



Weekly Inbox

23 Sep 2019 Issue 341

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: General Practitioner
PM: Practice Manager
Ad: Administrative staff (including medical secretary, care navigator)
PN: Nurses (including HCA, Practice Nurse, Nurse Practitioner)
OC: Other clinicians (including ECP, Pharmacist, PA)

FOR ACTION	SOCIAL PRESCRIBING
1. Ophthalmology Training	11. Connect for Health Launch Eye and North West
2. 10-min CBT training feedback	
FOR INFORMATION	EDUCATION & TRAINING
3. Save the Date – Care Homes LES – Annual Peer to Peer	12. Date for your diary: Red Whale Women's Health Update Course
4. 0-19 years Healthy Child Service Consultation Stakeholder Presentation	13. Looked after Children Health needs and Health Assessment training
5. One Life Suffolk Club	14. Ipswich and East Suffolk CCR training day
6. Launch of How Are You, Suffolk?	15. Workforce Trans Awareness Training for Healthcare professionals in November
7. NHS Ipswich and East Suffolk CCG – meeting in public	16. PACT
8. NSFT Physical Health Check (SMI) team	DID YOU KNOW...?
9. Latest vacancies	17. Did you know..?
PCN CLINICAL DIRECTORS INFORMATION	CONTACTS and USEFUL LINKS
10. Primary Care Networks: Update to Commissioners	18. Contact us
	CHART OF THE WEEK
	19. Chart of the Week: Pre diabetic referrals to ICS

FOR ACTION

OC GP PM Ad PN

1. Ophthalmology Training

The hospital consultants are keen to ignite or re-kindle an interest in eyes with their colleagues in primary care and would like to be able to offer some training sessions on the management of common eye problems, along with trouble shooting and when to refer.

They would like to put on a practical based session currently planned for late January. To enable this event to be scheduled and tailored, an indication of numbers and subject matter/eye conditions is required.

Please can you indicate your interest in attending and what subjects/eye conditions that you would find most helpful to [Claire Pemberton](#). [Back to top](#)

OC GP PM Ad PN

2. 10-min CBT training feedback

We hope those of you who attended the educational evening on 10-minute CBT last Thursday found it useful. We really do value your feedback as it helps us with planning of future events so please take a minute to complete the feedback form:

<https://www.surveymonkey.co.uk/r/9JM3KXV> [Back to top](#)

FOR INFORMATION

GP PM Ad

3. Save the Date – Care Homes LES – Annual Peer to Peer

As part of the care homes LES it is a requirement for the Care Homes Lead GP and/or Ward Round Clinician to attend the CCG annual Care Homes LES peer to peer meeting. The CCG GP's along with the care homes team have decided to have a new approach for this year. We will be holding, in place of the peer to peer, a GP Practice and Care Homes networking session. We will be inviting care home managers and their deputies (if they wish) to come along too. We will have table top discussions and joint working towards 'next steps'. The agenda is to follow soon. The session is only 1.5 hours so the main aim will be to collaborate and open up new and improved ways of working together.

The session will be:

Wednesday 6th November 2-3.30pm at Trinity Park.

The CCG will proactively be speaking to care homes. We know we will not get all care homes to attend but are hopeful to have a mix from all area's across Ipswich and East Suffolk.

The CCG has not held an event like this before so it is exciting to see how this could positively impact patient outcomes.

It is expected that at least one person as mentioned above, will attend from each GP Practice where you deliver the Care Homes LES.

Should you have any queries or would like to know more please contact laura.krolik@ipswichandeastsuffolkccg.nhs.uk

[Back to top](#)

OC GP PM Ad PN

4. 0-19 years Healthy Child Service Consultation Stakeholder Presentation

Suffolk County Council's Children and Young People's directorate recently held a stakeholder event to share an update on their service redesign. You can find the presentation [here](#). If you have questions please email CYP.PAs@suffolk.gov.uk

[Back to top](#)

OC GP PM Ad PN

5. One Life Suffolk Club

OneLife Suffolk are offering a 10 week Family Programmes and they are free for any child on or above the 91st centile (above the health weigh range).

This Family Programme offers weekly, one hour sessions covering topics such as portion sizes, understanding food labels and the importance of physical activity through fun and interactive activities.

