



Weekly Inbox

15 JAN 2018 Issue 254

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)

FOR ACTION	FOR INFORMATION
1. 360° Stakeholder Survey	16. Find it on the CCG website
2. Sue Ryder Dementia Together Survey	COMMISSIONING UPDATES
3. Severe Mental Illness – New Template	17. Medicines Management
4. Training & Education Event – 08 Feb	EDUCATION & TRAINING
FOR INFORMATION	18. NHS Skills Development Network
5. Flu Outbreaks in Care Homes	19. SLSCB Online Training
6. Updated PCSE Contact Details	20. SCC Adult Safeguarding e-Learning Courses
7. IESCCG Practice Nurse Newsletter	21. New Events & Training
8. Patient Safety Alert – Oxygen Cylinders	22. CEPN
9. Save the Date!	CONTACTS and USEFUL LINKS
10. Emotional Wellbeing Gateway	23. Contact us
11. NIHR CRN Eastern Bulletin	DID YOU KNOW...?
12. Suffolk MIND – Time to Talk Day	24. Did you know...? Cervical Cancer Prevention
13. Diabetes Treatment & Care Programme	CHART OF THE WEEK
14. OneLife Suffolk Health Walks 2018	25. Chart of the Week: Emergency and Elective Inpatient Admissions
15. Local vacancies	

FOR ACTION

GP PM

1 360° Stakeholder Survey

The CCG 360 stakeholder survey 2018 will be conducted by Ipsos MORI on behalf of NHS England from **15 January to 23 February 2018**. Those of you who have kindly agreed to take part should receive an email today from Ipsos MORI providing you with a link to the online survey. The survey provides valuable feedback for CCGs to learn from examples of successful engagement. Our relationship with practices is central to our past and future success and so your views are very important in helping us develop in our role.

To help you with completing the survey, please take a look at our recent end of year [newsletter](#) outlining some of the work the CCG has been doing.

[Back to top](#)

OC GP PM Ad PN

2 Sue Ryder Dementia Together Survey

Sue Ryder have begun to undertake an evaluation of Dementia Together, working with the University of Suffolk. As part of the evaluation, they are seeking feedback from the various stakeholders they are working with.

The University has developed a very short and simple Questionnaire, which should take no longer than about 10 minutes to complete and can be accessed via this link: <https://www.surveymonkey.co.uk/r/LD3TSCJ>

Your time is really appreciated in completing this to contribute to the evaluation. Survey is open until **Friday 26 January**.

[Back to top](#)

OC GP PM Ad PN

3 Severe Mental Illness (SMI) – New Template

People living with severe mental illness (SMI) are at risk of dying, on average, twenty years earlier than the general population. Addressing these inequalities requires a multi-faceted approach. One aspect was to develop a standardised approach to physical health checks for those with SMI. In order to encourage consistent monitoring, NHS England have shared a template, which prompts clinicians to undertake all the NICE recommended elements of a physical health check, and to offer screening and advice. The template is called Mental Health Physical Review and is available on GP clinical systems SystemOne and EMIS Web. See here: <https://www.tpp-uk.com/mhpr>

It is recommended that practices install the template into their clinical system and commence using with immediate effect. [Click here](#) to view a practice briefing.

[Back to top](#)

OC GP PM Ad PN

4 Training & Education Event – 08 February

The next 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. Other sessions include a prescribing leads meeting and a networking group for ECP/practice paramedics organised by Suffolk GP Federation. More details to follow. [View Agenda](#)

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

[Back to top](#)

FOR INFORMATION

OC GP PM Ad PN

5 Flu Outbreaks in Care Homes

If you have a suspected outbreak in a Care home (2 or more suspected cases) please contact the Health Protection Team on **0300 303 8537**. Out of hours (for health professionals only): **01603 481 221** (Medicom)

EastofEnglandHPT@phe.gov.uk or phe.EoEHPT@nhs.net

For more information, [click here](#) to view a flow chart showing the process for responding to potential flu outbreaks in care homes.

