

ASPC
December 2023
Newsletter

Courses & Events

Joint Injections

Thursday 1st February (Sutton Coldfield)
Email – s.lim@nhs.net

Minor Surgery

Wednesday 31st Jan (Sutton Coldfield)
Friday 2nd February (Sutton Coldfield)
Email – s.lim@nhs.net

Dermatological Surgery & Dermoscopy
Study Day

Saturday, January 27th, 2024
Woodland Grange Hotel, Leamington Spa. CV32
6RN
Book your tickets at
<https://www.eventbrite.co.uk/e/dermatological-surgery-dermoscopy-study-day-tickets-712850223207>

Introducing our December 2023 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

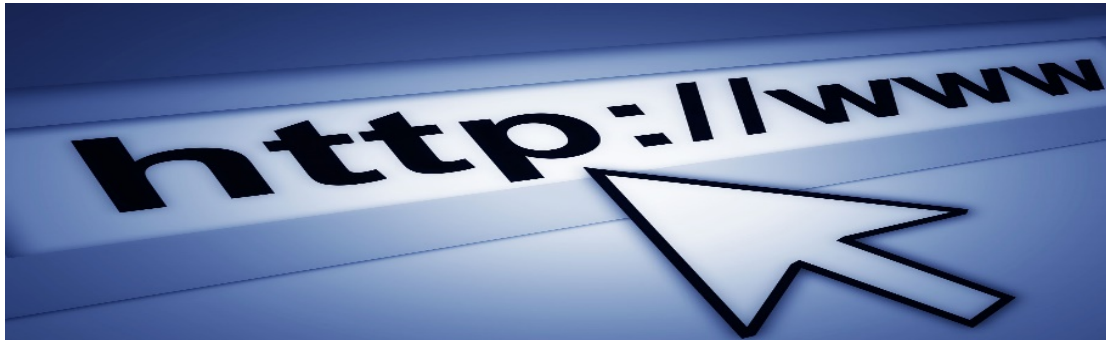


Facebook



WhatsApp - email for details

LAUNCH OF THE NEW WEBSITE



We've got some exciting news to share about our website. We've been working hard to make it better for you, our members, and to let primary care surgeons and others know about our work.

Since 2018, we've been updating the old website to keep everything fresh and interesting. But guess what? We've taken things up a notch! Our council recently decided to create a brand-new website, making it simpler and more modern, with all the important stuff you need.

We're extremely thrilled to let you know that our new website is almost ready to roll. It's packed with exciting new features, and there's even more in the pipeline. We hope you'll find it useful.

Of course, with big changes like this, there might be a few hiccups along the way. So, if you spot any issues or errors, please drop us a line at admin@aspc-uk.net.

And here's the fun part – if there's specific stuff you'd like to see on the website, just give us a shout. We'd love to hear your ideas and feedback as we keep improving our online hub for our amazing community. Thanks for being a part of this exciting journey!

****Our Email address has changed****

With a new website we have a new email address, please now use: admin@aspc-uk.net



Presidents Welcome

Happy Christmas to everybody and welcome to our 2nd ASPC newsletter.

Many thanks for all those who reached out following our last newsletter, it's always good to get feedback. Remember this newsletter is for you, the members, so please tell us topics you want addressing, questions you may have, or if you have a story to tell – we're listening, and our members will benefit from any tales you may have to share!

As you'll have read the big news is that our new revamped brand-new **website** is finally functional. It has been a long-standing aim of the association to improve our website, not only to continue to providing an excellent source of information and guidance to our members, but also to advertise our organisation to surgeons operating in a primary care setting, whilst highlighting our work to commissioners and regulatory bodies.

Hopefully you'll like our new design, the content made more up to date and relevant and stimulating. Of course, there will be a few glitches – please tell us as we've clearly then missed them!! Any feedback, good or bad, plus ideas on any content that you would like adding are more than welcomed.

Our **ASPC Annual Conference 2024** planning is well underway and we're hoping you'll love this year's event.

On top of all the usual excellent networking, camaraderie, comradeship and learning about new opportunities, this year's conference promises debates, quizzes, prizes and a magic show!!

We look forward to seeing old and new members, with new special rates for any clinically retired surgeons on May 10/11th at Sedgebrook Hall, on the outskirts of Northampton.

Details are in this newsletter how to book your tickets.

And book them fast as there is limited accommodation at the venue, so book early to guarantee a hotel room on site.

Sedgebrook Hall is a new venue for us, but boasts some lovely grounds, nice spacy bedrooms and conference rooms, 4 electric car chargers, though on the downside they don't serve cocktails!!


