

Prioritise people

Practice effectively

Preserve safety

Promote professionalism and trust

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 [Sally Harris](#).

Chair's Blog

I make no apologies for the focus of my blog being to showcase the fantastic day we had at our First Ipswich and East Primary Care Nurse conference on 11 September. It was amazing to have over 60 primary care nurses attend during the course of the day and take part in our unique conference experience. The day was built around the opportunity to bring you together as a community of skilled professional primary care nurses, providing you with topical educational updates and in facilitating reflections of your individual outcomes, which were then visually transcribed onto the live story wall. Undoubtedly the success of the day was driven by your participation, energy and interactions with everyone.

For those of you who were not able to attend you were in our plans as well. We had the support of the communications team from the CCG which has meant that we not only have [Karen Storey's opening presentation on video](#), but also a fabulous [video capturing some of the outcomes from the day](#) (follow the links to view). To go alongside Karen's video, I have captured [the main points from her presentation in an accompanying document](#) and also produced a short slide presentation of [your key reflections from each of the presentations](#). I do hope you will take a few minutes and sit with a cuppa to look at these as they really showcases the essence of the day. My plan is to share this widely across the STP as a further way to demonstrate what a great team of nurses we have.

As Karen said in her presentation we should not underestimate the power of influence in being able to craft your story into meaning messages – which this day certainly did.

The slides from each of the presentations can all be found on the [CCG website](#) together with the resources from Sal Robert's presentation on contraception.

The [next forum is on 6 November](#), which is a bumper packed afternoon. Emma Williamson will be sharing the fantastic work she has done in healing leg ulcers, for which [she won a RCNi Wound care award](#) followed by Jonathan Douse and Rachel Belton who will be launching the updated respiratory formulary.

Look forward to seeing you on 6 November, please make sure you book so we can ensure we have enough refreshments.

I look forward to seeing you all then.

Sally

Celebrating nurses who work in GP practices

More than 60 nurses attended the Primary Care Nurse Conference in Ipswich. Click [here](#) to read press release and to [watch a short film](#) featuring some of the practice nurses who attended our first-ever conference to celebrate the work of local primary care nurses in September.

All the videos and resources are available to view or download from the [Practice Nurse Forum pages of the CCG website](#).



Watch the 2-minute video above



The next Practice Nurse Forum...

When: **6 November 2019 2pm - 5pm**

Where: **Trinity Park - Nacton suite**

AGENDA includes :

1. **Management of below the knee wounds** - with the award-winning Emma Williamson from Angel Hill Surgery, Bury St Edmunds
2. **Respiratory Update** - Dr Jonathan Douse, Respiratory consultant ESNEFT

[View full agenda here](#)

We look forward to seeing you there!

Training and Education Manual for Nurses

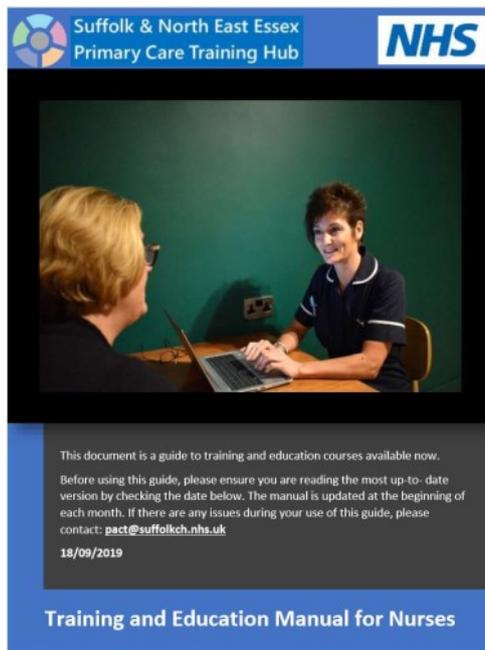
This is the [first edition of the training and education manual](#) offering courses, which are available now.

Before using this guide, please ensure you are reading the most up-to-date version by checking the date (18 September).

The manual is updated at the beginning of each month. If you experience any technical difficulties with links, (please copy and paste the URL/website address into Chrome), or there are any issues during your use of this guide, please contact:

pact@suffolkch.nhs.uk.

We would love to hear what you think of this first edition and welcome your comments on the above email.



Primary Care nurse Cancer Update Day 24 October

Macmillan GPs Suffolk and NEE (Andrew Yager, Linda Mahon-Daly and Alice Parr) are pleased to announce a further [Primary Care Nurse Cancer Update Day](#), on **24 October** at Kesgrave Community Centre, Ipswich, which includes training around the cancer care review.

Cancer is now seen as a LTC and as such many practices are adopting a proactive approach to manage the workload.

This course is aimed **at those practice nurses** who would like to increase their knowledge around cancer care and follow up. [Book your place here](#).

