



Weekly Inbox

15 OCTOBER 2018 Issue 293

YOUR WEEKLY INBOX

The Weekly Inbox is produced by the Ipswich and East Suffolk Clinical Commissioning Group for circulation in your practice, to provide you with essential clinical guidance and useful support.

The key below indicates the intended audience of each article:

GP: GPs

PM: Practice Manager

Ad: Administrative staff (including medical secretaries, receptionists)

PN: Nurses (including HCAs, Practice Nurses, ANPs)

OC: Other clinicians (including ECP, Pharmacists)

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FOR ACTION

OC GP PM Ad PN

1 Fraud Alert! – Increase in “Phishing” Emails

There has been an increase in “Phishing” emails across the public sector including the NHS. Please [click here](#) for further details and action required.

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GP

2 Red Whale Cancer Update – Feedback

We were pleased to see so many of you at Trinity Park last Wednesday, which we hope you found useful. We are sorry so some of you missed out on the delegate pack so we are trying to obtain further copies.

We know some of you will have completed the paper feedback form for Red Whale on the day, but for those who were unable to do that - or if you have more to say - please take a couple of minutes to complete the [Clinical Training and Education Evaluation Form](#). Once we have received your feedback, we can issue you with a certificate of attendance if you request one. Many thanks for your time.

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PN

3 Practice Nurse Forum - Feedback

Thank you to those of you who attended the recent Ipswich and East Practice Nurse Forum Meeting. It is essential that we receive your feedback on the events, please complete the [online evaluation document](#). In addition there is also a [personal reflective document](#), which reflects the requirements for your NMC revalidation. Thank you for your time.

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FOR INFORMATION

OC GP PM Ad PN

4 Special Educational Needs & Disability (SEND) and Learning Disabilities (LD)

You will be receiving packs for your surgeries to promote LD annual health checks. Please do email [Tabitha Griffin](#) Designated Clinical Officer for SEND if you have further questions.

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OC GP

PN

5 International Dysphagia Diet Standardisation Initiative (IDDSI) and Nutilis Clear

ESNEFT have started training ward staff on the IDDSI and switching the thickener for dysphagia from Fresenius Kabi's Thick & Easy Clear to Nutricia's Nutilis Clear; it has been agreed by the CCG that Nutilis Clear will also be the first line thickener in primary care. Having one preferred 100% gum-based thickener will ensure continuity on discharge and will be safer particularly in the care home setting where different thickeners may have been in use for residents. Further information for primary care staff can be found [HERE](#).

If you have any queries regarding IDDSI or Nutilis Clear please do not hesitate to contact [Susan Clarke](#).

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OC GP PM Ad PN

6 Atrial Fibrillation

As part of the CCG's continued work on detecting and optimising patients with Atrial Fibrillation, we have secured a number of Alivercor AF devices from the Eastern Academic Health Science Network (EAHSN). The purpose of these devices is to facilitate more opportune and timelier detection of AF in the community. Five devices are now being used by the Community Matrons to take out on their visits to help identify those patients that have undiagnosed AF. If a patient is identified as having possible AF the Community Matron will send the details securely through to the patient's registered GP practice using the generic email address to alert the practice to this finding.

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7 Publication of the gender specifications and consultation report

NHS England recently published new [service specifications for specialised gender dysphoria services](#). Alongside the specifications is a [consultation report](#) that explains how the submissions to the public consultation held in 2017 influenced the development of the specifications. NHS England would like to thank everyone who took part in the public consultation. Procurement expected to start in 2018/19 and delivery in 2019/20.

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8 CQC State of Care Report 2017/18 published

The CQC published their State of Care report last week. It is their annual assessment of health and social care in England. The report looks at the trends, shares examples of good and outstanding care, and highlights where care needs to improve. Read it [here](#).

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9 Local Vacancies

Please click the above link to see the current local GP and practice staff vacancies. New jobs have been added this week.

If you have a vacancy to advertise here and on our website, please contact [Stuart Graham](#).

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COMMISSIONING UPDATES

Find out the latest commissioning news from the CCG. We welcome your comments and feedback on any items in this section – [contact us](#)

10 Neurological Rehabilitation beds

Over the last few months, the CCG has been working with Sue Ryder at The Chantry in Ipswich who have developed three new purpose built bedrooms, which have opened this month for patients who require a level 2 specialist neurological rehabilitation bed. Currently patients who require this level of neuro rehab are placed out of county. The CCG will continue to work with Sue Ryder to review how this is going and Sue Ryder are looking to build further bedrooms in the future.

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11 CCG latest newsletters published

Our latest public newsletter has just been published. Highlights include:

- Who should have a flu vaccination and why
- Launch of suicide prevention app
- Give your views on special educational needs and disabilities services
- Learn more about social prescribing
- Grove Medical Centre in Felixstowe is hosting an information session on social care and the Connect Suffolk project
- Suffolk Refugee Support - Christmas cards now on sale

Read it [HERE](#) and do please read and share with family, friends and colleagues.

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EDUCATION & TRAINING

PN

12 Practice Nurse Forum

The next Practice Nurse Forum will be on 15 November and will include wound care and dressings training and an NMC update. To let us know you are coming, please contact [Shelley Mitchell](#). Look out for more information in the practice nurse newsletter and online.

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13 GP Education Event – 15 November

At November's education afternoon at Trinity Park we plan to discuss Integrated Neighbourhood Teams and our clinical lecture will focus on Urology. More details to follow.