[Back to top](#)

6 Updated PCSE Contact Details

Anglian Community Enterprise (ACE) is a subcontractor to Primary Care Support England (PCSE), who deliver a number of primary care support services to contractors/practices in certain areas, predominately in the East of England. In February 2018, all telephone calls currently received by the ACE office in Clacton will transfer to Primary Care Support England's (PCSE) Customer Support Centre.

From Monday 5th February 2018, practices should contact PCSE's Customer Support Centre on **0333 014 2884** for all queries relating to:

- GP payments and pensions
- New patient registrations, de-registrations and practice list reconciliations
- Cervical screening administration support
- Ophthalmic payments

The opening hours for the Customer Support Centre are 08.00-17.00, Monday-Friday. All callers will be allocated a case number, so we can track and keep them updated on the progress of their query.

If contractors/practices would like to email PCSE, they are encouraged to use the online enquiry form available on the PCSE website at: www.pcse.england.nhs.uk/contact-us. The form contains the required fields PCSE will need to process queries, and selecting the 'type of enquiry' ensures queries get to the relevant team as quickly as possible.

[Back to top](#)

7 IESCCG Practice Nurse Newsletter – January 2018

Following our inaugural Practice Nurse Forum in November, we are pleased to have issued the first edition of our 'Practice Nurse News'. The aim of this regular newsletter is to update practice nurses on the work at the CCG and to provide them with the opportunity to share their news and successes.

[Back to top](#)

8 Patient Safety Alert – Oxygen Cylinder Operation

A recent [alert](#) has been issued regarding the operation of oxygen cylinders. In recent years, the design of how to initiate flow of oxygen from cylinders has changed to incorporate integral valves, which need to be opened before use, and closed when not in use. The cylinders often require several steps to be taken in order to initiate flow of oxygen. In some cases this has resulted in patient harm, as healthcare professionals incorrectly assume oxygen is flowing. Please take the time to familiarise yourself with equipment before use. Please note this alert does not apply to piped or concentrated oxygen.

[Back to top](#)

9 Save the Date!

The Primary Care Workforce Development Conference will be held on **Tuesday 13th March 2018** at The Rowley Mile in Newmarket. The conference will aim to answer all the questions that GPs & practice managers have about the new primary care workforce. [Click here](#) for more information.

[Back to top](#)

10 Emotional Wellbeing Gateway

A new Emotional Wellbeing Gateway is now available on Suffolk InfoLink to assist professionals concerned about the emotional wellbeing of a child or young person, and who are looking for information, advice and local support. The new gateway is funded by the Children and Young People's Emotional Wellbeing 2020 Plan, which is part of a five-year plan focused on transforming services that supports emotional, behavioural, and mental health needs of all children and young people in east and west Suffolk.

The information available on the new Emotional Wellbeing Gateway has been co-produced with the Suffolk Parent Carer Network, and includes:

- Information about emotional wellbeing and mental health support
- Practical advice for parents and carers concerned about their child's mental health
- Local services to support children, young people, and families.

Suffolk County Council's Suffolk Infolink website (a directory of community organisations and family support services) is the home for the new Emotional Wellbeing Gateway.

Visit: <http://infolink.suffolk.gov.uk/emotionalwellbeinggateway>

They would appreciate your help to spread the word in any way you can so if you know of an organisation or support group who would like to add their details to the Emotional Wellbeing Gateway, they can email infolink@suffolk.gov.uk, (stating 'EWBG' as the subject). For more information about the 2020 Plan visit: www.healthysuffolk.org.uk/EWB2020

[Back to top](#)

11 NIHR CRN Eastern Bulletin

[Click here](#) to view the latest National Institute for Health Research's Eastern Clinical Research Bulletin. If you have any feedback, please contact [Lynne Baker](#).

[Back to top](#)

12 Suffolk MIND – Time to Talk Day

[Click here](#) to download a poster giving information about Suffolk MIND's Time to Talk Day (1st Feb) Coffee & Conversation event which is part of a whole range of upcoming Time To Change Suffolk Hub events and activities. We would love to see you there supporting Time to Change's aim to change attitudes and behaviour about mental health and to reduce associated stigma and discrimination.

