



Weekly Inbox

17 SEP 2018 Issue 289

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

GP PM

1 [ESMYA \(Ulipristal acetate\)](#)

Following the MHRA alert (found [here](#)) and the risk of liver damage, the CCG is advising GPs to not prescribe Esmya and refer patients back to the hospital for further management. Any new requests for prescribing Esmya within primary care should not be accepted and referred back to the specialist.

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OC GP

2 [GP Training and Education Event Feedback Request](#)

We hope that those of you who attended the Endocrinology education and development event at Trinity Park found it useful. Your feedback is important to us and really does help us with planning of future events. Please take a couple of minutes to complete the [Clinical Training and Education Evaluation Form](#) to let us know your thoughts. Once we have received your feedback, we can issue you a certificate of attendance if requested. Many thanks for your time.

If you attended an alternative session (e.g. GP Trainers) you can leave your feedback in the 'further comments' box and we will pass it on to the organisers.

The resources and slides from the afternoon are on the [website GP resources pages](#).

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FOR INFORMATION

OC GP PM Ad PN

3 [Federation East Ultrasound service is on SystemOne](#)

Ipswich and East practices can now refer to our ultrasound service via e-referral. This is quicker for practices and means the report back is embedded in the patient record so saving scanning time.

You can still refer via NHSMail but over time this is likely to be phased out.

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OC GP PM Ad PN

4 [Suffolk Out Of Hours Service](#)

Suffolk GP Federation will be managing this service from 1 November and have written to practices with details of how it will work. This includes clinicians having full access to notes via SystemOne and EMIS viewer and episodes of care being completed including referrals and diagnostics. The Federation will be offering an attractive 'co-operative' working environment with local senior clinical support, shift leads in bases, responsive administrators and IT that works and is fully supported by our own dedicated team.

The Federation are keen to identify clinicians who currently do shifts in the service but are not formally employed by Care UK. Unfortunately the current provider is unable to transfer the details of these individuals. Please contact [David Pannell](#) for more information.

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5 Specialist Perinatal Mental Health Service

The Specialist Perinatal Mental Health Service provides community based treatment and support for women who are currently experiencing, or are likely to experience, a severe mental health issue during the perinatal period (from conception and up to the baby's first birthday). Details of the service can be viewed in this [GP Practice Briefing](#).

Referral for women 26 years and over is via AAT using the standard referral form. Referral for women 25 years and under is via the Emotional Wellbeing Hub. In both cases please indicate that the woman is pregnant or has had a baby in the last 12 months.

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6 FREE 10 Week Healthy Family Programmes

OneLife Suffolk have their Autumn 10 week healthy family programmes starting end of September/early October. Please see posters with all the details on for each area. Please share with any families you may be working with.

For more detail you can visit the [One Life Suffolk website](#).

Poster – [Autumn Clubs East](#)

Poster – [Autumn Clubs Stowmarket](#)

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7 Meeting of the Governing Body

Public meetings of the CCG's Governing Body and Primary Care Commissioning Committee will take place on Tuesday 25 September from 9.00am at The John Peel Centre, Church Way, Stowmarket IP14 1ET.

The agenda and meeting papers will be available to read one week before the meetings [HERE](#).

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8 Suffolk Huddl Parent Talk events

Huddl provides a platform for parents and carers to access up-to-date professional advice and practical tools, so that we can help our children with the pressures of growing up. Future Parent Talks include topics such as 'Family Wellbeing and Nutrition' and 'Friendship Groups and Bullying'. Click [here](#) for further information. Please note that these are paid events.

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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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10 Find it on our website!

A reminder that the resources from GP Education events can be downloaded from the [CCG website](#), for all training events going back to 2015.

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IT NEWS

11 DXS Guide – replacement for Map for Medicine

This is the link to DXS Training Materials for those who may have missed the speed date last Thursday: www.training.dxs-systems.com

It includes EMIS and SystmOne guides, videos and how-to guides. Particularly useful are the quick reference guides for both EMIS and SystmOne clinical systems, which may be helpful to take a look at before your practice in-house training. Access by clicking on the links below.

[SystmOne Guide](#)

[EMIS Web Guide](#)

It is important that people do not miss the in-house training even if you think you are unlikely to use DXS much. From now on the referral forms will not be updated by the CCG team; DXS will be doing that so this will increasingly be the go-to resource to make referrals.

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EDUCATION & TRAINING

12 Training and Education dates for 2019-2020

The dates for our training and education afternoons for 2019-20 have been agreed as below. All to be held at Trinity Park except July.

2019

Thursday 4 April
 Wednesday 22 May
 Thursday 20 June
 Thursday 18 July (no event)
 Wednesday 11 September
 Thursday 10 October
 Wednesday 6 November
 Wednesday 11 December

2020

Thursday 6 February 2020
 Wednesday 4 March 2020

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13 10 October 2018 - Cancer Update Course for GPs

Our next GP Education afternoon will be a half-day Cancer Update course run by Red Whale, covering the latest evidence and focus on the whole cancer journey from prevention to palliative care.

