

Prioritise people;

Practice effectively;

Preserve safety;

Promote professionalism and trust.

Welcome to "IESCCG Practice Nurse News". A bi-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 [Sally Harris](#).

## Forum update from Sally

I cannot believe how fast the last quarter has whizzed by and no sooner than we had the first Practice nurse forum meeting the second one has come and gone. It was great to see so many of you on Thursday afternoon, my last head count came to 36, which we were really pleased with particularly given that the nine practices within the Coast and Country Primary Care Group were unable to attend due to pre-arranged training.

For those of you who were able to attend thank you for your invaluable interaction, there were certainly some inspiring stories of successful student placements at both Two Rivers and Orchard Street following the presentation from Rachel Heathershaw and Mark Pears. Personally, I found Rachel's presentation quite thought-provoking, maybe because of the number of years ago that I did my nurse training or the lack of student nurse placements within primary care,

but I have never given much thought to the Standards of Proficiency for today's student nurses. I would encourage you to browse through the documents listed below to get a better understanding of the changes to proficiency, student supervision/assessment, particularly if you considering having student placements. I know that Rachel would be more than happy for you to contact her if you wanted any more information ([r.heathershaw2@ucs.ac.uk](mailto:r.heathershaw2@ucs.ac.uk))

Tralee Lashley the CCG specialist appliances and dressing nurse presented an overview of the dressing formulary. It was highlighted that there is a gap in the services available to some of our patients presenting with leg ulcers who do not meet the criteria for attending leg ulcer clinic, but who we know need compression. Tralee's request is that you contact her with any such incidences to enable her to address this at a higher level . ([Tralee.lashley@nhs.net](mailto:Tralee.lashley@nhs.net))

Thank you for completing the evaluations, my plea and bribery with biscuits and mince pies worked!

We have added a new tab to the Practice Nurse Area – 'Articles of Interest' – I thought it would be a good way of sharing articles/information and hopefully the slides from presentations. So, if you have any articles or links to interesting information please let [Shelley](#) know and we can add them. If you look now, I know there is nothing there; that is in part due to Shelley's super efficiency to my request for an extra tab this week and the fact that I've been a bit busy this week – so watch the space (it needs your input otherwise its all likely to be respiratory!!).

## Save the date!

Next forum meeting will be **Wednesday 13 February 2019**. We are in the process of finalising the agenda and the future meetings through 2019.

Finally, could I make a plea - as it will be a couple of months until our next meeting can you keep an eye on the Practice Nurse Area of the CCG website and your NHS emails – it is our best communication route with you all.

Please feel free to email me direct at any time.

Sally Harris  
[sally.harris8@nhs.net](mailto:sally.harris8@nhs.net)

## Useful NMC reading

- [NMC 'Future nurse: Standards of proficiency for registered nurses'](#)
- [NMC 'Part 1: Standards framework for nursing and midwifery education'](#)
- [NMC 'Part 2: Standards for student supervision and assessment'](#)
- [NMC 'Part 3: Standards for pre-registration nursing programmes'](#)
- [NMC 'Standards of proficiency for nursing associates'](#)

## Nursing Blog – Undertaking the Macmillan Practice Nurse Cancer Care Course

My name is Hayley Kirk and I am a Practice Nurse at the Two Rivers Medical Centre in Ipswich, I undertook the Macmillan Cancer Care Course between February and June 18. I initially decided to undertake the course as it was highly recommended by a colleague, who is already one of over 100 practice nurses to have successfully completed the course. She highlighted the fact that the incidence of cancer is rising with estimates that 1 in 2 will be diagnosed with cancer at some point in their lives and more people are living longer after diagnosis and treatment.

As practice nurses we have a wide range of skills to support people living with long term conditions; 49% of patients affected by cancer have at least one other chronic condition and the long term impact of cancer means that it is now being considered as a long term condition. Having discovered these statistics I felt it essential to equip myself with the skills and knowledge gained from the course to enable me to effectively manage the care of people with more than one condition.

The course is provided by two experienced facilitators along with external tutors, it consisted of both face to face study days along with E-Learning modules and learning opportunities to network with Cancer Specialist Nurses and Acute Oncology Serve Team, improving the interface between primary and secondary care. It has provided the opportunity to increase my medical knowledge by having a greater understanding of the long and short term side effects of cancer treatments, increased awareness of all screening programmes and the recognition of symptoms suggestive of acute oncology emergencies. It has also provided an awareness and knowledge of local resources available where practice nurses can signpost

patients and carers, to support their ongoing needs.

