



# Weekly Inbox

21 MAY 2018 Issue 272

## YOUR WEEKLY INBOX



**Please note:** As next Monday is the Spring 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:

<b>GP: GPs</b>
<b>PM: Practice Manager</b>
<b>Ad: Administrative staff (including medical secretaries, receptionists)</b>
<b>PN: Nurses (including HCAs, Practice Nurses, ANPs)</b>
<b>Oth: Other clinicians (including ECP, Pharmacists)</b>

FOR ACTION	FOR INFORMATION
1. <a href="#">Training &amp; Education – 24 May</a>	14. <a href="#">Find it on the CCG website</a>
2. <a href="#">Physical Activity Clinical Advice Pad Pilot</a>	<b>IT NEWS</b>
3. <a href="#">Practice Manager Forum</a>	15. <a href="#">GP WiFi Update</a>
4. <a href="#">Medicines Management Key Contact List</a>	<b>EDUCATION &amp; TRAINING</b>
<b>FOR INFORMATION</b>	16. <a href="#">Training Hub – Upcoming Courses</a>
5. <a href="#">Emotional Wellbeing Hub Official Launch</a>	17. <a href="#">PACT</a>
6. <a href="#">NHS Big 7Tea</a>	<b>CONTACTS and USEFUL LINKS</b>
7. <a href="#">MyCOPD Pilot</a>	18. <a href="#">Contact us</a>
8. <a href="#">Helpline for Potential Sexual Assaults</a>	<b>DID YOU KNOW...?</b>
9. <a href="#">Cambridge University Hospital Cytology</a>	19. <a href="#">Did you know...? Dementia Awareness Week</a>
10. <a href="#">Dementia Carers Conference</a>	<b>CHART OF THE WEEK</b>
11. <a href="#">Health Ambassadors</a>	20. <a href="#">Chart of the Week: Achievement against estimated prevalence against Dementia Coding Target of 67% (@ March 2018)</a>
12. <a href="#">IESCCG Practice Nurse Newsletter</a>	
13. <a href="#">Local vacancies</a>	

## FOR ACTION

**OC GP PM Ad PN**

### 1 Training & Education – 24 May

This month's event on Thursday 24 May at Trinity Park is focused on Safeguarding and open to all clinical staff. The main programme will follow the usual format of speed dates following by main lecture focused on domestic abuse. Alongside the main programme there will be a 3 hour L3 children and young people training session for those who currently need it. All the education provided during the afternoon will count towards the required hours of safeguarding training for primary care clinicians (Level 3 children = six hours over three years / Adult L2). Take a look at the [flyer for more information](#).

Please note that with the Suffolk Show coming up the following week, there are marquees going up all across the site and as such the usual car park area will be out of bounds. For health and safety reasons, Trinity Park allocate a safe area for all customers to park on the left as you enter the Showground (see [map](#) for details).

As ever, please let [Shelley Mitchell](#) know if you plan to attend. If you need to undertake the 3 hour Level 3 Children training and are interested to doing the side programme with Tabitha, please let Shelley know.

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**OC GP PM PN**

### 2 Physical Activity Clinical Advice Pad Pilot Project

Suffolk has been chosen by Public Health England as one of just 10 areas nationally to be part of a PACAP pilot programme. The pilot will support doctors, nurses, pharmacists and other health care professionals to enable them to give brief advice on physical activity. The project will engage health care professionals in practices (e.g. nurses, GPs, and health care assistants) and provide them with training, delivered on-site, to support them to integrate brief advice on physical activity into their routine clinical practice.

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.

This is a great opportunity for your practice to be part of a national programme. We are currently signing up practices/primary health care settings and if you would like to be part of it please contact [Zoe Knight](#), Social Prescribing and Partnerships Manager (Tel. 01473 770106).

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**PM**

### 3 Practice Manager Forum

The next Practice Manager Forum will take place on the afternoon of **Thursday 14 June** at The Cedars Hotel in Stowmarket (IP14 2AJ). Please [click here](#) to view the agenda.

Please could you let [Eleanor Ward](#) know if you are planning on attending, and also whether you have any dietary requirements. Places are limited so please could only one member of staff attend from each practice. Thank you.

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#### 4 Medicines Management Key Contact List

The Medicines Management team is currently in the process of developing a key person contact list. It would focus purely on key contact details for the dispensary manager or prescribing clerk (for those practices without dispensaries) at each practice who would deal directly with prescription requests/dispensing guidance etc. The purpose of this list is so that the team can go to the correct person when they receive patient specific prescription queries from clinicians. Please let [Jen Burman](#) know the relevant contact details for your practice. Thank you.

