



# Weekly Inbox

24 SEP 2018 Issue 290

## 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:

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

FOR ACTION	EDUCATION & TRAINING
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## FOR ACTION

**OC GP PM Ad PN**

### 1 Flu Clinic URL Required

The CCG is changing the way Flu Clinic information is presented on our website and therefore it would be very useful if you could provide your **URL** for Flu Clinic information once it is added to your website. Using this method will ensure that the information on our website matches the information on your practice website.

This is a reminder for those that have yet to provide details, to please provide your **URL** for Flu Clinic information to [Jennifer Burman](#) as soon as possible please.

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## FOR INFORMATION

**OC GP PM Ad PN**

### 2 Safeguarding Adults Framework Consultation

Over the past few months the CCG has been engaged in developing a multi-agency Safeguarding Adults Framework. The Framework is intended to provide professionals with guidance on when concerns need to be escalated into the safeguarding work streams for additional safeguarding practitioner expertise and support.

Next month we are holding consultation [sessions](#) for multi-agency practitioners and professionals to discuss the Framework. These sessions will be a good opportunity for Primary Care staff to have a voice in the development of the Framework, which the Safeguarding Adults Board will finally publish end of this year.

Alternatively, if you are unable to attend, the draft Framework will be available to view on the [Suffolk Safeguarding Adults Board website](#). Individuals can review the Framework and then feedback directly to [SABTransformation@suffolk.gov.uk](mailto:SABTransformation@suffolk.gov.uk).

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**OC GP PM Ad PN**

### 3 Anxiety and Depression Pathway – correction

Dr Roz Tandy (GP Mental Health Lead for WSCCG) and Dr John Hague have worked with colleagues at NSFT to produce [guidance](#) to support the management of patients with anxiety and depression. At the same time we have been exploring how timely secondary care advice can be made available to primary care and have developed the use of the Advice and Guidance facility on the e-Referral System. This will allow an online conversation to start with a secondary care clinician. The [letter](#) explains more. Please send comments about the pathway or feedback on the use of the advice and guidance facility to [Caroline Ratcliff](#).

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## 4 Wrist Splint Orders

If you would like to place any orders for wrist splints, please can you use the new updated template [here](#).

Please email requests to [Jennifer Burman](#). Once you have received your order, please scan a copy of the delivery note and also email to Jeni.

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## 5 Sexually Transmitted Infection (STI) Express Tests - reminder

Launched in February 2018, Express Test offers easier access to testing for STIs, without the need to visit our clinic. Once registered online, service users receive a free kit through the post, which contains individually packaged tests and instructions. The kit is discreetly wrapped in plain packaging and fits through a standard letterbox.

**From 1 October 2018, asymptomatic services users will no longer be able to test in clinic.**

If you have patients who have no symptoms, are aged 16 and over and want to test for STI's, please signpost them to [www.icash.nhs.uk/expresstest](http://www.icash.nhs.uk/expresstest). This is smart phone friendly and is available 24/7.

Service users can test for Chlamydia, Gonorrhoea, Syphilis and HIV. iCaSH are also offering Hepatitis B and C testing for those who are assessed as at risk from assessment questions, during the registration process. Any service users with positive results are invited into clinic for their treatment.

Alternatively, if they are under 24 years and want Chlamydia screening they can access this via their GP practice (where it is delivering opportunistic Chlamydia screening under the public health sexual health contract) or can visit [www.youngandfree.org.uk](http://www.youngandfree.org.uk).

Face to face appointments will still be available for services users:

- Under 16
- with symptoms
- without access to a computer or smartphone
- with learning or communication difficulties
- requiring contraception
- who are homeless.

More information about sexual health services can be found at [www.icash.nhs.uk](http://www.icash.nhs.uk).

Please publicise the [poster](#) in your Practice.

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## 6 Temporary Disruption to Delivery of Sexual Health Services

This is notification of some unplanned building works which need to be carried out at the Orwell Sexual Health Clinic in Ipswich.

The staff at the iCaSH clinic have identified a problem with some of the plumbing on site which requires urgent attention. Builders have been out to assess the situation and are currently anticipating they will be on site for 6 weeks to complete the repairs. This will unfortunately involve 2 or 3 clinic rooms being out of action for the duration of the work.

