



Weekly Inbox

30 September 2019 Issue 342

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 PM Ad PN

1. Survey launched about Digitising old GP Records

The Professional Record Standards Body has launched a [new survey](#), which asks patients, carers, and GP practices about the benefits and potential challenges of digitising old GP records. We would encourage GPs and practice administrators to take part. It will take no more than 10 minutes to complete and will close on 4 October 2019. Feedback directly from you will help to make sure that national guidance is shaped around real needs from Practices.

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2. Sign-up for Digital Maternity Exemption Pilot

The NHS Business Services Authority (NHSBSA) is looking for healthcare professionals to take part in their pilot programme for digital maternity exemption certificates. The digital scheme is a quicker and cheaper alternative to the paper FW8 application form for faster and easier access to maternity exemption for mums-to-be.

The digital service makes it quicker for mothers to get their exemption and entitlement to free dental care and prescriptions. It saves GPs time from filling out a postal FW8, which can also take a few weeks to get back to the parent. On the digital scheme, exemption is instant!

GPs can sign up to the pilot quickly and easily. For those who already have an existing nhs.net email address, you can use this to register and log in. This can be done by emailing nhsbsa.healthcosts@nhs.net and including:

- name
- NMC or GMC number
- nhs.net email address

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3. Reminder: Ophthalmology Training

The hospital consultants are keen to ignite or re-ignite an interest in eyes with their colleagues in primary care and would like to make available 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 to need an indication of numbers and subject matter/eye conditions is required. Please contact [Claire Pemberton](#) to indicate your interest in attending and what subjects/eye conditions that you would find most helpful

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FOR INFORMATION

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4. Updated Referral Guidance - MSK Post-Operative Physio Referral

We have now included on the MSK Referral Form an additional option for Post-Operative Physio Referrals including the associated referral form. This referral form is for patients who may have had an operation in another hospital (eg on holiday), or if a patient had surgery at Bury and the GP sits within the IESCCG area. The referral will go to the Physiotherapy MSK OP Service at Ipswich Hospital.

These updated forms will be available on DXS from Tuesday 1 October 2019.

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5. Lipids Clinic Briefing

The CCG has been working with the Consultant Chemical Pathologist at East Suffolk & North Essex Foundation NHS Trust (Ipswich Site) to look at ways to improve the information and support available to primary care for suspected Familial Hypercholesterolemia (FH). NICE Guidelines are (NG71).

Referrals to Ipswich Hospital to the Lipids Clinic for diagnosis and treatment Familial Hypercholesterolemia (FH) should now be made via ALLCAS using the new referral form.

The new referral form and associated pre-referral guidance will be available on clinical systems and the CCG Website in October 2019. [View Practice Briefing.](#)

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6. Primary Care Dashboard

The latest issue of the Primary Care Dashboard (Issue 1 for 2019/20) is now available to view [HERE](#).

If you have any questions about the Dashboard, please contact Scott Pomroy: 01473 710231, scott.pomroy@ipswichandeastsuffolkccg.nhs.uk

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7. ME/CFS service

The ME/CFS Service run by East Coast Community Healthcare is a specialist NHS service that seeks to meet the needs of people who have a diagnosis of Myalgic Encephalomyelitis (ME) or Chronic Fatigue Syndrome (CFS) in Norfolk and Suffolk. They offer an outpatient service via face to face appointments, email, telephone and, in a small number of cases, home visits.

The team is made up of GPs with specialist interest and knowledge of ME/CFS (GPwSI) and specialist therapists including Occupational Therapists and Physiotherapists. This now includes a therapist with a special interest in paediatric care who oversees the under 18s caseload across the 2 counties.

Any GP in Suffolk can refer to the service. Patients aged under 16 must also have been seen by a Paediatrician. If an individual who has had simple post-viral fatigue is not making progress at 4 to 6 months referral to the service can be considered. With severely affected patients and patients who are under 18 referral at 3 months should be considered.

The referral form and further information can be accessed via the [ECCH website](#).