There are many Community Clubs on offer including in Ipswich and Stowmarket.

To find out more about this programme and to secure a place please click [here](#).

[Back to top](#)

OC GP PM Ad PN

6. Launch of How Are You, Suffolk?

Ever wondered how healthy you really are? Read the [East Anglian Daily Times article](#) for more information around The Launch of How Are You, Suffolk? This article explains the campaign and offers a link to the quiz if you havent already completed this.

[Back to top](#)

OC GP PM Ad PN

7. NHS Ipswich and East Suffolk CCG – meeting in public

A meeting in public of the Governing Body of the CCG will take place on Tuesday 24 September from 9.15am at The Mix, 127 Ipswich Street, Stowmarket IP14 1BB.

The agenda and meeting papers can be read [HERE](#).

[Back to top](#)

OC GP PM Ad PN

8. NSFT Physical Health Check (SMI) team

NSFT's Physical Health Team for SMI have a [referral form](#) which practices can use when they have struggled to engage with a patient who has SMI. Practices are advised to make the referral when they have invited a patient to their annual physical health check twice and the patient has failed to attend/engage. The completed form can be emailed to: Suffolk.physicalhealthteamsmi@nhs.net

For further information about the team, please see the team's [leaflet here](#).

[Back to top](#)

OC GP PM Ad PN

9. Local Vacancies

Please click on the above link to see the local GP and practice staff vacancies currently advertised on our website.

Barrack Lane Medical Centre are advertising for a Salaried Part time Doctor to read more and apply please click [here](#).

The Leiston Surgery are advertising for a salaried GP to read more and apply please click [here](#).

Other jobs available through the above link include Salaried GP at Howard House, Felixstowe, Salaried GP at Peninsula Practice, Care Navigator / Administrator at Framlingham Medical Practice and Part time Reception vacancy at Little St John Street.

[Back to top](#)

PCN CLINICAL DIRECTORS INFORMATION

GP

10. Primary Care Networks: Update to Commissioners

Thank you for all your hard work to get primary care networks established and practices taking part in the Network Contract Directed Enhanced Service (DES). The DES has had a very positive reception and almost every practice in the country is taking part. This success owes much to the work and engagement by Clinical Commissioning Groups (CCGs) and regional teams. This [letter](#) provides an update on future developments for the Network Contract DES.

[Back to top](#)

SOCIAL PRESCRIBING

OC GP PM Ad PN

11. Coming up.... Connect for Health Launch Eye and North West

The next Connect for Health Launch event is being held in Eye and North West on Thursday 26 September 2019 at The Michael Burke Centre, Hartismere Hospital, IP23 7BH between 9.30am – 12.30pm. This event will give you an opportunity to learn more about Connect for Health and some of the organisations available in your area.



CONNECT
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Being Well Together

[Back to top](#)

12. Reminder: Date for your diary: Red Whale Women’s Health Update Course – Thursday 10 October 2019 (1.00 – 6.00pm)

Following last year’s successful Cancer update, Red Whale are returning this October to deliver a Women’s Health Update Course as part of the CCG education afternoons programme at Trinity Park. This has been funded by the Suffolk and NE Essex Primary Care Training Hub.

This course is designed for all primary care clinicians who have an interest in updating their skills and knowledge in this area. Perhaps you’re experienced in women’s health and want an update, or maybe you don’t do much gynaecology but want to make sure you’re offering the right advice.

We will require final numbers two weeks before the course date, so if you are planning to attend please let [Shelley Mitchell](#) know by **Thursday 26 September** at the latest please. This is to ensure the delegate handbooks are ordered in good time for the course.

If you are interested in attending, please click on the [flyer](#) for more information

[Back to top](#)

13. Reminder: Looked after Children Health needs and Health Assessment training

This Level 3/4 training will be delivered by Dr Sarah Steel: Designated Nurse Looked after Children (Gt Yarmouth & Waveney CCG) and Dr Awais Khan: Named Doctor for Looked after Children at West Suffolk Hospital to develop knowledge, skills and competencies for medical professionals undertaking health assessments in Suffolk & North East Essex. Any GPs with a special interest in looked after children’s health needs are welcome to attend.

