



Weekly Inbox

30 APR 2018 Issue 269

YOUR WEEKLY INBOX



Please note: As next Monday is the May Day Bank Holiday, the next edition of The Weekly Inbox will be circulated on Tuesday. Please [click here](#) to view the list of pharmacy opening hours for the Bank Holiday weekend.

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

We hope those of you who attended the education and development event at Trinity Park last Wednesday found the sessions useful. As ever, your feedback is important to us and helps us with planning of future events. Please take a couple of minutes to complete the [Clinical Training and Education Evaluation Form](#). Once we have received your feedback, we can issue your certificate of attendance if you request one. Many thanks for your time. Resources from the afternoon are now available to [view online](#).

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GP Ad PN

2 Changes to SALT Referrals

From **Thursday 3 May** onwards, the processing of new referrals for all Suffolk Adult Community Speech and Language Therapy services is being moved to the Care Coordination Centre (CCC). The CCC manages referrals for 27 community services, offering a 24-hour response to queries. This move will enable all referrals to be sent to a central point, ensuring timely transfer to the appropriate clinical service. The level of care and support received will not change and nor will clinicians; patients already on the service caseload, will still be able to contact the relevant team in the same way as usual using existing local office contact details.

- **Between 3 – 28 May:** any referral sent to a previous contact point will be processed as normal, with the referrer advised of the change.
- **From Monday 28 May:** any referral sent to a previous address will be returned for resubmission via the Care Coordination Centre.

There is also a [new Adult Speech and Language Therapy referral form](#) that **must be used** from Thursday 3 May. This can be found in the [Referral Form Library](#) on the CCG website.

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GP PN

3 Valproate Safety Alert

Use of valproate in pregnancy is associated with a 40% risk of persistent neurodevelopmental disorders and a 10% risk of physical birth defects. Despite repeated communications on this risk, it is estimated that 400 women in the UK took valproate during pregnancy in 2016. Following a review of the situation, **valproate is now contraindicated in women of childbearing potential unless they meet the conditions of a Pregnancy Prevention Programme**, which will include a risk acknowledgement form to be completed and signed by the specialist prescriber and the patient in a review at least once a year.

1. GPs should identify all relevant women and girls on valproate in their practice, check that they are on effective contraception as appropriate, and refer them for specialist review.
2. Specialists should review treatment and, if valproate is the only suitable treatment, ensure an acknowledgment of risk form is signed by you and the patient.

Please [click here](#) to read the full Chief Medical Officer Alert.

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4 NHS Counter Fraud Authority

The [NHS Counter Fraud Authority](#) (NHSCFA) launched on 1 November 2017 as a new special health authority is tasked with leading the fight against fraud, bribery and corruption in the NHS, and wider health service. An estimated £1.25bn was lost in the NHS due to fraud in 2015-2016, roughly 1% of the overall healthcare budget. That is enough money to pay for 40,000 staff nurses and 5,000 frontline ambulances. If you have any suspicions or concerns about fraud in the NHS, please report it to the NHSCFA - call the Freephone line 0800 028 4060 (powered by Crimestoppers) or report online on [NHSCFA's website](#). [Back to top](#)

GP

5 e-Traffic Light System Pilot

A pilot system is now making it easier for GPs to understand the waiting times at hospitals for their patients. The e-traffic light system could help reduce hospital waiting times while offering patients a clearer choice of treatment and is set to be rolled out across the country after a successful NHS trial. A tweak to the GP referral system sees a red light appear against a hospital with longer waiting times while a green light shows those with spare capacity. Results from two London trials have been promising as referrals to overbooked hospitals reduced by nearly 40%, while referrals to hospitals with available capacity increased by 14% this winter. The [capacity alert system](#) was developed after NHS England commissioned the Behavioural Insights Team (BIT) to come up with ways of helping hospital trusts ease pressure on services. [Back to top](#)

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6 Primary Care Talks Podcast

In the [third podcast of the series](#), Dr Hasan Chowhan discusses opportunities to integrate genomics into primary care with Cambridge GP Dr Alina Roser. Both GPs are currently running projects exploring how pharmacogenetic (PGx) testing can benefit patients and improve the accuracy of prescribing. Contact STPsupport@eahsn.org with your feedback and suggestions, and join the conversations at [#PrimaryCareTalks](#). [Back to top](#)

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7 Simple Equipment Clinic

A new Simple Equipment Clinic has been launched at Hartismere Health and Care (formerly Hartismere Hospital). The clinic is now open every Monday and offers a more timely and accessible solution to local people who have been assessed as needing simple equipment to help them with their everyday lives. Here, they can be seen by an Occupational Therapist Assistant and helped to select, test and order the equipment they require, saving them time waiting for an Occupational Therapist Assistant to visit them in their home.