Staff on site are doing what they can to avoid cancellation of appointments and accommodate patients in other rooms whilst the works are being completed, so we are hoping that impact will be minimal. However, there is still the potential for this to impact upon service delivery in terms of waiting times for appointments and walk-in clinics.

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## 7 Patient Participation Group News – September Edition

Click [here](#) to see the latest edition of the PPG News; a special edition dedicated to 70 years of the NHS.

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PN

## 8 Practice Nurse News

Please follow the link to the latest [Practice Nurse Newsletter](#).

This month's edition includes:

- Agenda for the Practice Nurse Forum on 10 October
- NEW! Nurse Blog
- PHE vaccine update news
- Diabetes Education and Prevention programmes...and more!

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## 9 Suffolk Family Carers Information and Wellbeing Programme

Please promote the Suffolk Family Carers Information and Wellbeing [programme](#) for October to December 2018 to your patients. All family carers who are interested in attending need to contact Suffolk Family Carers to book their place.

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**10 Mind, Body and Soul Conference**

Friday 2 November 2018, 12 noon - 4.30pm  
Ipswich Town Conference Centre, IP1 2DA

This event is run by the Norfolk and Suffolk NHS Foundation Trust Chair of Governors. For more information, booking details and promoting, please view the [Flyer](#) and [Poster](#).

[Back to top](#)**11 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](#).

[Back to top](#)**12 Suffolk User Forum (SUF) AGM**

SUF are holding their AGM on 17 October and invite service users to attend. View poster [here](#).

[Back to top](#)**EDUCATION & TRAINING**

PM

**13 Practice Manager Forum - reminder**

Thursday 27 September 2018, 1:00 - 4:30pm  
Suffolk Food Hall, Wherstead, Ipswich, IP9 2AB

The Practice Manager Forum is being held on 27 September. Please click [here](#) for the agenda.

Please email [Jennifer Burman](#) 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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PN

**14 Practice Nurse Forum**

Wednesday 10 October 2018, 2:15 – 5pm  
Trinity Park Conference and Events Centre, Felixstowe Road, IP3 8UH

We are delighted to announce the official launch of our Practice Nurse Forum on 10 October at Trinity Park starting with lunch at 1pm. The committee are all very excited (as I hope you are) that the future holds an exciting platform for practice nurses working within Ipswich and East Suffolk CCG.

Our aim is that the forum will support your professional development through the provision of educational topics as well as being a catalyst for facilitating change by providing the opportunity to support each other, share ideas, and develop strong networks.

Our agenda for October will have an educational theme where we will welcome the Primary Care Development Manager Julie White from the Primary Care Training Hub and Louise Smith from Macmillan Cancer unit at Ipswich Hospital. The final session is aimed at thinking how we can be responsive and creative to help us develop and change practice, this will require audience participation! [View October's Agenda HERE](#).

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GP

PN

**15 Cancer Update Course for GPs**

Wednesday 10 October, Trinity Park. Please note slightly earlier start time of 2pm.

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.

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

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OC

PN

**16 Care Home Winter Planning**

Wednesday 10 October 2018, lunch from 1pm, start 2pm and finish 4.30pm with coffee at 3.15pm at Trinity Park.

Care Home Winter Planning session (*for nurse practitioners and ECPs delivering the weekly care home ward rounds*).

We held a training session last year but this year are focussing on winter plans in care homes. The agenda at the moment is Flu, REACT, Dementia, Sepsis, istumble and My Care Wishes folders. Speakers will be Selina Lim, Geriatrician, Mandy Summons St Elizabeth Hospice and Lisa Elmy CCG care homes clinical care home manager. Please pass this message to all relevant staff, thank you. Please email [Laura Krolik](#) if you wish to attend.

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## 17 Care Home Peer to Peer

Thank you to all those that attended the Care Home Peer to Peer last week at Trinity Park. Please be sure to complete the training event feedback form so we can improve the session for next year. Thank you to everyone for contributing to table top discussions and asking questions on the day.

Please click [here](#) for the notes with common themes from each table and actions that will be taken forward.