The training will take place on Monday 30 September 2019 Time: 1.30pm - 4.30pm at Nacton Suite, Trinity Park, Felixstowe Rd, Ipswich, IP3 8UH

To book a place please email WSCCG.suffolksafeguardingchildren@nhs.net

Please [click here](#) for the flyer

[Back to top](#)

14. Ipswich and East Suffolk CCR training day

Message from Andrew Yager, Linda Mahon-Daly, Alice Parr from Macmillan GPs Suffolk and NEE: We are very pleased to announce a further Primary Care Nurse Cancer Update Day, on the 24th 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. The schedule for the day is attached [here](#).

15. Workforce Trans Awareness Training for Healthcare professionals in November

Free workforce open to primary care staff based in Suffolk or working with Suffolk patients. This training is to increase participant’s knowledge and skills when working with people who identify as transgender, enabling them to work more confidently and compliantly within current legislation and guidance.

To read more about the course and to find the Eventbrite link, please click [here](#).

[Back to top](#)

16. Suffolk and North East Essex Primary Care Training Hub (PACT)

The training hub weekly newsletter is THE PLACE to find local training, education and workforce development for primary care.

Please follow the link to the latest [Training Hub Newsletter Issue 102 – 18 September 2019](#)

If you would like to sign-up to receive the newsletter directly each week or have any queries please email PACT@suffolkch.nhs.uk.

The Training Hub is 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.



Suffolk & North East Essex Primary Care Training Hub

[Back to top](#)

DID YOU KNOW...?

17. ‘Beyond Admission’ funding for new Mental Health Wellbeing project

The CCG has funded a new project, working with the Norfolk and Suffolk NHS Foundation Trust and ActivLives, enabling inpatients on the Willow and Avocet wards at the Woodlands unit the chance to try their hands at fun, inclusive activities such as bowls, boccia and table tennis.

Called ‘Beyond Admission’, the initiative aims to motivate people to get more active while also helping them connect with others. During the weekly sessions, instructors also signpost service users to local community groups, which they can access after their admission to reduce social isolation and loneliness.

If you would like to read more about this exciting project, please click [here](#).

[Back to top](#)

CONTACT

18. 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 work in general practice in Ipswich and east Suffolk and 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.

Want to become a Dementia Friend?

Watch an online video by clicking [here](#) and entering your unique code: **Ips6900** (for all Ipswich & east organisations)



Safeguarding Children is Everyone's Responsibility: news, guidance and resources can be found on the [CCG's Safeguarding Children webpage](#).

Please follow the link for **Safeguarding Adult** information [CCGs Safeguarding Adult webpage](#) and click [here](#) for local information

Useful links:

- [Bookmark the CCG website](#)
- [Latest news from the CCG](#)
- [Who's who in the Clinical Executive](#)
- [Useful links to NHS and other websites](#)
- [Living Life to the Full for Suffolk](#)
- [New to the area? Our Clinician Welcome Pack includes useful information](#)
- [Ipswich and East Suffolk Falls Directory](#)
- [Referrals, Briefings and Pathways](#)
- [Download Digital Campaign Resources](#)
- [NHS England](#)



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[Back to top](#)

CHART OF THE WEEK

19. 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. Please [let us know](#) if there are any topics that you would find it useful for us to cover.

This week we are looking at Pre-Diabetic referrals to ICS:

We need to make more, higher quality referrals into the National Diabetes Prevention Programme – and fast!

The current contract for the National Diabetes Prevention Programme (NDPP) aims to see as many pre-diabetic patients as possible (est. at 5 million people in England) attend the DPP lifestyle/behaviour change programme to help them avoid the onset of diabetes. In Ipswich and East prevalence is approx. 40,000 patients so we need to identify them and refer these patients in ever greater numbers.

The facts for our Sustainability and Transformation Partnership (STP) are stark. Ipswich and East Suffolk CCG are referring significantly less pre-diabetic patients into the programme than our partner CCGs. The good news is that a significant number of these referrals are being approved for Initial Assessment, suggesting our referrals are of reasonable quality, although we are still some way behind West Suffolk in this regard.

There is an additional problem. The current programme has a cap of 2,730 Initial Assessments (IAs). Currently I&ES patients make up less than 23% of the total assessments being undertaken. We need to increase our uptake to this programme otherwise our pre-diabetic patients will be poorly served in comparison to those in the West of the county and North East Essex.

