

#BackGP

RCGP Wales Manifesto Calls

GPs and their teams are at the frontline of the health service providing invaluable care for patients and playing a crucial role in alleviating pressures in other parts of the health service in Wales.

Ahead of the Senedd elections we are calling for all political parties to commit to improving general practice for the benefit of patients, those working within the health service and the entire NHS.



We need proper resourcing and investment in general practice

To ensure that GPs can continue to meet the needs of patients across Wales, at least 11% of the Welsh NHS budget must be spent on frontline general practice. Welsh general practice currently receives 7.85% of the total NHS budget – the lowest proportion of all four nations of the UK.



We need a healthy workforce to provide the highest standard of patient care & secure the future of general practice

A third of GPs in Wales tell us that they feel so stressed they can't cope at least once or twice a week. This is simply unacceptable. In order to deliver the highest standard of patient care our GP workforce needs to be cared for themselves. We would like to see initiatives which support the wellbeing of GPs and their teams introduced across Wales, much like the Practitioner Wellbeing Scheme already in place in England.



We need to improve the ways in which patients can book appointments with their GPs and support

GPs to offer 15-minute appointments as standard

To ensure that patients are able to book an appointment in a way that is convenient to them, new technology in general practice must be fully supported and resourced. Increased funding in general practice will also allow patients to spend longer with their GP, through helping to increase the GP workforce, enabling GPs to offer 15-minute appointments as standard.



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We need to protect our valuable Out of Hours service

Out of Hours general practice plays a crucial role in alleviating pressures on other parts of the health service and delivering care to patients when they need it most. In order to protect this service, the chronic underinvestment in Out of Hours general practice must be reversed.



We need the introduction of a shared electronic patient record by 2022

To empower patients in their own decision making, we must streamline the process of securely transferring patient data within and between primary and secondary care.



We need every GP practice to have access to fit-for-purpose IT and ultrafast broadband

GPs must be able to utilise the latest technology for the benefit of their patients. That is why urgent investment is required in general practice technology to bring it up to the highest possible standard and ensure the infrastructure is in place to make the most of new technology. Currently, ultrafast broadband coverage across Wales is the lowest of all the other nations in the UK – with only a third of the country being provided with 300MBs broadband.



We need general practice to be the career destination of choice for medical school students and foundation year doctors

In order to increase the general practice workforce, all possible efforts must be made to ensure that the profession is viewed as attractive to medical school students. We know that medical students are more likely to pursue a career in general practice if they are exposed to it during their studies. We need medical school students to spend at least 25% of their clinical placements in general practice. The proportion of foundation doctors experiencing placements in general practice needs to rise to 75%. GPs and their practices must be equipped to allow this to happen.



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Pandemic priorities

Electronic prescribing across Wales

RCGP Wales has long called for the introduction of e-prescribing and we note the Welsh Government's intention to roll it out across Wales. The pandemic has demonstrated the problems of not having a system which is the norm in England. E-prescribing would provide a better service to patients, increase safety and reduce the potential for prescriptions to go astray.

Improved anticipatory planning

It is vital that we learn from this pandemic to ensure the best possible anticipatory planning between primary, secondary, pharmacy and social service care to deal with future fluctuations in service demands; including winter pressures as well as future disease outbreaks. The pandemic has highlighted good practice of anticipatory care where clinicians can have discussions with vulnerable patients to determine their wishes should they become unwell. This would help promote patient autonomy and be supportive to care homes.

Protected time for professional and practice development

A consequence of the reduced number of people attending general practice in the early weeks of the pandemic created an unexpected opportunity for professional and practice development. This allowed practice teams to come together and develop new ways of working which benefit patients. In future, such time should be protected for this use.

Expansion of the Choose Well informative campaign

The pandemic once again raised the need for clear advice for patients on which health professional they should see, and at which point. RCGP Wales would like to see the established Choose Well campaign complemented with a programme of work to improve patient literacy of how best to use primary care. This is likely to be especially pertinent for community mental health services to provide signposting to account for the possible psychological effects of the pandemic.

Equity of access to good quality IT for GPs and patients

Our manifesto calls for fit for purpose IT and ultrafast broadband for GP practices. The rapid switch to telephone and video consultations also makes this a key issue for our patients. There is a risk that patients without sufficient access to IT or digital literacy skills could be disadvantaged.

Protection for workers in all care environments

A focus on health, safety and wellbeing for all who work in general practice settings. Workplaces should be suitable for purpose. There should be an Occupational Health service readily available, with supportive counselling.



