



Weekly Inbox

26 NOVEMBER 2018 Issue 299

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)

OC: Other clinicians (including ECP, Pharmacists)

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FOR INFORMATION

OC **GP** **PM** **Ad** **PN**

1 Winter Plans and Arrangements for Primary Medical Care Services during the Christmas and New Year Period

As we know, last winter was challenging for the NHS; however with thanks to the huge efforts of frontline primary care staff, more people were seen in primary care than the previous year.

Please see below links to important information about winter planning for this year.

Letter: [Winter Plans & Arrangements for Primary Medical Care Services during the Christmas & New Year Period](#)

[Services to support Admission Avoidance Winter 2018](#)

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OC **GP** **PM** **Ad** **PN**

2 Sepsis awareness for Primary Care clinicians

Please follow link to a new [Sepsis guidance document](#) that has been developed by RCGP and Health Education England.

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OC **GP** **PN**

3 Moving Medicine Toolkit

A new resource that aims to improve conversations about physical activity between patients and healthcare professionals has been launched by the Faculty of Sport and Exercise Medicine. The [Moving Medicine tool](#) will help professionals to advise patients on how physical activity can help to manage their conditions, prevent disease and aid recovery.

Currently one in four of the population in England does less than 30 minutes of moderate intensity physical activity a week and are classified as inactive. Physical inactivity is in the top ten greatest causes of ill health nationally, with negative impacts on health, wellbeing, social and economic outcomes for individuals and communities.

Evidence shows that one in four patients would be more active if advised by a GP or nurse, yet nearly three quarters of GPs do not speak about the benefits of physical activity to patients due to either lack of knowledge, skills or confidence. The tool focuses on helping to address the most common long-term conditions affecting the population, such as cancer, depression, musculoskeletal pain and type 2 diabetes. It is designed to provide healthcare professionals with the latest evidence to address this knowledge and skills gap in the NHS and support healthier outcomes for patients as a result.

The Moving Medicine Resource can be found online at www.movingmedicine.ac.uk.

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OC **GP** **PM** **Ad** **PN**

4 SEND Bulletin for Suffolk & Norfolk – Autumn 2018

Please follow link to the [latest newsletter](#) from the SEND team.

Suffolk Local Offer is the place to go for information and advice on services available for children and young people with special educational needs and/or disabilities.

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5 Can Do Healthcare Newsletter

[Click here](#) to read the latest edition of the newsletter from the Suffolk and North East Essex shadow Integrated Care System.

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6 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 items0 in this section – [contact us](#)

7 Winter Falls Campaign

The CCG facilitated a Winter Falls Campaign Workshop in October. The focus of the afternoon was: *'What can we do as a community and system to aid falls awareness and prevention throughout the winter period?'*

A number of specific integrated round the table group workshops were undertaken, to ensure services across the community better understand what already exists and how working together can aid providing a better seamless patient experience. These workshops were followed by a session on how best to ensure the population is aware of what exists and takes note of the importance of living and ageing well to prevent falls which can have a significant impact on living.

Initial feedback from the session demonstrated that community services are not always aware of what support services exist and found it invigorating to know that by working collaboratively the system can deal with other identified issues and allow a holistic approach. Education and awareness across services and the public was the other key theme throughout with the next steps of both mapping out existing services and deriving a clear communications strategy before the winter period sets in.

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EDUCATION AND TRAINING

8 Training Education and Development Afternoon

The next education afternoon at Trinity Park will be on 12 December where Consultant Chemical Pathologist Dr Taruna Likhari, lead clinicians at Ipswich Hospital for Lipid clinic, will be covering a broad overview for primary care including familial hyperlipidaemia – diagnosis, management in primary care, and the pitfalls that can often befall primary care clinicians. The afternoon will also include speed-dates and a meeting for practice safeguarding leads.

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9 Free Perinatal Mental Health Awareness Training

One-day perinatal awareness training courses are being held at the University of Suffolk from 9.30am until 4.30pm on the following dates:

15 January 2019
21 February 2019
5 March 2019
24 April 2019
15 May 2019
19 June 2019

There is no charge for this training which is provided by the Specialist Perinatal Mental Health Team. Anyone interested in attending please email: SuffolkCommunityPerinatalService@nsft.nhs.uk

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10 Dementia and Delirium Awareness

This is a free resource developed by the STP Lead for Dementia and Delirium within the Derbyshire Healthcare Foundation Trust.