The benefits are clear. Apart from the significant human cost of this condition, the current population of 3.8 million people with type 2 diabetes costs the NHS £10bn per year.

If you need more information on this Programme, please contact Dean Onno on 01473 770 228

How to Refer

Health Professionals can refer Patients by using the referral form that is embedded on DXS.

If they type NDPP into the DXS box on their screen this will bring up the NHS DPP referral form.

If they have a Patient's notes open then it will automatically backfill their details.

They will need to enter a qualifying HbA1c or FPG reading and the date of that reading.

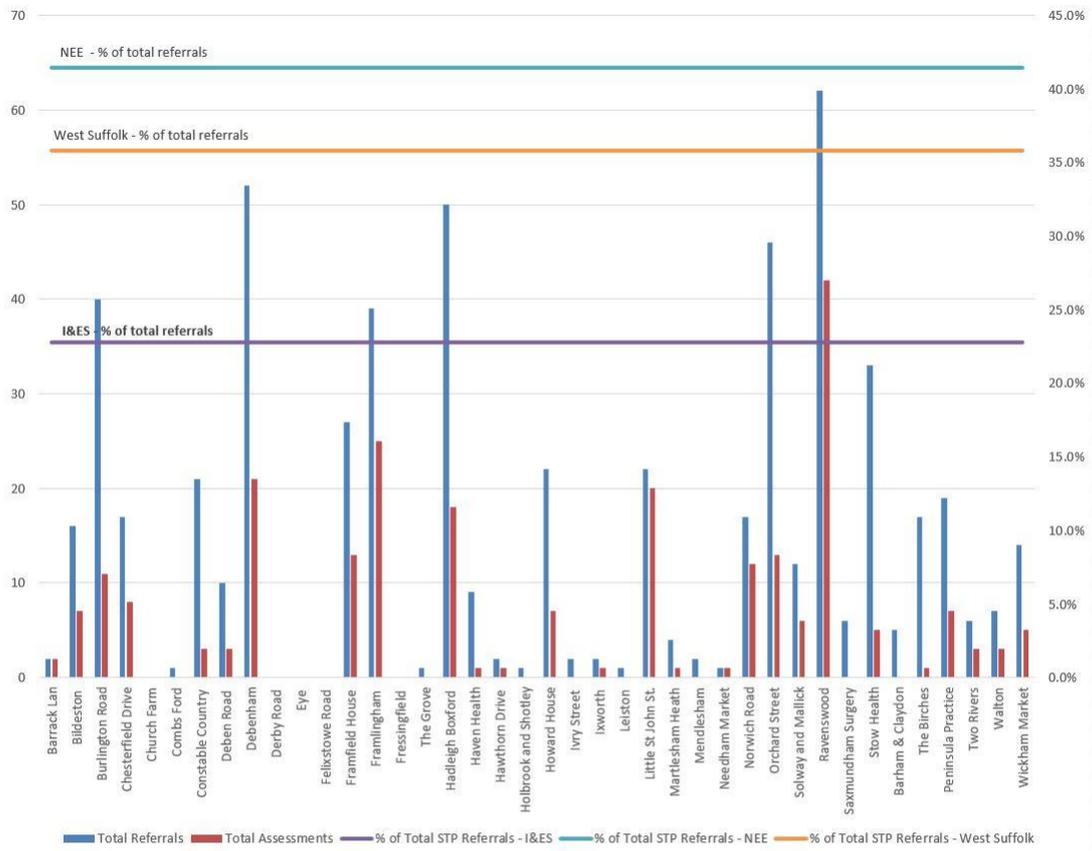
Completed forms should be emailed to scwcsu.suffolk-nessex@nhs.net. The Patient will then be contacted by ICS.

Paper copies of the form are also available if you do not have access to DXS.

Patients are also encouraged to self-refer, this is done by calling - 0333 577 3010, e-mailing info@preventing-diabetes.co.uk or visiting the website at preventing-diabetes.co.uk.

Information sheets giving Patients and referrers a better understanding of the Programme, along with full programme support are available from tom.osborn@onelifesuffolk.co.uk.

**Total Referrals to National Diabetes Prevention Programme
From Programme Start (July 2018) @ 12th Sept 2019**



[Click on chart to enlarge](#)

[Back to top](#)