- Varicose Veins
- POCUS - Ultrasound
- CQC - updates and workshops for your Practice Manager teams
- Legal Advice - Dealing with vexatious complaints
- Hands on skin surgery practical sessions

- **Evening Gala Dinner Friday 10th May**

- **Guest Speakers include – Michel Labrecque, Anton Potgieter, Ahmed Ali Khan, Ruhul Amin, Chris Dexter, Dan Armstrong, Justin Kwong, Lee Pursglove**

- **Variety of ticket options available to purchase. 25% Discount for ASPC members.**
- Discount Code found in the members area on website www.aspak.net via [Eventbrite](https://www.eventbrite.com) or contact admin@aspc-uk.net

Date:

Friday 10th & Saturday 11th May 2024

Friday 10th 8.00am start for registration & coffee -17.00 Finish

Saturday 11th 9am start – 15.30 Finish

Venue:

Sedgebrook Hall Hotel

Pitsford Road, Chapel Brampton
Northamptonshire, NN6 8BD Tel: 01604 821666

*****Limited Accommodation** Book Soon –
Please call the hotel direct & advise you are
with the ASPC Conference***

email: admin@aspc-uk.net



ASPC
ASSOCIATION OF SURGEONS IN PRIMARY CARE



ASPC 2024 Annual Conference

10th & 11th May at Sedgebrook Hall, Northamptonshire, NN6 8BD

The Annual ASPC conference is just around the corner, only FOUR weeks away!!

What do you mean you haven't bought your ticket yet??

Come on folks! Get yourselves organised and buy your tickets today!

The longer you leave it, the less likely you'll be able to successfully obtain accommodation at the venue!

Make sure you get the 25% discount for ASPC members from the 'Members only' area on our website:

<https://www.ASPC-uk.net>

So, what have we for you this year on top of all the usual excellent networking, comradeship, and camaraderie with your likeminded peers whilst learning about new opportunities?

Friday join us for lectures on Therapeutic Circumcision by ASPC member Ruhul Amin; the anatomy of the hand from Pulvertaft Consultant Dan Armstrong; differentiating lumps and bumps using Ultrasound, from the chairman of POCUS GP Lee Pursglove; a day in the life of primary care skin surgeon with Miles Scholar; a beginner's guide to Non-Surgical Aesthetics with Yen Lam; and setting up private surgical services with Justin Kwong, chair of the PCSA.

Our keynote speaker is the world-renowned Professor Michel Labreque from Canada, a decade on since his last visit to us, with an update on his quest for the perfect vasectomy.

The day ends with a quiz, and a mystery prize for the winner!

Our Gala dinner on Friday night has become one of the must go to events of the year, with the ante being upped this year as we have a visiting close-up magician added to the entertainment for the evening.

Saturday has 2 lectures for all, an update on CQC regulatory and compliance with CQC expert Tony Carlin; followed by how to fight back against vexatious complaints by Chris Dexter from Weightmans solicitors (NHS resolutions), before we then split up for several different workshops for the rest of the day.

Workshops this year include Varicose Veins: treatments in the community; two hand workshops in practicing injections and dealing with lumps/bumps/and ganglions.

Our ever-popular hands-on sessions include 2 skin surgery sessions with Miles Scholer and Anton Potgieter, plus a basic suturing for beginners' session with Soon Lim. Meantime, POCUS GP return, with their ultrasound kit from GE for everyone to have a play with, whilst giving more details on their courses.

We have more managerial sessions this year than previous, with workshops on the pitfalls of setting up a Private (cosmetic) Clinic with Suhil Alam; and an ongoing Q+A sessions covering everything CQC, ICB's and contracts, expanding on the themes from the mornings session with Tony Carlin and an experienced practice manager (TBA).

These sessions would be perfect for your Practice Manager, not to mention all your other admin team members, so make sure they know they can come along too, at heavily discounted costs of course!



The Vasectomy workshops, include Audit with Gareth James, as usual, along with updates on papers near to being published and details of ambitious funded study into the formation of a Pre/Post Vasectomy Acceptability, Hesitancy, and Anxiety Screening Tool.

Michel Labreque meantime will run 2 further workshops, the first will induce some debate as it focusing on whether we can stop fresh testing...

