



Weekly Inbox

11 Nov 2019 Issue 348

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)

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FOR ACTION

OC GP PN

1. 6 November Education Afternoon – feedback request

We hope those of you who attended the education afternoon at Trinity Park last week found it useful. Please can we ask you to take a couple of minutes to complete our feedback form to let us know what your thought, and what else you'd like us to cover in future.

<https://www.surveymonkey.co.uk/r/LQ6V83M> Many thanks for your time.

Our next education afternoon at Trinity Park is on 11 December where our main topic will be Dermatology. Hope you see you there. [Back to top](#)

FOR INFORMATION

PM

2. European Antibiotic Awareness Day 18th November and World Health Organisation Antibiotic Awareness Week 18th – 24th November

Annually there are two events to promote key messages relating to antibiotic prescribing to both the public and to all healthcare professionals. World Health Organisation antibiotic awareness week runs from 18th -24th November and European antibiotic awareness day is on the 18th November.



We would like to encourage you to join the CCG in promoting these events and the important messages they provide to the public by having a display in your waiting room, using the video and posters on TV screens and displaying posters throughout the practice.

The materials deliver simple messages that resonate with the public: Taking antibiotics when you don't need them puts you and your family at risk, taking antibiotic's encourages harmful bacteria to become resistant, In the future antibiotic's may not work when you really need them increasing the risk of a more severe or longer illness.

Please see the resources below which can be used to produce a display within your practice. To coincide with these events we will also be distributing printed copies of TARGET leaflets for both respiratory and urinary tract infections. The leaflets can be given to the patients following a consultation and provide the patient with advice on symptoms, duration of illness and self-care when antibiotics are not indicated. If you require any further information please contact the medicines management team on 01473 770249

WHO antibiotic awareness week [video](#) can be found [here](#).

WHO antibiotic awareness week [posters](#) can be found [here](#).

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3. Capacity alerts and 26ww message for GPs

The NHS Long Term Plan (LTP), supports the full roll out of Capacity Alerts, and introduces a new commitment to providing choice of alternative provider for faster treatment for everyone who has waited 26 weeks on a RTT pathway.

Starting this month ESNEFT (either Colchester or Ipswich site) will be a 'first mover site' offering patients on the urology waiting list for 26 weeks an alternative choice of location and appointment. Choice will only be offered if an earlier appointment is available and within a 50 mile radius of the hospital that the patient is currently booked to. The patients GP will be informed if a patient chooses an alternative location.

It is important to note that implementing capacity alerts and 26 week choice are not seen as 'pilots' and is mandatory for acute trusts, and all other systems/acute Providers will be required to roll-out the policy in 2020/21. As a first mover site, we will work closely with NHSE around the findings and outcomes of the 26ww choice policy to inform the future intentions of a wider roll out and would value any feedback of how the processes are working through the PALS team.

Capacity alerts are designed to support referral management into a particular under pressure pathway and are a reminder to ensure other options including for example advice and guidance are considered before referring into hospital. It does not restrict the ability of a practice to refer but offers a clear indicator that there is likely to be longer waits within this specialty.

If you would like any further information please contact james.waites@suffolk.nhs.uk

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PM

4. NHS App Internal Communications Campaign

Please be aware NHS Digital has released material to support practice managers in briefing staff and patients about the NHS App, with the use of promotional films and posters available via the link below.

A new [internal communications campaign](#) has been launched to raise awareness of [the NHS App](#) amongst healthcare staff. Patients at 95% of GP practices in England can now download and use all features of the NHS App.

A range of materials is available at digital.nhs.uk/appconnect to help practice managers brief staff and prepare systems, to ensure that practices and patients can make the most of the NHS App. Practice staff are encouraged to download the app and give it a try themselves, as this is the best way to learn about what it does and support patients.

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PM Ad

5. PCN – Additional Roles Reimbursement Scheme – Invoicing Template and Arrangement 2019/20

We have recently emailed each Clinical Director with details of their PCN invoice/template to use when submitting any claims under the Additional Roles Reimbursement Scheme for Clinical Pharmacists and Social Prescribing Link Workers (2019/20).

