



Weekly Inbox

11 JUN 2018 Issue 275

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

1 Message from St Elizabeth Hospice

The East of England “Do Not Attempt Cardiopulmonary Resuscitation” (DNACPR) policy allows for identified senior nurses to sign and endorse a DNACPR as a senior responsible clinician. St Elizabeth Hospice has two Nurse Consultants, **Jeremy Philpott** and **Cathy Alban Jones**, who work throughout the hospice and community catchment area seeing patients with palliative care needs. They have both undertaken the DNACPR competency training as prescribed by the East of England DNACPR policy and have been assessed as meeting the standard required to sign and endorse a DNACPR as a senior responsible clinician.

As the nurse consultants work throughout the hospice catchment area, they could see patients from any surgery within East Suffolk. If you **do not** wish for a nurse consultant to complete a DNACPR for any/one of your patients as a senior responsible clinician following referral to the hospice, please let St Elizabeth know by contacting enquiries@stelizabethhospice.org.uk. If they do not hear from you, they will deduce that you agree to them completing a DNACPR as above. Please [click here](#) for more information.

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OC GP PM Ad PN

2 Training & Education at Trinity Park (28 June)

At our next event on Thursday 28 June there will be an exciting opportunity to hear more about the Alliance and to get involved in the discussions, both with general practice colleagues and as One Clinical Community. There will also be a prescribing leads meeting and a Practice Nurse Forum. More details to follow.

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OC GP PM Ad PN

3 Annual Patient Partnership Conference 2018

You are invited to help shape the future of health services in east Suffolk by attending “All Together Now” – the annual patient partnership conference hosted by NHS Ipswich and East Suffolk Clinical Commissioning Group (CCG).

This third annual conference is a great opportunity to get involved in the discussion and debate around local NHS services. By attending you will be invited to participate in workshops that will help with the planning of future services so that they meet the needs of local people – including mental health, maternity, substance abuse, dementia, primary care, prevention and community health ([click here](#) to view flyer and agenda).

It is also an opportunity to meet with CCG staff and representatives from local health and care organisations. “All Together Now” is being held at Quay Place, St Mary at the Quay, Key Street, Ipswich IP4 1BZ on Tuesday June 26 from 1.30 – 4.30 p.m.

Anyone with an interest in local health care is invited to [book a place](#) attend this free event.

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PM

4 Reminder: Practice Manager Forum

The next Practice Manager Forum will take place on the afternoon of **Thursday 14 June** at The Cedars Hotel in Stowmarket (IP14 2AJ). Please [click here](#) to view the agenda.

Please could you let [Eleanor Ward](#) know if you are planning on attending, and whether you have any dietary requirements. Places are limited so please could only one member of staff attend from each practice. Thank you.

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5 GP Referral Audiology Clinic (18+ years)

Practices are now able to refer to Audiology at Ipswich Hospital by using NHS e-referral service ALLCAS Audiology. The new referral route on the e-referral service will be:

Specialty: Diagnostic Physiological Measurement Clinic

Clinic Type: Audiology – Hearing Assess/Reassess

The referral form has been updated to give clear instructions on how to refer patients and says:

If any questions below are answered Yes: Patient is not suitable for audiology clinic and should be referred to ENT via: **ALLCAS-ENT**

If all questions are No: Patient is suitable for Audiology and should be referred to Audiology via: **ALLCAS-Audiology**

Specialty: Diagnostic Physiological Measurement

Clinic Type: Hearing Assess/Reassess

Please note: under 18s are to be referred to the [Community Paediatric Audiology service](#).

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6 Calling an Ambulance for Neutropenic Sepsis Cases

The East of England Cancer Alliance have become aware of some incidences where patients on chemotherapy who may have neutropenic sepsis are not being given a nil delay ambulance.

The control centre handlers work to set algorithms and saying cancer, chemotherapy and/or temperature will not trigger an emergency response. Patients and/or clinicians **MUST SAY NEUTROPENIC SEPSIS** to ensure the correct response. Whilst it is not common for primary care to have to call for an ambulance in these circumstances, it is important that everyone is aware of the terms/words we need to use.

The Ambulance Trust is working to address this but in the short term please be aware of the above. Thank you for your assistance with this.

