



# Weekly Inbox

17 February 2020 Issue 361

## 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:

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

FOR ACTION	EDUCATION & TRAINING
1. <a href="#">Last chance – Tier 2 VISA sponsorship reimbursement only available until 31/03/2020</a>	9. <a href="#">Mental Health Education Evenings – 26 February and 26</a>
<b>FOR INFORMATION</b>	10. <a href="#">Training and Education 4 March 2020</a>
2. <a href="#">My Care Wishes (Yellow) Folders</a>	11. <a href="#">DUET diabetes workshops</a>
3. <a href="#">Mental Health Education Videos</a>	12. <a href="#">Free online cancer educational tool for primary care</a>
4. <a href="#">New 24 hour ECG Provider</a>	13. <a href="#">Pincer</a>
5. <a href="#">Faecal Immunochemical Test in Primary Care – Update February 2020</a>	14. <a href="#">PACT</a>
6. <a href="#">DXS Update – latest documents added to the DXS Professionals section</a>	<b>CONTACTS and USEFUL LINKS</b>
7. <a href="#">Care Homes – new falls management initiative</a>	15. <a href="#">Contact us</a>
8. <a href="#">Latest vacancies</a>	<b>CHART OF THE WEEK</b>
	16. <a href="#">Chart of the Week: GP+ attends as a % of list size</a>

## FOR ACTION

- 1. Last chance – Tier 2 VISA sponsorship reimbursement only available until 31/03/2020**

**OC GP PN**

It has been confirmed that there will be no further reimbursement of practice costs (between £536 - £1476) for Tier 2 sponsorship applications post 31 March 2020. We would therefore recommend that all practices make an application prior to this date. The sponsorship licence, once granted, lasts for 4 years and covers not just GPs but the wider Primary Care Workforce such as Nurses, Clinical Pharmacists, Qualifying GP trainees, Paramedics, Physician Associates and other clinical roles.

The International GP Recruitment team are available to help you out with the process and your application and once you have collated the necessary paperwork then the application process takes between 20 – 30 minutes. If you would like to take advantage of this reimbursement and potentially expand your recruitment potential then please contact [julie.a.baran@suffolk.nhs.uk](mailto:julie.a.baran@suffolk.nhs.uk) or [Sonia.carnegie@westsuffolkccg.nhs.uk](mailto:Sonia.carnegie@westsuffolkccg.nhs.uk)

[Back to top](#)

## 2. My Care Wishes (Yellow) Folders

There has been a recent change to the contents of the [My Care Wishes](#) folders with the removal of the 'Who can see my health record?' as this is no longer required.

[Back to top](#)

## 3. Mental Health Education Videos

The last of the [mental health education films](#) from 2019 are now online. If prompted for a password, please use Pr1maryCar3IES.

- [Psychosis: the what and why of early intervention](#) and
- [Substance Misuse: How the drug and alcohol treatment service can benefit GPs and patients.](#)

We hope these videos and accompanying resources will be a useful tool for primary care professionals.

[Back to top](#)

## 4. New 24 hour ECG Provider

The CCG has commissioned a new provider for the 24hr ECG service and will be in contact with you to introduce themselves.

Broomwell Healthwatch is the largest provider in the UK of ECG and ambulatory ECG interpretation. They currently provide these services to around 1,500 GP practices in the UK. They have won the contract to provide this service from 1<sup>st</sup> March 2020.

Broomwell also use the Spacelabs 24 hr ECG software and hardware so the transition should be smooth. If you are happy to use the web transfer (via N3/HSCN, using the internet explorer browser) it is simply a matter of Broomwell Healthw asking you to provide:

- the new URL
- a user name and password
- and to assist you in setting up a shortcut to the above URL on each PC where the 24 hr ECG tests will be set up / downloaded if you wish to have such a shortcut make it easier for your staff.

If you are currently using the alternative method for transmission (RDT) this can also be arranged but will require liaison between Broomwell, Spacelabs and the IT department so may take longer. You may wish to consider switching to web transfer method if you want to avoid any delay. (The only difference is that in the RDT transfer method the entire raw data for the 24 hour ECG is stored at your site as well as at Broomwell, but this would not be needed unless you intend to analyse the 24 hr ECG raw data yourselves).