Michel's second presentation is more aimed at Vasectomy trainers and would be trainers, as he's debuting his new vasectomy teaching model – **Vasecto-Pro**. There may be time for any vasectomy virgin to have a go as well.

As you'll see from the attached flyer, this looks a fabulous bit of kit, and will be a real boon to those offering Vasectomy training. You can buy one before the day and Michel will bring it over with him from Canada, saving all sorts of shipping/postage issues/costs! Please email Paula if you're interested in buying a model before Michel fly over, otherwise bring your cheque book on the day.

As you can see, we've cramped full the 2 days, so come on, if you haven't bought them yet, time to get your tickets!

When booking accommodation with the hotel please inform them that you're with the ASPC as you get preferential treatment, but there is a limit on the number on rooms available on site, so snooze and you lose the opportunity to stay on site!

Other events regarding the Conference

We are holding the **inaugural ASPC Golf competition** the day before the Conference on Thursday afternoon 9th May. Come along and join us, all abilities welcome.

If you're interested in more information, please email Paula on Admin@ASPC-uk.net.

For those who don't know the area, Sedgebrook Hall is just north of Northampton, 25 mins from the M1, with Northampton train station in easy reach. There are 4 EV charging points, 2 fast charging. Next door to the hotel is the Northampton and Lamport Railway, where on the Sunday (the day after the conference) they will be running their heritage diesel train. There are a plenty of country parks and other activities in the area, plus numerous historic landmarks nearby such as Althorpe Estate (Princess Diana's resting place), Delapré Abbey and Castle Ashby Gardens, whilst Silverstone is less than 20 miles away.

For more details of the numerus activities in the area, please visit their comprehensive website: <https://www.sedgebrookhall.co.uk>

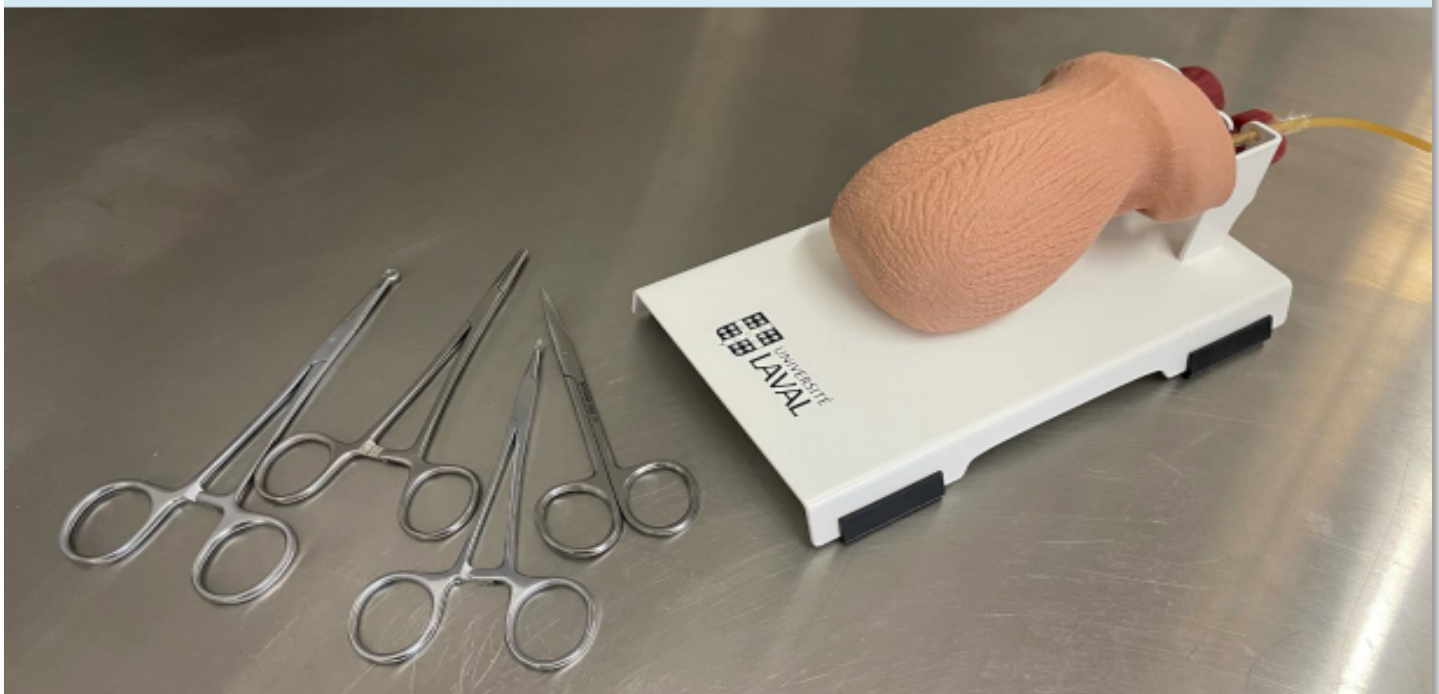
BOOK YOUR TICKETS NOW!