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7 Measles Outbreak in England

Public Health England is advising fans heading to Russia for the World Cup to ensure they are up to date with their MMR vaccine. This follows a large ongoing measles outbreak in Europe. In 2017, measles outbreaks affected more than 20,000 people in Europe, leading to 35 deaths. Cases were highest in Romania, Italy and Ukraine. Between 1 January and 9 May 2018 there have been 440 laboratory confirmed measles cases in England and this increase in measles circulation is mainly associated with travel to and from Europe. Please [click here](#) for more information.

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8 NHS England Local GP Retention Fund

NHS England has announced £10 million of additional funding in 2018/19 to support the retention of GPs and specifically to facilitate the establishment of local schemes and initiatives that enable local GPs to stay in the workforce. The funding will help to promote new ways of working and offer additional support – through the new Local GP Retention Fund, and establish seven intensive support sites across the country in areas that have struggled most to retain GPs. Sites will be announced by the end of June 2018. More information can be accessed on the [NHS England website](#).

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9 GP Forward View Update

GP practices from across the Midlands and East region feature in a new [national update](#) from NHS England setting out the progress made against the key commitments of the General Practice Forward View as at May 2018.

Included among the examples of those benefiting in the first two years of this package of support to sustain and transform general practice are practices in the **Deben Health Group** who have been developing care at scale.

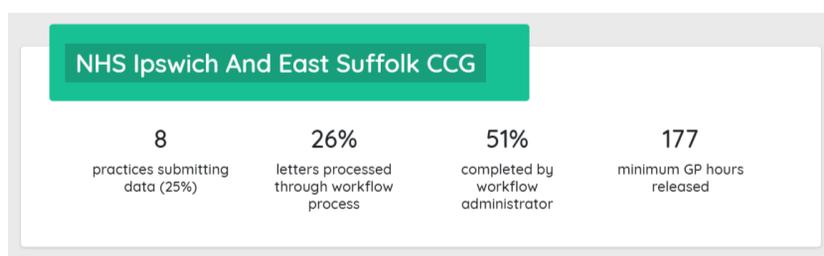
Other highlights include the announcement of a new state-backed GP indemnity scheme, and a new joint working framework between NHS England and the CQC, to help reduce duplication and burden in the regulation and oversight of general practice.

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10 Workflow Optimisation Success!

Workflow optimisation training for the final cohort of practices (Ipswich) has taken place over the past couple of weeks.

We can now monitor the usage and effectiveness of workflow optimisation using the Practice Unbound online dashboard. So far, from the 8 practices who have submitted data, at least 177 GP hours have been released.



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11 National GP Worklife Survey 2017

The number of GPs who say they are likely to quit direct patient care within five years rose to 39% in 2017 from 35% in 2015, according to a new survey. More than nine out of 10 GPs reported experiencing considerable or high pressure from 'increasing workloads'. Read the full report, commissioned by the Department of Health and carried out by the Manchester Centre for Health Economics at the University of Manchester [here](#).

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12 Big 70 Tea Party

Chief Officer Ed Garratt recently gave an interview to BBC Radio Suffolk on why CCGs are offering GP practices £200 to host an NHS at 70 tea party. You can listen to the interview from 7 mins 22 secs [HERE](#).

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13 NHS70 Parliamentary Awards

The [My WiSH Charity](#) from West Suffolk NHS Foundation Trust has been chosen as the regional winner in The Patient and Public Involvement Award category of the NHS70 Parliamentary Awards. Nominated by local MP Jo Churchill, this award has been presented to the charity for the work they have done within the community as well as in the hospital.

The team's work contributes to reducing surgical procedure times, waiting times, patient recovery time, and providing sensitive support for patients and their families. More recently, they have launched their biggest appeal yet - [Every Heart Matters](#) – to raise £500,000 to support the build of a new cardiac diagnostic unit to sit alongside a new cardiac suite the Trust is investing in.

This award saw WiSH compete against around 800 entries and they will now go through to the finals to be held at the Palace of Westminster on Wednesday 4 July. Good luck!

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14 Suffolk LMC Newsletter

Please [click here](#) to view and download the April 2018 issue of the Suffolk LMC Newsletter. This month's edition contains information about the new PCSE local point of contact, as well as updated information on indemnity.

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15 CRN Newsletters

Issue 7 of the [CRN Study and Resource Bulletin](#) is now available, which you will note is now combined for Suffolk and North East Essex. Feel free to share this amongst your colleagues.

Also available is the [CRN Eastern Primary Care Summer Newsletter](#), which contains guidance on the recent GDPR regulations.

If you would like to know more about the studies listed, have any questions about primary care research in general, please contact [Lynne Baker](#) or [Jenny Johnson](#).

