



Weekly Inbox

25 JUNE 2018 Issue 277

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 Afternoon – 28 June

Our next education afternoon will be focused on 'Alliance' working, what it is, and what it means for general practice. We will be joined by our secondary care, NSFT and Local Authority colleagues from 4pm to develop the discussions further around acute care and elective care across all ages and conditions. [View Flyer](#).

There will also be a meeting for all practice prescribing leads, care navigator training (which clinicians are welcome to sit in on) and the Practice Nurse Forum ([see agenda](#)). Please let [Shelley Mitchell](#) know if you will be attending any of these sessions as it helps us with catering and planning.

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2 Living Life to the Full – 28 June

Ipswich and 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 to support making access easy for patients with emotional distress and common mental health conditions.

The training session to show how this can be used to support your patients in Primary Care and launch of this exciting new service will take place on 28 June 2018 between 6pm and 7pm in the Bucklesham Suite at Trinity Park (after the One Clinical Community meeting).

To ensure that practices have a good understanding of how this will work, the CCG will require some attendance from all Ipswich practices. It is important that a mix of GPs and practice nurses have an awareness of this resource and for whom it is suitable. Practice Managers and/or reception staff are also welcome for awareness.

Please email [Sheri Probert](#) to book your place and to enable us to order refreshments.

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GP PM

3 International GP Recruitment

The local IGPR project team covering Norfolk and Suffolk are now in place and working very closely with their colleagues regionally and nationally to maximise time and resources and to streamline the IGPR process. Work has also commenced with the NHSE allocated recruitment agency and we are now starting to see some candidates coming through the initial application process. As such, we would like to reissue the invitation to you to become part of this exciting initiative.

The IGPR team will support you in key areas such as:

- Practice readiness checklist
- Employment Contracts and funding
- Indemnity requirements
- Observership
- Practice commitment
- Involvement in Stage 2 event(s)
- IGP Training

If you would like to become involved, or would like to get some more information, then please do not hesitate to speak to the IGPR Regional Programme Manager [Julie Baran](#), or the IGPR Project Co-ordinators [Sonia Carnegie](#) and [Eleanor Ward](#) by **Friday 6 July**. They will be more than happy to speak to you further and/or come to your practice to provide you with more details. They will also be at this week's training event on Thursday 28 June if you have any questions about the programme. A [FAQs document](#) has also been produced which aims to provide more information about the programme.

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4 Meningitis Vaccination Programme Update

The MenACWY vaccination programme for those who are 18 years on 31 August has been removed, as NHS England has now 'caught up' and all students now 18 and leaving school should have been offered it whilst in school.

GP practices can still vaccinate any adolescent who missed it at school and this is called the Meningococcal completing dose. This cohort of patients has been extended to include eligible school leavers previously covered by the 18 years programme.

To clarify, eligible patients are those who:

- are attending university/further education for the first time at the time of vaccination,
- are aged 19 years on 31 August 2018

However, the programme originally started in August 2015 and as such anyone who was eligible under this, remains eligible up to the day before their 25th birthday, (date of birth on or after 1st September 1996 to 31st August 1999 for the previous cohorts). The patient must be under the age of 25 years at the time of vaccination. These vaccinations can be offered to eligible patients when they self-present or opportunistically as they access GP services, there is no call/recall service.

You claim for the vaccination on CQRS, the previous two categories have been combined, and are now called 'MenACWY' on CQRS. You can claim for any vaccination of a patient registered under the NHS if they have not previously been vaccinated, are eligible as above and are under 25 years of age.

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5 DSQS Payments

We are advising practices listed [here](#) that they have passed their initial Dispensing Service Quality Scheme (DSQS) round of reviews and will be paid mid-July. NHS England have advised that the main reason for the lateness of payment is due to the deadline given of 31 March 2018, for practices to submit their forms and audit for review.

Most of the 186 practices who participated last year waited until the final week before submitting documents and therefore it has been an impossible task to look through them all and pay in April.

