



Weekly Inbox

29 OCT 2018 Issue 295

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:

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| 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

PN

1 Please take part in our Practice Nurse Survey

If you've not yet done so, please take a few moments to complete the survey by clicking [here](#). By doing so you will help us:

- Understand how well practice nurses feel supported within their current roles
 - Understand if the current educational provisions are meeting educational requirements
 - Understand the positive and challenging aspects of a career as a primary care nurse
- Please give your responses **by Friday 9 November**. Thank you.

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FOR INFORMATION

OC GP PM Ad PN

2 Top Tips for Winter for COPD Patients

As winter is now fast approaching, the Respiratory Consultant at ESNEFT, Jonathan Douse, has shared his top tips for patients with COPD in preparation for winter. He lists below a number of things that are important:-

The most important actions for patients with COPD are:

- 1) Smoking cessation
- 2) Flu vaccination
- 3) Pulmonary rehabilitation for patients MRC3 or worse breathlessness (slower than others of their age on the flat)
- 4) Check on appropriate inhalers in line with CCG guidance
- 5) Check can use prescribed inhalers.
- 6) For patient with previous exacerbations. Give patient instructions for how to deal with an exacerbation including prescription for 1 week of antibiotic and steroid to be used in emergency.

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3 Paediatric Diabetes Referral Pathway

OC GP PM Ad PN

As part of the paediatric diabetes quality measures and tariff, it is a requirement, that we have a pathway for primary care, for the diagnosis of Type 1 diabetes. Please follow the [link](#) which includes recommendation for both children and young people aged over 17 years. Although the document, refers to a West Suffolk Hospital pathway, some patients with east GPs may live nearer to or prefer to go to WSH.

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4 Practice Briefing – New Mental Health and Wellbeing Information Service accessed at Suffolk Libraries

The latest Practice Briefing can be found [here](#).

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5 Moving Medicine

Click [here](#) for the Moving Medicine Resource to get you and your patients moving!

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6 Press Release – Annual Health Checks for Young People with Learning Disabilities

Parents and carers of young people aged from 14 to 25 with learning disabilities, are being encouraged to make sure they undergo an annual health check with their GP. See [press release](#).

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7 New Support for those Bereaved by Suicide

A new service is available to support individuals, families and others bereaved by suicide.

Amparo Suffolk was launched in September and offers support following notification of a suspected suicide. The service will work in close partnership with the police, coroner service and other partners to provide 1-2-1 individual support, practical help and signposting to local services that can help.

The 12-month pilot service has been jointly funded by Suffolk County Council (SCC) Public Health and Ipswich & East Suffolk and West Suffolk Clinical Commissioning Groups (CCGs). It is operated by Listening Ear, who already run the Amparo service in the Merseyside and Cheshire area.

Dr John Hague, Mental Health Clinical Lead for Ipswich and East Suffolk CCG, said: "When someone is bereaved by suicide the sea of conflicting emotions is magnified. Family and friends find it hard too. This can leave a bereaved person feeling very alone and not knowing where to turn.

"The new suicide liaison service offers a skilled worker who is available very soon after the event. They will help guide the bereaved, and those close by them, both practically and emotionally through what will be one of the most difficult times of their lives."

For more information about the Amparo service run by Listening Ear in Merseyside and Cheshire, please click [here](#). Leaflets regarding the service will be sent to GP practices within the next couple of weeks.

Find out about the Suffolk suicide prevention strategy [here](#).

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8 [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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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](#)

9 CCG Commissioning Intentions for 2019/20

Please click [here](#) to read our Commissioning Intentions for 2019/20.

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EDUCATION & TRAINING

10 Training and Education Event – 15 November 2018

On 15 November at Trinity Park we plan to hold an Integrated Neighbourhood Teams workshop. This will be an opportunity for you to get together to develop your local plans and meet with your integrated neighbourhood team partners from across social care and community healthcare. As part of the session, Anna Crispe from Suffolk County Council will provide an insight into what Suffolk may look like in 2030. All GPs, ANPs, practice managers and other clinicians are invited.

The afternoon will also host a clinical lecture on Urology from consultant urologist George Yardy (Ipswich Hospital), a meeting for Prescribing Leads, a Practice Nurse Forum which includes wound care training and inaugural Practice Pharmacist Network meeting.

As ever, it would be really helpful if you are able to let [Shelley Mitchell](#) know if you plan to attend. Thank you.

Follow the link for the [flyer](#).

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11 Cervical Screening Update Course

The Training Hub has received a number of update requests recently and have advised that there is a cervical screening update course on the [website](#).

Anyone can register for the E-Learning for Health training if they have an nhs.net account. To register, go to: <https://portal.e-lfh.org.uk/register>.

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12 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 55](#).

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

13 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](#), including your job role and where you are based in the email.

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](#)
- [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...?

14 New Parents can Apply for a Tree for Life Scheme

New parents who live in Mid Suffolk can apply for a Tree for Life scheme, offering them a chance to plant a tree in the district to mark the arrival of the new family member in 2018.

The poster can be downloaded [here](#).

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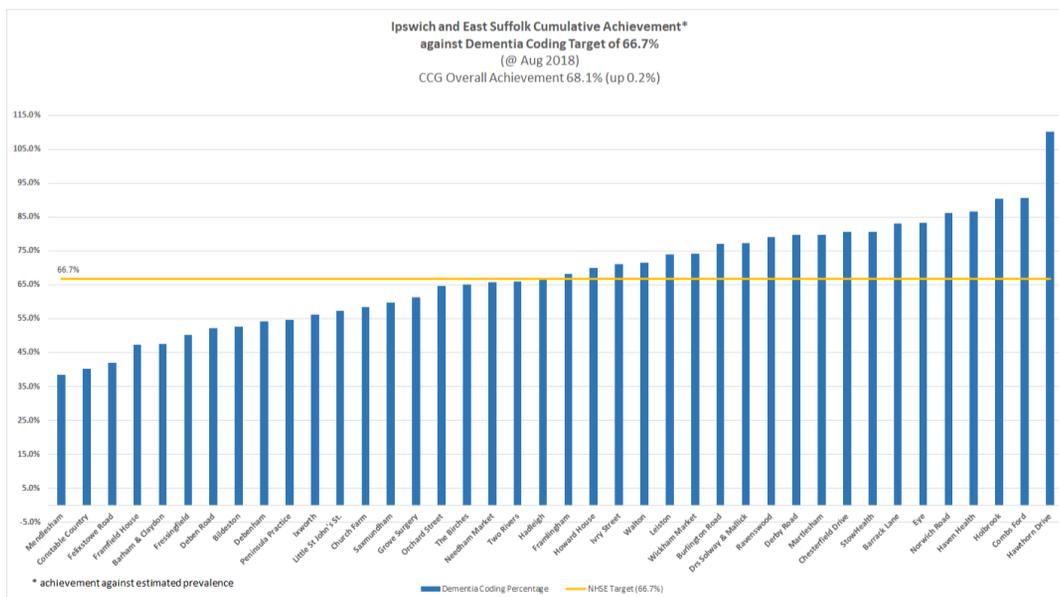
CHART OF THE WEEK

15

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 we are looking at: Ipswich and East Suffolk Cumulative Achievement against Dementia Coding Target of 66.7% (as at August 2018). For any queries regarding this chart of the week, please contact [Annette Agetue-Smith](#).



[Click on chart to enlarge](#)

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