

Dr Ahmed Mayet

Clinical Lead

What attracted you to the clinical lead?

I'm someone very much into change to make things better. As a GP I would see first-hand, day to day, the problems patients were having accessing care and I knew that by being part of system I could actually do something and change things. Being in a primary care setting and patient-facing, you are able to see the problems and you have a good idea what would work and what wouldn't. I've been a clinical lead since the 'birth' of the CCG. I've now been part of helping to save over £10 million and been part of some really innovative projects which have helped improve the quality of patient care.

What projects have you been working on?

The Deep Vein Thrombosis (DVT) pathway has been one of things I've been working on this year. It was the first major clinical pathway the CCG was involved in. It involved patients having tests closer to home which meant no admissions to hospital – and savings. It was big learning experience for the CCG and an exemplar piece of work.

I've also been part of the back pain pathway which was a really innovative project and the country's first. It was part of the Long Term Conditions (LTC) project and was around improving the quality of back pain care for patients. The idea of the pathway was to see a pharmacist first when suffering with back pain rather than a GP. Primary Care is not coping well and with back pain being the top minor illness in this country, it one that needed tackling. The pathway was piloted in Witham and it is hoped once rolled out it could reduce GP appointments by up to 40%.

I've also been working on the enhanced pre-operative list which is still in its early stages, but has seen us working closely with the anaesthetics department at MEHT to try and reduce a lot of the delays currently experienced. The pathway is completed and ready and we just in the throes of putting a business case forward.

What challenges do you face in the role?

It's challenging working in an environment where savings need to be made year on year.

What would you recommend to another GP?

It's an opportunity to do something about the challenges and problems you see in your practice. If you're someone who likes to change things and make things better, a clinical lead role would be well suited to you. I've really had an opportunity to use my creative side and develop my change management skills which in turn has helped my own practice. You'll also become more proactive and aware of changes that are taking place in healthcare.

What has been your one highlight this year?

Seeing the back pain pathway being implemented was a real highlight of mine this year, not only because of the results it will deliver but also because of the collaborative working that has taken place. By working so closely with our pharmacy colleagues it has really improved our relationship, which can sometimes be fractious. What's more, working so closely together and improving that relationship has improved things for the future too which is really exciting.