Book via Eventbrite <https://www.eventbrite.co.uk/e/aspc-2024-conference-tickets-756109593147>

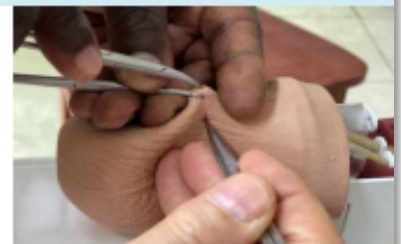


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AUDITS

ASPC AUDIT SUBMISSIONS FOR THE 2024 CONFERENCE

You should have had an email recently relating to how to submit your ASPC audits for Vasectomy, Carpal Tunnel and skin surgery for presentation at the 2024 ASPC Annual Conference on 10th/11th May at Sedgebrook Hall, Northamptonshire

Deadline for submission of audits will be Midnight on SUNDAY 5th May 2024

Any submission after this will need to be added to next year's audit.

Please use these links to submit your Audits

Vasectomy Audit: <https://www.surveymonkey.com/r/ASPC-Vas-2022to2023>

Carpal Tunnel Surgery: <https://uk.surveymonkey.com/r/ASPC-CTS-OpsIn2023>

Skin Surgery: <https://uk.surveymonkey.com/r/ASPC-SKIN-OpsIn23>

That leaves us just 4 days to collate, compile and transpose your answers into a presentable form for the ASPC 2024 Conference.

Therefore, there will be no time for us to contact you to correct any inconsistencies that we may come across in your audit submission, and thus the audit sheets will be printed with these inconsistencies present.

We will though attempt to identify and correct any inconsistencies in the months following the conference, with an up-to-date version of the Audit return sheet placed on the website.

Both the Vasectomy and the Carpal Tunnel Decompression audits have a second part of questions, relating to Operative, Technical and Organisational elements of your service.

Should you not be collecting and submitting your own audit then PLEASE can every individual surgeon undertake these questionnaires, as they help us greatly.

Please use these links for the Operative, Technical and Organisational Questions

Vasectomy: <https://www.surveymonkey.com/r/ASPC-Vas-Operative-techniques24>

Carpal Tunnel Surgery: <https://www.surveymonkey.com/r/ASPC-CTD-OpQ-Conf24>

Remember the Carpel Tunnel Decompression and Skin audits are both worth 2 CPD points, whilst the Vasectomy audit (as its more complex) is worth 3 CPD points.

Not only is it a vital part of any Appraisal, your ICB will be badgering you for your audit figures.

If you haven't had an email relating to how to submit your audit, please contact Paula immediately on admin@aspc-uk.net

NEW VASECTOMY QUESTIONNAIRES FOR THE 2024-2025 AUDIT CYCLE

Hopefully you have already started using the new Vasectomy questions, as the NEW audit cycle started 1st April 2024, and runs for 12 months.

These results will be collated by April 2026, for presentation at the 2026 ASPC Conference.

These new Vasectomy Questionnaires can be found in our member's only area of the ASPC website:

<https://www.ASPC-uk.net>

Log in to the ASPC, go to member's area and then into the folder called **Audits 2024**

Here you will find the 'ASPC Vasectomy OPERATION DAY Questionnaire 2024-25' and the 'ASPC Vasectomy POST OPERATION Questionnaire 2024-25'

No questions have been added/changed or retired from last years, though both questionnaires this year only come in one version (which includes multiple doctors and locations) so you will need to delete questions that are not related to your practice when you personalise them.