The link below will take you to the Joined up Care Derbyshire Delirium awareness pack, this pack is an online training that should take no longer than 40 minutes to work through. It is aimed at everyone, in an effort to spread information about Delirium and dementia so has been shared more widely by NHS England. The training is aimed at staff and carers.

[Delirium in Dementia Awareness](#)

If you need further clarity of the tool please contact sue.o'dea@nhs.net who wrote the original tool and would be interested to receive any feedback.

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11 Fuel Poverty and Ill Health

Public Health Suffolk has developed a free e-learning course with National Energy Action (NEA) called 'Fuel Poverty and Ill Health - Suffolk' to train health professionals in the issues of fuel poverty and health and to raise awareness of the support available in Suffolk, including the [Warm Homes Healthy People Fund](#).

The course can be accessed at www.nea-training.co.uk/lms/. Users need to register and the instructions are on the site.

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12 How general practice can enhance the business through investment in general practice nursing

The Royal College of Nursing have arranged a 2-day residential course, sponsored by the team leading the NHS England General Practice Nursing 10 point plan (GPN10PP), which is designed to develop leadership and business development skills for GPNs and is free for GPNs employed in general practice in England.

For more information, please [click here for flyer and application form](#).

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13 PACT (Primary Care And Community Care Training Hub)

For the latest training news, please follow the link to [Training Hub Newsletter 59](#)

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

14 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](#).

Please follow the link for **Safeguarding Adult** information [CCGs Safeguarding Adult webpage](#) and click [here](#) for local information

- [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...?

15 Meeting of the Governing Body

A [meeting in public of the Governing Body](#) of the CCG will take place on Tuesday 27 November from 9.15am at Two Rivers Medical Centre in Ipswich.

Amongst items on the agenda for discussion is the draft Suffolk mental health strategy for 2019-2029. [Papers for the meeting](#) can be found on our website.

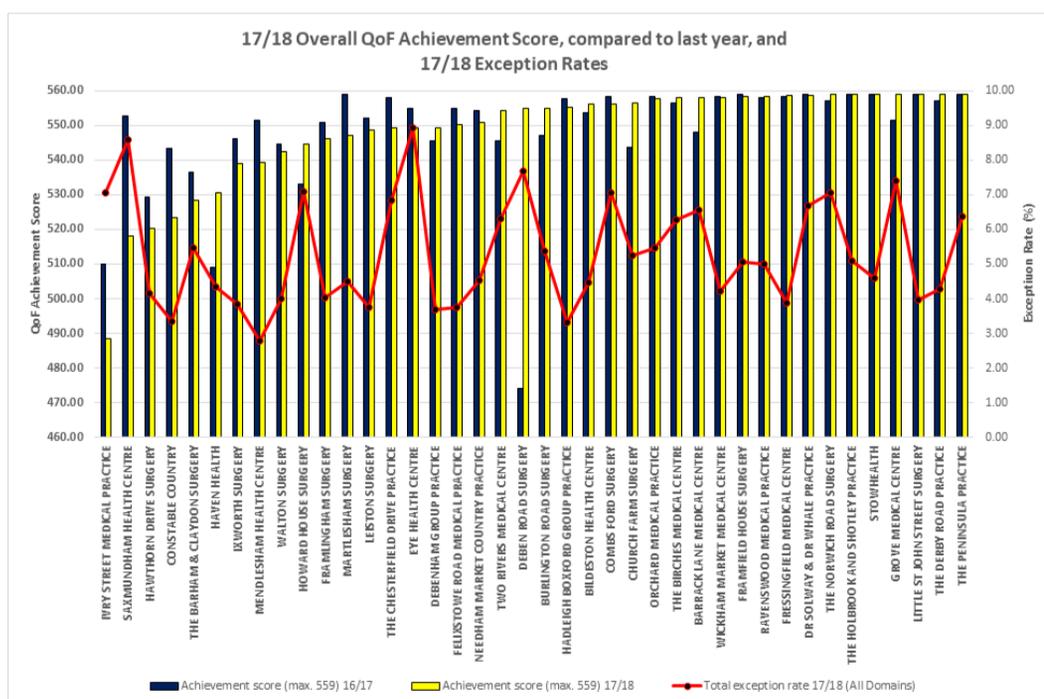
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CHART OF THE WEEK

16 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 QoF Achievement Score and Exception Rates for 2017/18.



[Click on chart to enlarge](#)

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