



Weekly Inbox

27 August 2019 Issue 337

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

1. Teenage Pregnancy Prevention Framework – Survey

OC GP PN

Public Health Suffolk have created a survey to help benchmark against the teenage pregnancy framework and are currently looking at what is being offered in Suffolk. We would appreciate if you could take 5 minutes to fill out [this survey](#).

The deadline for responses is Friday 7 September.

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FOR INFORMATION

2. Introducing the Suffolk Child Death Review Team

OC GP PM Ad PN

The CCGs have commissioned a Child Death Review (CDR) Team to ensure a co-ordinated health response compliant with the [government statutory guidance](#) for all child deaths of children (under the age of 18), normally resident in Suffolk. To ensure the process is standardised and uniform as much as possible the CDR Nurse will take the role of the lead health professional and key worker, being a point of contact for information sharing and effective communication for the family and professionals. The CDR Nurses will ensure that every family no matter how their child has died will be offered support throughout the Child Death Review Process.

The team goes live on Monday 2nd September and are available Monday to Friday, 8am – 4pm (on call 4 – 8pm) and can be contacted on telephone: 01473 770089 or pager: 07623 951892.

For further information, please click here to view the [Suffolk Managing Child Deaths](#) document.

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3. Message from Dr John Hague regarding Early Adopter Sites

OC GP PM Ad PN

Dr Jenny Axford and Dr Sohail Abrar, have been appointed as Joint Clinical Directors at NSFT for East Suffolk. They are both consultant psychiatrists - Dr Axford works in Woodlands, and Dr Abrar is a Forensic Psychiatrist.

The work on 'Early Adopter Sites' for the new community psychiatry model is already significantly benefiting from their input.

Dr Sohail Abrar is very keen to be involved personally in quality improvement and will be copied into every 'Contract Query' that is raised about NSFT's mental health services in East Suffolk. (As a reminder you can email IESCCG.gp-contract-queries@nhs.net to trigger a formal investigation). If you would rather approach him on an informal basis you can email his clinical secretary at ann-marie.copping@nhs.net. Both these addresses are [.nhs.net](#) addresses, if you email from an [.nhs.net](#) address I would encourage you to include full clinical details so that prompt action can be taken. Although he will (and already has) take quick action please do not use this instead of your usual actions for emergency and urgent cases.

In the near future they will also be introducing an email clinical query service, with a rapid turnaround; the mental health equivalent of 'Advice and Guidance'

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4. Dementia Together: Younger Persons Navigator

Dementia Together provides help with practical information and support for anyone who is curious, concerned about their memory or living with a diagnosis of dementia. The service supports everyone as an individual, including the person themselves, their loved ones, carers and other family members.

The younger person's navigator is a new and unique role to ensure the approach is person centred; this role will support anyone who is under 65 living with memory worries, concerns or have a diagnosis of dementia. The focus will be ensuring that the person does not feel like they are placed into an older person's service. This role will help with information on finances including benefits, peer to peer support groups, social support, employment concerns, driving queries.

If you have patients and/or carers who you feel would benefit from the service, please signpost or refer directly to the service. If you wish to know more about new role please contact alana.page@suerydercare.org and she will be able to tell you more.

You can refer into this service using the Dementia Together referral form.

Further details available via www.dementia-together.com

SRYC.DementiaTogether@nhs.net

08081 688 000

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5. Dementia Friends Champions Induction

You can become a Dementia Friends Champion by attending a Dementia Friends Information Session delivered by a Dementia Friends Officer.

See link for more information regarding the [Champions Induction in Ipswich](#).

To reserve a place, register as a Champion on the Dementia Friends website www.dementiafriends.org.uk you will then be directed to select the Induction day of your choice. If you have any problems please email [Sue Vincent](mailto:Sue.Vincent).

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6. Stakeholder Event 0-19 Suffolk Health and Children's Centres

Please find [here](#) an invitation to a stakeholder event to update you on the 0-19 Health Child Service Redesign. Please share with other stakeholders you feel would be interested to attend

Please e-mail your intention to attend to CYP.PAs@suffolk.gov.uk

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7. My Care Record

To support your practice, there is a new legal framework being introduced so that it will be safe for you to share information for direct care without asking every individual for consent.

This framework, called *My Care Record*, asks that all partner organisations, including GP practices sign a single Information Sharing Agreement. It covers you legally and has now been approved by both Suffolk and Essex LMCs. Practices will also be supported with materials about this framework to make sure patients know how, why and where their information will be used as part of a twelve-week communications campaign starting in October. This has been tried and tested in West Essex and Hertfordshire.

