



Weekly Inbox

02 JULY 2018 Issue 278

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)
Oth: Other clinicians (including ECP, Pharmacists)

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FOR ACTION

OC GP PM Ad PN

1 Training & Education Feedback

Thank you for attending the event at Trinity Park last Thursday, which we hope you found useful.

Your feedback is important to us and helps us with planning of future events. Please take a couple of minutes to complete the [Evaluation Form](#). Once we have received your feedback, we can issue you certificate of attendance if requested. Many thanks.

This is also an opportunity to let us know about any other topics you would like to see covered at future sessions. Many thanks for your time.

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Ad

2 Changes to LD Read Codes

A number of Learning Disability read codes have been discontinued following the release of the new 2018/19 LD DES and practices are requested to re-code any patients that may still have these read codes. The template embedded within the Practice Journey states which read codes are affected and offers alternative suggestions. It is essential that the changes to patient's records with these read codes are undertaken and completed in advance of the Quarter 1 extraction. If this is not completed in time practices will not receive payment for any health checks carried out on patients with the wrong read code and these patients will also no longer appear on the Practice LD Register.

Please see the new updated [Practice Journey](#) detailing these changes.

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3 Mental Health Services – Have Your Say!

People living in east and west Suffolk are being urged to have their say about local mental health services as part of a unique engagement opportunity.

The Ipswich & East Suffolk and West Suffolk CCGs want to transform the way mental health provision is delivered across the county. In order to do that, they first need to find out how effective the people who deliver and receive the current services think they are.

Commissioners want to hear from people who currently use or have previously used mental health services, those who care for them and the staff who deliver those services.

All three groups are being asked to input their feedback via three surveys that 'go live' from this morning **Monday 2 July**.

To respond to one of the surveys please use one of the links below:

- People who use, or have previously used mental health services, should respond [HERE](#)
- Carers of people who use, or have previously used mental health services, should respond [HERE](#)
- Professionals who work in mental health services or support people with mental health needs should respond [HERE](#)

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FOR INFORMATION

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4 Wellbeing Service

The Wellbeing Service have been notified of serious incidents (deaths) where the person had indicated to their GP that they would contact the Wellbeing service (self-refer) but had not actually done so. Whilst this may not necessarily have changed the outcome, it would have given the service the opportunity to engage with the person.

When a person presents with complex problems, changes from previous presentation or significant deterioration; if, in these circumstances you think the Wellbeing Service may benefit a patient, rather than relying on the person to self-refer, please, subject to consent, could you make a professional referral.

Professional referrals can be using the professional Referral Form from the [Wellbeing website](#) or the Norfolk and Suffolk NHS Foundation Trust Mental Health Referral Form.

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5 Refer Type 2 Diabetes Patients to DESMOND Courses

Following the ongoing success of our DESMOND courses for patients newly diagnosed with Type 2 Diabetes, the Integrated Diabetes Service are pleased to announce that we are starting to run a version for patients who missed out on DESMOND the first time round. This is known nationally as the DESMOND "Foundation" course.

Please continue to refer your newly diagnosed patients to DESMOND in the usual way but also consider whether some of your patients diagnosed more than a year ago (and did not attend initially) would benefit from a course now.

We are in the process of upgrading the existing referral form specifically to include this course, which will be available in SystmOne/EMIS soon. In the meantime, please use the existing DESMOND form for both patient categories but for now make a note on the form to show they are being referred for the Foundation course.

If you have any queries about either DESMOND course, how to refer or if any of your team would like to observe a course, please contact Louisa Mower on 01473 707619.

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6 Heatwave Plan for England

The [Heatwave Plan](#) for England is part of the Department of Health's support to the NHS, social care and local authorities, providing guidance on how to prepare for and respond to a heat wave. The aim is to reduce summer deaths and illness by raising awareness and triggering action by the NHS, public health, social care and other community and voluntary groups to support those in challenging circumstances, which increase their vulnerability to heat.

Additional resources have been developed, including:

- Advice for health and social care professionals: supporting vulnerable people during a heatwave (booklet)
- Advice for care home managers and staff: supporting vulnerable people before and during a heatwave (booklet)
- Beat the Heat: Staying safe in hot weather (leaflet)
- Beat the Heat: Staying safe in hot weather (poster)
- Beat the Heat: Keep cool at home (checklist)
- Beat the Heat: Keeping care home residents safe and well (checklist).

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7 Vaccine Update

Public Health England sends out a monthly newsletter with Vaccine updates. This month's edition features a range of articles including:

- new leaflets and posters for the children's flu vaccination programme 2018 to 2019
- MMR travel alert for young people
- vaccine supply for the routine and non-routine programme
- Purified Protein Derivative PPD 10TU Immform ordering now closed
- hepatitis A vaccine update
- change to presentation of Subgam (Human Normal Immunoglobulin)
- unused Fluenz Tetra® vaccine flu season
- two Greenbook chapters revised and published.

