



Weekly Inbox

03 February 2020 Issue 359

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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STOP PRESS!

Public Health England campaign on coronavirus

A [national campaign has been launched](#) aimed at advising the public on how to slow the spread of coronavirus. The campaign is also aimed at reducing the impact on NHS services.

Patients should be advised to stay at home and call 111. [Live, real time information](#) is available at www.gov.uk/coronavirus.

The CCG Communications team is promoting the campaign advice through our social media channels. Campaign materials and further information is available below:

- Link to [Campaign Poster](#)
- Link to [YouTube public information film](#)

FOR ACTION

OC GP PM PN

1. Medicine Management remote access to SystmOne - Reminder

Remote access to SystmOne from Endeavour House has been authorised by the CCG Information Governance team. The medicines team will only access SystmOne remotely following receipt of written permission from the GP practice. Reasons to allow the medicines management team to remotely access your SystmOne clinical records include:

- More and more practices are struggling to find space for our team to work in, working remotely from Endeavour House solves this issue.
- Our financial position is critical and we need to ensure all staff are working in the most efficient way. Our team spends a lot of time travelling to and from practices; this is not good use of time. Working from Endeavour House will enable our team to spend more time supporting your practice.
- Our pharmacists are predominantly office based; if your practice authorises one of them to have access to your system in conjunction with a technician we may be able to provide more extensive clinical support.
- By working remotely we could provide periods of intensive support for your practice, subject to your practice's agreement.
- Your practice's medicines management technician will still come regularly into your practice to ensure positive relationships are maintained and face to face contact is not lost.

Please can practices ensure that they have completed the [authorisation form](#) to give consent for remote working and return it to [Emily Rutherford](#). Thank you to those practices who have already returned their completed forms. If you have any questions about the remote working procedures at Endeavour House, please contact the medicines management team on 01473 770249.

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2. Neurology Alerts

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.

Following the introduction in November of capacity alerts and additional 26 week choice within the Urology specialty, the same process will begin with the Neurology specialty. 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 are working 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.

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3. New Guidance Launched for Musculoskeletal First Contact Practitioner Services

As part of the NHS Long Term Plan, Health Education England has developed a new [implementation guide for Musculoskeletal First Contact Practitioners](#).

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4. Important Information Update for All Health and Care Providers in Suffolk: ReSPECT

Issued on behalf of the Ipswich and East Suffolk End of Life Programme Board.
Jan 2020:

Suffolk residents that have received treatment and care in Cambridgeshire including Addenbrooke's Hospital may have been provided with a completed ReSPECT form.

ReSPECT stands for: **Recommended Summary Plan for Emergency Care and Treatment**.

Following discussion it has been agreed that if a Suffolk patient has a completed ResPECT form, this will be accepted / adhered to in line with the DNACPR form currently in use across Suffolk.

The ReSPECT process provides health and care professionals responding to an emergency with a summary of recommendations to help them to make immediate decisions about that person's care and treatment

For further information regarding ReSPECT please visit: www.resus.org.uk/respect

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5. Research opportunity – Personality disorders in primary care

Please find [information regarding a research opportunity](#) for you as a GP and [read the letter to Practice Managers](#).

Previous research has indicated that clients with Personality Disorders can be experienced as 'challenging' by a range of healthcare professionals including GPs. Given that GPs are frequently the primary source of support and are gatekeepers to specialist NHS services, it is particularly important to offer support, training and knowledge. This study aims to deliver a brief information package to GPs regarding their routine clinical contact with clients presenting with physical health complaints but who also present with chronic complex personality difficulties and relational difficulties.

This is a one-off online training, which can be completed anywhere. You will be asked to complete some brief questionnaires before and after the training to help us evaluate the intervention.

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6. New Tier 3 Child Weight Management Service pilot in East and West Suffolk for 2020

Families with overweight children will be able to test a service that includes help from a dietitian, a family therapist and sports and exercise experts.

The pilot for a Tier 3 service will run for a year. It is an evidence-based programme based on Cognitive Behavioural Therapy which builds on the existing Tier 2 programmes.