An introductory email with more information has been sent to all practice managers to be shared with colleagues. The delivery team are also arranging opportunities to join meetings and visit practices to discuss the approach in more detail.

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8. The Purple Book

The CCGs Care Homes Team have developed a booklet which has been sent out to all of the Care homes within our region and compliments our new Safeguarding Adults Framework. The aim of the booklet is to support care homes in their decision-making and, using local resources, reduce unnecessary and unplanned admissions to acute hospitals, most notably those admissions that involved Falls and Urinary Tract and Respiratory Tract Infections. It also contains a wealth of information on the better management of medication, as many hospital admissions are known to be medicines-related.

The Purple Book offers care homes contact details and tools to help prevent inappropriate attendances at A&E and unnecessary hospital admissions. It also provides information on how to manage conditions better within the care home setting. Utilising National best practice, the Purple Book can help safeguard residents of care homes who may potentially be subjected to abuse by way of neglect. The Purple book offer clear pathways to help manage medication, Pressure care, falls and infections so that the resident are supported onto the correct pathway to manage these issues. The Purple Book can also support practitioners in their decision making in conjunction with the Safeguarding Framework, when a potential abuse has occurred especially when the correct pathways have not been followed.

Please see link [here](#) to the Purple Book.

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9. Guidance update for ICO

Following a [Court of Justice of the European Union \(CJEU\) ruling](#), the ICO has updated its guidance around how long an organisation has to respond to a subject access request (SAR). The guidance stated that SARs must be responded to within one calendar month, with the day after receipt counting as 'day one'. This has now changed. 'Day one' is now the day of receipt - for example, a SAR received on 3 September should now be responded to by 3 October.

The ICO guidance has been updated to reflect this change and you can view it [here](#)

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10. [Local Vacancies](#)

Please click the above link to see the current local GP and practice staff vacancies. If you have a vacancy to advertise on our website, please contact [Stuart Graham](#).

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PCN CLINICAL DIRECTORS INFORMATION

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11. PCN Roles Reimbursement Guidance

NHS England have recently issued some guidance on the additional staff roles and how the monies will flow in the future. It would be useful to read this and also pass a copy onto whoever is looking after the monies in your PCN. It also sets out how much money your PCN will receive in the future alongside detail about the staff baseline exercise that was recently completed. It draws out the key deadline that relates to transferring any clinical pharmacists from the national scheme into the PCN (30th of September), thus far we haven't had any approaches about transferring any of these staff to PCNs. This guidance can be discussed when the CDs meet at the Training and Education event. A link to the document can be found [here](#).

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SOCIAL PRESCRIBING

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12. Connect for Health is launching near you!

We would like to invite all staff from your practice to our Connect for Health Launch events, please see below dates for these events. This will give you an opportunity to meet your Community Connectors (Link workers) and to find out more about the service which has been launched in your Integrated Neighbourhood area.



**CONNECT
for health**
Being Well Together

Ipswich
Tuesday 10 September 2019 9:30am to 12:30pm
Kesgrave Community Centre, Ipswich, IP5 1JF

Felixstowe
Monday 23 September 2019 9:30am to 12:30pm
Old Felixstowe Community Centre, Felixstowe, IP11 9NB

Eye and North West
Thursday 26 September 2019 9:30am to 12:30pm
The Michael Burke Centre, Hartismere Hospital, IP23 7BH

Saxmundham and North East
Tuesday 1 October 2019 9:30am to 12:30pm
The Riverside Centre, Stratford St Andrew, IP17 1LL

South Rural
Thursday 3 October 2019 9:30am to 12:30pm
Hadleigh Town Hall, Hadleigh, IP7 5DN

Stowmarket
Wednesday 9 October 2019 9:30am to 12:30pm
The Mix, Stowmarket, IP14 1BB

Woodbridge
Tuesday 22 October 2019 9:30am to 12:30pm
Woodbridge Community Hall, Woodbridge, IP12 4AU

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EDUCATION & TRAINING

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13. Ipswich and East Suffolk CCG GP Training and Education Afternoon 11 September 2019

We are delighted to welcome Dr Hadi Manji as our headline speaker at our Training and Education Afternoon on 11 September to talk about movement disorders, including Parkinson's disease and management of the same in primary care.

The afternoon schedule is packed with workshops and meetings including Prescribing Leads, Speed-dates and Pharmacist Network. The Annual Members Meeting will also take place during the afternoon. A [Practice Nurse Conference](#) and [Care Navigator Forum](#) are also planned (booking is essential).

We very much hope to see you there. [View flyer](#) for more information.