To subscribe to this newsletter and for further information, please follow this [link](#).

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8 ESNEFT Update

Colchester and Ipswich hospitals' trusts have received the green light for their merger. From Sunday 01 July, the hospitals will be part of the East Suffolk and North Essex NHS Foundation Trust, or ESNEFT.

This is an exciting opportunity. Working together will help us to save, strengthen and grow our services and see our patients at the right time. Our new scale will help keep and attract the great staff we need.



It will take time to realise these and other benefits. For staff and patients it will be business as usual in the early days, but there are some changes all ready for day one. The new senior teams are in place. All key policies and processes standardised. The website and intranet updated and new signs at the front doors.

The focus now is on bringing together our teams, IT and other shared systems over the coming months. We need to develop our values to sit alongside our 'time matters' philosophy, and staff will shape our clinical strategy and help integrate services from hospitals to home.

ESNEFT gives us the opportunity to provide the communities we serve with excellent healthcare.

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9 NHS RightCare Sepsis Scenario

Around 123,000 cases of sepsis are found annually in England, resulting in nearly 37,000 deaths; 10,000 of which could be prevented.

[The NHS RightCare Scenario](#) (following fictional patient Rob) shares how, with early identification and action in the community, the devastating impact of Sepsis can be reduced and outcomes improved for patients.

See this week's [Did You Know?](#) for more information about Sepsis in general practice.

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10 Veterans Friendly GP Practices

CGPs are signing up to become 'veteran friendly' under a new national scheme to improve medical care and treatment for former members of the armed services that has been backed by NHS England and the Royal College of GPs.

Practices can qualify for veteran friendly status by offering extra support for ex-military personnel who may face additional challenges when they return to civilian life.

The scheme, called the Military Veteran Aware Accreditation, has now been adopted by NHS England and the Royal College of GPs as a nationwide initiative so that family doctors can better identify and treat veterans, ensuring they get access to dedicated care where appropriate.

To become accredited, GP practices need to:

- have a lead for veterans' issues within the surgery;
- identify and flag veterans on their computer system;
- undertake dedicated training and attend armed forces healthcare meetings;
- increase understanding of the health needs of veterans amongst both clinical and administrative staff.

[Click here](#) to view a press release about the scheme. Any further information can be requested via england.primarycareops@nhs.net.

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11 LeDeR Programme

People with a Learning Disability die on average 30 years younger than the general population. The LeDeR programme will help to identify how Suffolk health and social care systems can change. Please promote the programme by displaying [this poster](#) in your practices. Thank you.

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12 RCGP Resources

The Royal College of General Practitioners has produced two helpful [leaflets](#) – one for young people encouraging them to seek advice, and one for parents explaining and reassuring parents why GPs may see young people on their own.

The [RCGP Confidentiality Toolkit](#) is still available and is a useful resource for general practice to review and clarify their policy and practice about confidentiality. The toolkit will be updated after the GMC has finished their review of confidentiality and under-18s.

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13 GPFV Update

NHS England have published their regional [GP Forward View bulletin](#), bringing you the latest news on how work to sustain and transform general practice is being delivered in Midlands and East. Included are:

- The latest developments to support and retain the primary care workforce, including the new Local GP Retention Fund, the rollout of international GP recruitment, and wider workforce roles such as clinical pharmacists, GP nurses and mental health therapists, plus why it's important for planning for every practice to provide accurate workforce data
- An update on extended access, including a full list of resources to help CCGs and practices to address inequalities
- Innovative models of general practice like Primary Care Networks; and
- News on digital projects, from free Wi-Fi in practices to the GP Online Consultation Fund, premises investment, CQC report on primary care improvement and lots more.

If you would like to be added to the mailing list to receive future issues, please email midlandsandeast.gpfv@nhs.net.

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14 NHSE GP Retention Fund

NHS England has announced a new £10 million fund to support and [retain GPs](#). Some £7 million will be made available through regional-based schemes to help GPs to stay in the workforce, by promoting new ways of working and by offering additional support through a new Local GP Retention Fund. A further £3 million will also be made available to establish seven intensive support sites across the country in areas that have struggled most to retain GPs. Details on these sites and plans for retention efforts there will be announced next month.