Delivered by Red Whale, this training has been organised as part of the CCG Training, Education and Development Programme. The session will be on Wednesday 10 October 2018 at Trinity Park; lunch from 1pm **and please note slightly earlier start time of 2pm.**

[View Flyer for more information and booking.](#)

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OC GP PM Ad PN

14 RCGP East Anglia Upcoming Courses

Please click [here](#) for details of upcoming RCGP courses.

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PM

15 Practice Manager Forum

The Practice Manager Forum is being held on 27 September at Suffolk Food Hall, Wherstead, Ipswich. Please click [here](#) for the agenda.

Please email [Jennifer Burman](mailto:Jennifer.Burman@nhs.uk) to confirm your attendance. Lunch will be available from 13:00 with a prompt 13:30 start.

You can find out further details about the venue, including directions by visiting their [website](#). We look forward to welcoming you at the event!

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OC GP PM Ad PN

16 East of England Safeguarding Adults Conference

Thursday 8 November 2018, 9.15am - 4.00pm
Newmarket Racecourse, Newmarket CB8 0TF

The programme is being finalised but will include sessions on domestic abuse and coercion, surviving trauma, Prevent, asking those difficult questions, resilience and the Dark Web.

The [link](#) to booking your place on the event is now live. Please ensure you are using Google Chrome or Firefox internet browsers to access the system. Internet Explorer will not display correctly as it is an outdated application on NHS England systems. Delegate places are free but if you cancel within 48 hours of the conference, or have booked a place and do not turn up, your organisation may be charged for your place.

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OC GP PM Ad PN

17 Primary Care Finance and Contracting - SAVE THE DATE

Friday 2 November, 9.00am – 1.00pm, Holiday Inn, Copdock, Ipswich.

We are very pleased to be able to offer a comprehensive overview of Primary Medical Care Finances and contracting; the aim is to help staff and colleagues working with primary care to understand how it's financed and contracted, particularly in the context of exploring contracting and financial arrangements which involve risk and reward.

The session will be led by Dr Richard West, Chair of Suffolk Local Medical Committee and Senior partner at Woolpit Health Centre and Andrew Burwood of Larking Gowen, Specialist Medical Accountants.

This session is aimed at Directors of Finance and finance colleagues, CCG staff, Alliance leads and Practice collaboration leads but is open to anyone that may find it useful. Additionally any younger GPs that may benefit from understanding how primary care finance and contracting works.

To reserve your free place, please contact caroline.procter@nhs.net

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18 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 49](#).

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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CONTACT

- 19 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](#)
- [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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DID YOU KNOW...?

20 GP Health Service – Free and Confidential

As the latest cohort of GPs complete their VTS training and move into Locum work or substantive posts, please remember that the GP Health Service is there as an accessible, self-referral, FREE, CONFIDENTIAL and very compassionate service, available to all GPs (of any age and stage) who find their mental well-being under strain.

8% of the current GPH caseload are GPs in their 20s. Another 48% in their 30s. Please do look out for, and look after the younger GPs now coming into the workforce. They are the future, and they deserve to be welcomed and well supported as they embark on their GP careers. For further information, please click below:

[GP Health Service introduction video](#)

[Doctors Mental Health at tipping point – documentary and discussion](#)

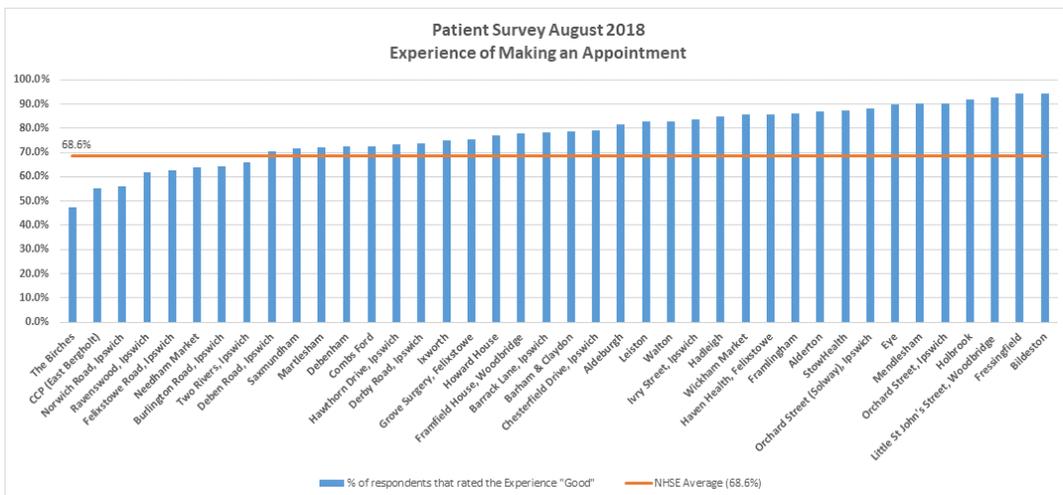
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CHART OF THE WEEK

21 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's chart is: **Patient Survey August 2018 – Experience of making an appointment.**



[Click on chart to enlarge](#)

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