It is for children aged 5-18 years old and can be used on top of the current Tier 2 service for children aged 2-18 years old available across the whole of Suffolk.

What the tier 3 service offers

The new service will build on the current Tier 2 programs to offer a family based and person-centered approach to support children who are either very overweight or overweight with comorbidities, such as, physiological, psychological, social, educational or emotional difficulties.

How to refer

Online via website: onelifesuffolk.co.uk/sign-up

Electronic referral via email: onelifesuffolk@nhs.net

Via post address: Onelife Suffolk, Inspire Suffolk, Lindbergh Road, Ipswich IP3 9QX

Cont'd.

What happens after referral

New patients will be assessed and offered appropriate treatment, as part of a specialist 12-month programme which will be delivered from venues across Suffolk, either on a 1-1 or group basis. This is an evidence-based, psychologically underpinned programme based on a Cognitive Behavioural Therapy intervention combined with specialist dietetic input. The goal is to encourage moderate and sustainable weight loss and long-term weight maintenance.

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7. Sexual Abuse and Sexual Violence Awareness Week

3 – 9 February 2020

The week is Sexual Abuse & Sexual Violence Awareness Week; the UK's national week to raise awareness of sexual abuse and violence and to provide an opportunity for any organisation or individual to engage in dialogue.

The specialist providers of support to victims and survivors of sexual violence across Suffolk are teaming up and calling on organisations, individuals and agencies across Suffolk to join them in saying 'Suffolk says that all forms of sexual violence are not ok'.

All of the national events, discussion points and activities can be shared and followed on social media via the hashtag #ItsNotOk.

Locally, a public event is being held on Thursday 6 February from 9am – 3pm at Suffolk New College and a number of organisations & agencies will be available in the Atrium area along with organisations who can offer help, advice and support in confidence should it be needed.



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8. [Local Vacancies](#)

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

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PCN CLINICAL DIRECTORS INFORMATION



9. PCN Meetings at Trinity Park on Thursday

A reminder that clinical directors have a meeting at 3.30pm on Thursday at Trinity Park followed at 4pm by some time for your individual Primary Care Networks to meet.

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EDUCATION & TRAINING



10. Primary Care Nurse Forum – 6 February

Our first primary care nurse forum of 2020 is this Thursday at Trinity Park from 2pm (lunch provided from 1pm). Please come along and join other local nursing teams in sharing information and to engage shaping the future of practice nursing in East Suffolk. The full agenda will be shared later today.

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11. Training and Education Afternoon – 6 February

Our next education and training afternoon is on Thursday 6 February, at Trinity Park. Our headline topic this month is Gastroenterology where we welcome Dr Crawford Jamieson from Ipswich Hospital. [This month's agenda](#) will also include Prescribing Leads meeting, PCN Clinical Directors meeting and Primary Care Nurse Forum.

Some of the PCN Clinical Directors have asked if we could put some time aside at this Training and Education afternoon to enable practices to get together in your PCN groupings to discuss PCN issues, service specifications and to look at employing some of the additional roles ready for a start in April. Therefore we have put aside approximately 1 - 2 hours to enable practices to meet in their PCN groupings from 4pm.

We hope to see you there. As ever it helps with planning if we have an idea of numbers so if you are planning to come please contact [Shelley Hart](#).

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12. Pharmacological Management of Diabetes – Optimisation or Initiation of Insulin & GLP-1

Expressions of interest are welcomed for this 3-day workshop to meet the learning needs of those providing clinical services to patients with diabetes in Primary, Community & Hospital Care. The University of Essex workshop is suitable for GPs, Practice Nurses, Community Nurses and Allied Health Care Professionals who have a role in optimising diabetes medication or initiating Insulin.

The course starts in March and there are currently places available. Follow the link [for more information about the course and how to apply](#).

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13. OneLife Suffolk is offering a FREE Making Every Contact Count training session in Felixstowe on 18 February 2020

Location: Physio Gym Felixstowe Community Hospital

Time: 1100 – 1230

Booking is essential – please click [here](#) to book.

Making Every Contact Count training, otherwise known as MECC, provides individuals with knowledge, skills and tools to have a positive and effective conversation about health and behaviour change, particularly around weight management, stopping smoking and increasing physical activity. It is open to all.