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Free conference to develop nurse leadership in Primary Care Networks (PCNs)

Feeling inspired after the nurse conference last month?

General Practice Nurses working in the East of England are invited to a free conference which aims to unleash your talents to support the development of Primary Care Networks.

The **Developing Nursing Leadership in Primary Care Conference** takes place on 27 November at Rowley Mile Conference Centre, Newmarket. It is sponsored by NHS England and NHS Improvement through the [GP Nursing 10 Point Plan Programme](#) and is for General Practice Nurses, Advanced Nurse Practitioners, and Health Care Support Workers based in GP practices. PCN Clinical Directors and their deputies are also invited to attend.

Places are limited and can be booked now at: <https://www.events.england.nhs.uk/events/regional-round-table-event-newmarket>

If you missed it, or want to relive it, click on the image above to watch the video of Karen Storey's inspiring talk at the nurse conference in September and read [Sally's accompanying notes](#)



Practical Allergy for Primary Care Symposium

Friday 29 November 2019
Granta Centre, Granta Park,
Great Abington, Cambridge CB21
6AL

Registration fee £30 (includes free parking, lunch, refreshments)

[Course Information](#)

Practical advice to enable healthcare practitioners in primary care to feel confident in diagnosing and managing allergic disease.

Primarily aimed at doctors and nurses working in primary care; however, any interested healthcare professional would be more than welcome to attend.

Get involved

To take part in the national discussion join the GPN Single Point online community by emailing: england.gpnsinglep@nhs.net

Follow Karen on Twitter: twitter.com/kstorey63

Formulary Update – Continence, Stoma, Skincare and Wound Care

The System One appliances formularies have now been updated to include all formulary-approved products for continence, stoma accessories, skin care and wound-care.

For further formulary and appliances guidance, you can access the [Wound care, Catheters, Stoma and Skincare section](#) on the Ipswich & East Suffolk CCG website. Here you will find simple switch charts and algorithms to assist with changes from non-formulary items to formulary ones.

Alternatively, please contact Medicines Management Appliances Nurses via: Tralee.lashley@nhs.net or Denise.hutchinson4@nhs.net

Seasonal flu vaccination campaign launched

Last week, Public Health England launched its [annual flu vaccine public awareness campaign](#) aimed at maximising vaccine uptake. This season, over 25 million people will be eligible for a free flu vaccination with all primary school-aged children covered for the first time (600,000 more than last year). The CCG also issued our own [local press release](#) last week.

Take a look at the [recent special issue of the immunisation practitioners' bulletin Vaccine Update](#) and read [a blog](#) from Dr Yvonne Doyle, PHE director of health protection, provide details of the vaccination programme and the vaccines being offered.

Psychosis: The What and Why of Early Intervention

Speakers: Dr Rebecca Rollinson and Dr David Williams, Clinical Psychologists, NSFT

The session aims to deliver an understanding of psychosis, the rationale for the importance of early intervention, what is provided within an early intervention service and procedures for screening and referring through from primary care.



[View Flyer](#)

Tuesday 12 November 2019

7.30-9.30pm (Dinner available from 6.45pm)

Trinity Park Conference & Events Centre, Felixstowe Road, Ipswich IP3 8UH

Please contact shelleyhart@nhs.net to book your place.

FREE Transgender Awareness Training for healthcare professionals

Open to primary care staff based in Suffolk or working with Suffolk patients, this two hour session aims to increase your knowledge and skills when working with people who identify as transgender, enabling you to work more confidently and compliantly within current legislation and guidance. [View Flyer](#) for more information

Tuesday 12 November, 2.30pm-4.30pm

West Suffolk House, Bury St Edmunds IP33 3YU [Please click here to book](#)

Wednesday 20 November, 10.30am-12.45pm

Healthwatch, 14 Hill View Business Park, Claydon IP6 0AJ [Please click here to book](#)

Places are limited so please apply early to secure your place.

Upcoming Care Home Groups

Nurse Networking Session for nursing homes ran by the CCG Appliance nurse

Date: 17 December 2:00-3:30pm.
Cedrus House Care Home, Stowmarket.

Venue: Cedrus House Care Home Stowmarket, IP14 5GD.

Parking: Free at the Care Home on a first come first served basis.

For more information, please contact one of the Medicine Management Appliances Nurses [Tralee Lashley](#) or [Denise Hutchinson](#).

Helping people in Suffolk stay warm and well at home

Rural Coffee Caravan Warm Homes

Information on board "come in for a chat..."

Surviving Winter

If it's a struggle to pay heating bills or to cover the cost of insulating your home, we can tell you what advice and support is available. Please get in touch with us now.

