



Weekly Inbox

05 FEB 2018 Issue 257

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)
Oth: Other clinicians (including ECP, Pharmacists)

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FOR ACTION

1 Training & Education – 8 Feb

This Thursday's training and education event at Trinity Park will be focused on **End of Life** with palliative care consultant Dr Sam King providing our clinical lecture at 2.15pm and coordinating our **One Clinical Community** workshops from 4pm – 6pm. GPs, nurses and other clinical practice staff are welcome to attend. Clinical staff working in community services and hospices have also been invited. [View agenda](#).

Other sessions include a prescribing leads meeting, which will have a respiratory focus with Dr Jonathan Douse from Ipswich Hospital (nurses with an interest in respiratory are also welcome to attend) and a networking group for ECP/practice paramedics organised by Suffolk GP Federation.

As ever, it helps us enormously with planning if we know how many people are coming so please do let [Shelley Mitchell](#) know if you plan to attend.

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2 Vaccine Ordering for 2018-19 Influenza Season

NHS England are currently reviewing the clinical evidence, including advice from the Joint Committee on Vaccination and Immunisation (JCVI) and cost-effectiveness data from Public Health England in respect of influenza vaccines for 65 year olds and over and those in at risk groups who are under 65 years old.

Definitive guidance to general practice and community pharmacies on influenza vaccine for the 2018/19 season will be provided on Monday 5 February 2018.

No further orders for influenza vaccine should be made and no provisional orders should be converted to confirmed orders until this national guidance is issued for adoption.

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3 CCG Governing Body & Clinical Executive Elections

The process for election to the governing body and appointment to the clinical executive for the next three-year term will begin next week (w/b 5 February). Applications need to be with Simon Jones (LMC) by **16 February 2018**. An information pack will be sent to all practice managers and GPs on 5 February.

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4 Practice Manager Forum Feedback

Thank you to everyone who attended last week's Practice Manager Forum. In order to help us improve on the event and plan for future forums, please complete this [feedback form](#) and return it to [Eleanor Ward](#). Thank you.

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FOR INFORMATION

5 Transport Issues

Some questions have been asked about the different options for people in your communities being able to get to appointments, visit a friend or do some shopping. Some schemes offer transport but cannot always help out. Other schemes do not offer transport as part of their service.

Connecting Communities – Is a transport service provided by Suffolk County Council designed to help people travel around the county of Suffolk who might not have access to a regular bus service. Please visit www.communities.suffolkonboard.com for what is available in your area. The website will show you what is available in your area, how to use the service and posters that you can print out.

Travel Vouchers – If you do not use your bus pass then you can replace it with travel vouchers, which are £100 worth of vouchers that can be used for a taxi. It should be a fairly simple process to apply and a volunteer should be able to support somebody with doing this. Details can be found at: www.suffolkonboard.com/concessionary-travel/travel-voucher-scheme/

Driving Miss Daisy – Driving Miss Daisy provides companion driving services for the elderly, children, disabled and for anyone who is unable to drive. They help patients get back their independence, enabling them to get out and about and enjoy everyday living. Their dedicated drivers will also help individuals in and out of the car, going to appointments, shopping and accompany them on outings. Special requirements are catered for including assistance with a walker or wheelchair. Pricing is very competitive. Find out if Driving Miss Daisy can help – Telephone: 0333 014 6211. www.drivingmissdaisy.co.uk/

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GP PM PN

6 Practice Cancer Data Packs

Dr Yager and Donna Reeve (CRUK) have produced practice cancer update packs that will be arriving at the practices by email over the next few days. The packs have been made up using information from the recent Public Health England practice cancer data, published in December 2017, relating to cancer screening and diagnosis. We would like the opportunity to visit your practice at a time and length convenient to you, so that we can run through this information in more detail, answer any clinical and service queries and provide more information about the training and support we can provide.

To learn more book us for a visit to your practice by contacting Donna Reeve at donna.reeve@cancer.org.uk or Dr Andrew Yager at a.yager@nhs.net.

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7 Falls Protocol for Care Homes

iStumble is the latest falls protocol, which has been distributed to all care homes. Please click on the links below for more information:

[iStumble](#)
[iStumble Algorithm](#)

Should you have any issues in the meantime, please contact the CCG's Care Homes Clinical Support Manager [Ben Harvey](#).