NHS England are looking into this for the 2018/19 year and may need to move their submission deadline. Guidance will be issued to all very soon.

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6 Return of Unused Continence Pads

Suffolk spends £2m per year on continence pads. Often patients return unused pads to their practice and these are traditionally thrown out. In fact, the Federation managed Bladder and Bowel service can return them to the supplier providing they are unopened. To arrange a free collection please contact the Care Co-ordination Centre on **0300 123 2425**.

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7 Stop Smoking Service Update

One Life Suffolk has recently been constructing an efficient and effective model of delivery for the Stop Smoking Services. They are committed to establishing, building and maintaining a Healthy relationship with Primary Care & Pharmacy partners. They understand and appreciate that further communication is required around the Stop Smoking services being offered to the people of Suffolk as part of an Integrated Healthy Lifestyle Service commissioned by Suffolk County Council.

Please [click here](#) to view a communication from One Life Suffolk.

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8 LeDeR Information for Primary Care

We are often asked about the role of Learning Disability Mortality Review (LeDeR). The programme is a review, not an investigation. Reviews look at why things happened and how to prevent them, with a focus on system change. This is what the LeDeR review is trying to achieve.

Section 251 update

The LeDeR programme's S251 approval for sharing confidential information, for the purposes of carrying out mortality reviews, has now been extended. To reassure you, or anyone who requires confirmation, you can see the LeDeR programme register entry on the [HRA website](#). The LeDeR application number is 0909. Reference number is 16/CAG/0056. Review date is June 13, 2019.

Royal College of General Practitioners LeDeR link

GPs can now access information about the LeDeR programme on the Royal College of General Practitioners [website](#).

Medical Defence Union update

Dominic Slowie, National Clinical Advisor (Learning Disability & Premature Mortality), has been liaising with the three medical defence organisations about the LeDeR programme to help them anticipate enquiries they might get from GPs. Dominic wrote [this article](#) for the MDU Journal.

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9 PHE Learning Disabilities Guidance

Public Health England has produced [this article](#) providing information and definitions of Learning Disabilities. It also gives guidance on how to manage the care of patients with a learning disability. This is for information only but practices might find it helpful when undertaking their annual LD Health Checks and also for general health care across the practice.

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10 NHS Choir Aims for No.1

Help the NHS get to number one! To mark the NHS's 70th birthday, the NHS Choir has teamed up with a number of celebrities to release a cover of The Beatles' [With A Little Help From My Friends](#). The Choir reached the number one spot in Christmas 2015 and it is hoped they can do the same now. All profits will go to [NHS Charities Together](#). The song is released on 6 July 2018.

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11 Thank You from Wickham Market

Thank you to everyone who supported the National Dementia Cupcake Day event which was held at Wickham Market Medical Centre and its branch surgery at Rendlesham on Thursday 14 June.

A total of £820.00 was raised for the Alzheimer's Society from the sale of delicious cupcakes, which were baked by members of the centre's staff and Patient Participation Group, and raffle prizes that were donated by generous local businesses.

Those who attended were able to learn about the help and support that is available locally for those affected by the condition. Organisations in attendance included Dementia Together Suffolk, Suffolk Family Carers, Suffolk Libraries Mental Health & Wellbeing Team, Hour Community Charity Framlingham, Healthwatch Suffolk and Wickham Market Good Neighbours Scheme.

Practice Manager Jane Wallace said: "It was pleasing that so many people came along on the day. We're so grateful for the support that people have shown. The hard work of our PPG members and staff is really appreciated and I'd like to thank the local businesses which showed their support by donating raffle prizes. As well as being an opportunity for raising much-needed funds for dementia research the event was also a good opportunity for people to get signposting to the help and support services that exist in east Suffolk."

