



Weekly Inbox

14 MAY 2018 Issue 271

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

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 interesting to doing the side programme with Tabitha, please let Shelley know.

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PM

2 Practice Manager Forum – Save the Date!

The next Practice Manager Forum will take place on the afternoon of **Thursday 14 June**. Agenda and timings will follow shortly so please watch this space!

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3 St Elizabeth Hospice – Fax Communications Switch Off

As part of GDPR and ensuring safe and confidential exchange of information, St Elizabeth Hospice is making the following changes:

The hospice will stop using faxes as from **Monday 14 May**. This will be both to send and to receive communication. Please be advised that this function will therefore **not be available at all from this date**. Please use their secure NHS email addresses for any communication containing patient identifiable information.

The hospice will send information regarding patients to you via secure email to your NHS email addresses. Please could we ask that you **ensure these addresses are regularly accessed for this information**. Should any communication be urgent, the hospice will follow this up with a telephone call to advise that the communication has been sent.

If there is a specific email address that you would prefer the hospice to use, please let their administrative team know: ihn-tr.stelizabetssecs@nhs.net.

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4 Online GP Consultations Survey

NHS England is seeking views from GPs and practice teams on what people think about the idea of [online consultations](#) so they can improve the service and increase the availability and use. Online consultations are a way for patients to contact their GP practice without having to wait on the phone or take time out to come into the practice. There is a short online survey for [GPs and practice teams](#) which CCGs have been asked to share with practices. The survey will close on **Friday 15 June**.

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5 Cardiology Pre-Referral Guidance Update

The CCG has been working with the Cardiology consultants at Ipswich Hospital to look at various ways to improve pathways and services. This work has enabled the Atrial Fibrillation pathway to be updated, a new Primary Care Hypertension Pathway to be developed and now the Cardiology Pre-Referral Guidance Referral Form to be updated. Feedback had also been received from primary care on the current form and this has been fed into the changes. The updated version of the Pre-Referral Guidance is now available on practice clinical systems and [Referral Form Library](#) on the CCG website. [Click here](#) to view a Practice Briefing.

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6 Severe Mental Illness (SMI) and Physical Health Checks

As you are aware, the CCG is working on ways to improve the uptake of Physical Health Checks for those patients with a Severe Mental Illness (SMI). We have worked up a LES to address this; the LES focuses on increasing the number of comprehensive SMI Physical Health Checks completed and reporting these numbers on a quarterly basis to the CCG.

To help with reporting practices are encouraged to use the Bradford Template to capture the components of the physical health check. SystemOne and Emis Web have the Bradford Template loaded, a quick user guide will be issued alongside the LES.

There will be some free e-Learning that accompanies this LES to ensure practices feel their workforce is ready to complete these Physical Health Checks.

We still have a number of approval channels to go through but want to make practices aware of new LES as early as possible. We are hoping to share all the necessary details in the next 2 weeks.

In the meantime if you have any questions, please contact [Lizzie Mapplebeck](#).

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7 Heatwave Plan for England

The [Heatwave Plan](#) for England is part of the Department of Health's support to the NHS, social care and local authorities, providing guidance on how to prepare for and respond to a heat wave. The aim is to reduce summer deaths and illness by raising awareness and triggering action by the NHS, public health, social care and other community and voluntary groups to support those in challenging circumstances, which increase their vulnerability to heat. Additional resources have been developed, including:

- Advice for health and social care professionals: supporting vulnerable people during a heatwave (booklet)
- Advice for care home managers and staff: supporting vulnerable people before and during a heatwave (booklet)
- Beat the Heat: Staying safe in hot weather (leaflet)
- Beat the Heat: Staying safe in hot weather (poster)
- Beat the Heat: Keep cool at home (checklist)
- Beat the Heat: Keeping care home residents safe and well (checklist)

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8 ACE Wellbeing Project – Now Taking Referrals!

The ACE Project supports young people with mental health difficulties to Achieve, Connect and Enjoy for wellbeing. We offer a combination of group work and 1:1 support to help young people achieve a healthy life balance and fulfil their potential.

We provide weekly wellbeing workshops to equip young people with the tools and strategies for living an independent and fulfilling life and help them to build a support network of peers. Our 1:1 support is tailored to each individual and could include confidence building, assistance with referrals into statutory wellbeing services or Information, Advice and Guidance. There is no cost to participants and reasonable travel expenses can be reimbursed (the group sessions take place in central Ipswich).

We also offer the full 2 day Adult Mental Health First Aid Training to organisations wanting to train up Mental Health First Aiders. To refer or find out further information please email us at: the.ace.project@hotmail.com.

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9 Celebrating 70 Years of the NHS

The CCG has been selected as one of 5 organisations nationally to appear in a NHSE film that will be shown in the summer to celebrate the [70th anniversary of the NHS](#). The film will be shown after Simon Stevens' presentation at the NHS Confederation Conference in June. It is a great honour for the CCG and everyone in the local health and care system.