If any Practice Manager or member of your finance team would like further details, please contact Jennifer.burman@nhs.net

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6. Pilot: New Atrial Fibrillation Screening Service

As part of the CCG's continued work on detecting and optimising patients with Atrial Fibrillation, a number of Alivecor AF devices are now being used in pharmacies across Ipswich and East Suffolk and West Suffolk CCGs. The purpose of these devices is to facilitate more opportune and timelier detection of AF.

As part of the pilot which runs from October through to end of January 2020, participants aged 65 years or older who are eligible for the influenza vaccination or when another opportunity presents itself will be invited to have a manual pulse check using the AliveCor Kardia mobile monitor. If a patient is identified as having a possible irregular heart rhythm the pharmacy will obtain consent from the patient so that their information can be shared securely through to the patient's registered GP practice using the generic email address to alert the practice to this finding. The patient will be encouraged by the pharmacist to contact their GP practice to make an appointment to see a health professional as soon as possible to enable further investigations to be carried out.

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7. Suffolk Alliance Mental Health Programme Team Newsletter

Please find [here](#) the second edition of the Suffolk Alliance Mental Health Transformation Newsletter, this newsletter is a regular way of keeping you up to date with the progress and opportunities to get involved.

This edition includes programme team update, milestones and Plan, priority updates and more.

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8. Carers Rights Day

Carers Rights day is on 21 November 2019 and Suffolk Family Carers will be based in different locations with information stands and information events across Suffolk to highlight Carers Rights day.

Carers Rights day is a national campaign and has a different theme each year, this year its "Helping you find your way".

If you would like to see the locations of where Suffolk Family Carers will be on 21 November, please click [here](#) to see their poster.

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9. [Local Vacancies](#)

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

The vacancies available include:

- Howard House are currently recruiting for a Practice Nurse and a Salaried GP
- Grove Medical Centre are currently recruiting for a Salaried full or part time GP

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EDUCATION & TRAINING

10. [Reminder: Psychosis evening training at Trinity Park](#)

There is still space tomorrow evening if you're interested in attending the evening education meeting on Psychosis. We welcome Clinical Psychologist Dr Rebecca Rollinson from NSFT, who will deliver an interactive session covering the importance of early intervention, what is provided within an early intervention service and procedures for screening and referring through from primary care.

Date: Tuesday 12 November

Time: 6.45pm for two-course supper. Education 7.30pm – 9.30pm

Venue: Trinity Park Bucklesham suite, Felixstowe Road Ipswich IP3 8UH

If you'd like to attend, please let us know via email to shelleyhart@nhs.net or call 01473 770021.

A reminder that our series of evening education events are FREE to ALL primary care staff working in general practice in Ipswich and east Suffolk.

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11. [Become a Training Practice](#)

If you are not currently a training practice and would like to become one there is currently some funding available to support you with the process.

Please contact julie.a.baran@suffolk.nhs.uk by the 15 November 2019 for more information and/or to express your interest.

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12. [Become a Clinical Supervisor](#)

If you are not currently a clinical trainer/supervisor and would like to become one there is currently some funding available to support you with the process.

Please contact julie.a.baran@suffolk.nhs.uk by the 15 November 2019 for more information and/or to express your interest.

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13. [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 109 – 6 November 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

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DID YOU KNOW...?

14. [Ask your Pharmacist week – 11 – 18 November](#)

The CCG is supporting Ask Your Pharmacist week, The Ask Your Pharmacist public awareness campaign is part of ongoing efforts by the NPA, the NHS and others to promote community pharmacies as providers of clinical care and the first port of call for help with minor illnesses.

Pharmacies and pharmacy stakeholders can access a suite of campaign materials on this page.

Pharmacists in England will understand the timeliness of these messages for the NHS Community Pharmacist Consultation Service, which begins at the end of October.

However, the core theme resonates in Scotland, Wales and Northern Ireland too. The wide selection of resources on this page means that pharmacies anywhere in the UK can participate.

Ask Your Pharmacist Week 2019 has been devised with the active support of NHS England and some of the campaign posters carry NHS branding.

You can find the resources [here](#).