[Back to top](#)

## 5. Faecal Immunochemical Test in Primary Care – Update February 2020

Faecal Immunochemical Test in Primary Care (FIT in PC) testing was launched in all three CCGs in Suffolk and North East Essex simultaneously in May, and already seems embedded in normal practice. The data shows most have used this new test, with a current positive rate of around 12%. This should lead to the diagnosis of more colorectal cancer at an early stage.

Please click [here](#) to read what is new, start dates and contact details.

[Back to top](#)

## 6. DXS Update – latest documents added to the DXS Professionals section:

- **New** East Macmillan Breast Cancer Weight Management Plan Referral (SUF1733)
- **New** Suffolk Coroners Service – Notification of Death Form (SUF1743)
- **Updated** Colorectal Suspected Cancer and FIT Pathway with links to the patient information leaflet and consent form for the FIT study (SUF1688)
- **Updated** East MSK Services Referral Form and Pathway (SUF1096 and SUF1198), including new Fibromyalgia Pre-Referral Guidance (SUF1740), Diagnostic Criteria for Fibromyalgia (SUF1739), Fibromyalgia Patient Leaflet (SUF1741) and Fibromyalgia Pathway (SUF1742)
- **Updated** West MSK Services Referral Form (SUF1213)
- **Updated** Notification of Infectious Diseases Referral (SUF1038)
- **Updated** East Community Ultrasound Referral (SUF1070)
- **Updated** West GP LifeLink Form (SUF1684)

### New DXS release (version 5.2.10)

A new DXS release will be deployed to all practices on **Friday 21<sup>st</sup> February 2020**. This version focuses on improvements to the search functionality and display of search results.

### [New DXS Release \(version 5.2.10\) – February 2020](#)

If you have any queries relating to the information on DXS, please contact [wscg.pathwaycontentfeedback@nhs.net](mailto:wscg.pathwaycontentfeedback@nhs.net).

For technical queries, please continue to contact the DXS helpdesk by emailing [support-uk@dxs-systems.com](mailto:support-uk@dxs-systems.com) or phoning 0800 028 0004.

[Back to top](#)

## 7. Care Homes – new falls management initiative

A collaboration between Ipswich and East Suffolk Clinical Commissioning Group and Mangar Health has launched to safeguard the lives of care home residents that fall and promote best practice in post fall management. The initiative empowers care home staff to deliver a robust health assessment after a resident falls and make informed decisions around moving them from the floor.

Although more than 50% of Care Home residents who have a fall are uninjured, they need help getting up again. This ground breaking initiative aligns best practice in post fall management with policies that reduce both hospital admissions and ambulance call outs.

Traditionally care homes may call for an ambulance to help with lifting a fallen resident but regularly wait 4 hours or more for support to arrive. As a non-life-threatening event, these calls are not categorised as urgent, however, the longer an elderly resident is on the floor waiting for assistance, the greater the impact on long-term health. Ideally a resident should be lifted within 10 minutes of a fall in order to reduce the likelihood of an associated condition developing.

This initiative provides training in the ISTUMBLE health assessment tool, combined with a Mangar Camel lifting cushion, so providing staff with the skills and equipment they need to move residents safely and with dignity.

Similar projects to this one in other parts of the country have already seen care home resident hospital admittance numbers reduce by up to 80%.”

For further information on Mangar Health please see [slides here](#) or any further questions please contact [Cara.twinch@ipswichandeastsuffolkccg.nhs.uk](mailto:Cara.twinch@ipswichandeastsuffolkccg.nhs.uk) or [Laura.krolik@ipswichandeastsuffolkccg.nhs.uk](mailto:Laura.krolik@ipswichandeastsuffolkccg.nhs.uk)

[Back to top](#)

## 8. [Local Vacancies](#)

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

[Back to top](#)

## EDUCATION & TRAINING

## 9. [Mental Health Education Evenings – 26 February and 26 March](#)

If you have watched a video and are inspired to come along to the next evening event, it is filling up fast! On Wednesday 26 February, we welcome back Dr Paul Everden as a follow up to his excellent talk in April on **Consultation Skills**. [View Flyer](#) If you missed him first time around or want to refresh your memory on what was covered before attending part 2, you can [watch the video](#) online with password Pr1maryCar3IES.