Those wishing to attend the clinic can either drop in on a Monday between 10.00am – 3.00pm (there may be a wait) or call Customer First on 0808 800 4005 and someone will be in contact to arrange an appointment. [Back to top](#)

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8 Reminder: COPD Patient Shared Care Plan

The Respiratory Operational Group has developed a [COPD Patient Shared Care Plan](#) where the assessing practitioner can record what the normal observations for the patient are. This record will be available across primary, community and acute care records so that it is familiar to all services and of use in emergency/out of hours situations. A [Practice Briefing](#) is also available to download from the [Pathways & Briefings page](#) of the CCG website. [Back to top](#)

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9 Self-harm Guidance Booklet

[Click here](#) to view a useful resource entitled, "Self-harm: a guide for parents and carers." This guide was developed from talking to parents and carers of young people and is aimed at helping parents, carers, other family members and friends cope when a young person is self-harming. It includes information on the nature and causes of self-harm, how to support a young person when facing this problem and what help is available. [Back to top](#)

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10 Sign Up to the STOMP Pledge

NHS England is asking more Doctors and health care professionals to sign up to a pledge to stop the overmedication of people with a learning disability, autism or both.

The renewed drive to widen support for Stopping Over Medication of People with a Learning Disability (STOMP), is being backed by the government and will target NHS trusts, CCGs and those in the independent sector, to review and seek alternatives to prescribing psychotropic drug prescriptions. [Click here](#) to read more. [Back to top](#)

PM

11 GP Online Services

NHS England has developed a marketing guide – **9 Quick Wins** – for GP practice managers to help them promote GP online services. Please [click here](#) to view. [Back to top](#)

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12 Preventing Sepsis in Healthcare

The theme of this year's World Health Organisation (WHO) annual hand hygiene campaign is [it's in your hands – preventing sepsis in healthcare](#). The campaign takes place on 5 May 2018 and calls on health professionals to prevent healthcare associated [sepsis](#) through hand hygiene and infection prevention. Each year, there are an estimated 123,000 cases of sepsis in England and around 37,000 deaths. The WHO website holds useful information and resources to help health and care organisations find out about the role they can play in preventing sepsis. You can find out what NHS England is doing to [improve the identification and treatment of sepsis](#) on the NHS England website. [Back to top](#)

13 NHS70: Spotlight on Primary Care

As part of the NHS70 celebrations, NHS England is [showcasing how primary care has changed](#), the exciting things happening now and a look to the future across general practice, dentistry, eye care services and community pharmacy. Take part and join in the conversation on social media using [#GPForwardView](#) [#NHS70](#) [#primarycare](#).

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14 Drs Solway & Mallick Practice – Change of Telephone

Please be aware that as of Wednesday 25 April, the phone system at the Drs Solway & Mallick Practice has been changed. The new contact number to use going forward is **01473 927544**. Thank you.

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15 RMBF Spring Lunch

The Aldeburgh and Woodbridge Guild of the Royal Medical Benevolent Fund (RMBF) invite GPs and their families, including children, to a Spring Lunch on Sunday 10 June from 12.30pm onwards. The guest speaker will be Dr Clare Gerada MBE. [Click here](#) for more information and details on how to RSVP.

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16 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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17 Find it on our website!

As the [hay fever](#) season is well underway, a reminder that the CCG website has lots of advice, as well as downloadable resources for patients suffering from the condition.

- Booklet – [Self-care information on hay fever](#)
- Booklet – [Treating hay fever in children](#)
- Poster – [Hay Fever and other allergies \(OTC medicines\)](#)

Most cases of hay fever can be treated using medication from a pharmacy or supermarket. By going to the pharmacy, patients will save time and free up GP appointments for people with more urgent needs as well as doing their bit to help the NHS save money on unnecessary prescription costs.



