

Welcome to "IESCCG Practice Nurse News". A monthly newsletter to update you on work at the CCG and to provide the opportunity for **YOU** to share **YOUR** news and successes. The Nurse Forum is for nurses working in general practice across Ipswich and east Suffolk to share information, link with each other and engage in shaping the future of practice nursing in East Suffolk. If you have any comments to make about the newsletter or the forum, or would like to contribute to either please get in touch. Contact [Louise Hardwick](#), Head of Operations.

Practice Nurse Forum

Thank you to all of you who were able to attend the nurse meeting on 28 June, I apologise for the change in the agenda we are hoping that we will be able to include the flu update for the September meeting. Here is a quick overview of the afternoon:

Following Lisa Nobes (chief nurse IESCCG) presentation there was some interesting discussions about her vision for practice nursing and how as a profession we can help promote and develop practice nursing as a primary career option for newly qualified nurses. It was evident from the discussions that there are lots of practices who are optimising the development of practice nurses, student nurses and other clinical practitioners. The forum will provide an ideal platform for moving away from silo working to a more collaborative approach of sharing ideas and best practice.

Chris Loveridge (Education for Health clinical lead for spirometry) presented an overview of spirometry training options, which are being supported and funded by the CCG; more detailed information can be found in this newsletter (below).

Louise Hardwick gave an update on the [Primary care Nurse Leadership programme](#), which is due to start this September. This is a fantastic opportunity to develop leadership skills within a multi professional group of nurses from primary and community settings. Follow the above link for more information or speak to either Louise Hardwick or Lisa Nobes. If you are interested in applying, please download and complete the [application form](#). The deadline for applications has been extended to **26 July**.

Dr Chris Rufford* (Public Health Consultant in Sports and Exercise Medicine and local GP) gave an

overview of the physical activity training programme study, which is being undertaken by many of the Ipswich and East practices. In very simplistic terms, this is a pilot that is promoting physical activity to all our patients with a 'physical activity prescription'. Check with your practice manager to see if your practice is involved in the study.

We are planning an exciting launch meeting for the Nurse Forum on 13 September; it would be great to see as many of you as possible - watch out for the agenda it will be coming out soon. We welcome any ideas for the forum so please [email Shelley](#).

There are some exciting times and opportunities ahead.

Best wishes,
Sally Harris

*Dr Rufford was on the local BBC news on 5 July talking about the new pilot, which also featured on the [front page of the EADT last Thursday](#).



Vacancies

Two new [Primary Care Nurse Education Lead](#) roles have gone live on [NHS Jobs](#), for Suffolk and for the wider STP (C005-MDT-360-18). Click on the above link for more information. The closing date for applications is 24 July.

Nursing Recruitment

NHS England recently launched a campaign to increase positive perceptions of and pride in working for the NHS. In doing so it aims to motivate target audiences to undertake careers in the NHS. The campaign aims to increase the number of people considering a career in the NHS and to support those currently working in the NHS by illustrating the public support for the work they do. You can watch the videos on YouTube: [30 secs version](#) or [Full version](#)

Spirometry Training Options

The Primary care and Community care Training Hub (PACT) will be arranging the spirometry courses for the Ipswich and East Suffolk CCG practices.

There are three training options as set out within the EOI document. It is important for you to carefully consider which option is best suited to your clinical practice.



You will need approval from your practice to undertake the course(s) as they involve several months of study.

- [Performing Spirometry \(4 month course, 2 study days and e-learning\)](#)
- [Performing & Interpreting Spirometry \(6 month course, 2 study days and e-learning\)](#)
- [Interpretation of Spirometry \(One-day practical workshop\)](#)

If you are interested, please complete the [Expression of Interest form](#) and return to PACT@suffolkch.nhs.uk.

Closing date for expression of interest is 3 August 2018.

The future of mental health – a very different conversation

The CCG are asking for your help in transforming the way mental health provision is delivered across the county. In order to do that, we first need to find out how effective the people who deliver and receive the current services think they are.