Its close by Althorp House, and next door to Lamport Steam railway station

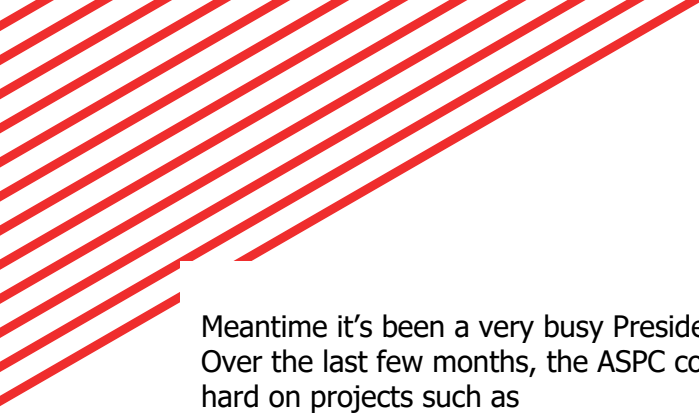
But before the ASPC conference we have our **2nd Dermatology Surgery and Dermoscopy Study Day** January 24th at Woodland Grange, Leamington Spa

This year we're expanding way beyond just Dermatoscopy, covering the wide breath of skin surgery, including some aesthetics.

You'll need to be quick if you've not yet booked as there's only a handful tickets left...

Booking details later in the newsletter





Meantime it's been a very busy Presidency so far for me, keeping a multitude of plates spinning. Over the last few months, the ASPC council, myself, and our fabulous admin team have working hard on projects such as

- ASPC Council Constitution
- Members concerns over contracts, appraisals, accreditation, and training.
- Standardised vasectomy Contracts
- NHS procurement pathway dossier
- GP Primary Care Surgery Fellowship scheme
- Setting up the first GP VTS study day for surgery in the community
- Stepping down from SurveyMonkey and working on other choices.
- New CTS questionnaires for 2024
- New Skin Surgery Questionnaires for 2024
- Updated ASPC questionnaires for 2024
- The decommissioning of Northern Ireland services
- ASPC Carpel Tunnel Audit results paper close to submission
- ASPC Vasectomy complications results paper submitted.
- The addition of POCUS into an arm of the ASPC
- The addition of Non-Surgical Aesthetics into the ASPC
- Closer ties with the WVD movement
- 8th annual Vasectomy Study Day in early November.
- Work on the FSRH Vasectomy Standards

We also, at long last, have an automatic direct debit for collection for your ASPC membership - which will now last a consecutive 12 months.

For the last few years our administration costs have exceeded our incoming membership fees, so for the first time since the ASPC was founded (roughly 16 years ago) the Council have decided to increase the membership fee to £120.

Remember you can claim your tax relief on your ASPC membership in your annual tax return! Not only that but we now have a New Clinic Website membership for any administrators or Nurses/HCA's who work in your team, for just £20 a year, allowing these members of your practice to access our ASPC members only area, with all the goodies you'll find in there.

Finally, it is a real feather to our bow that the forthcoming FSRH Vasectomy Standards will recommend that all vasectomy surgeons throughout the UK should utilise the ASPC Vasectomy questionnaires.

Allied with future published papers regarding all the data the ASPC has collected over the years, this commendation from the FSRH can only increase the visibility and credence of the ASPC in the Surgical community.

Lots of work done, but with even more to do, so don't be surprised if I reach out to you to give me a hand!

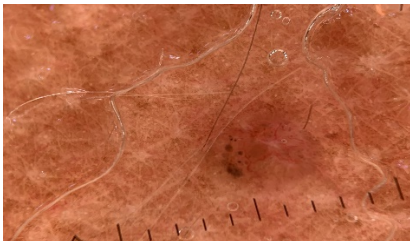
All of us at the ASPC look forward to seeing you in 2024 at the Dermatology Surgery and Dermoscopy Study Day in January or at the ASPC Conference in May

Best wishes for the festive season, and I hope you all get some quality time off!!

Gareth



Miguel Arbide – Vice President and Dermatology Lead



We have organised a Dermatological Surgery and Dermoscopy Study Day for a unique and enriching learning experience for our delegates. This event offers a valuable opportunity to gain insights into the field of community Dermoscopy, rashes, when to biopsy and Dermoscopy of skin of colour. We have surgical videos on skin techniques and hands on workshops.

Our enthusiastic and experienced speakers will provide attendees with in-depth knowledge and practical skills that are essential for delivering top-notch patient care. Whether you are a seasoned practitioner or a budding dermatologist, this study day offers a platform for networking, learning, and staying at the forefront of cutting-edge technologies and treatments. Join us at this informative event to enhance your expertise, exchange ideas with peers, and elevate your knowledge to new heights.