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8. Mental Health & Emotional Wellbeing Evening Education Series - Wednesday 16 October: Learning Disabilities

Our next evening education event will focus on Learning Disabilities.

Date: Wednesday 16 October 2019
Time: 6.45pm for two-course supper. Education 7.30pm – 9.30pm
Venue: Trinity Park

The evening is FREE to all staff working in general practice in Ipswich and east Suffolk. To book your place or for more information, please email shelleyhart@nhs.net.

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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. New this week includes dispenser and receptionist at Debenham.

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PCN CLINICAL DIRECTORS INFORMATION

OC GP PM

10. PCN Start up support offer from NHS England

The Time for Care team, who have previously been the national provider for the Productive General Practice (ten high impact actions etc.) programme, are able to offer start-up support for PCNs. Please find [attached a letter from Alison Tongue](#) who leads the Time for Care team that describes what this offer is.

If you would like to take part in this support offer, please contact Caroline.j.procter@ipswichandeastsuffolkccg.nhs.uk by Monday 7 October.

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11. Senior clinical leadership programme

PCC has designed a two day programme to give senior clinical leaders an intensive introduction to leadership principles, practical skills that they can put to work immediately in their new roles, and a strong focus on the capabilities and techniques they will need to foster collaboration and build the relationships on which the success of the network will depend.

There is a programme starting [12 November in York](#) or [25 March in London](#).

For more information, visit the [PCC website](#) and contact enquiries@pcc-cic.org.uk

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SOCIAL PRESCRIBING

OC GP PM Ad PN

12. Coming up.... Connect for Health Launch Saxmundham and North East and South Rural

The next [Connect for Health](#) Launch events are being held this week. These event will give you an opportunity to learn more about Connect for Health and some of the organisations available in your area. Please do drop in if you can and extend the invitation to your patients.

Saxmundham and North East on **Tuesday 1 October** at The Riverside Centre IP17 1LL between 9.30am – 12.30pm

South Rural on **Thursday 3 October** at Hadleigh Town Hall, Hadleigh IP7 5DN between 9.30am – 12.30pm



**CONNECT
for health**
Being Well Together

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EDUCATION & TRAINING

OC GP PM Ad PN

13. Red Whale Women's Health Update Course – Thursday 10 October 2019

The Red Whale Women's Health Update Course as part of the CCG education afternoons programme at Trinity Park has proved very popular and is now fully booked. If you have not let us know that you plan to attend, we will not be able to guarantee you an accompanying handbook but please feel free to attend for the talk itself.

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14. Practical Allergy for Primary Care Symposium 29 November

OC GP PN

This is the second "Practical Allergy for Primary Care Symposium" run in Cambridge to provide practical, simple advice to enable healthcare practitioners in primary care to feel confident in diagnosing and managing allergic disease. This is primarily aimed at doctors and nurse working in primary care however any interested healthcare professional would be more than welcome to attend.

Please click [here](#) for more information including learning objectives and [here](#) for more details around the event.

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15. 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 103 – 25 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**

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DID YOU KNOW...?

16. Better supporting our young people

Pupils at primary and secondary schools in east Suffolk in need of mental health support, are set to have easier access to help, thanks to new funding.

The money will pay for a mental health team to be established which will provide a range of mental health and emotional wellbeing support.

To read more please click [here](#).