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### FOR INFORMATION

#### 5 Emotional Wellbeing Hub Official Launch

The new Emotional Wellbeing Hub for children, young people and their families was officially launched on Monday as part of Mental Health Awareness Week.

The hub, which is one of the first of its kind in the country, will provide a unique, one-stop point of information and support for people concerned about the mental health or emotional wellbeing of anyone aged up to 25. Read more [here](#) and [click here](#) to download the Practice Briefing containing more information. Healthwatch Suffolk has also created a short film about the hub featuring Jo John [here](#).

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#### 6 NHS Big 7Tea

The NHS is 70 years old in July 2018. Dr Hilary Jones has launched a NHS tea party initiative for people to come together, promote the NHS and have discussions around their memories of the NHS over the years. The CCG will fund Practices £200 to enable each Practice and PPG to work together to put on a tea party during the month of July. PPGs and Practices can use the money to fund their tea party including hall hire if needed.

It is hoped that as many Practices / PPGs as possible will organise a tea party and invite patients for tea and cake, especially inviting those patients who may



be more isolated or lonely. Please [click here](#) for a poster to display in waiting rooms. Please send expressions of interest for a tea party, together with the date, time and venue by email to [Zoe Knight](#), Social Prescribing and Partnerships Manager as soon as possible.

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#### 7 MyCOPD Pilot

The MyCOPD Pilot Programme started in February and carefully selected patients will be given the opportunity to take control of their self-management. MyCOPD has been diagnosed to enhance the self-management of all patients with a confirmed diagnosis of COPD who also have internet access. Regardless of disease severity or stage of treatment almost all patients with COPD will find benefit in the varying features of the App. Patients will be recruited by clinicians at Ipswich Hospital and the Pulmonary Rehab service who have been trained on how to use the App as part of phase 1.

A communication was sent out to practices in March asking for help in recording, within the patient clinical record, a study code so that we will be able to evaluate the effectiveness of this intervention and provide feedback regarding the impact on your patients. If a patient registered with your practice has signed up to use the App and they have given consent to share their information then your practice will receive an email to ask if a study code could be recorded in the patients' records. This information will be sent from Ipswich Hospital. Patient details will be sent to practices quarterly with the first report being sent at the end of June 2018

If you are interested in learning more about MyCOPD please see the link: <https://mymhealth.com/mycopd>.

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#### 8 Helpline for Potential Sexual Assaults

Mountain Healthcare, the service that runs the Sexual Assault Referral Centre (SARC), has a 24-hour helpline. If you are presented with a potential sexual assault then you can call them on **0330 223 0099** to discuss the case.

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#### 9 Cambridge University Hospital Cytology

Standard cytology invitation letters changed to the HPV Primary Invitation letter on the 24 April. Please ensure that your patients are fully aware of which test they are consenting to when they attend their screening session.

- **Before Monday 4 June** – patients will still be screened using the Cytology pathway (even if they have received an HPV Primary invitation letter).
- **From Monday 4 June** – all patients will have an HPV test and only have cytology where appropriate (even if they have received a standard invitation letter).

Please do not hesitate to contact the department if you require any further information or assistance on the following telephone number: 01223 349662 or email [Add-tr.cervicalcytology@nhs.net](mailto:Add-tr.cervicalcytology@nhs.net).

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#### 10 Dementia Carers Conference

Dementia Action Week is taking place between 21 – 28 May (see [Did you know?](#) and [Chart of the Week](#)).

Do you care or support a person affected by dementia or memory loss? West Suffolk Foundation Trust are hosting an all-day conference featuring fantastic guest speakers, as well as information on carer support and planning ahead.

This event is free for family carers and £5.00 for professionals payable on the day. Lunch is provided. [Click here to view the agenda](#).

For further information and booking please contact Maggie Woodhouse (E: [maggie.woodhouse@wsh.nhs.uk](mailto:maggie.woodhouse@wsh.nhs.uk), Tel: 01284 713847) or Lorraine Clarke (E: [lorraine.clarke@clarkecare.co.uk](mailto:lorraine.clarke@clarkecare.co.uk), Tel: 01284 365247).

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## 11 Health Ambassadors

Health Ambassadors are **healthcare professionals** who act as role models to young people by offering a chance to find out as much as possible about jobs and apprenticeships within healthcare sector.

The average time involvement would be one or two events in the year, however, you must seek your line manager's approval before attending events during work hours.

If you are interested in becoming a Health Ambassador, you will be required to attend a one hour induction training session. **If your practice can guarantee at least three staff members to sign up, the team can arrange the Health Ambassador training at your practice.** Please contact [CEPN@suffolkch.nhs.uk](mailto:CEPN@suffolkch.nhs.uk) to arrange a training session.