The event is being held at the stunning Woodland Grange Hotel, Leamington Spa, Warwickshire, CV32 6RN.

Woodland Grange is an award-winning residential conference venue & hotel, set in 16 acres of beautiful gardens in the heart of the Midlands.

Motorways M40, M42, M6 and M69 and all withing 20-minute drive and the venue offers free, onsite parking.

If you're coming by train, Leamington Spa and Warwick are the closest stations to the venue. Coventry station is just a 15-minute taxi ride away.

[Woodland Grange Leamington Spa | Residential & Conference Venue Hire \(makevenues.co.uk\)](https://www.makevenues.co.uk/venues/woodland-grange-leamington-spa-residential-conference-venue-hire)

Tickets are already selling fast, so reserve your place for this great value event, please use this link

<https://www.eventbrite.co.uk/e/dermatological-surgery-dermoscopy-study-day-tickets-712850223207>

Look forward to seeing you there!

Miguel Arbide

2024 Annual Conference

We have a variety of tickets options that are now live and available to book at <https://www.eventbrite.co.uk/e/aspc-2024-conference-tickets-756109593147>

Both Days Including Dinner	£350.00
Friday Only	£200.00
Practice Manager/ Nurse Friday Only	£70.00
Practice Manager/ Nurse Both Days including Dinner	£120.00
Practice Manager/ Nurse Both Days No Dinner	£90.00
Saturday Only	£200.00
Both Days - No Gala Dinner	£320.00
Extra Gala Dinner Ticket	£40.00
Friday only with Gala Dinner	£230.00
Training Grade (GP) VTS & AIT's Friday Only	£120.00
Training Grade (GP) VTS & AIT's Saturday Only	£120.00
Training Grade (GP) VTS & AIT's Both Days No Meal	£120.00
Practice Manager/ Nurse Saturday Only	£60.00

ASPC 2024 Annual Conference

- **Workshops & Seminars including**

- Vasectomy
- Dermatology
- Plastics
- Hand Anatomy
- Circumcision
- Aesthetics
- Varicose Veins
- POCUS - Ultrasound
- CQC

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

- Guest Speakers include – Anton Potgieter, Ahmed Ali Khan, Ruhul Amin, Michel Labrecque, Manni Hussain

- Variety of ticket options available to purchase via [Eventbrite](https://www.eventbrite.co.uk) or contact admin@aspeuk.net

ASPC
ASSOCIATION OF SURGEONS IN PRIMARY CARE

Date:

Friday 10th & Saturday 11th May
2024

Saturday 10th 8.00am start for registration & coffee-17.00 Finish
Sunday 11th 9am start – 15.30 Finish

Venue:

Sedgebrook Hall Hotel
Pitsford Road, Chapel Brampton
Northamptonshire, NN6 8BD

email: admin@aspc-uk.net

NEW ASPC BLOG – Prasun Kumar



The new ASPC website, which is coming soon, will have its own blog.

The first blog post will explain the history of ASPC from the beginning of this Millenium. Subsequent posts will be updated regularly and will feature interesting information relevant to its members.

It's important for you, our members, to engage, so please get in touch with any

- Informative articles or interviews that you have recently read that could be of educational interest to other members.
- Analysis or perspective on any recent news / trends or medical developments.
- Upcoming events, workshops, webinars, or conferences you feel could be relevant to our members.
- Books, podcasts, webinars, that you would recommend to other members.
- Fund raising you have taken part in.
- Interesting tales of being a surgeon!

Watch this space....

Kind regards
Prasun Kumar



Yen Lam – Hand Lead

The Benefits of Hand Physiotherapy After Carpal Tunnel Decompression Surgery

Carpal tunnel decompression has emerged as one of the primary treatment modalities for carpal tunnel syndrome. However, the journey towards complete recovery doesn't end with surgery alone; physiotherapy plays a crucial role in optimizing post-surgical rehabilitation.

Introduction

Hand physiotherapy aims to restore normal function and strength and improve overall hand-arm coordination. The physiotherapy involves a systematic rehabilitation programme tailored to individual needs. Therapy typically includes exercises to improve grip strength, wrist mobility, fine motor skills and sensory re-education. Additionally, manual techniques – such as soft-tissue mobilization and scar management – are employed to optimize healing.

Enhancing Surgical Outcomes

Hand physiotherapy accelerates the healing process and reduces post-operative swelling and pain. In promoting circulation and lymphatic drainage, it alleviates inflammation, allowing for faster recovery. Moreover, exercises targeting wrist and hand movement help prevent post-operative stiffness and promote an early return to function.