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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](#)

18 Integrated Care - DToC

The CCG has agreed to fund the established social enterprise Lofty Heights CIC to run a twelve month pilot project to provide practical assistance for patients to prepare their home ready for discharge from an acute or community based bed setting. The service will ensure that patients have a safe, clean environment to make way for hospital beds, home care staff and other assistive technology to be installed in their homes. The full briefing note can be found [here](#) and you can also contact [Rachel Bottomley](#) for further details.

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DIGITAL NEWS

19 National Data Opt-Out

A national data opt-out is being introduced from 25 May 2018. Communications about it aim to make sure people can make an informed choice about how their confidential patient information is used for research and planning NHS and care services. The NHS is communicating to patients, public and workforce about the national data opt-out choice and about the benefits using data brings to research, and contributes to improving health and care, as well as how data is used and protected across the health and care system. Patients may ask about the national data opt-out, and NHS Digital will be providing further information to help direct them to the national online service and helpline. For more information visit [NHS Digital's website](#) or subscribe to the national data opt-out [newsletter](#).

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EDUCATION & TRAINING

20 East of England Home Oxygen Service Event

Please see [this flyer](#) for more information about the Annual East of England Home Oxygen Service Event taking place on 22nd May at Newmarket Racecourse. Please circulate to you colleagues who may be interested in attending this event, and contact [Katie Allison](#) for more information, or to request a place.

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21 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.

[RCGP Women's Health Study Day – 23 May](#)

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22 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 30](#).

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

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CONTACT

23 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](#)
- [Map of Medicine Guidance and Pathway Videos](#)
- [Download Digital Campaign Resources](#)
- [NHS England](#)
- [Ipswich Hospital website - GP section](#)



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DID YOU KNOW...?

24 Dementia Together Magazine

Alzheimer's Society's magazine has a new name, Dementia together, to make it clearer that it's for everyone in the dementia movement – Dementia Friends, fundraisers and others – as well as anyone affected by the condition. You can read the latest issue now, as well as listen to the stories via the podcast. Find out more [here](#).



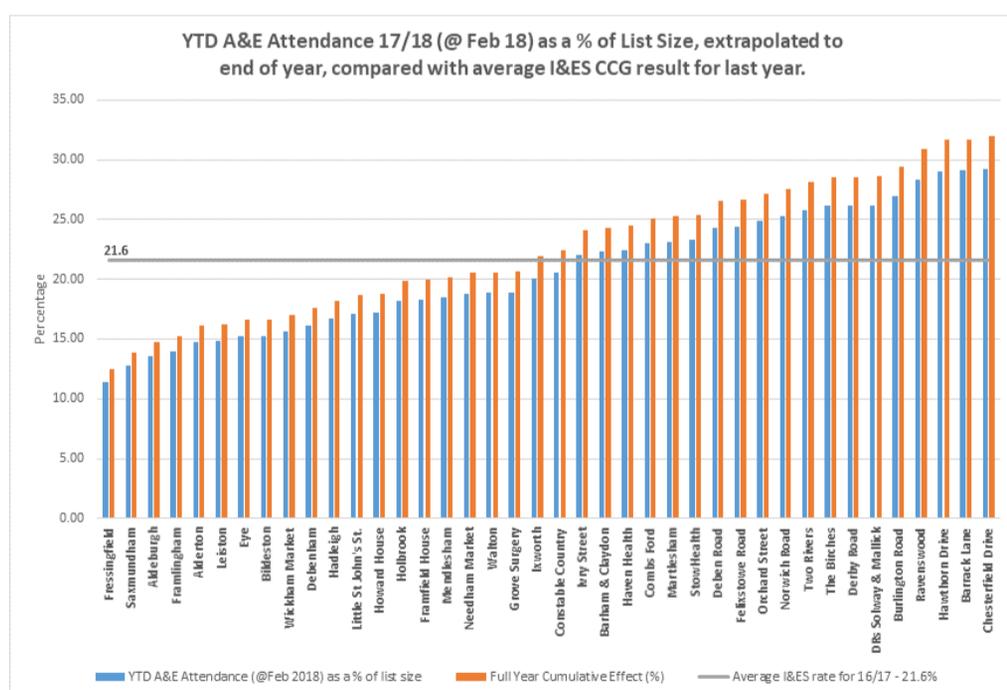
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CHART OF THE WEEK

25 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 **YTD A&E Attendance 17/18 (@ Feb 2018)**.



[Click on chart to enlarge](#)

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