[Back to top](#)

13 Diabetes Treatment and Care Programme

The STP recently launched a marketing campaign to coincide with World Diabetes Day to raise awareness of diabetes and the importance of attending structured education courses, with press coverage and interviews with clinicians and people with diabetes on BBC Suffolk and Essex radios. A refreshed advertising campaign is planned for the for early 2018 to capture the good intentions of peoples' New Year's resolutions, with renewed digital advertising, posters on trains and other public places. This will also tie in with Public Health's diabetes prevention campaign also running early 2018.

More details on the Treatment & Care Programme are available [here](#).

[Back to top](#)

14 OneLife Suffolk Health Walks 2018

Inactivity is one of the top 10 causes of disease and disability in England. By simply taking part in regular activity you can reduce the risk of developing type 2 diabetes, cardiovascular disease and dementia. The UK Medical Officers recommendation is that adults in England should take part in at least 150 minutes of moderate intensity physical activity each week to stay healthy, and walking is the perfect way to achieve them.

OneLife Suffolk has published its Winter 2018 Health Walks Programme. All the walks are completely free and take between 30-90 minutes. They are graded from one to five to help you find a suitable walk and run by trained walk leaders to ensure that they are effective and above all, enjoyable!

Visit their [website](#) in order to access to the Walking For Health Calendar where you can get more information of our Health Walks and our new Health Walks Film, or click on the flyers below for more information:

[East and West Suffolk Walks](#)
[Waveney Walks](#)

[Back to top](#)

15 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](#).

[Back to top](#)

16 Find it on our website!

Following the sepsis lecture in December, a number of people asked for copies of the fever advice leaflet for parents that Lauren referred to. The CCG developed advice leaflets alongside Ipswich Hospital, which are still available and can be accessed via Map of Medicine and the [CCG website](#).

As well as the fever advice leaflet, there is also bronchiolitis and gastro sicknesses

[Back to top](#)

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](#)

17 Medicines Management

Please [click here](#) for a comprehensive list of new and existing medication supply issues from the Department of Health, which are important for primary care.

[Back to top](#)

EDUCATION & TRAINING

18 NHS Skills Development Network

The [NHS Skills Development Network](#) operates across NHS organisations in England. Please consider registering on this and having a look at the resources available. Its remit is to provide the infrastructure for improving leadership and professional development skills, raising standards and sharing best practice through economy-wide learning. The website is the primary source of information for all staff in providing resources for personal and organisational development. Skills Development activities include but are not limited to:

- Professional Education and Qualifications
- Lifelong Learning and Continuing Professional Development
- Talent Management
- Career Development
- Widening and Improving Technical Skills

[Back to top](#)

19 SLSCB Online Training

Single agency training is the responsibility of each organisation to ensure that those staff whose work brings them into contact with children and young people, whether this is directly or indirectly by contact with their families, should undertake introductory safeguarding training.

Whilst the Local Safeguarding Children Board (LSCB) advocates face-to-face training, it recognises that this is not always possible. In order to support our Partners the LSCB are now able to offer the Me e-Learning Safeguarding Children Courses, which are designed to ensure that all staff receive the initial training that will enable them to understand and recognise potential signs of abuse or neglect.

This system is not intended to replace Level 3 and 4 ‘face-to-face’ training for Social Workers, Child minders or staff who attend child protection conferences. It is for level 1 and 2 Introduction to Safeguarding only

To access this free online training, [visit the LSCB website](#).

[Back to top](#)

20 SCC Adult Safeguarding e-Learning Courses

[Suffolk County Council](#) is providing a free Adult Safeguarding e-learning course. This course aims to help you:

- understand what abuse is
- how to recognise it
- what to do if you suspect a vulnerable adult is suffering from abuse.

To access this course visit [Suffolk CPDonline](#).

[Back to top](#)

21 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.

- [Introduction to Safeguarding Vulnerable Groups – 23 Jan](#)
- [Level 2 Emergency First Aid in the Workplace – 07 Feb](#)
- [Combatting Loneliness of the Leadership Role – 27 Feb](#)

[Back to top](#)