More details in the questionnaire documents themselves, with 'how to guides', and 'how to YouTube videos' all found in the members area.

Collection of results

There are now three ways you can get on-line collection versions of these 2 questionnaires.

1. SURVEYMONKEY

A. Free for all ASPC account Linked email: **ASPCSurveyMonkey@proton.me**

Please the password used to access this account and its linked email address will change in the next few weeks, and you will only find the new passwords in the MEMBERS tab on the ASPC website in the folder: [SurveyMonkey and Microsoft Forms Details](#)

B. Your own SurveyMonkey account If you have your own SurveyMonkey account please contact us on admin@aspc-uk.net and we will transfer the 2 questionnaires into your 'Not Filed' folder for you to personalise and use.

2. MICROSOFT FORMS

New for 2024 will be the use of a Microsoft forms account for send and collect your responses

There are guides how to create and set up your Microsoft forms, including step by step video, in a document called 'Microsoft questionnaire templates and Hints Document', which is found in the MEMBERS tab on the ASPC website in the folder: [SurveyMonkey and Microsoft Forms Details](#)

To access these questionnaires, 'how to guides and videos', passwords and much much more you'll need to have **renewed your ASPC membership for 2024.**



MEMBERSHIP TO THE ASPC

Why be a member?

For a start the ASPC is the only national organisation that represents GP / Consultants who provide surgical services in the community setting.

To be honest there are a myriad of reasons you should join us, and you can find them on the website, but just think about this one - if not us, **then who?**

Surgeons in the community tend to work in isolation, so

- Who are you going to turn to when you need support?
- Where can you gain up to date education relating to your surgical speciality?
- How will you be kept informed of latest news / views and studies?
- How will you access the latest patient questionnaires to use?
- Who will collate and print out audit comparisons sheets with your peers?

The ASPC also needs YOU!

The larger our association the more influence we will have in lobbying the NHSE and the Government in our goal of expanding access to community surgery throughout the country, not for the good of your own patients but also the good of the NHS.

Membership to the ASPC is ONLY £120 per year.

That's equal to the profit from around just 1 to 3 surgical procedures.... for a whole year,

AND you can claim TAX RELIEF as the ASPC is registered as an HMRC approved professional body (list 3).

And EVEN better, should you take advantage of our 25% discounted Conference tickets then your **ASPC membership fee becomes a cost neutral expense!**



Let's not forget the team who make it all happen – your **Administration team**.

We now offer an **Organisation Website Access** for just £20 a year, which allows not just your Administration, but any member of your organisation team FULL access to our website, including the members area, where they can retrieve the latest questionnaires, passwords, Microsoft templates, newsletters, articles, and videos on how to set up and run online accounts, plus clinical updates.

Plus, they'll get all emails from the ASPC, including all the details regarding the audits, which means they don't have to continually chase you to get their ASPC questionnaires, SM access and other administration updates!

To renew your ASPC membership, or if would like to join or re-join, then please visit our website <https://www.ASPC-uk.net>

If you have been a member in the past then please click **MEMBERS LOGIN** in the top right corner of the front page, otherwise, if new, or wanting the **Organisation Website Access membership**, then please click **JOIN NOW**.



REVAMPED WEBSITE

<https://www.ASPC-uk.net>

Talking about our website – have you visited it yet?

Have you checked out what we have in there for you?

More to come in the next 12 months, with hopefully the UK map of our members making a comeback, allied with information such as what procedures you undertake, so finding peer support in your area couldn't get easier.

We're busy collating all previous published papers that the ASPC have been involved with, plus early extracts from the 2 major papers in Carpal tunnel surgery and Vasectomy (as already publicised by the BBC) that highlight the efficiency of you our members, and all the audit data you've been submitting over the last decade or so.

We will also be posting opportunities to take part in national studies (some even paid!), headed by the ASPC in alliance with both Leicester and Nottingham universities which we hope will reinforce that Community surgery outstrips hospital care on every level.