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14. Date for your diary: Red Whale Women's Health Update Course – Thursday 10 October 2019

Following last year's successful Cancer update, Red Whale are returning this October to deliver a Women's Health Update Course as part of the CCG education afternoons programme at Trinity Park. This has been funded by the Suffolk and NE Essex Primary Care Training Hub.

This course is designed for all primary care clinicians who have an interest in updating their skills and knowledge in this area. Perhaps you're experienced in women's health and want an update, or maybe you don't do much gynaecology but want to make sure you're offering the right advice.

Thursday 10 October 2019 1pm - 6pm (including lunch). If you are interested in attending, please click on the [flyer](#) for more information and booking details

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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 98 – 19 August 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. Evolve Trans Support Group

Evolve Trans is a new weekly emotional support project run by Suffolk Mind, which aims to improve the wellbeing and emotional health of people who identify as transgender and non-binary living in Suffolk. The service is based in Ipswich and a total of 30 places are available to residents from across the county. The service is for adults over the age of 18 who are questioning their gender, on a transitioning journey or who have transitioned.

Evolve Trans will be a space where individuals can feel supported in a safe environment, learn about their emotional health, and potentially make new friendships. Launching in August 2019, referral is by any route, more information is on the Suffolk Mind website: www.suffolkmind.org.uk/evolvetrans or contact evolve.trans@suffolkmind.or.uk

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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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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.

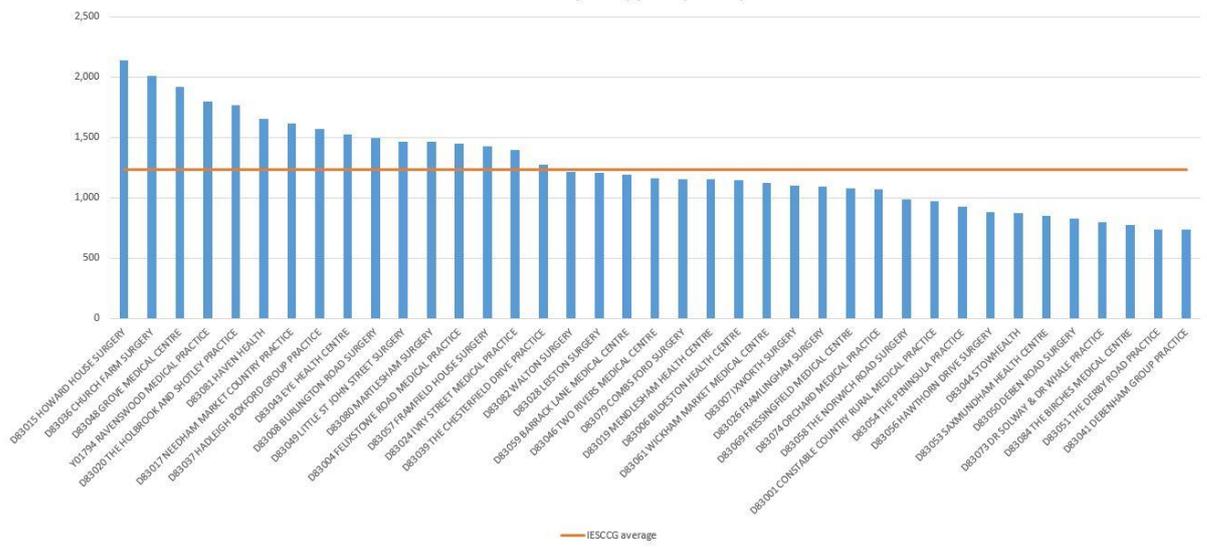
This week we are looking at: Ipswich and East Suffolk CCG spend on products used to treat minor pain, discomfort and fever per practice (June 2018 – May 2019)

Tip Top:

IESCCG spent over £2.4 million between June 2018 and May 2019 on prescriptions for medications that could potentially be purchased over the counter (OTC) from a pharmacy and other outlets such as supermarkets. The cost to the NHS for many of the items used are often higher than the prices for which they can be purchased over the counter. NHS England recommends that prescriptions for the treatment of mild pain, discomfort or fever should not routinely be offered as the condition is appropriate for self-care through the purchase of over the counter medications recommended by a pharmacist.

Medicines Management technicians have a protocol to allow them to identify suitable patients and switch them to self-care and the use of over the counter medication. For further information, please contact your Medicines Management technician or contact a member of the team on 01473 770249.

IESCCG spend on products used to treat minor pain, discomfort and fever per practice
June 2018 - May 2019 (£/1000 patients)



[Click on chart to enlarge](#)

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