Please email [Laura Krolik](mailto:Laura.Krolik) if you would like to feedback directly or have any questions.

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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 50](#).**

If you would like to sign-up to the newsletter or have any training queries or suggestions, please email [PACT@suffolkch.nhs.uk](mailto:PACT@suffolkch.nhs.uk).

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## CONTACT

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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](#)



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## DID YOU KNOW...?

### 20 Fresh Start – New Beginnings

#### The Treatment Service for Child Sexual Abuse

The Fresh Start – New Beginnings charity provides a therapeutic service for children and young people up to 21 years who have reported being sexually abused and offers support for their families. Any young person or their family members or carers can ask a professional who is aware of their situation (such as a social worker, teacher, doctor, school nurse or police officer) to refer them to the service.

Referral forms must be completed by a professional and are available on their [website](#) or can be requested by email. The team can be contacted on tel: 01473 353355.

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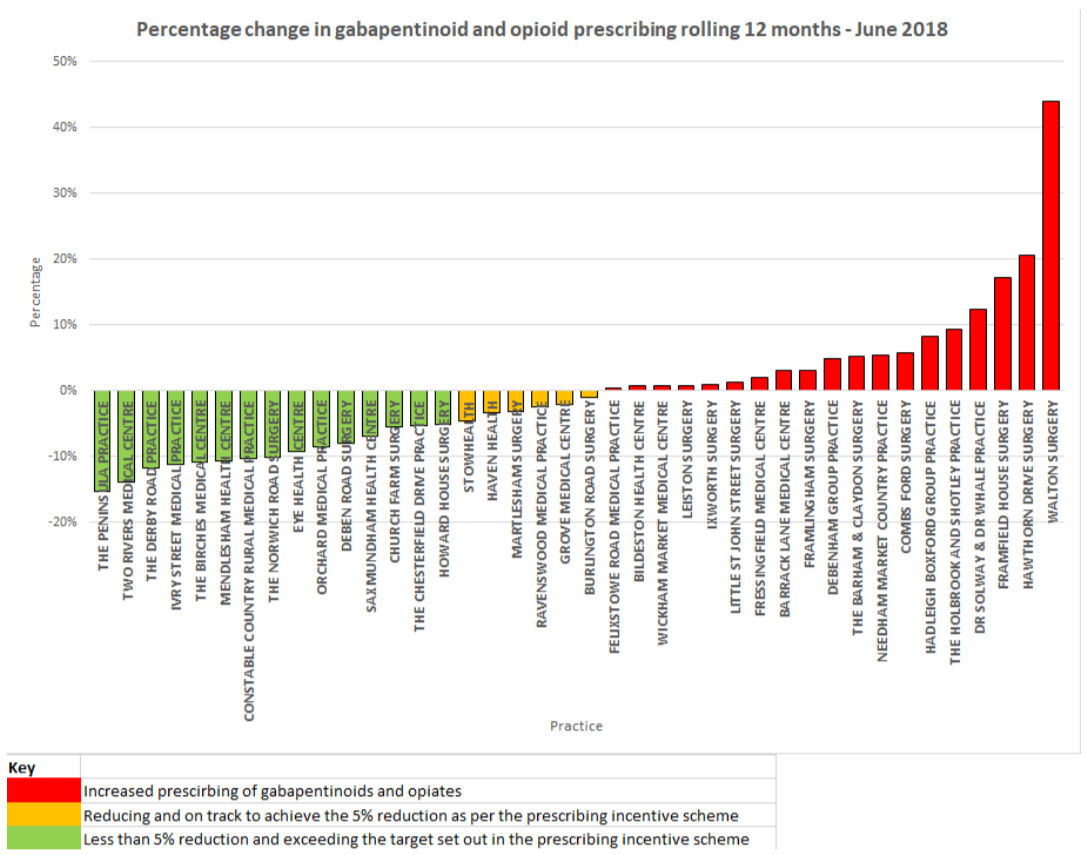
# CHART OF THE WEEK

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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: Percentage change in gabapentinoid and opioid prescribing rolling 12 months – June 2018.



[Click on chart to enlarge](#)

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