



Weekly Inbox

20 MAY 2019 Issue 323

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: GPs
PM: Practice Manager
Ad: Administrative staff (including medical secretaries, receptionists)
PN: Nurses (including HCAs, Practice Nurses, ANPs)
OC: Other clinicians (including ECP, Pharmacists)

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FOR ACTION

- OC GP PM Ad PN**
- 1 Social Prescribing Letter Discussion – Please Respond Today!**

Further to the letter Practice Managers and GP Leads received regarding Social Prescribing on Wednesday 15 May; if you'd like to discuss the contents of the letter at the Training and Education event to be held on Wednesday 22 May, please notify [Karen](#) by Tuesday.

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- OC GP PM Ad PN**
- 2 Alivecor AF Devices Feedback**

In May 2018, we distributed some Alivecor AF devices, and at the same time, some practices received these via the Suffolk GP Federation. We would like your feedback on how these devices are being used; or if they are not being used, what makes them too difficult to use.

We are interested in both positive and negative feedback as this will allow us to evaluate them and any future investments.

If these devices are working well within your practice, with its use embedded into a pathway, we would especially like to hear how you have achieved this.

Thank you for your continued support. Please send your feedback to [Alison Sadler](#).

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FOR INFORMATION

- OC GP PM Ad PN**
- 3 Diagnosing Dementia in Young People**

As part of Dementia Awareness Week (20-26 May 2019), please see the [GP Guide to Diagnosing Dementia in Younger People](#) and the [Suffolk Young Dementia Network flyer](#) for more information.

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- OC GP PM Ad PN**
- 4 Better Births Team Launch – Tuesday 4 June**

Please click [here](#) for details of the 'Better Births Team Launch'. Staff from GP Practices are welcome to attend if they would like to know more and meet the team.

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5 New Wellbeing Mental Health Nurse at Ipswich Diabetes Centre

Mental Health Nurse Graham Clements is now up and running with a new service from the Diabetes Centre at the Ipswich Hospital. This is part of an initial 18 month secondment aimed at developing pathways to provide consultation, liaison and advice for all individuals aged 19+ that have a diabetic diagnosis and where mental health and emotional issues, such as low mood, depression or stress are impacting upon their self-management.

Patients can be referred to Graham for review by Diabetes Centre Clinicians or by Primary Care. Primary Care referrals should be made via SystmOne using the "Ipswich & East Suffolk IDS Referral" form or via email to ihn-tr.IpswichDiabetesCentre@nhs.net. Referral criteria can be viewed on the IDS referral form and has been emailed to all surgeries via NHS.net.

- [Diabetes Link worker and referral criteria.](#)
- ['How to refer using the SystmOne Electronic Referral Form'.](#)

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6 Operational Plan 2019/2020 for the Suffolk and North East Essex Integrated Care System

Please click [here](#) for further information and a link to the Operational Plan 2019/2020 for the Suffolk and North East Essex Integrated Care System (ICS).

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7 General Practice Nursing Single Point

For information on the 'All General Practice Nursing Information Under One Roof', please click [here](#).

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8 NHS Finance for General Practice – 2019 Regional Events

Please click [here](#) for details of events that are aimed at an audience of general practice colleagues who are involved in finance.

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9 Woodbridge Veterans Support Group

Please promote the Woodbridge area Armed Forces Coffee Morning in your practices. [Flyer](#). Thank you.

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10 Local Vacancies

Please click the above link to see the current local GP and practice staff vacancies. New jobs have been added this week.

If you have a vacancy to advertise here and on our website, please contact [Stuart Graham](#).

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SOCIAL PRESCRIBING

11 PPG News, Issue 4 2019

The next issue of the PPG News can be found [here](#).

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12 Contact the Elderly

Contact the Elderly is a charity, with the aim of alleviating loneliness and social isolation amongst the elderly. There are 12,000 volunteers UK wide who are involved in the running, hosting and volunteer driving for tea parties held once a month for the over 75s.

Please click [here](#) for further information and how GP Surgeries and Connect for Health can refer people to this service.

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EDUCATION & TRAINING

13 Safeguarding Training – Wednesday 22 May

At our education afternoon on Wednesday, we will be offering Safeguarding Training for all clinicians. The main session will cover **Children and Adult combined Safeguarding Updates** including: Suffolk Gangs, MASH, Turning Point, Child Exploitation (Make a Change) team, Homelessness Reduction Act & Duty to Refer and the Multi-agency Adult Safeguarding Framework.

The formal **safeguarding children training session is now full**. This is the same session run by Jo throughout the year at either Landmark House or West Suffolk House. Please contact [Caroline Pyrozuk](#) for alternative dates.