Filming took place on Friday 11 May at various locations in and around Ipswich and focused on collaborative working with our partners to improve the health and outcomes for our population.

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10 Volunteering for Dementia Together

Sue Ryder are looking for volunteers for their [Dementia Together](#) service and are holding a **Volunteer Information Event on Wednesday 23 May** at The Chantry, Chantry Park, Hadleigh Road, Ipswich, IP2 0BP, 10.00am-12.00pm and then again 2.00pm-4.00pm.

The event will provide an opportunity to find out more about the service and the roles volunteers play. It will also include a Dementia Awareness session. **For more information** about this event and **to book a free place** on the morning or afternoon session, see: www.dementia-together.com/event/38

If you have a passion to support people living with Dementia and their family carers, or know someone who would be interested in volunteering, the roles that are available are detailed [HERE](#).

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11 PPG Newsletter – May 2018

Please [click here](#) to access the latest issue of PPG News. Highlights this month include an introduction to the new Social Prescribing and Partnerships Manager Zoe Knight, as well as an update to the members’ blog from the Chair of The Birches Medical Centre’s PPG.

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12 Fit2Sit Posters

Getting patients out of bed can promote speedier recovery and help patients get home sooner. New [Fit2Sit posters](#) have been designed to encourage paramedics to help patients sit up if they are well enough, instead of lying down on stretchers. Put these up and share with colleagues as a reminder of the Fit2Sit campaign.

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13 Suffolk Park Run

This [flyer](#) has been produced to promote the weekly free to attend parkrun and Great Run Local events taking place across the county and it will feature in the next edition of the Health Walks brochure produced by One Life Suffolk.

A total of 2,812 individuals of all ages took part in one of the events over the weekend of the 21st & 22nd April and it would be great to push this over the 3,000 mark in the near future.

Your help and support to promote these events is much appreciated and will help us to achieve our ambition to make Suffolk the most active county in England.

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14 Suffolk Walking Festival

The 2018 Suffolk Walking Festival, with over 120 walks and events, promises to be the biggest and most ambitious festival to date!

There are walks for everyone, from short strolls to long hikes and everything in between. In addition, for 2018 (our 11th year), we are delighted to launch the Walking Festival Fringe, a series of exciting and imaginative events that get you close to nature in the very heart of the countryside.

Visit www.suffolkwalkingfestival.co.uk for more information.

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15 Reminder: Ipswich Clinical Society Meeting

The next joint meeting of the Ipswich Clinical Society and the Ipswich and Suffolk Medico Legal Society will take place on Thursday 14 June at the Royal Harwich Yacht Club. The guest speaker for the evening will be Professor Peter Cochrane (OBE).

He will provide a challenging talk on how information technology and artificial intelligence are going to impact on medicine and the law entitled, “Future Health Care: From Do It For Me to DIY.”

[Click here](#) for further information, and for tickets, please contact Helen Brand by Thursday 9 June (Tel: 01473 295524, E: helen.brand@bates-wells.co.uk).

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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!

Bright, hot summer days are what many of us look forward to for the rest of the year – especially in cold, wet England! However, whilst we’re enjoying the balmy days of summer, we should not forget that the temperature can get too high, that it can become uncomfortably hot, and for some, it can become dangerously hot.



Visit the [Summer Health page](#) of the CCG website for MetOffice weather updates, sun safety advice and tips for staying cool in the hot weather.

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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 Medicines Management – Joint Online Formulary

Chapter 4 (Central nervous system) and Chapter 8 (Malignant disease and immunosuppression) have now been approved for use. The website can be found [here](#) is and free to access. Apps are available for iOS and Android, which are free to download. Please [click here](#) for further information.

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19 Elective Care - Diabetes

The National Diabetes Prevention Programme has been awarded to ICS Health and Wellbeing. Please [click here](#) to view an introduction by Thomas Fowler, the Diabetes Programme Manager for Suffolk and North East Essex STP. Over the next few months Patient Information Sheets and GP Information sheets will be produced to be used as part of the programme’s communication strategy. The ICS webpage also has various information available and the local page is currently in development: www.preventing-diabetes.co.uk.

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20 Elective Care – Eclipse Software

The Elective Care workstream met last week and was chaired by David Egan. The use of Eclipse software was discussed following the demonstration of the system to the Elective Care group last month. The software links into Secondary (Acute Care) on order to identify patients or cohorts of patients at risk of certain conditions. The software works across both SystemOne and EMIS. It was felt to be a really useful tool, which we are keen to implement with the proposed priority areas being diabetes, respiratory and stroke.

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21 Prescribing Clerk Training

Standard Level Prescribing Clerk Training is being held on Thursday 28 June. Please [click here](#) to view the flyer. If you would like to book any staff on to this course, please contact [Claire Allen](#) to reserve your space by **Monday 18 June**.

