



Weekly Inbox

Happy New Year!

02 JAN 2018 Issue 252

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 National Consultation on OTC Prescribing

A [national public consultation](#) has been launched by NHS England on draft commissioning guidance for conditions for which over the counter (OTC) items should not routinely be prescribed in primary care. NHSE is seeking to engage with local communities on these proposals and share views with the national consultation. The deadline to submit your view is **14 March 2018**.

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FOR INFORMATION

OC GP PM Ad PN

2 Message from Dr Mark Shenton and Dr Ed Garratt

Please [click here](#) to view our end of year newsletter, which highlights the huge amount of good work that has been happening in primary care over the last 12 months and how that has been achieved. Collaboration and partnership working have been key words in 2017 and they will continue to have an important role in the year ahead.

Thank you for your contribution to healthcare in Ipswich and east Suffolk for the work you do.

All the best for 2018.

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GP PM Ad PN

3 ME & CFS Service Update

Dr David Smith recently retired, having worked in Suffolk for over 17 years supporting people with complex Myalgic Encephalomyelitis (ME) & Chronic Fatigue Syndrome (CFS). David had a caseload of 23 patients and he has written to all of them to tell them about his retirement and advising them to contact their GP practice for support with any health needs. You can continue to refer people to the ME & CFS service provided by East Coast Community Healthcare (ECCH). The [referral form](#) can be found on the CCG website and also on Map of Medicine for SystmOne users.

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OC GP PM Ad PN

4 REACT Update

The REACT service is focused on multi-agency support and will consist of Nursing staff, Therapy staff, generic worker reablement support, social services, Suffolk Family carers and British Red Cross. [Click here](#) for more information.

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OC GP PM Ad PN

5 Hepatitis A Vaccine

Following the shortage of hepatitis A vaccine, Public Health England (PHE) have provided temporary immunisation guidance which can be used for patients requiring the vaccination. The guidance also includes alternatives that could be used for travel purposes. The link for the documents can be found [here](#).

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GP PM

6 Consumables in Care Homes

We have had a number of queries with regards to consumables in care homes (i.e. blood bottles etc).

To clarify, if the visiting GP is requesting the investigation then the practice would usually provide the consumables, from our understanding providers are not contracted to provide these.

The reason they order them from practices is so that they have a supply ready when the GPs attend, otherwise the GP would be required to bring these items with them.

If you have any question please contact [Laura Kroluk](#).

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7 Nasogastric Feeding Tube Recall

There has been a recall of [Nasogastric \(NG\) feeding tubes](#) due to the risk of neonatal or paediatric patients choking on ENFIT connector cap:

- Manufactured by Maxter Catheters – patients could accidentally pull off the connector cap and choke on it (MDA/2017/035).

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8 Coming Soon – GP Patient Survey

From January to the end of March, more than two million people registered with GP practices will be invited to answer a postal questionnaire about their experiences. For the first time, 16 and 17 year olds will be included. The questionnaire has been significantly redesigned to better measure new ways of working, such as online services and extended opening hours. Practices can refer any queries to gppatientsurvey@ipsos-mori.com. A [poster](#), in 14 languages, is available to display during the survey. [Accessibility support](#) is also offered to help patients take part.

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9 Great East Swim 2018

The Great East Swim is a mass participation event that takes place annually at Alton Water. Participants swim distances between ½ mile and 10 kilometres. Suffolk County Council, in partnership with [Suffolk Sport](#), is again funding outreach programmes to support 96 adults in the Ipswich and Bury St Edmunds areas of Suffolk to take part in the Great East Swim on 23rd June 2018.

The outreach programmes are targeted at those 18 years or over who are currently not very active (doing less than 0 -1 x 30 minute's physical activity per week).

[Click here](#) for more information, or get in touch with the programme coordinator, Carol Lukins, by email at carol.lukins@suffolk.gov.uk or by phone on 07955 735514.

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10 Suffolk GP Federation Newsletter

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

This edition includes information about the role of Physician Associates (PAs) and update on the West Suffolk pain service, as well as a farewell message from Dr Tim Read who is stepping down as the Fed's Director of New Models of Care at the end of this year.