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12 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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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](#)

13 Integrated Care – IUC Service Contract

A five-year contract to deliver an enhanced integrated urgent care (IUC) service across east and west Suffolk and north east Essex has been awarded to Care UK, working in partnership with the Suffolk GP Federation. The award of this contract follows a competitive tendering process and will see Care UK deliver the NHS 111 and out of hours services in North East Essex. In east and west Suffolk, Care UK will deliver the NHS 111 service and the out of hours service will be delivered by Care UK, working in partnership with the Suffolk GP Federation. Please [click here](#) to view the press release containing more information.

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14 Planned Care – End of Life

Members of the CCG's Clinical Executive, Redesign, Clinical Quality and Primary Care teams attended a My Care Wishes Review meeting along with colleagues from Public Health Suffolk, Ipswich Hospital and Suffolk County Council's Adult & Community Services. It was felt, by the group, that the folder's core function had become too diluted over time and that the contents had become overly complex. It was agreed that the contents needed to be simplified, so that folders could act as a facilitator to start a conversation with terminally ill patients about End of Life care.

The next steps will be to have similar discussions with colleagues in the west and work with them with a view to creating a product that would be work for patients and professionals in both CCG areas.

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IT NEWS

15 Email Phishing Alert

We have been made aware of a suspected email 'phishing' campaign by some of our GP practices. This particular campaign states that the recipients' computer devices have been compromised by a WannaCry ransomware attack and requests users to send Bitcoin payments to a specified email address which is different to the sender's address.

At the time of writing, neither NHS Digital's CareCERT team, or our local IT teams, are aware of any WannaCry infections and believe this to be a 'phishing' scam.

If you receive any such emails, please forward them immediately to nelcsu.cybersecurity@nhs.net and then delete them from your inbox and your deleted items folder.

Please do not under any circumstances click on any links in these emails.

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SOCIAL PRESCRIBING

16 Recovery Workshop

Working to Recovery Ltd's forthcoming Recovery Workshop is a series of two workshops in one day. These will take place at the Ipswich Quakers Meeting House on Friday 29 June.

- [Recovery Conversations](#) (09:30am – 12:30pm)
A practical 3-hour workshop to assist staff in implementing a recovery methodology into challenging situations.
- [Working Creatively with Psychosis](#) (1.30pm – 4:30pm)
A 3-hour practice workshop that will explore how we can use Voice Dialogue, Body Dialogue and Voice Sculpting ways of working that can enable clients to explore the most difficult parts of their distress in a safe and secure environment.

Booking:

Online at www.workingtorecovery.co.uk

Telephone Karen or Ron 01851 810789 (Mobile 07884268192)

E-mail karen@workingtorecovery.co.uk

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17 Who's in Charge Parenting Programme

The Who's in Charge? Parenting Programme is a nine week group programme for parents and carers who have a child aged 8-18 who currently appears to be beyond parental control or who uses violent and abusive behaviour towards them. If you feel that this is you, please get in touch or [download the application form](#). For further information or to book, please call [Carole Williams](#) on 07814 378325 or Ali Cuckow 07710 365988.

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EDUCATION & TRAINING

18 Reminder: Route Cause Analysis Training

'Learning from Mistakes,' an investigation report by the Parliamentary and Health Service Ombudsman (2017) into how the NHS in England failed to properly investigate the death of a three-year old child, recommended that training should be provided to staff across the health service in England on how to conduct serious incident investigations.

We are therefore offering a one day bespoke training programme for Primary Care Staff, including common issues such as misdiagnosis, prescribing errors and primary care treatment errors such as misadventure during shoulder injections or minor surgical procedures. [Click here](#) for more information.

If you would like to register, please contact [Penny Short](#), stating your name, position and place of work.

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19 Free Half-Day Breastfeeding Training

In Suffolk for 2017/18 only 74.3% of babies are breastfed at birth, however, this reduces by 13.6% after two weeks and a further 13% over the next 4 weeks down to 47.7% of mothers breastfeeding at their 6-8-week check. This drop after birth shows the importance of support for new mothers and Suffolk Public Health are looking to increase support by providing free training to Primary Care staff.