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CONTACT

17. 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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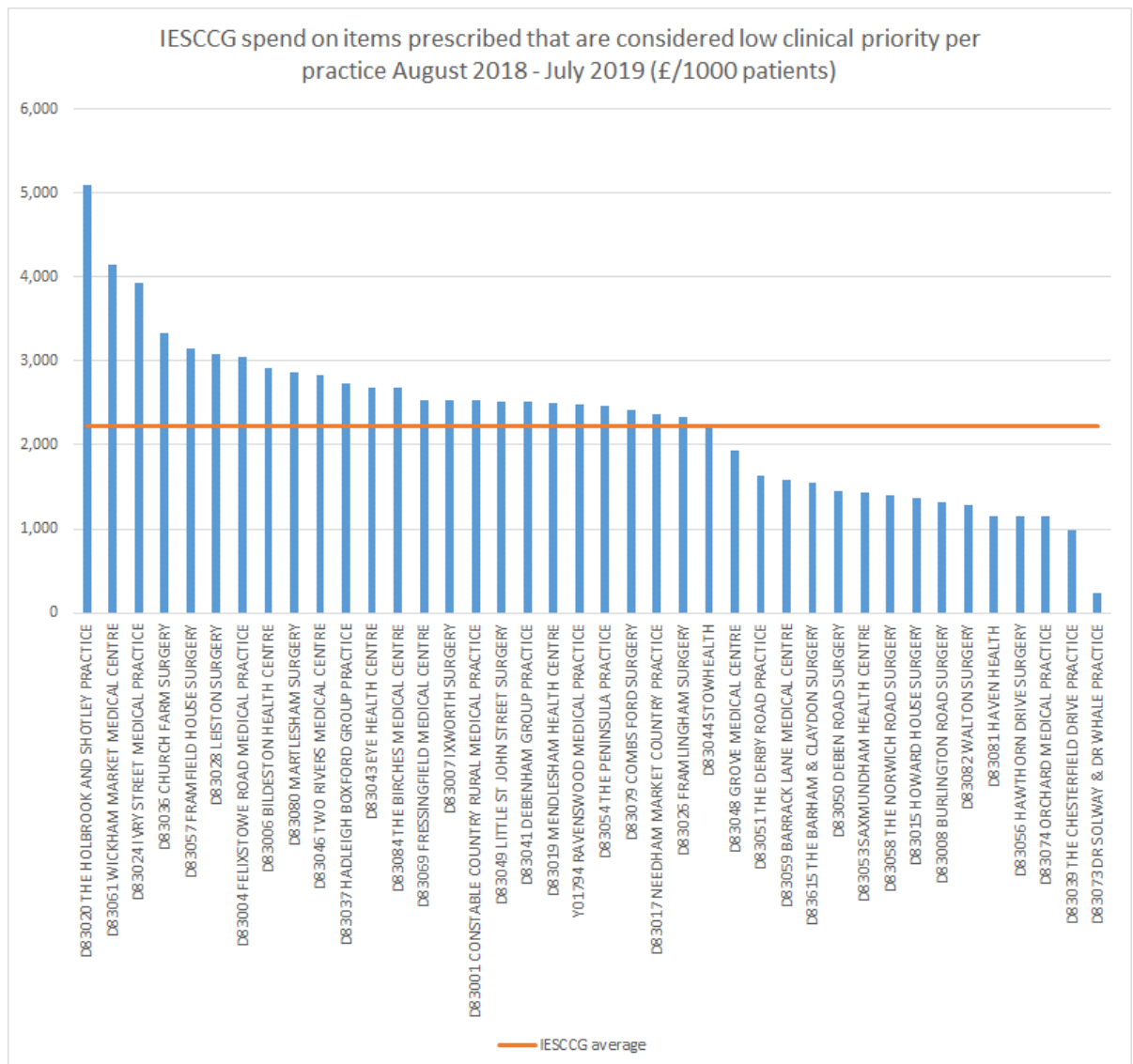
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CHART OF THE WEEK

18. 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 **spend on items prescribed that are considered low clinical priority**.



Top tip

NHS England have recently published updated guidance on items that should not be prescribed in primary care. These include products deemed to have low clinical effectiveness, clinically effective but there are more cost-effective options and products that are clinically effective but deemed a low priority. These include medications such as doxazosin MR, perindopril arginine, liothyronine, trimipramine and lidocaine patches. Prescribers are recommended to review patients on such products and prescribe appropriate formulary alternatives.

For further information and support please contact your Medicines Management technician or contact a member of the team on 01473 770249.

[Click on chart to enlarge](#)

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