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#CefnogiMeddygonTeulu

Galwadau Maniffesto RCGP Cymru

Mae meddygon teulu a'u timau ar reng flaen y gwasanaeth iechyd yn darparu gofal amhrisiadwy i gleifion ac yn chwarae rhan hanfodol wrth liniaru pwysau mewn rhannau eraill o'r gwasanaeth iechyd yng Nghymru.

Cyn etholiadau Senedd 2021 rydym yn galw ar bob plaid wleidyddol i ymrwymo i wella practis cyffredinol er budd cleifion, y rhai sy'n gweithio yn y gwasanaeth iechyd a'r GIG cyfan.



Mae angen adnoddau a buddsoddiad priodol mewn practis cyffredinol

Er mwyn sicrhau y gall meddygon teulu barhau i ddiwallu anghenion cleifion ledled Cymru, rhaid gwario o leiaf 11% o gyllideb GIG Cymru ar bractis cyffredinol rheng flaen. Ar hyn o bryd mae practis cyffredinol Cymru yn derbyn 7.85% o gyfanswm cyllideb y GIG - y gyfran isaf o bedair gwlad y DU.



Mae angen gweithlu iach i ddarparu'r safon uchaf o ofal i gleifion a sicrhau dyfodol practis cyffredinol

Mae traean o feddygon teulu yng Nghymru yn dweud wrthym eu bod yn teimlo cymaint o straen fel na allant ymdopi o leiaf unwaith neu ddwywaith yr wythnos. Mae hyn yn annerbyniol. Er mwyn darparu gofal cleifion o'r safon uchaf, mae angen gofalu am ein gweithlu meddygon teulu eu hunain. Hoffem weld mentrau sy'n cefnogi lles meddygon teulu a'u timau yn cael eu cyflwyno ledled Cymru, yn debyg iawn i'r Cynllun Lles Ymarferwyr sydd eisoes ar waith yn Lloegr.



Mae angen i ni wella'r ffyrdd y gall cleifion drefnu apwyntiadau gyda'u meddygon teulu a chefnogi meddygon teulu i gynnig apwyntiadau 15 munud

Er mwyn sicrhau bod cleifion yn gallu trefnu apwyntiad mewn ffordd sy'n gyfleus iddyn nhw, mae'n rhaid cefnogi technoleg newydd mewn practis cyffredinol a'u cefnogi'n llawn. Bydd mwy o wariant mewn practis cyffredinol hefyd yn caniatáu i gleifion dreulio mwy o amser gyda'u meddyg teulu, trwy helpu i gynyddu'r gweithlu o feddygon teulu, gan alluogi meddygon teulu i gynnig apwyntiadau 15 munud.



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Mae angen i ni amddiffyn ein gwasanaeth y Tu Allan i Oriau sydd mor werthfawr

Mae practis cyffredinol y tu allan i oriau yn chwarae rhan hanfodol wrth liniaru pwysau ar rannau eraill o'r gwasanaeth iechyd a darparu gofal i gleifion pan fydd ei hangen arnynt fwyaf. Er mwyn amddiffyn y gwasanaeth hwn, rhaid gwrthdroi'r tanfuddsoddi cronig mewn ymarfer cyffredinol y Tu Allan i Oriau.



Mae angen cyflwyno cofnod electronig ar gyfer cleifion erbyn 2022

Er mwyn grymuso cleifion wrth iddynt wneud penderfyniadau eu hunain, rhaid inni symleiddio'r broses o drosglwyddo data cleifion yn ddiogel o fewn a rhwng gofal sylfaenol ac eilaidd.



Mae angen i bob meddyg teulu gael mynediad at TG addas a band eang cyflym iawn

Mae'n rhaid i feddygon teulu allu defnyddio'r dechnoleg ddiweddaraf er budd eu cleifion. Dyna pam mae angen buddsoddiad ar frys mewn technoleg practis cyffredinol er mwyn ei godi i'r safon uchaf bosibl a sicrhau bod y seilwaith yno i wneud y gorau o dechnoleg newydd. Ar hyn o bryd, darllediad band eang cyflym iawn yng Nghymru yw'r isaf o'r holl genhedloedd eraill yn y DU, gyda dim ond traean o'r wlad sydd â mynediad i fand eang 300MB.