Spaces are limited and so if you have previously reserved a space but not yet confirmed attendance, please can you kindly confirm to Claire ASAP so that we may offer your space to somebody else if you no longer require it.

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22 CDEP Diabetes Training

Would you or one of your practice colleagues benefit from free online Diabetes learning? We have access to some free competency-based online training licences that support all levels of healthcare practitioners to help them demonstrate and improve their Diabetes knowledge and skills relevant to their role as per the national agreed diabetes competency frameworks. This training ranges from unregistered to registered, non-diabetes specialists to diabetes specialist.

Further details can be found in the programme flyer [here](#) and in the supporting document [here](#).

Both the CCG and the Ipswich Hospital Diabetes Centre support this training so should you or your colleagues be interested please contact [Claire Pemberton](#) or [Dean Onno](#) in order to register. Initially we have to limit the number of these free licences to two per practice, so if you have signed-up but no longer require a licence, please [contact CDEP](#) to let them know in order that this can be freed up for someone else to use.

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23 Patient Online Access and EOL Care Webinar

The Royal College of General Practitioners (RCGP) is hosting a free webinar about how Patient Online access can support End of Life care. It will be of interest to GPs and practice nurses who are involved in end of life care and will cover:

- The use of Patient Online record access to support End of Life Care
- The help that can be provided to family members or carers supporting patients at the end of life.
- How Patient Online record access can complement Electronic Palliate Care Coordination Systems

The webinar is on **16 May 1pm-2pm**. You can Register [here](#).

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24 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 CEPN Steering Group in your CCG area please email CEPN@suffolkch.nhs.uk.

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CONTACT

25 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](#)
- [Referrals, Briefings and Pathways](#)
- [Download Digital Campaign Resources](#)
- [NHS England](#)
- [Ipswich Hospital website - GP section](#)



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DID YOU KNOW...?

26 Two Rivers Health Event

Two Rivers Medical Centre is holding a health event on Thursday 24 May between 1.30 – 4.30 p.m. Dr Skrinchuk, a GP at the practice, will give a talk – *“The effect of excess weight on the body and how to eat well”* and Josh Sprague, a physiotherapist with Allied Health Professionals Suffolk will talk on *“The importance of exercise”*.

There will also be representatives from a number of local health organisations, including OneLife Suffolk, who will be offering those eligible a free NHS health check. Everyone is welcome to attend – you do not need to be registered with Two Rivers Medical Centre.

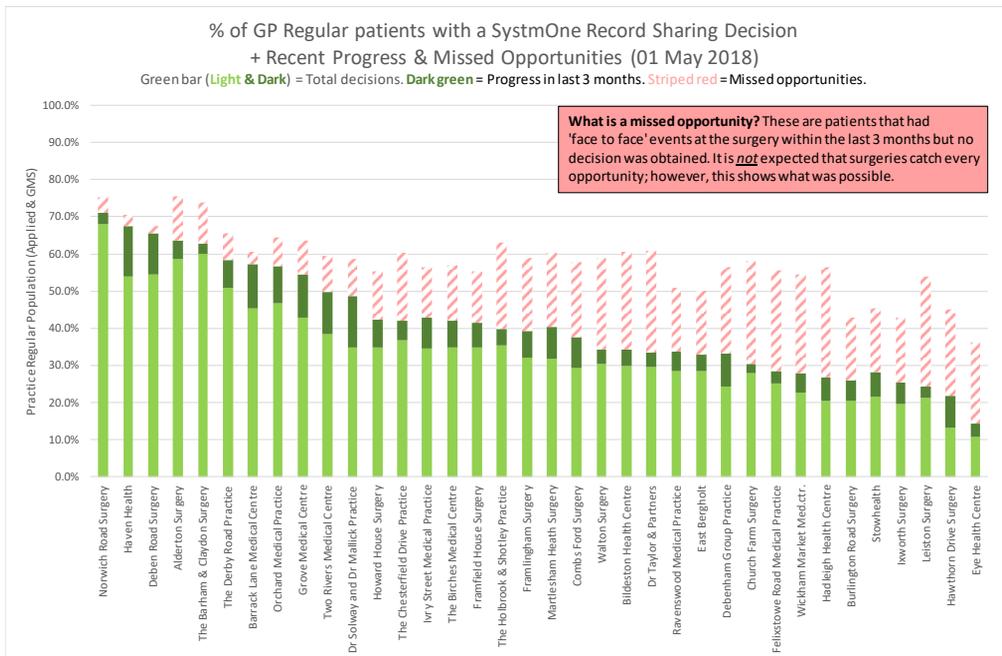
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CHART OF THE WEEK

27 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 **% of GP Regular patients with a decision on record sharing progress and missed opportunities (01 May 2018)**.



[Click on chart to enlarge](#)

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