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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 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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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: Strong Opioids

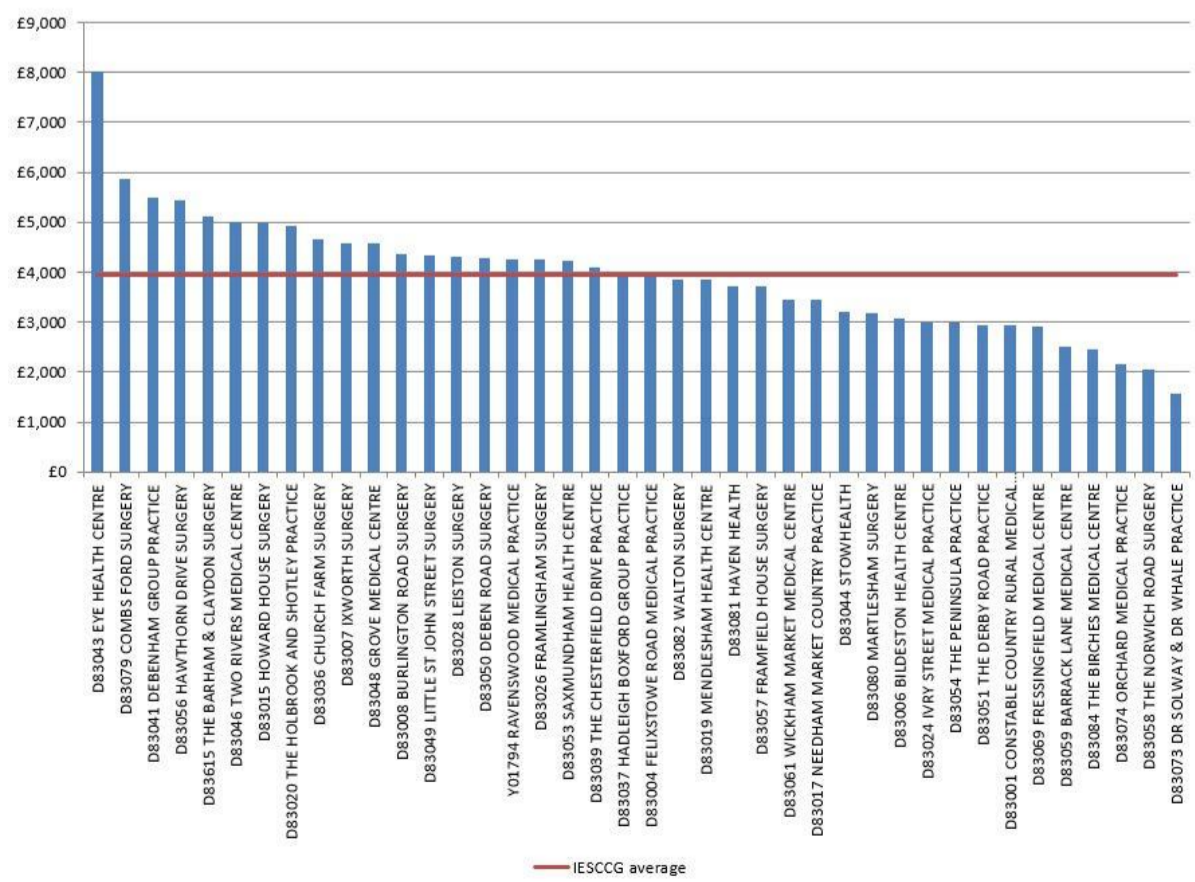
Top tip

Between September 2018 and August 2019 Ipswich and East Suffolk CCG spent £1.59 million on prescribing strong opioids such as morphine, oxycodone, fentanyl and buprenorphine. Opioids are very good analgesics for managing acute pain and for pain at the end of life but there is little evidence that they are helpful for long term pain. The risk of harm increases substantially at doses above an oral morphine equivalent of 120mg/day. Prescribers are recommended to review patients prescribed oral and topical controlled drugs and gabapentinoids to promote safe, high quality and cost effective prescribing in line with local pain guidelines. Areas of focus could include (but are not limited to):

- Review of patients co-prescribed 2 or more opioids or an opioid plus a gabapentinoid
- Review of patients on a gabapentinoid, with a view to discontinuation
- Review patients on high dose opioid use >120mg/24 hours morphine (or equivalent) and reduce where appropriate

Medicines Management technicians have searches that can be run to help identify patients that are in these groups. For further information please contact your Medicines Management technician or contact a member of a team on 01473 770249

**IESCCG spend on Strong opioids per practice
Sept 2018 - Aug 2019 (£/1000 patients)**



[Click on chart to enlarge](#)

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