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8 Audit of Patients on High Dose Opioids

All practices will have received a request from the Controlled Drugs Accountable Officer (CD AO) for the East of England, asking for participation in an audit on the use of high dose opioids for the treatment of chronic pain, i.e. >120mg morphine equivalent per day. This is because evidence suggests that doses above 120mg morphine equivalent per day for chronic pain are mostly not effective and can lead to harm ([click here](#) for further details).

All practices are strongly encouraged to take part in the audit because it is about safety and best practice. It should however be noted that the audit is not funded and it is not compulsory.

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9 Making Every Contact Count (MECC)

Making Every Contact Count (MECC) training is being offered by OneLife Suffolk. The training will teach you to support an individual to make lifestyle behaviour changes and understand which services you could refer people onto.

OneLife Suffolk has developed the new [MECC webpage](#), where you can find more information about the training.

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10 Supporting Patients to Come Off Antidepressants

Patients wishing to come off antidepressants can be supported using The Royal College of Psychiatrists' leaflet/factsheet/video 'Coming off antidepressants'. These resources can be found [here](#)

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11 NHS70 Parliamentary Awards

NHS England and NHS Improvement are encouraging MPs to nominate individuals and teams delivering health and care in their constituencies for one-off national awards to mark the NHS's 70 birthday. This provides an excellent opportunity for NHS organisations and others to develop and maintain relationships with their local MPs, boost staff morale, and help showcase the best of the NHS to a national audience. We would therefore urge you to get involved and put your organisation forward in one or more of the ten categories. The Parliamentary Awards will be launched on **7 February 2018** and more information is available on the [NHS 70 awards website](#).

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12 Suffolk GP Federation Newsletter

[Click here](#) to view the latest newsletter from the Suffolk GP Federation.

This edition includes updates on the Suffolk Podiatry Service, the Suffolk Locum Service as well as the offer of free Local health assessments from the GP Health Service (GPH).

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13 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](#).

Newly added this week!

The Peninsula Practice – Part-time Medical Administrator

We require a motivated individual to work as a Medical Administrator at our two main sites, Alderton & Orford. AMSPAR Diploma for Medical Secretaries desirable but training would be given to suitable candidate. We are looking for someone who has a bright disposition, works well under pressure, is flexible

and has excellent IT skills. Accuracy is essential and previous experience in the NHS and/or SystmOne is expected.

[Click here](#) for more details, as well as how to apply.

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PM Ad

14 Find it on our website!

The CCG has produced a Practice Manager Welcome Pack for new practice managers. This can be found in the 'Useful Information' box on the [Practice Support](#) page of the website. Please let the Primary Care team know if you have any feedback on this document.

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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](#)

GP PM Ad

15 Planned Care - Rheumatology

David Egan met with Anita Weerakoon, Consultant Rheumatologist at Ipswich Hospital last week to discuss management of follow-ups in Rheumatology as well as redesign plans for the speciality. The referral form has been reviewed, making the pre-referral criteria more explicit. The form will be published shortly.

Methods for primary care being able to access Rheumatology advice were also discussed and it is hoped that we can identify a cohort of practices to test some of these ideas.

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16 Planned Care - Cancer

The Ipswich and East CCG and West Suffolk CCG Cancer Locality meeting took place on Tuesday with Dr Andrew Yager, Macmillan GP chairing. Providers updated on a number of projects that are taking place including the pilot of the new 28-day faster diagnosis standard at Ipswich Hospital.

The implementation of the Macmillan Navigator role was also discussed. There are plans to meet with the University of Suffolk to discuss how they can support the training and development of these roles which aim to address issues around the interface between primary and secondary care in the management of cancer patients.

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17 Integrated Care – Family Carers Workshop

It is estimated that informal family carers save the Suffolk care and health economy £1.5 billion each year. In 2017 however the number of residents requiring care in the family home exceeded the number of family carers available. It is increasingly important therefore that we focus on preventing family carer crisis and ill health, and sustaining quality of life, within the family network and local communities.

Suffolk County Council is organising a workshop on **22 February 2018** for the statutory health and social care sector to come together to produce a shared vision and framework for the commissioning of an innovative integrated family carers model from April 2019.

Family carers and providers will be invited to future workshops to ensure their views are captured. [Gillian Mountague](#) and [Rachel Bottomley](#) will be representing the CCG at this workshop but you are welcome to contribute any views that you have prior to the event or if you are free and would like to attend, please let Gillian or Rachel know.

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EDUCATION & TRAINING

GP PM

18 Primary Care Workforce Development Conference

Looking to recruit someone to help you in your practice? What are the differences between a Paramedic, a Nurse Practitioner, a Physician Associate and a Pharmacist?