We can help with:

- Personal advice to make your home warmer and more energy efficient free home energy surveys and advice
- Getting your home properly insulated including draught proofing
- Practical help, assistance and advice on switching energy supplier, SMART meters, bulk buying etc
- Signposting to advice on grants and benefits you may qualify for
- Emergency repairs to boilers and heating
- An emergency fuel payment (conditions apply)
- Loan of temporary heaters in an emergency
- Central heating installation for homes which have never had a boiler and radiators (conditions apply)

Call 03456 037 686 (local rate) or see us soon at the Rural Coffee Caravan

www.ruralcoffeecaravan.org.uk

Rural Coffee Caravan Charity registered no. 1125748. Developing the MeetUpMondays™ network with Suffolk Good Neighbour Schemes.

Meet Up Mondays

EASTSUFFOLK COUNCIL

West Suffolk Council

Milton Suffolk

BABERGH EAST SUFFOLK

IPSWICH BOROUGH COUNCIL

SUFFOLK GOOD NEIGHBOUR NETWORK

LGBT Foundation annual primary care survey

The [LGBT Foundation's](#) annual primary care survey is now live, aiming to understand the experiences of lesbian, gay, bisexual and trans people when it comes to accessing healthcare services from GPs, dentists, pharmacists or optometrists. The results of the survey will build a picture of current healthcare provision by primary care services for LGBT people, to help ensure health services are better able to recognise and meet the needs of their LGBT patients.

The survey comes as part of Pride in Practice, a quality assurance and social prescribing programme for primary care services and LGBT communities. Pride in Practice provides training, assessment, accreditation and ongoing support for healthcare services to help them be inclusive of LGBT patients.

Anyone who identifies as LGBT+ is invited to complete the survey, which closes on 19 November 2019. It can be accessed here: <https://www.surveymonkey.co.uk/r/VYJTXS7>

Next phase of 'We are the NHS' campaign

In September, NHS England launched the next phase of the 'We are the NHS' campaign to try and recruit some of the 40,000 new nurses we need across the NHS. This current phase is aimed at young people at the point of choosing their careers and will have a focus on increasing the application and acceptance rates for nursing degrees. This means that a new suite of creative assets has been developed which will be featured on TV, video-on-demand, radio, digital display and social media. This activity will run until 15 January which is the UCAS deadline for 2020 undergraduate applications.

Not only is the target young people thinking about what they want to do next and potential applicants, but also those individuals who can influence decisions such as parents, family and friends.

Your support is really appreciated in spreading the message on social media, amongst your networks and with staff where appropriate. You can access any material you might need on the [PHE campaign resource centre](#).

Detecting and diagnosing AF educational meeting - 28 October

'Detecting and diagnosing AF' has been set up for clinicians covering Suffolk Primary Care Network. In the interests of collaboration, is being offered to the nursing team across the Suffolk GP Federation.

The session will cover pulse checks, basic ECG interpretation and AF prioritisation in line with the local ICS detect, protect & perfect strategy to help improve patient outcomes with Atrial Fibrillation.

The meeting is being held at the Suffolk Food Hall, Wherstead on Monday 28 October from 1pm - 4.30pm. To register or for more information, please contact Paul.English@bms.com



Meeting Invitation

Title: Detecting and diagnosing AF
Date: 28th October 2019
Time: from 1:30pm to 4:30pm
Venue: The Feast Room, Suffolk Food Hall, Wherstead, Ipswich, IP9 2AB

Time	Presentation Title
Start 13:00	Food available
Finish 13:30	Lunch available before the presentations
Start 13:30	Welcome and introduction
Finish 13:45	Dr. Yassir Javadi, GPhSi, Cardiovascular lead, East Midlands Strategic Clinical Network
Start 13:45	ECG interpretation
Finish 15:00	Including Q&A, Break following session - Speaker Dr. Yassir Javadi
Start 15:15	Why prioritise AF?
Finish 16:30	Including Q&A - Speaker Dr. Yassir Javadi

To register for this meeting or for further information contact:

Name: Paul English
Phone: 07939098325
Email: paul.english@bms.com

This promotional meeting is organised and funded by Bristol-Myers Squibb (BMS) on behalf of the BMS/Pfizer Alliance. Job code: 4120K180818-02 - Date of preparation: July 2019

October is Black History Month

There is an interesting article on the Black History Month website about nurses who came over from the Caribbean in response to recruitment drives in the Caribbean and arrived in this country to help the NHS establish itself.

www.blackhistorymonth.org.uk/article/section/windrush-day-2018/caribbean-women-nhs/

SEND Youngsters Stars of Disability Hate Crime Awareness Video

Young people with special educational needs and disabilities are twice as likely to be bullied as their peers.



'Stop the Hate' is a hard-hitting video co-produced with eight champions from the Suffolk Young Person's Network who wanted to raise awareness of hate crime.

In the video, they talk about their personal experiences of being abused in public simply for being different and how it has affected them.

It's not easy to watch, but it's important you do.

www.suffolklocaloffer.org.uk/stopthehate

#BeNice #BeKind #StopTheHate