Improving Patient Quality of Life


Restoring grip strength, dexterity and fine motor skills allows the patient to regain their ability to perform daily tasks effectively and without discomfort. In facilitating a return to work, active family life and other activities, physiotherapy significantly improves the quality of life for individuals recovering from carpal tunnel syndrome. Additionally, through education on correct posture and ergonomics, the physiotherapist can help the patient prevent future recurrences or the development of other overuse injuries.

Preventing Complications

Another significant advantage of hand physiotherapy following carpal tunnel decompression is its ability to prevent complications. The manual techniques mentioned earlier – such as scar management and soft tissue mobilization – help mitigate the formation of adhesions and minimize scar tissue, optimizing the healing of incisions.

Conclusion

Hand physiotherapy is a vital component of managing patients undergoing carpal tunnel decompression. By enhancing surgical outcomes, restoring function, strength and preventing complications, physiotherapy plays a fundamental role in the rehabilitation process. Surgeons in primary care should actively promote and advocate for hand physiotherapy as an integral part of the treatment plan for patients with carpal tunnel syndrome, ensuring the best possible outcomes and improved long-term prognosis.



Other ASPC Updates

Primary Care-Based Carpal Tunnel Release: A Cost-Effective and Patient-Centred Approach for Optimizing Healthcare Resources

Professor Fahad Rivzi and Gareth James, alongside George McConnell at the Medical Technologies Innovation Facility (MTIF) based in the campus at Nottingham Trent University are in the process of writing their second draft of the paper we hope to publish in 2024 will be a summation of all the ASPC audit data, collected by you, regarding Carpal Tunnel Decompression.

This study will focus on evaluating the efficacy and patient experience of over 11,500 CTD procedures conducted by ASPC members in primary community healthcare settings, offering insights into primary care based CTD as an alternative to secondary care.

Watch this space!

New Carpal Tunnel Decompression questionnaires for 2024

There are no changes in the questionnaires for 2024, as we want to publish the paper above before we make changes.

The 2024 questionnaires, along with the corrected excel sheet that will automatically fill out your ASPC Annual return for you, are both available in line in our new website ASPC members only pages.

New Skin Surgery Questionnaires for 2024

In the new website ASPC members only pages you'll also find the new Skin Surgery Questionnaires for 2024, along with the excel sheet that will automatically fill out your ASPC Annual return for you.

We will be reviewing this audit during 2024

WhatsApp Groups

Keep the conversation going. Engage with the ASPC WhatsApp groups.

Join us by using the following links

Members Group <https://chat.whatsapp.com/EIjiQgcQA8A7IpkYgSYANn>

Vasectomy Group <https://chat.whatsapp.com/Hn1HSrpp2xA5HeKhIMOSXe>

Skin Group <https://chat.whatsapp.com/KWj6BtO6AkTKhsaQ70kQiF>

Hand Group <https://chat.whatsapp.com/IANbyWQdXFG2JD8rdDb0dh>

Vasectomy Study Day 11th November 2023

A decade on from the first Vasectomy study day in 2013 held in Watford, the 8th Vasectomy Study Day took place in Coventry with 59 delegates, with over a third being non-ASPC members. Having chewed the cud on consent, cautery and chronic pain over countless years, we turned our collective attention to the new FRSH standards, counselling, training, safeguarding, time frames in relation to retention of records and medical negligent claims, peer review templates, and the true cost of other contraceptive methods, whilst revising the deceptively warm comfort of interpreting post-vasectomy semen results including Special Clearance.

The inclusion of Sophie Nicholls, Mel Atkinson and Martin Kittel to the old guard of Gareth, Tony and myself brought freshness, humour insight and wisdom to the proceedings.

There was also the implicit wisdom of Monty Python, Father Ted and Mr Lancelot Spratt to set the mood before each topic; tempered with the pathos of Dylan Thomas urging us not to go gentle into that good night with the closure of NHS vasectomy services. The Welsh get so emotional!

Feedback from the event was overwhelmingly positive despite the questionable quality of hotel event catering and the absence of any reference to scrotums in the musical interlude.

We left informed, energised, and enthused.

As the Boris Button was heard to exclaim on the day "Lets' get going now"!

Anyone up for one more next year?

(Rumours that the inclusion of David Cameron in the introductory slides was based on leaked information from No 10 are probably untrue)

Soon Lim

Final Word....

There is only one thing in life worse than being talked about, and that is not being talked about

- Soon Lim "feat. O Wilde"