This one-day conference is aimed at helping you appreciate how Physician Associates, Paramedics, Nurse Practitioners and Clinical Pharmacists can support you in delivering high quality care to your patients.

[Click here](#) for more information and to register for this event.

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19 21st Century Adult Care in Suffolk

An informative and interactive day to include:

- 21st century social care perspectives
- Making safeguarding personal
- An integrated approach to better outcomes
- Signs of Safety and Wellbeing
- Self neglect and hoarding
- The role of the Mental Capacity Act in making safeguarding personal

[Click here to view flyer.](#)

Delegates will need to have registered as users on Suffolk CPD in order to use this on-line booking facility. If you have not already registered, please [click here](#) for further guidance.

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20 CEPN (Community Education Provider Networks)

Ipswich & East and West Suffolk Clinical Commissioning Groups 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 [CEPN Newsletter Winter 2017](#).

If you would like to sign-up to the newsletter, join the CEPN Steering Group in your CCG area or have suggestions/feedback to support us with this work, please email CEPN@suffolkch.nhs.uk.

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CONTACT

- 21 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](#)

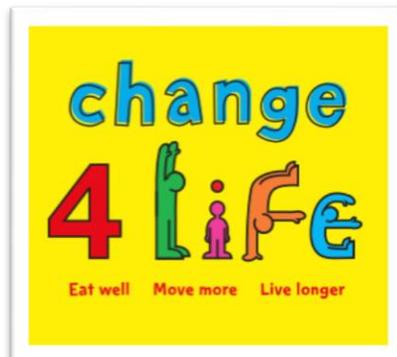


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DID YOU KNOW...?

22 Change4Life

Official data shows childhood obesity in this region has reached alarming rates, with 21% of four-to-five-year-olds overweight or obese, increasing to 31.5% in 10 to 11 year olds. Half of children's sugar intake, around seven cubes a day, comes from unhealthy snacks and sweet drinks, leading to weight problems and dental decay. Each year a typical child in the East of England is consuming almost 400 biscuits; more than 120 cakes, buns and pastries; around 100 portions of sweets; nearly 70 of both chocolate bars and ice creams; washed down with more than 150 juice drink pouches and cans of fizzy drink. Public Health England has launched a new [Change4Life](#) campaign promoting healthier snacks.



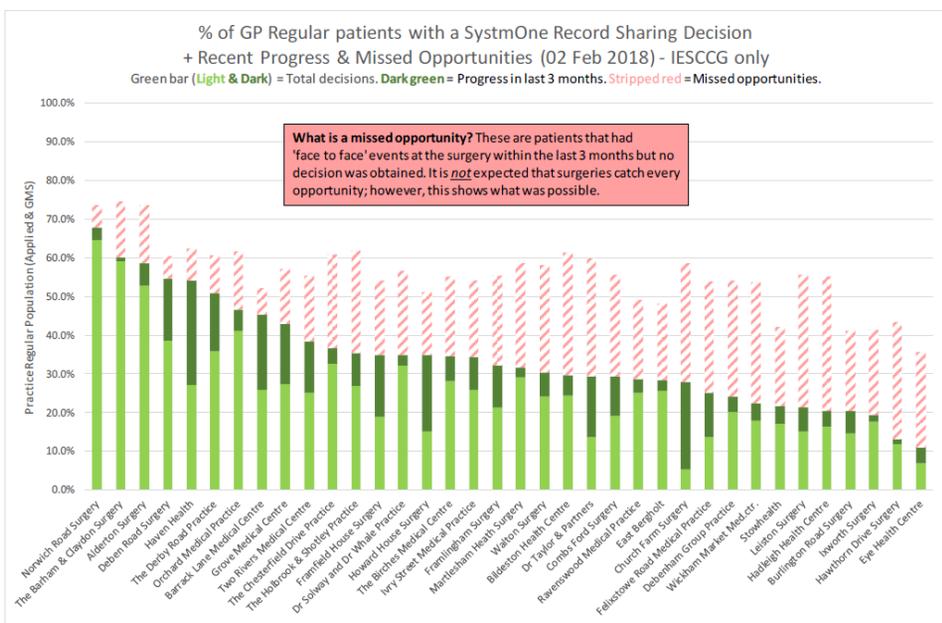
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CHART OF THE WEEK

- 23 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 **% GP Regular patients with a decision on record sharing progress and missed opportunities (2 Feb 2018)**.



[Click on chart to enlarge](#)

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