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15 NHS Health Check Update

The latest published data shows the [last five year performance of the NHS Health Check](#), with more than 14 million people being offered a Health Check and almost 7 million having one. The Check helps to identify and support people who would benefit from clinical and lifestyle treatment and services for diseases including heart and respiratory disease and diabetes. Public Health England has announced that [dementia risk will now be included as part of the Check](#) too, enabling healthcare professionals to talk to patients about how they can reduce their risk.

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16 LTF Pilot Briefing and TV Display

As part of our commitment to improving services for patients with emotional distress and common mental health conditions, Ipswich & East Suffolk CCG have been working in partnership with Living Life to the Full and Wellbeing Suffolk to develop a localised pilot of Living Life to the Full materials for the 13 Ipswich practices. The pilot was launched at last week's education event and will be available for patients to use from Monday 9 July. For more information please see the [GP Practice Briefing](#). Promotional materials including pads of leaflets and business cards are being printed and will be sent to each practice. [Click here](#) to download a digital display, which can be loaded on to waiting room screens.

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17 Suffolk GP Federation Newsletter

[Click here](#) to view the latest newsletter from the Suffolk GP Federation.

This edition includes the most recent entry to the Chair's Blog, as well as update on the new Integrated Urgent Care (IUC) service and the North East Essex Diabetes Service (NEEDS).

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18 [Local vacancies](#)

Please click the above link to see the current local GP and practice staff vacancies. If you have a vacancy to advertise here and on our website, please contact [Stuart Graham](#).

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19 [Find it on our website!](#)

Keep cool and look out for others during the hot weather. This advice comes from local health care professionals as The Met Office predicts rising temperatures over this week. [Click here](#) to view a CCG press release from Dr Mark Shenton or visit the [Summer Health](#) page of our website.

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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](#)

20 [Homeward Bound](#)

A new service has been launched which will help prepare the homes of people who are ready to be discharged from hospital. Called Homeward Bound, its introduction will see staff from Lofty Heights, a local not-for-profit social enterprise, provide up to four hours of decluttering so there is space for a hospital bed or medical equipment, that there are no trip or falls hazards and that everything is clean to avoid the risk of infection.

People whose home is not suitable to return to can end up staying in hospital longer than necessary. The launch of the service in east Suffolk is another initiative which aims to reduce any delays in discharging those people who no longer need a hospital or community bed environment in which to recover.

This 12-month pilot project is commissioned by Ipswich & East Suffolk CCG and could support up to 200 local people, with priority being given to those on low incomes, who are socially isolated, without friends or family living locally, or very frail older people that have no living family or friends. [Click here](#) for more information.

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SOCIAL PRESCRIBING

21 [Pre-Tenancy Training](#)

The Stone Foundation is excited to be launching Pre-Tenancy Training in Suffolk. Pre-Tenancy Training enables new tenants, or those who are soon to be living independently in a tenancy, to develop the skills needed to sustain and maintain a tenancy. The training is proven to reduce the risk of homelessness and ensures vulnerable or young people get the support and knowledge to run a home of their own. Please [click here](#) for more information. If you would like to refer anyone or enquire further please download the [referral form](#) or email info@thestonefoundation.co.uk.

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EDUCATION & TRAINING

22 [Pilot Programme for GPs Leading MDT Teams](#)

Primary care teams are becoming multi-disciplinary with the inclusion of Physician Associates, Paramedics, Nurse Practitioners, minor injury nurses, Pharmacists, mental health nurses, HCAs etc. The role of GPs is changing from directly delivering most care to leading teams.

Members have asked for training to support this new role and surprisingly there is nothing available nationally. The GP Suffolk Federation have teamed-up with Red Whale, a primary care training organisation, to develop a pilot programme and the CCGs have kindly agreed to fund the programme.

The first will run on 13 September and will cover:

- The various non-doctor roles. Their basic, postgraduate training and CPD.
- Practical issues in managing these roles/teams e.g. governance, indemnity, leading the MDT, creating one team and educating patients
- What MDT members do?
- Case studies

The pilot will run on 13 September and we have a limited number of free places (email Charlie.Bland@suffolkfed.org.uk). We will then evaluate, refine and offer more sessions later in the year. [Back to top](#)

23 [Reminder: Palliative Care and End of Life](#)

The GP Community of Practice is an interactive forum aimed at GPs who seek to build their skills, knowledge and confidence in providing high quality palliative and end of life care for patients and their families affected by both malignant and non-malignant disease.

For more information, including the agenda, please see the [flyer](#). To register and reserve your place visit www.gpcop.eventbrite.co.uk.

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24 [This Week's New Training Courses](#)

The list below summarises the new training courses that have been added to the CCG website this week. Please click the links below for access to further details and booking information. The tabs on the right-hand side indicate if the events are aimed at a particular staff group.

[ENT & Ophthalmology – 20 September](#)

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