Course information

- Training is **Free** for Primary Care staff
- The course is only one-half day with a total of 3 hours training
- CPD awarded on course completion

Topics covered are listed below:

- Breastfeeding and medications
- Breastfeeding physiology
- Breastfeeding common issues
- UNICEF BFI accreditation
- Why does breastfeeding matter
- Working within the WHO Code

Training is planned to begin in September and we are now asking staff to register their interest for choosing locations and dates. To register your interest for the training please contact [Annabelle Mackenzie](#), IBCLC – Lactation Consultant Infant Feeding Coordinator.

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20 Physical Activity Training

Free peer-to-peer training on physical activity within clinical care for nurses and other healthcare professionals provided onsite as part of Public Health England's Nurse Physical Activity Clinical Champions programme co-funded by the Burdett Trust for Nursing

This is to give peer to peer training and support regarding patient contact and ensuring nurses understand the importance and guidance to promote physical activity providing patients with information and guidance.

- PHE-trained facilitator
- Practical, interactive sessions based on the latest national and international data, research and evidence
- Flexible sessions offer groups of 20 and above with 1 to 2.5 hours of CPD material shown to increase clinicians understanding, confidence and expertise for clinical practice

Sessions can be booked for your practice up to until 31st August 2018. For more information please see the [flyer](#).

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21 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 #37](#).

If you would like to sign-up to the newsletter, have any training queries or suggestions, or would like to join the CEPN Steering Group in your CCG area please email CEPN@suffolkch.nhs.uk.

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CONTACT

- 22 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 [CCG's Safeguarding Children webpage](#).

- [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](#)
- [Ipswich Hospital website - GP section](#)



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DID YOU KNOW...?

23 Framfield House Big 7 Tea Party!

Framfield House would like to invite you to a tea party being held between 10am until 12pm on the Thursday 5 July to celebrate the NHS turning 70.

There will be an opportunity to speak to Practice Staff, the Patient Participation Group (PPG) members as well as other NHS healthcare providers, including Suffolk Family Carers, Meals on Wheels and Dementia Awareness. There also be a display of old medical equipment and books from the practice's archive. Refreshments will be provided.



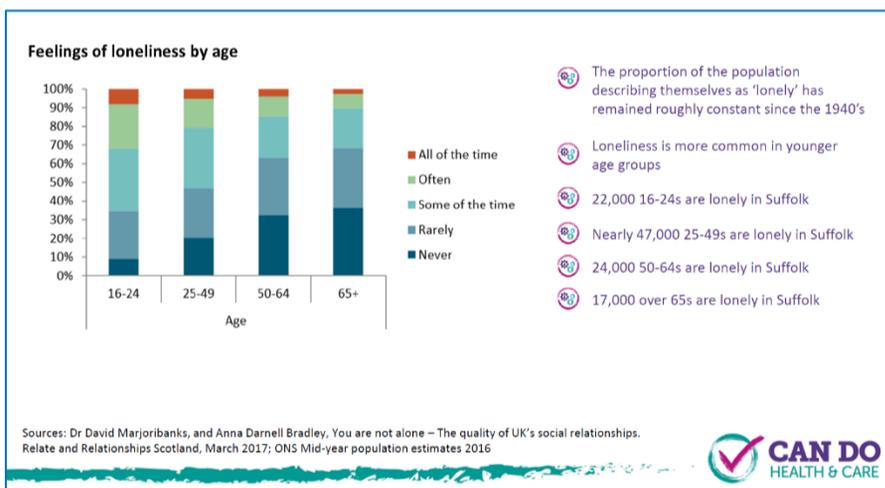
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CHART OF THE WEEK

- 24 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](#) there are any topics that you would find it useful for us to cover.

This week we are looking at **Feelings of Loneliness by Age**.



[Click on chart to enlarge](#)

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