[Download flyer](#)

Please note, they venue will be in the midst of setting up for the Suffolk Show while we are there so parking will be further out than usual.

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14 Upcoming Evening Education Sessions

The slides from the 7 May evening training on depression and anxiety are now available on the CCG website [HERE](#) (login required).

The next evening education event on 5 June will focus on Dementia. Dr Elizabeth Barrett is a retired GP and co-author of *Dementia Revealed: What Primary care need to Know*. [Book now](#) to avoid disappointment. [View agenda](#) for more information.

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15 Care Navigator Forum – Thursday 20 June

The next Care Navigator Forum will be held on Thursday 20 June 2019, 2pm, Trinity Park, Ipswich. (Lunch available from 1:30pm).

The forum is for 1 or 2 Care Navigators to attend from each Practice, preferably those who attended the previous forums to enable continuity.

Please notify [Zoe Knight](#) of the names of your Practice's Care Navigators who will be attending by Thursday 6 June 2019. Please click [here](#) for the agenda.

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16 Free Dementia E-Learning Resources Available

Please click [here](#) for more information on Health Education England's redesigned dementia e-learning resources.

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17 PACT (Primary care and Community care Training Hub)



Ipswich & East Suffolk CCG are working together with neighbouring CCGs, 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.

Please follow the link to [PACT Training Hub Newsletter Issue 84](#).

If you would like to sign-up to the newsletter or have any training queries or suggestions, please email PACT@suffolkch.nhs.uk.

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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 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.



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

- [Bookmark the CCG website](#)
- [Latest news from the CCG](#)
- [Who's who in the Clinical Executive](#)
- [Useful links to NHS and other websites](#)
- [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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DID YOU KNOW...?

19 Suffolk Volunteering Conference 2019 – Thursday 6 June

Blackbourne Community Centre, Elmswell, 10am until 3:30pm,

Suffolk Volunteering Conference 2019 - Inspire, Encourage & Enable Diversity in Volunteering

Community Action Suffolk's annual Volunteering Conference is focusing on Diversity in Volunteering, during national Volunteers' Week.

Keynote speaker is Shaun Daleney from the National Council of Voluntary Organisations. Please click [here](#) for more information and to book a place.

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CHART OF THE WEEK

20 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 on a variety of topics.

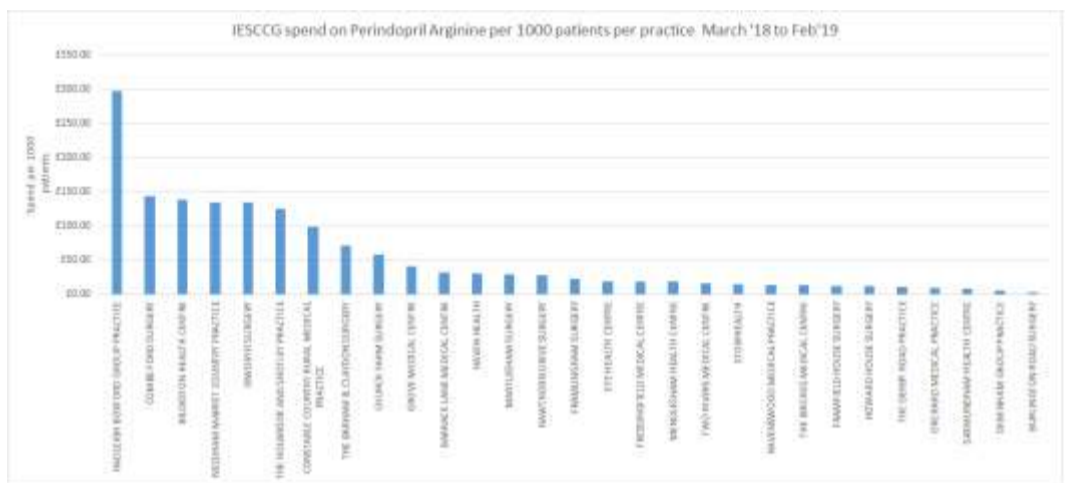
Please [let us know](#) if there are any topics that you would find it useful for us to cover.

This week we are looking at IESCCG spend on Perindopril Arginine per 1000 patients per practice March 2018-February 2019.

Top Tip!

NHS England have deemed perindopril arginine as a medicine of low clinical value. Prescribers are requested to consider using perindopril erbumine in its place as it provides the same control on blood pressure but for a lower acquisition cost. Medicines management technicians have a protocol to allow them to identify suitable patients and switch them to perindopril erbumine. For further information, please contact your Medicines Management Technician or contact a member of the team on 01473 770249.

Please note practices which do not appear on the graph have no prescribing of perindopril arginine.



[Click on chart to enlarge](#)

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