If you would like further information about this programme, please visit the HEE [website](#).

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PN

## 12 IESCCG Practice Nurse Newsletter

Please follow the link to the latest edition of our [practice nurse newsletter](#). This month's edition includes asthma resources, news on the shingles programme, update on next week's stoma training and the latest Nurse Forum news.

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## 13 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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## 14 Find it on our website!

Thank you to those of you who gave us your feedback on the most recent education afternoon at Trinity Park. Please [click here](#) to view and download the presentations from the event.

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## IT NEWS

## 15 GP WiFi Update

The GP patient Wifi service is rolling out well and we are now working hard to complete the last 25% of surgeries. These should be completed over the next few weeks. A big thankyou to all surgery staff for your help in rolling out this patient service.

Some practices have expressed concerns that 'if all staff are on the Wifi there are not enough 'IP addresses' for everyone to use'. There are 254 IP addresses available on the patient Wifi and these are assigned 'dynamically'. This means that unless the number of staff on the patient Wifi added to the number of patients on the patient Wifi in the waiting room exceeds 254 at any one time there will not be a problem. The patient Wifi system is completely separate to your existing clinical systems and surgery network and the two do not interconnect.

We've also had a report that 'patients using the Wifi in the waiting room meant that the staff PCs crashed!' As stated above there is absolutely no connection between any of the surgeries existing systems and the patient Wifi. They will not have any impact on each other and the patient Wifi has its own connection to the Internet, not connected via N3.

The next phase over the next three months is to roll out the clinician Wifi connection ability. This means CCG issued laptops will be able to be used wirelessly at hot desks and in meeting rooms, etc. giving clinical system and N3 access.

If you have any questions or concerns over the Wifi service you can email [gp.it@suffolk.nhs.uk](mailto:gp.it@suffolk.nhs.uk) or call 01473 770222.

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## EDUCATION & TRAINING

## 16 Training Hub – Upcoming Courses

The Training Hub is in the process of arranging the following courses: Immunisation Training (and updates)

- Wound Care
- Spirometry
- Prescribing Updates
- HCA Skills Training

Please keep reading the [PACT newsletter](#) for dates. You can also [email](#) the Training Hub to express your interest in any courses.

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## 17 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 32](#).**

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](mailto:CEPN@suffolkch.nhs.uk).

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## CONTACT

- 18 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](mailto: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...?

### 19 Dementia Action Week

Dementia Action Week is taking place between 21 – 28 May. There will be a number of events taking place both nationally and locally during the week and CCGs are working with ACS, Public Health colleagues and the [Dementia Together Suffolk](#) service. Do keep an eye out for information and [special events](#) on the Dementia Together website.



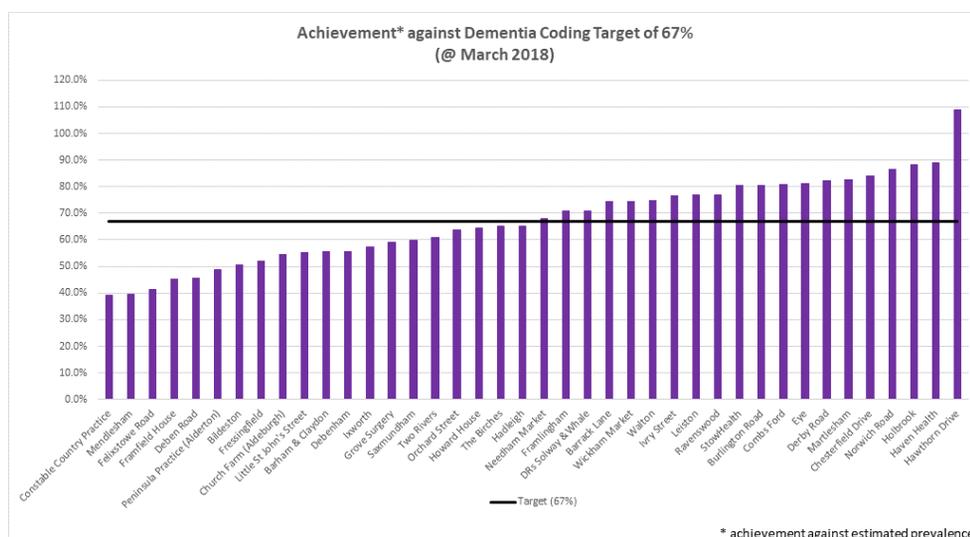
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## CHART OF THE WEEK

- 20 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 **Achievement against Dementia Coding Target of 67% (@ March 2018)**.



[Click on chart to enlarge](#)

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