On Thursday 26 March we will be covering [Eating Disorders](#), which was a topic requested by many of you who have attended previous evenings.

Each evening session is open to ALL practice staff, includes a two-course dinner served from 6.45pm followed by 2 hours of quality teaching from 7.30pm – 9.30pm.

If you'd like to attend these or any future session, please contact [Shelley Hart](#); booking is essential if you require food.

Dates for 2020 (and topics where known) are now listed on the [CCG website](#).

[Back to top](#)

## 10. [Training and Education – 4 March 2020](#)

4 March is our next education afternoon where our main topic is *Behavioural and Psychological Symptoms of Dementia – what should we do?* With Dr Jane Shoote, geriatrician, Ipswich hospital.

The next Care Navigator Forum will take place on this afternoon and the [agenda](#) includes Review of MSK pathways and Q&A, Network discussion, Veteran friendly GP practices and Suffolk County Council warm handover. Please could you confirm your attendance to [emily.rutherford@ipswichandeastssuffolkccg.nhs.uk](mailto:emily.rutherford@ipswichandeastssuffolkccg.nhs.uk)

[Back to top](#)

## 11. [DUET diabetes workshops](#)

Please find [here](#) a link to the DUET diabetes website which has information about upcoming open workshops in Suffolk. DUET diabetes offers workshops for the relevant health and care work workforce looking after adults with diabetes; developed for people working in GP Practices (Practice Nurses and healthcare assistants), care homes, domiciliary care providers or community roles.

[Back to top](#)

## 12. [Free online cancer educational tool for primary care](#)

Funded by Health Education England, Gateway C is designed to support GPs and other primary care staff to detect the early signs of cancer and make appropriate suspected cancer referrals. Gateway C Cancer maps is a tool that can aid clinicians in decision making based on a patient's symptoms. The education is designed by a combination of primary care professionals, oncology specialists and people affected by cancer.

Endorsed by Macmillan, accredited by RCGP and supported by other charities including Cancer Research UK. Each course contributes to CPD. To sign-up please register here [www.gatewayc.org.uk/register](http://www.gatewayc.org.uk/register).

[Back to top](#)

### 13. Pincer

PINCER is a pharmacist-led information technology intervention for reducing clinically important medication errors in general practice that has been found to be acceptable, effective and cost-effective in reducing rates of hazardous prescribing. The national roll-out of PINCER is funded by NHS England via the AHSN network. There are 3 training sessions for the pharmacist (or staff member leading this process) to support implementation: ALS-1 (e-learning), ALS-2 (face to face session), ALS-3 (face to face session). The CCG supports and promotes the use of PINCER to improve prescribing safety and quality.

If your practice is interested in using this tool, please email to [Nicola.greaves@eahsn.org](mailto:Nicola.greaves@eahsn.org) with the names and email addresses of the pharmacist (or staff that will be leading the process) and the practice's IG lead, plus your practice code. The pharmacist (or staff leading the process) and IG lead at each practice will need to read and accept data processing agreement that will be sent to you. Please note that only patient aggregated anonymized data (in the form of a numerator and denominator will be uploaded to the CHART online tool). The pharmacist (or staff leading the process) will then need to access the ALS-1 e-learning tool and download the PINCER searches. Before the face to face training sessions, the baseline data must be uploaded to the system.