At the Two Rivers Medical Centre it was evident that the demand on GPs and primary care from this group is increasing; by training a practice nurse within the surgery to undertake the holistic cancer care review it has not only reduced the workload for GPs but my role is now available as an 'expert resource' within the practice to colleagues thus proving better support to people living with and beyond cancer. A cancer care team is now being formed within the surgery consisting of a GP lead with another two members of the nursing team enrolling on the course; with a clear care pathway this will enable increasing workload of support for people affected by cancer to be shared within the practice.

The course has grown my knowledge, skills and confidence resulting in a real impact to the management of the diverse needs of people affected by cancer care at Two Rivers. I would highly recommend this course to all practice nurses.

# MACMILLAN CANCER SUPPORT

*Many thanks to Hayley for sharing her experience in our nurse blog. If you are interested in knowing more about the course, please contact [Louise Smith](#).*

*If you have something you'd like to share with fellow practice nurses in a future edition, please get in touch with [Shelley Mitchell](#), 01473 770021.*

## Message from Appliances Nurse, Tralee Lashley

I would like to say a big thank you to the Practice Nurse Forum for inviting me to come along and discuss the current 'GP Practice Wound Care Formulary' and introduce our newly formed Wound Management Committee.

It was fantastic to see so many Practice Nurses come together to learn and share experiences of their practice, and discuss innovative ways to further enhance their roles. We had some great discussion and reflection on the current systems for wound care and leg ulcer management, which I hope will aid clinical decision making and reflections in practice.

You can access the current version of the 'GP Wound Care Formulary' via the IESCCG website, ['Wound care and Stoma' formulary section](#).

If you have any appliances prescribing queries, I am available to contact at [tralee.lashley@nhs.net](mailto:tralee.lashley@nhs.net) or via the medicine management team hotline on 01473 770249.



## Thoughts on the GPN10PP - Your views are essential

Please find below a link to a survey for GPNs and HCAs to complete prior to a forthcoming Regional conference in March 2019.

[www.surveymonkey.co.uk/r/NHS2019](http://www.surveymonkey.co.uk/r/NHS2019)

The survey was created by NHS England and Health Education England and the RCN to help develop a better understanding of how the General Practice Nursing 10 Point Plan (GPN10PP) is perceived in general practice and what else may be needed to promote general practice nursing and healthcare support workers in primary care.

We would like to encourage you to complete the survey - it's very short but will fundamentally help shape the conference, the way in which we work together and delivery of the GPN10PP. Thanks in advance!

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

Are you a General Practice Nurse (GPN) with at least one year of experience and employed in a general practice? Are you involved in leading change in your practice or across a system? This could be either a small change in your practice or change of a larger scale in a CCG or STP. Do you have ideas or innovation that you want to make happen?

The Royal College of Nursing have arranged this 2-day residential course, sponsored by the team leading the NHSE GPN 10 point plan, 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](#).

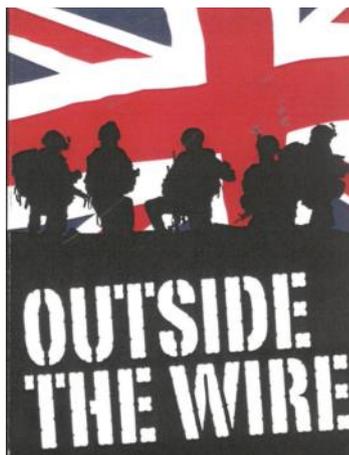
## Safeguarding Adults Transformation Bulletin

Please take a look at the [Suffolk Adult Safeguarding News](#), which gives an updates on the Suffolk Adult Safeguarding Transformation Plan and the new local frameworks, policies and guidance that are currently out for consultation or in progress.

## Outside the Wire

Outside The Wire is a bespoke alcohol, drug and PTSD service offering confidential advice and support to veterans, serving personnel and their families across Norfolk, Suffolk and Essex.

Read more in the leaflet [HERE](#). The service is provided by [The Matthew Project](#).



Take a look at this fabulous presentation from Margaret Heffernan (Entrepreneur, CEO and writer) entitled:

**'Super Chickens - Why its time to stop the pecking order at work'**.

She gives a very eloquent and entertaining presentation on building effective teams

<https://www.youtube.com/watch?v=udiTaS2wTAM>

Have you visited our new dedicated [Practice Nurse area on the CCG website](#)?

We have put everything together in one place for nurse training, revalidation, education resources, Forum news and this newsletter. If you have ideas for anything to add to the website, please let us know.



The next newsletter is due for publication in January. If you have any articles of interest to include, please contact Sally or Shelley. In the meantime have a Merry Christmas and we look forward to seeing you in the New Year.