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16 PPG News

The [PPG News June edition](#) was issued this week and included news about the recent PPG Network meeting, a blog from Aldeburgh PPG, NHS70 Tea Party and news about upcoming events.

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17 PPG Network Meeting

A successful morning was had on 29 May 2018 when our PPG Networks met at Kesgrave Conference Centre. The meeting focussed on the Alliance and what this will mean for patients.

GPs and lay members from the CCG's Clinical Executive helped facilitate the discussions around how PPGs might contribute to the Alliance and how the concept of patient self-care can be improved and promoted and how patients can be supported to take responsibility for their own health and wellbeing. A small group of members will pull together all the ideas into an Action Plan.

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18 CYPsAF Conference – Save the Date!

The next CYPsAF Conference will take place on Wednesday 17 October. Please hold the date and further information will be circulated in due course.

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19 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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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](#)

20 Planned Care - Diabetes

Monday 11 June sees the beginning of World Diabetes Week and in one of the first marketing campaigns of its kind, diabetes services in Suffolk and North East Essex are working together to increase attendance by patients with Type 1 or Type 2 diabetes at structured education courses.

The '[Learn to live well with diabetes](#)' campaign is led by the Suffolk and North East Essex STP. A two-month digital advertising campaign is pointing patients towards a new website www.mydiabetes.org.uk where they can enquire directly to their local diabetes education provider. The digital advertising, using Facebook as well as search and display adverts, is supported with posters, leaflets and [TV screen adverts](#) being supplied to all GP practices. The publicity material will start being circulated to practices from Monday 11 June.

NICE guidelines on [Type 1](#) and [Type 2](#) diabetes care states that GPs and other healthcare professionals should refer and actively encourage patients with diabetes to book and attend structured education because it is an integral part of their diabetes care. [Diabetes UK](#) in its publication 'Diabetes education: the big missed opportunity in diabetes care' provides the evidence base of medical trials which prove that attending NHS approved structured education courses improves a range of clinical, lifestyle and psychological outcomes for patients.

These and other key messages are included on a dedicated website page for healthcare professionals at www.mydiabetes.org.uk and on tent card reminders which are being distributed to all GP Practices. Patients can self-refer for structured education courses or be referred by their GP, so don't delay - refer your patient today.

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21 RCN Patient Safety & Quality Conference

The Royal College of Nursing Eastern is holiday a Patient Safety and Quality Conference on **Wednesday 11 July**.

The conference will explore safer staffing, safer nursing, brave leadership and leading a healthy lifestyle to maintain physical and mental health. RCN members and non-members are welcome and the event is open to nurses working at band 7 and above across the NHS, and senior nurses and managers working in the independent sector.

More information and details of how to book are available [here](#).

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22 Skills Training for Primary Care HCAs

A two-day course taking place on **11-12 September** at The Centre, St John's Street, Bury St Edmunds (IP33 1SN).

The course will cover; coronary heart disease, diabetes (hypo and hyperglycaemia), renal disease, asthma and COPD, an overview of spirometry, women's and men's health, mental health, health screening, common tests and procedures, record keeping and its importance. There will also be practical workshops on; understanding and accurately recording, blood pressure, pulse, respiration, temperature, urine tests, blood glucose and cholesterol testing, peak flow teaching inhaler techniques/promoting concordance with inhaler use and the Glasgow Coma Scoring.

This course is funded by the Training Hub. To book your place, please [email](#) the Training Hub. Spaces are limited.

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23 Reminder: Root Cause Analysis Training

'Learning from Mistakes,' an investigation report by the Parliamentary and Health Service Ombudsman (2017) into how the NHS in England failed to properly investigate the death of a three-year old child, recommended that training should be provided to staff across the health service in England on how to conduct serious incident investigations.

We are therefore offering a 1 day bespoke training programme for Primary Care Staff, including common issues such as misdiagnosis, prescribing errors and primary care treatment errors such as misadventure during shoulder injections or minor surgical procedures. [Click here](#) for more information.

If you would like to register, please contact [Penny Short](#), stating your name, position and place of work.

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24 Palliative Care and End of Life

The GP Community of Practice is an interactive forum aimed at GPs who seek to build their skills, knowledge and confidence in providing high quality palliative and end of life care for patients and their families affected by both malignant and non-malignant disease.

For more information, including the agenda, please see the [flyer](#). To register and reserve your place visit www.gpcop.eventbrite.co.uk.