Mae angen i bractis cyffredinol fod yn gyrchfan gyrfa o ddewis i fyfyrwyr ysgol feddygol a meddygon blwyddyn sylfaen

Er mwyn cynyddu gweithlu practis cyffredinol, rhaid gwneud pob ymdrech bosibl i sicrhau bod y proffesiwn yn cael ei ystyried yn ddeniadol i fyfyrwyr ysgol feddygol. Gwyddom fod myfyrwyr meddygol yn fwy tebygol o ddilyn gyrfa mewn meddygaeth teulu os ydynt wedi ei brofi yn ystod eu hastudiaethau. Mae angen i fyfyrwyr ysgol feddygol treulio o leiaf 25% o'u lleoliadau clinigol mewn practis cyffredinol. Mae angen i gyfran y meddygon sylfaen sy'n profi lleoliadau mewn practis cyffredinol godi i 75%. Rhaid i feddygon teulu a'u practis gael eu cyfarparu i ganiatáu i hyn ddigwydd.



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Blaenoriaethau pandemig

Presgripsiynau electronig ledled Cymru

Mae Coleg Brenhinol Meddygon Teulu Cymru wedi galw ers tro am gyflwyno e-bresgripsiynau, ac rydym yn nodi bwriad Llywodraeth Cymru i'w gyflwyno ledled Cymru. Mae'r pandemig wedi dangos problemau peidio â chael system sy'n rhan o'r drefn arferol yn Lloegr. Byddai e-bresgripsiynau yn darparu gwell gwasanaeth i gleifion, yn cynyddu diogelwch ac yn lleihau'r potensial i bresgripsiynau fynd ar goll.

Gwella cynllunio rhagweledol

Mae'n hanfodol ein bod yn dysgu gwersi yn sgil y pandemig hwn i sicrhau'r cynllunio rhagweledol gorau posibl rhwng gofal sylfaenol, eilaidd, fferylliaeth a gwasanaethau cymdeithasol i ddelio ag amrywiadau yn y galw yn y gwasanaeth yn y dyfodol; gan gynnwys pwysau dros y gaeaf yn ogystal ag achosion o glefydau yn y dyfodol. Mae'r pandemig wedi amlygu arfer da o ran gofal rhagweledol lle gall clinigwyr gynnal trafodaethau â chleifion agored i niwed i bennu eu dymuniadau pe baent yn mynd yn sâl. Byddai hyn yn helpu i hyrwyddo ymreolaeth cleifion a bod yn gefnogol i gartrefi gofal.

Amser gwarchoddedig ar gyfer datblygiad proffesiynol ac ymarfer

O ganlyniad i'r nifer is o bobl a oedd yn mynd i feddygfeydd teulu yn ystod wythnosau cynnar y pandemig, crewyd cyfle annisgwyl o ran datblygiad proffesiynol ac ymarfer. Roedd hyn yn galluogi timau practisau i ddod at ei gilydd a datblygu ffyrdd newydd o weithio sydd o fudd i gleifion. Yn y dyfodol, dylid amddiffyn amser o'r fath at y defnydd hwn.

Ehangu'r ymgyrch addysgiadol Dewis Doeth

Unwaith eto, cododd y pandemig yr angen am gyngor clir i gleifion pa weithiwr iechyd proffesiynol y dylent ei weld, ac ar ba adeg. Hoffai Coleg Brenhinol Meddygon Teulu Cymru weld yr ymgyrch sefydledig Dewis Doeth yn cael ei hategu â rhaglen waith i wella llythrennedd cleifion ynghylch y ffordd orau o ddefnyddio gofal sylfaenol. Mae hyn yn debygol o fod yn arbennig o berthnasol i wasanaethau iechyd meddwl cymunedol i roi cyfarwyddyd er mwyn ystyried effeithiau seicolegol posibl y pandemig.

Mynediad teg at TG o ansawdd da i feddygon teulu a chleifion

Mae ein maniffesto yn galw am TG addas at y diben a band eang cyflym iawn ar gyfer meddygfeydd teulu. Mae'r newid cyflym i ymgynghoriadau dros y ffôn a fideo hefyd yn gwneud hwn yn fater allweddol i'n cleifion. Mae risg y gallai cleifion heb fynediad digonol at sgiliau TG neu llythrennedd digidol fod dan anfantais.

Amddiffyn gweithwyr ym mhob amgylchedd gofal

Canolbwyntio ar iechyd, diogelwch a llesiant i bawb sy'n gweithio mewn lleoliadau meddygaeth teulu. Dylai gweithleoedd fod yn addas at y diben. Dylai gwasanaeth lechyd Galwedigaethol fod ar gael yn rhwydd, gyda chwrsela cefnogol.



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