Other News / Updates

VTS STUDY DAY

Just before Easter the ASPC ran its first study session for GP trainees, and it was a huge success with over 210 Coventry and Warwick VTS GP trainees attending the half day online session.

It was an extensive programme and we managed to cover a wide range of topics, including the benefits of diversifying as a GP, with a particular focus on the world of primary care surgery. Our presenters discussed the basics of vasectomy and carpal tunnel decompression surgery, the information a GP should impart to the patient, and the referral process to these services, and their role in follow-up.

We also covered the importance of dermoscopy in helping diagnose skin lesions, and the types of skin surgery available in the community.

In closing the session, we highlighted the numerous benefits of joining the ASPC and the exciting conference programme for this year

The feedback has been excellent, and we hope that this will help to encourage a new generation of GP surgeons. We hope to see a lot of these enthusiastic young clinicians at the conference and get to know them properly.

The ASPC have always been supportive of trainees, and we are looking for more ASPC members to become part of our **mentoring team** to help us maintain their enthusiasm, provide feedback and support to those at the start of their primary care surgery journey.

We all remember that first friendly face that helped us on our way, and if you think that could be you supporting the next generation, then please let us know: Admin@ASPC-uk.net



More thoughts on Mentoring by Soon Lim

“Ask not what your country can do for you but what you can do for your country.”

When JFK’s speechwriters used one of the tried and tested tools of rhetoric to include this iconic phrase, they probably had a pretty good idea that it would probably go down in history.

The trouble with this is that familiarity breeds contempt, or at least indifference.

Human nature fades out what we encounter all the time so that we no longer pay heed to the wisdom behind words and phrases which are “all-too-familiar”.

In a sea of information overload, we all engage our noise-cancellation abilities. So, the wisdom is lost.

However, we, as primary care surgeons, exist and thrive in a microcosm.

An ecosystem created by a coincidence of opportunity, effort, mutual support and pure dumb luck. Historically, minor surgery was offered by general practitioners at no additional fee. We are going back now to ancient times – in the pre “Items of Service” era forgotten even by the Time Lord in his Tardis.

However, we, as members of the ASPC, evolved out of this primordial NHS slime to be what we are now **because we were fortunate enough to have the mentorship of those who came before us, who saw that there was a better way of doing things.**

I have a dream.

Not the lofty dream that one day every valley shall be exalted, every hill and mountain shall be made low like Dr King, but a dream that all ageing men/women have – **one of legacy**, of having made a difference, of having inspired others.

In a rapidly changing NHS, we need to preserve this ecosystem in which the ASPC was created and allowed to exist.

To do this we need to provide mentorship to our successors.

Otherwise, we deny what we have to those who seek to follow in our footsteps and we wipe out our legacy. We are worth more than that surely.

Please email us: Admin@ASPC-uk.net

ASPC BLOG

The new ASPC blog is up and running. The first blog post was about 'Story of ASPC' and the next blog post is about 'History of vasectomy'. It is interesting to note that vasectomy has been around for over a century and has had a very chequered history. Please read the blog and send any comments or suggestions.

Prasun Kumar

pkumar@nhs.net





Dermatological Surgery and Dermoscopy Study Day Report

Back in January we held a Dermatological surgery and dermoscopy study day. What an invigorating day it was! With boundless energy and dynamic discussions, our event brought together 55 enthusiastic delegates, 9 seasoned presenters and workshop leaders, and the invaluable support of 2 dedicated ASPC staff members alongside our esteemed president.

Throughout the day, attendees were treated to enlightening talks on dermatology, including an in-depth exploration of dermoscopy for skin of color, insightful surgical videos, and discussions on enhancing practice through patient questionnaires.

The afternoon was filled with intensive practical sessions, culminating in an inspiring talk imparting words of wisdom to all. Amidst the wealth of knowledge shared, there were ample opportunities for camaraderie and networking, fostering connections that enrich our community.

We're thrilled to share feedback from one of our delegates: ***"I thought it was brilliant. I have found all your events to be fantastic. 5 ★"***

Thank you to everyone who contributed to making this event a resounding success. Your dedication and passion continue to elevate the ASPC community.

Kind regards
Miguel Arbide
ASPC Dermatology Lead & Vice president

