



# GSF in Primary Care

**GSF Quality Improvement Training Programmes, building on basic GSF Bronze level for QOF to move to next stage thinking with Silver and Gold GSF training plus Accreditation**

## Next Stage GSF for 21st Century Care

The Gold Standards Framework (GSF) for Primary Care is a well used evidence based systematic approach to improving the quality and organisation of care for all people nearing the end of life.

Although over 95% of UK GP practices adopt the basic principles of GSF to meet their QOF targets (Bronze/Foundation Level GSF), evidence suggests that still too few patients are being identified early, offered advance care planning discussions and supported to live and die where they choose. This leads to excessive hospital admissions and deaths, preventable crises and poor cost-efficiencies in an area.

With the ageing population leading to heavy workloads for GPs, GSF can help streamline proactive care for patients in the last years of life with any condition



in any setting. With about a third of NHS spending incurred by patients in the final year of life, this also contributes to the Five Year Forward View's aspiration of population-based plans and efficiency. This is an important time to invest in this important work leading to better integrated cross-boundary care for patients.

GSF's long history of practical on-the-ground experience, teaching and enabling across all settings and providers is well regarded nationally and internationally. Enhancing the use of GSF in Primary Care is the first step to delivering quality end of life care within your local community.

There are three ways you can do this:-

- GSF Gold Programme** – distance learning for the whole primary care team in practice-based sessions, leading to practice Accreditation, and the Quality Hallmark Award, endorsed by RCGP.
- GSF Silver Programme** – for individual practices – distance learning programme OR for groups of GPs in a CCG/area we run 2 half-day interactive workshops tailored to your needs.
- GMC and Other options** – GSF GMC workshops – tailored events for GPs and primary care teams to ensure best implementation of GMC Guidance, GPs working well with care homes or other workshops tailored to need.

### GSF has three simple steps .....

- Identify** – the right patients in the last year of life – *proactive care*
- Assess** – needs with Advance Care Planning discussions – *person-centred*
- Plan** – care in line with preferences, reducing hospitalisation, enabling more to live and die at home – *systematic*.



### Options for GSF Training

	Groups of Practices/ CCGs with locally delivered workshops	Individual Practices doing in-house distance learning
<b>1. Gold</b>	Launch and follow up sessions with on-going support	Gold for Gold practice-based programme
<b>2. Silver</b>	Two Workshops, about 6 months apart with resources and evaluations	NEW Distance learning Silver programme with resources and evaluations
<b>3. GMC/ Other</b>	GSF GMC Events or others as required	Further information available

### Examples of achievements

*Practices doing Going for Gold showed ...*

- Trebling of numbers of register patients
- Trebling of non-cancer register patients
- Quadrupling numbers with recorded ACP, DNAR.
- Increasing numbers dying in usual place of residence
- Many halving hospital death rates
- Tenfold increased carer's assessment and bereavement protocols

*"We have reduced by 50% of our hospital admissions for this patient group, and with the help of GSF are providing better, cheaper care for our patients and their carers"*

Helena Rolfe GP  
Yorkshire GSF Accredited practice

*"The College is pleased to support GSF, as a major component of the RCGP End of Life Care Strategy. End of life care is part of the core business of general practice, and GSF provides a standard against which we can measure our practice and a means to further improve it". Prof Nigel Mathers, RCGP*

## 1. GOLD

### The GSF 'Going for Gold' Primary Care practice-based Training Programme

- Six sessions run at team meetings in your own practice with GPs, nurses, practice managers etc.
- The 30 minute filmed sessions give real examples from other GPs and practices in how they can improve further, held during the six one-hour sessions over 6-9 months.
- Resources, workbook, Good Practice Guide includes everything you need to implement Gold GSF
- Evaluations demonstrate real change at a practical level. ADA Audits useful for revalidation.



Layer Road Surgery, Essex

*"GSF has been transformational for us as a practice and for our patients."*

Dr Au GP, GSF Accredited practice

ACCREDITATION Practices completing the Going for Gold training programme that have embedded Gold GSF in practice can apply for accreditation and receive the GSF Quality Hallmark Award supported by RCGP.



## 2. SILVER

### The GSF 'Silver' Primary Care Programme for groups of GPs or individual practices

- Individual practice distance learning programme
- Two half-day workshops, ideally in local PLE events to include nurses and practice managers, about six months apart
- Focus on:
  1. Improves Identification
  2. Advance Care Planning and
  3. Improved cross boundary collaboration with care home and decrease hospitalisation
- Adapted to suit local needs and local provision of services
- Includes evaluations showing continued progress and additional resources
- Develops area-wide cultural change as teams move forward together



*"The GSF Silver programme was a great catalyst for change in our area, helping all of our GPs move forward together in end of life care and build real improvements together that will lead to lasting change."*

GP EOLC Lead after GSF Silver Workshops

## 3. OTHERS, eg GMC GSF Workshops

### GMC GSF Workshops in End of Life Care



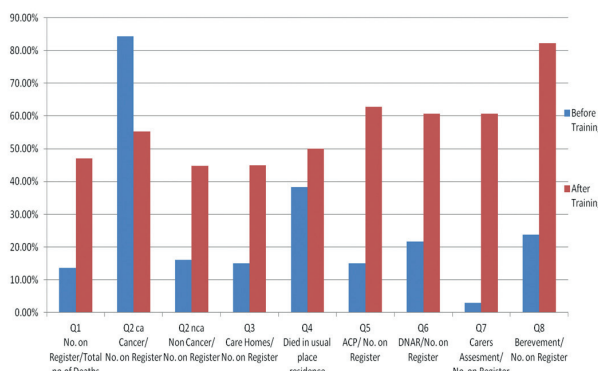
One-off workshops, mainly for doctors, tailored to the needs of individual areas, with larger groups for whole-system cross-boundary quality improvement in end of life care. Other workshops include 'Better Together' events with care homes.

General Medical Council

*"This has been one of the best courses I've been on – really useful broad update, informative and encouraging."*

GP from GSF GMC End of Life Care Workshop – June 2016  
97% rated it good or outstanding and would recommend it to a colleague

### Summary of Outcome Measures of GSF Accredited Practices



### The Royal College of GPs endorses the GSF Quality Hallmark Award



Dr Neil Hunt presenting awards to GSF Accredited practices at the National GSF Conference, 28th November 12, London