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14 PACT (Primary Care And Community Care Training Hub)

Ipswich & East and West Suffolk CCGs are working together with representatives from primary and community care services and training providers to address workforce and workload challenges to ensure that we have the right number of health and care professionals with the right skills to meet the evolving needs of local people.

Please follow the link to [PACT Training Hub Newsletter Issue 53](#).

If you would like to sign-up to the newsletter or have any training queries or suggestions, please email PACT@suffolkch.nhs.uk.

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DID YOU KNOW?

15 Physical Activity Clinical Advice Pad

Suffolk has been chosen by Public Health England and Sport England as one of just 10 areas nationally to be part of a Physical Activity Clinical Advice Pad Pilot programme. The pilot aims to support doctors, nurses, pharmacists and other health care professionals to enable them to give brief advice on physical activity. The project is engaging health care professionals in a number of Practices, providing them with training to support them to integrate brief advice on physical activity into routine clinical practice.

An independent evaluation of the PACAP pilot is being undertaken to assess the effectiveness of the project. Information will be gathered from health care professionals and patients using surveys and semi-structured interviews.

The benefits of physical activity are well established. 1 in 12 patients would be more active if advised by a GP or nurse, but as many as 72% of GPs do not speak about the benefits of physical activity to patients. It is envisaged that the pilot will forge the way for an IT based physical activity advice pad to make the provision of physical activity advice even easier for clinicians.

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CONTACT

- 16 Your views and feedback are very much appreciated. If you have any comments, suggestions or contributions for inclusion in The Weekly Inbox, [please email us](#).

If you are not currently on the regular distribution list for the Weekly Inbox but would like to be, you can [sign up here](#).

For queries relating to contracts, please email IESCCG.gp-contract-queries@nhs.net with **Contracts** in the subject line.



Safeguarding Children is Everyone's Responsibility: news, guidance and resources can be found on the [CCGs Safeguarding Children webpage](#).

Please follow the link for **Safeguarding Adult** information [CCGs Safeguarding Adult webpage](#) and click [here](#) for local information.

- [Bookmark the CCG website](#)
- [Latest news from the CCG](#)
- [Who's who in the Clinical Executive](#)
- [Useful links to NHS and other websites](#)
- [Ipswich and East Suffolk Falls Directory](#)
- [Referrals, Briefings and Pathways](#)
- [Download Digital Campaign Resources](#)
- [NHS England](#)



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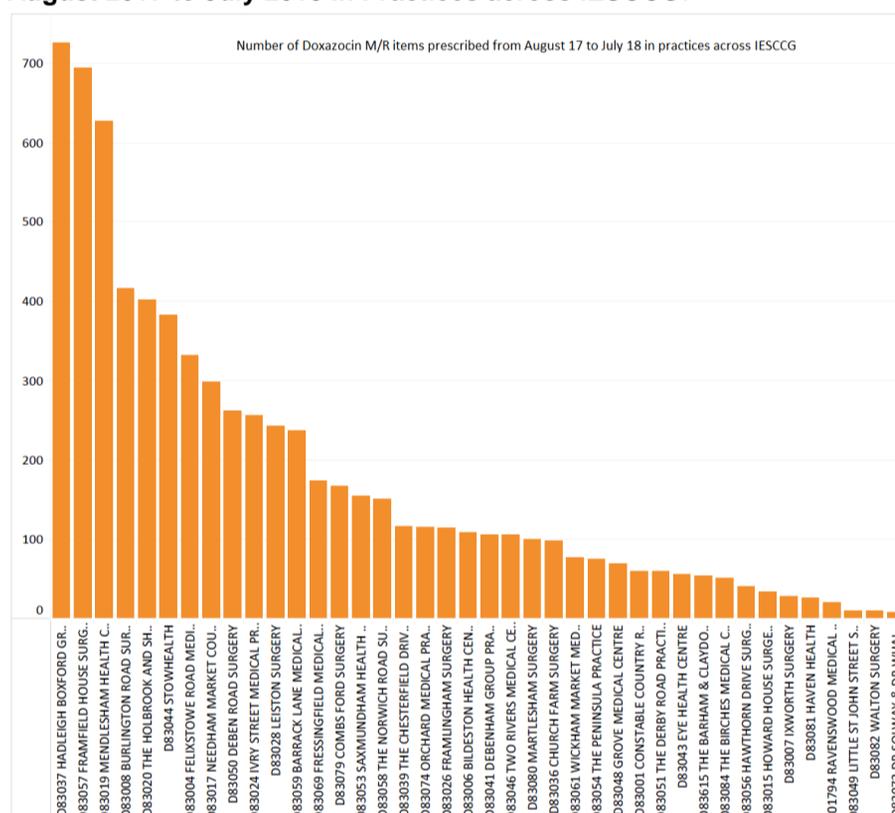
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CHART OF THE WEEK

- 17 We are often asked for more comparative information to enable practices to know where they stand on a variety of indicators in comparison with other practices. Therefore, we publish a chart every week on a variety of topics.

Please [let us know](#) if there are any topics that you would find it useful for us to cover.

This week we are looking at **The number of Doxazocin M/R items prescribed from August 2017 to July 2018 in Practices across IESCCG**.



Doxazocin MR has been classified as a medicine of low clinical value by NHS England and practices are encouraged to switch from the modified release preparation to the immediate release preparation. OptimiseRx will notify prescribers and suggest prescribing the immediate release. Alternatively the Medicines Management Team have a protocol to allow technicians to switch the preparation and can be contacted if practices wish to look further into this.

[Click on chart to enlarge](#)

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