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11 NHS WRES 2017 Data Analysis

NHS England has published the [NHS Workforce Race Equality Standard \(WRES\)](#) for 2017. The WRES report was mandated in 2015 and it aims to ensure employees from black and minority ethnic (BME) backgrounds have equal access to career opportunities and receive fair treatment in the workplace. It provides a national picture of WRES in practice and developments in the workforce race equality agenda. The report includes nine indicators with eight covering black and minority ethnic (BME) appointments and career progression, experiences in bullying; by colleagues, managers, patients and the public and the disciplinary action taken. The final indicator measures BME voting board representation. Although there is a long way to go, the [2017 report](#) indicates there is some evidence of continued improvements.

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12 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](#).

Newly added this week!

Band 6 Nurse Secondment Post

NSFT's Access and Assessment Team is currently offering a 4 month secondment into the Children and Young People Pathway during the transition to the new multi-agency Emotional Wellbeing Hub.

If you are interested in this secondment, please contact Susie Howlett, Deputy Service Manager of the Access and Assessment Team (Tel: 01473 341092 or 07951 940187).

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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](#)

13 Integrated Care

Below is a list of updates from the Integrated Care Team:

- The Discharge Event at IHT in December was a great success. Over 100 staff attended from IHT to better understand the discharge process. 46 staff members trained in reablement
- STARR centre launched and patient flow has increased from 30 per month to 40
- Pathway 1 Therapy Lead and Pathway 2 Therapy Lead appointed
- Patient Flow Coordinator Post for STARR appointed
- Integrated health and social care workforce Taskforce established to look at opportunities for staff to rotate from acute to community and across organisations
- Red Cross Reablement Support Service posts recruited to in preparation for launching the service in February 2018

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14 Medicines Management – New Appliance Nurse

The CCG has welcomed Tralee Lashley (Appliance Nurse) to the Medicines Management team. Tralee's duties will include the following:

- Lead specialist in supporting the safe and cost-effective use of appliances in primary care.
- Help deliver the Medicines Management QIPP programme, (inclusive of supporting practices in understanding key opportunities for improvement; leading searches; appliance reviews and audits; following, explaining and developing protocols and guidance, where required; and monitoring outcomes).

Tralee works across both West Suffolk and Ipswich and East Suffolk CCGs, and can be contacted centrally via West Suffolk House on **01284 758010**.

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15 SNOMED CT Update

The ICT team will deliver an overview outlining the upcoming changes for practices following the migration from Read Codes V2/CTV3 to SNOMED CT at the following events:

- **IESCCG SystemOne User Group Meeting**
Thurs 18 Jan 2018 @ 09:45
Conference Room, Stowhealth, Violet Hill Road, Stowmarket, IP14 1NL
Park in Stowmarket Football Club car park
- **EMIS Web User Group Meeting**
30 Jan 2018 @ 13:00
Angel Hill Surgery, Bury St Edmunds
Park in Ram Meadow car park

Come along and understand the implications for your practice. For more information, please contact [Maggie Aldridge](#).

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16 ME Digital Technology Information Cascade

The Midlands & East Regional Digital Technology team is pleased to share our latest [ME Digital Technology Information Cascade update – Issue 10](#) with all the latest developments and information on our digital technology programmes.

Please find also attached the [Digital Technology and Information placemat](#) for your information. Please share with colleagues.

The ME Regional Digital Technology team welcome any feedback you have on this communication, so please let them know if there are any other topics of interest that you would like them to cover in future editions.

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EDUCATION & TRAINING

17 Cancellation Policy for Training Courses

We appreciate that occasions arise which necessitate individuals to cancel their course due to unforeseen circumstances and we therefore try to be flexible in our approach to each individual case. Obviously though in some cases this has an effect on our costs and resources, i.e. rooms, Tutors, catering and we must try to ensure that all parties are not disadvantaged through loss of earnings etc. Any such issues are resolved at the discretion of the CCG.

Practices cancelling places on a course, changing a course date or switching courses, facilitated by the CCG, must do so **at least 10 working days in advance** in order to avoid paying a £50 cancellation fee. If a cancellation notice is received less than 5 working days prior to the course date, the cancellation charge will be £100. The cancellation charge is payable by the practice.

Practices wishing to substitute a registered delegate from the same practice need to first check with the CCG that this is acceptable. If agreed, you may do so up to the commencement of the course without penalty, other than any substitution costs incurred by the CCG.

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18 Sepsis e-Learning

FREE sepsis e-learning can be accessed via [Health Education England's e-LfH e-learning website](#).