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25 End of Life Care for All (e-ELCA)

The following new and updated sessions are now available via the [e-Learning for Healthcare website](#):

- Symptom Management for the Dying Adult**
 This [new session \(04_23b\)](#) provides a concise guide to the management of physical symptoms that commonly arise when a person is in the last few days to hours of life.
- Writing an advance decision to refuse treatment**
 This [new session \(01_06b\)](#) uses four cases studies to help professionals think about how to support patients in the process of creating an advance decision to refuse treatment for different circumstances.
- Intrathecal drug delivery**
 This [new session \(10_01\)](#) provides an overview of intrathecal drug delivery (ITDD) for the management of cancer pain.
- "I'm not loveable anymore" - discussing intimacy in end of life care**
 This [session \(03_28\)](#) has been significantly updated.
- Motor Neurone Disease Learning Path**
 A specific learning path: [ELCA Motor Neurone Disease Learning Path](#) has been developed and includes a number of sessions that will support professionals in caring for people living with Motor Neurone Disease (MND).

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26 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 #35](#).

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

- 27 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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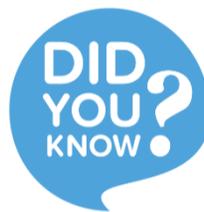
DID YOU KNOW...?

28 Cervical Screening Awareness Week (11 – 18 June)

Cervical cancer can be prevented. With your help we can ensure every woman knows how they can reduce their risk of the disease and there are steps they can take to look after their health.

The Facts: Cervical Cancer

In females in the UK, cervical cancer is the 13th most common cancer. There were around 3,200 new cases of cervical cancer in the UK in 2014, that is around 9 cases diagnosed every day. More than half (52%) of cervical cancer in the UK each year are diagnosed in females under 45 (2012 – 2014).



- One in 135 women will be diagnosed with cervical cancer during their lifetime.
- Incidence rates for cervical cancer in the UK are highest in women aged 25 – 29 (2012 – 2014).
- One in four women don't take up their smear test invitation.
- 63% of women survive cervical cancer for 10 or more years (2010 – 11, England and Wales).



Cervical Screening: Early diagnosis

Cervical screening (the smear test) can identify abnormal cells before they turn into cancer. Research show that cervical screening prevents at least 2,000 cervical cancer deaths each year in the UK, and that smear test prevent 75% of cervical cancers from developing. Women ages 25 – 49 are invited once every 3 years. Women aged 50 – 64 will be invited once every 5 years.

Resources: Useful links

- Jo's cervical cancer trust website (various cervical screening publications) - <https://www.jostrust.org.uk/shop>
- GOV.UK NHS Cervical screening leaflet, including other languages - <https://www.gov.uk/government/publications/cervical-screening-description-in-brief>
- Cancer Research UK leaflets - <https://publications.cancerresearchuk.org/>
- Macmillan Cancer Support cervical screening literature - <https://www.macmillan.org.uk/information-and-support/resources-and-publications/publications>

If you have any questions regarding cervical screening, please contact Donna Reeve via donna.reeve@cancer.org.uk.

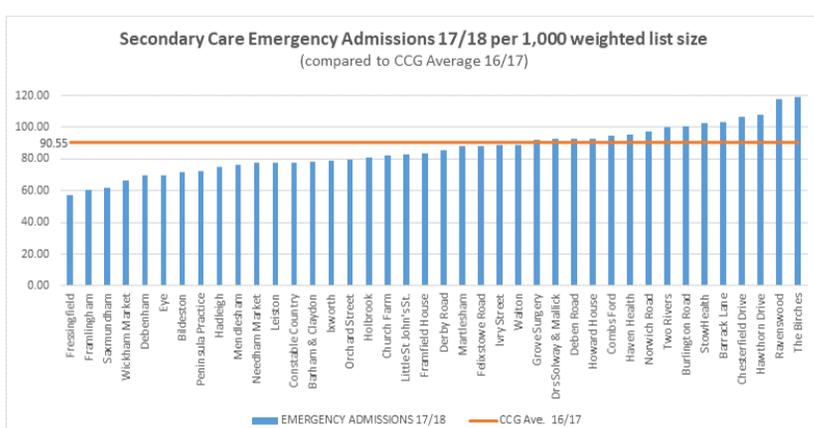
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CHART OF THE WEEK

- 29 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 **Secondary Care Emergency Admissions 17/18 per 1,000 weighted list size (compared to CCG Average 16/17)**.



[Click on chart to enlarge](#)

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