Further details about the services [OneLife Suffolk](#) can offer can be found online.

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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 119 – 29 January 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.

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...?

15. Ipswich Disabled Advice Bureau

The Ipswich Disabled Advice Bureau is a local, independent agency that supports people with disabilities, their carers and families, living in Ipswich and the surrounding area, with outreach hubs in Brantham and Hadleigh.

Please add the poster to your TV screens to share the information with your patients. [Download link](#)

There is also a [patient information leaflet](#) if you would like to print this off and share in your practice.

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CONTACT

16. 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](#) and enter 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

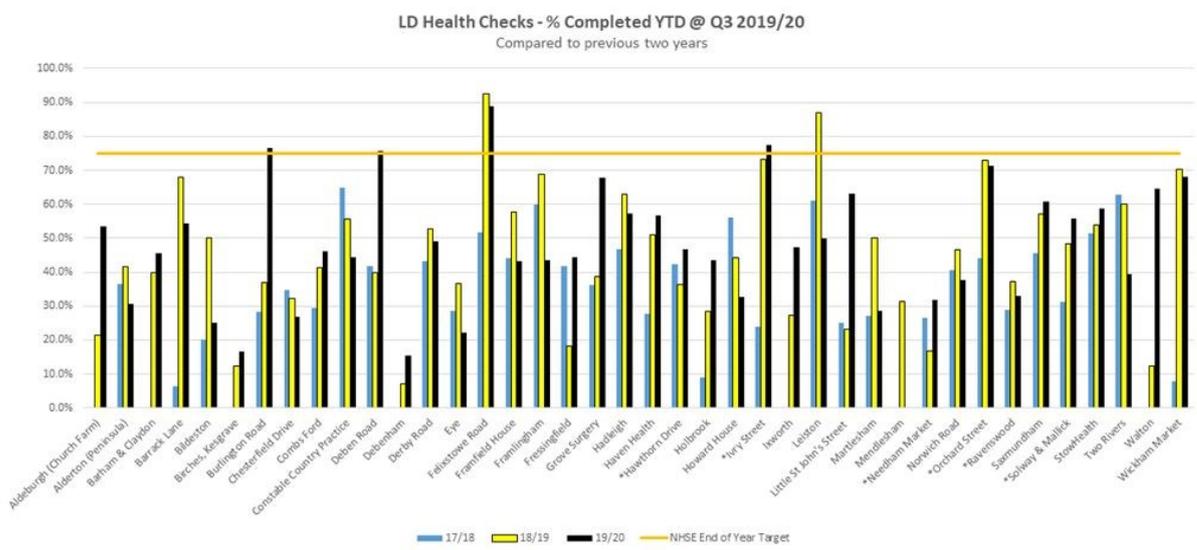
17. We are often asked for more comparative information to enable practices to know where they stand on a variety of indicators in comparison with other practices. Therefore, we publish a chart every week. Please [let us know](#) if there are any topics that you would find it useful for us to cover.

This week we are looking at: **LD Health Checks – YTD % Completed at Q3 2018/19 to 2019/20**

This week's Chart of The Week compares cumulative performance at Q3 over the last three years in the delivery of Learning Disability (LD) Health Checks. The NHSE numbers for Q3 have not yet been released, but the CCG can obtain the numbers from CQRS and these have proved to be a very reliable. As we are already a third of the way through Q4 we thought this data should be shared with you at the earliest opportunity. Your feedback so far has told us that the number of checks delivered in Q3 is accurate, but please be aware that a number of practices have not entered their LD register size (age 14+) onto CQRS. Please take action to do this as soon as possible.

The number of health checks completed has risen dramatically over the last 5 years – the cumulative Q3 figures in 2019/20 are more than double what they were in 2015/16 so thank you for the tremendous effort being taken to improve the health of your LD patients.

If practices require any support around LD, including reviewing internal processes, mental capacity and making reasonable adjustments, you can contact the NSFT Primary Care Learning Disability Liaison Nurses on liaison.nursesld@nsft.nhs.uk



[Click on chart to enlarge](#)

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