To obtain user accounts for your staff:

1. Complete the bulk upload spreadsheet, template found [here](#).
2. Highlight the training manager(s) that require reporting access so e-LfH can set this up at the same time.
3. Email the completed spreadsheet to e-LfH team at support@e-lfh.org.uk

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19 Diabetic Foot Screening Workshop

DUET Diabetes Ltd is offering training is for all practitioners, from carers to trained professionals, who are involved in assessing the feet of people with diabetes. Using NICE guidance as a framework the workshop aims to equip the learner with the knowledge and skills to competently examine and assess the diabetic foot for potential and actual problems.

If you would like to know more or would like to book a place, please give us a call (01799 584178 / 07443 659985) or [email us](#) with your details and one of the team will get back to you. Alternatively, visit our [workshops page](#) to read a summary of the workshop.

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20 Self-Care Trusted Information Workshop

Whenever the question of mental health information is raised, there is a consistent view that highlights the range and variety of information and self-help materials which is available. Although a lot of it is good quality, the sheer diversity makes it hard for people to know what to use and when.

Whilst we do not want to replace what our organisations hold and promote we feel that there is an opportunity for a workshop to explore:

- What information is useful to people and those providing services
- Who holds what information
- How it is promoted and made available
- Can we identify and recommend a top 10 sources of good information
- How can we improve awareness for the public and other people
- Are there any information gaps?

The workshop will take place on Thursday 08 February at the Suffolk County Library in Ipswich. Further details will be sent out nearer to the event. If you are interested in attending please reply to either [Sarah Lungley](#) or [Caroline Ratcliff](#).

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21 BEAT Eating Disorder Training

Beat, the UK's eating disorder charity has been commissioned by NSFT to deliver a number of eating disorders awareness raising training days across Suffolk.

Beat would like to invite you and your colleagues to attend a training session being held on [Thursday 22 February 2018](#). Training is free to attend, and will give you an understanding of:

- What an eating disorder is
- Signs and Symptoms of an eating disorder
- Causes and risks associated with eating disorders
- Where to go with your concerns

By working with the Trust, Beat can ensure that our sessions include vital local service information, giving you the skills and understanding of what to do if you're concerned about someone.

For more information or to book you please contact training@b-eat.co.uk.

More information about the Suffolk Eating Disorder (ED) Service can be found in the [practice briefing](#) on our website.

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22 This Week's New Training Courses

The list below summarises the new training courses that have been added to the CCG website this week. Please click the links below for access to further details and booking information. The tabs on the right-hand side indicate if the events are aimed at a particular staff group.

[Practice Management Clinical Note Summarising – 21 Feb](#)
[Basic Life Support Training – 19 Mar](#)



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23 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 - Issue #16](#).

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

24 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...?

25 Dry January 2018

Dry January is [Alcohol Concern's](#) annual movement through which millions of people give up alcohol for the month of January.

Doing Dry January:

- Enables you to take control of your relationship with alcohol.
- Drives a conversation about alcohol: why do we drink it, what does it do, and how can we reduce the harm it can cause?

Last year:



Visit their website where you can [download the app](#), find information on how to [fundraise](#) and useful resources such as an [impact calculator](#).



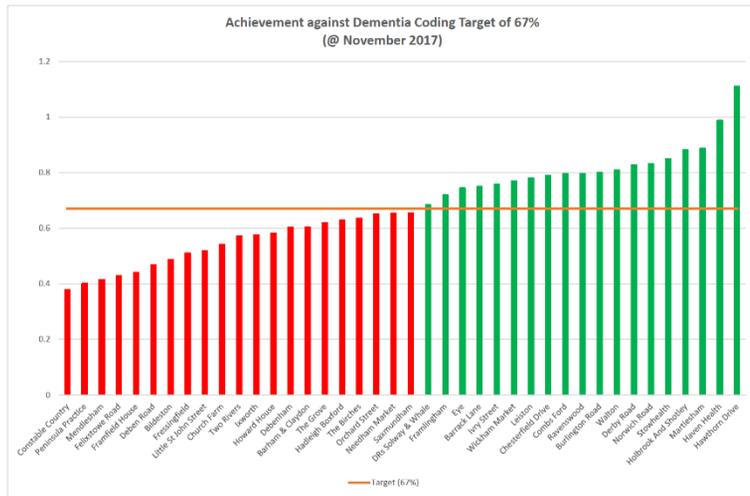
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CHART OF THE WEEK

26 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 **Achievement against Dementia Coding Target of 67% (as of November 2017)**.



[Click on chart to enlarge](#)

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