Mental health services in
east & west Suffolk

#AVeryDifferentConversation

The surveys are part of a much larger engagement exercise that aims to help create a new model for Suffolk that will bring mental and physical health services much closer together. [Read more...](#)

To respond to the survey please use the links below:

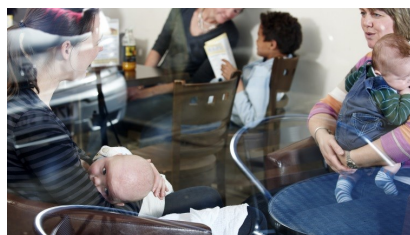
- Professionals should respond [HERE](#)
- People who use, or have previously used mental health services, should respond [HERE](#)
- Carers of people who use, or have previously used mental health services, should respond [HERE](#)

Free half-day training in Breastfeeding Support

In Suffolk for 2017/18 only 74.3% of babies are breastfed at birth, however this reduces by 13.6% after two weeks and a further 13% over the next 4 weeks down to 47.7% of mothers breastfeeding at their 6-8-week check.

This drop after birth shows the importance of support for new mothers and Public Health Suffolk are looking to increase support by providing free training to you.

- Training is **Free** for Primary Care staff.
- Course is only **one-half day** with a total of 3 hours training.
- **CPD** awarded on course completion.



Topics covered include:

- Breastfeeding and medications
- Breastfeeding physiology and common issues
- UNICEF BFI accreditation
- Why does breastfeeding matter
- Working within the WHO Code

Course testimonials from Primary Care staff

"Good presentation on breastfeeding, will be valuable to pass on to colleagues and use in Practice".

"Breastfeeding was excellent, much better than I had expected".

"Learnt lots about breastfeeding and I am so glad that I now have some tools to help mothers".

Training is planned to begin in September and primary care staff are asked to register their interest for choosing locations and dates. To register your interest for please contact: [Annabelle Mackenzie](#), IBCLC – Lactation Consultant Infant Feeding Coordinator

Physical Activity Clinical Nurse Champions for Public Health England

Physical Activity for the Management and Prevention of Disease training has been produced by Public Health England for Nurses to be trained in understanding the importance of physical activity for prevention and management of disease, to be aware of national guidance as set by the UK Chief Medical Officer, and to increase confidence in opening conversations with patients about physical activity.

The project is designed for a group of **Clinical Nurse Champions** to deliver this training, highlighting the national crisis of inactivity and what we can do to improve this.

Evidence proves that physical activity is key for physical and mental health wellbeing; with chronic conditions increasing and our population ageing, it is paramount we strive for a healthier and fitter nation. Physical inactivity can be attributed to 1 in 6 deaths in the UK, with an estimated cost to the UK of £7.4bn annually.

The WHO describes physical activity as the "Best buy in public health", with it being the cheapest and most effective treatment for many diseases. Making every contact count is therefore essential; our voice can make a difference.

As healthcare professionals we need to start leading the way in giving our patients permission to move more and sit less, encourage them to be more active. We are not trying to provide the next Olympian, simply increasing patients activity levels, aiding both their physical and mental wellbeing – Remember start small, something is always better than nothing!

Training is free and available through contacting the PHE Team at physicalactivity@phe.gov.uk or if you would like to speak with one of your **regional Clinical Nurse Champions** directly, please do not hesitate to contact **Simone** or **Jodie** on **01787 886376**.

Dates available for upcoming training as follows:

Bury St Edmunds: 23 July 2018 AM (0900-1200) - West Suffolk Hospital Education Centre

Stowmarket: 23 July 2018 PM (1330-1630) - Stow Lodge Centre Room 20

Ipswich: 30 July 2018 AM (0900-1200) - Gainsborough Sports Centre Community Room

Sudbury: 6 Aug 2018 - Multiple Sessions available (Presentations only at 0830 / 1000 / 1130, and full workshop 1330-1630) - Sudbury Health Centre Room F13



**WALKING BRISKLY FOR 10 MINUTES
COUNTS AS EXERCISE**

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