The future dates for the ALS-2 face to face training are:

- 3 March 2020, Peterborough Marriot Hotel, Peterborough Business Park, Lynch Wood, Peterborough, PE2 6GB. 13.30am-16.30pm.  
<https://www.eventbrite.co.uk/e/pincer-als-2-peterborough-030320-pm-eastern-ahsn-tickets-93472088533>
- 4 March 2020, Newmarket Racecourse, Rowley Mile, Newmarket, CB8 0TF. 9.30am-12.30pm  
<https://www.eventbrite.co.uk/e/pincer-als-2-newmarket-040320-am-eastern-ahsn-tickets-93474042377>
- 17th March 2020 Welwyn Garden City – Date to be confirmed 2pm -5pm
- 19th March 2020 Kings Lynn – Venue to be confirmed 2pm-5pm
- 24th March 2020 Norwich – Date to be confirmed 2pm -5pm

If you have any questions about the tool, please speak to the medicines management team or contact [Miriam Silva](#) from the AHSN.

[Back to top](#)

### 14. 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 121 – 12 February 2020](#)

If you would like to sign-up to receive the newsletter directly each week or have any queries please email [PACT@suffolkch.nhs.uk](mailto: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](#)

## CONTACT

15. 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](mailto: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

16. 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 GP+ attends as a % of List size

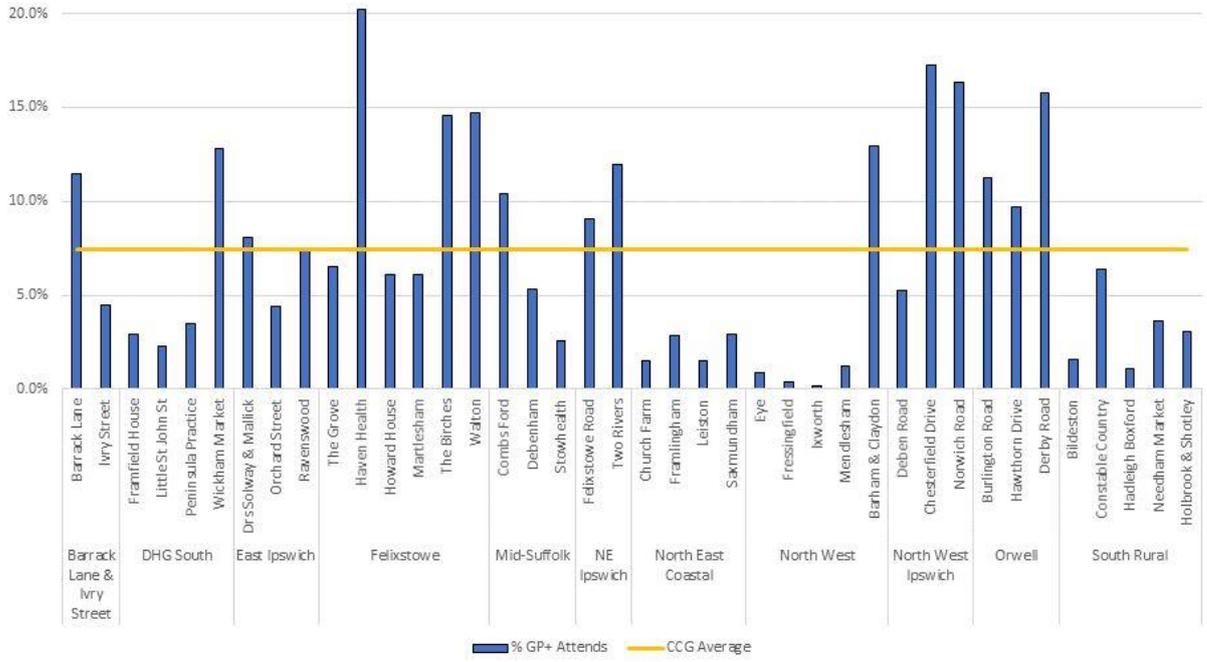
It's always good to remind ourselves of the availability of GP+ appointments to help relieve pressure on busy practices and help patients find convenient times to see a clinician.

Appointments are released on a Monday for the whole week and then further appointments be released at 12 noon each day for that day. All appointments, including for the following weekend, are available to book from Monday.

GP+ Services are available at: Riverside Clinic (Ipswich), Felixstowe MIU, Wickham Market Practice and Stowmarket (Stowhealth).

### GP+ Attends as a % of List Size

GP+ Attends - 12 Months to Dec 2019  
List Size as at Jan 2020



[Click on chart to enlarge](#)

[Back to top](#)