



Weekly Inbox

17 June 2019 Issue 327

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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CHART OF THE WEEK

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FOR INFORMATION

PM

1 Serious Mental Illness LES issued

Practice Managers were emailed the updated copy of the SMI LES last week. A copy will also be available on the CCG website. Delays in getting this issued to practices have been due to awaiting technical guidance from NHS England. The email details the changes to the LES and also gives information about the NSFT Suffolk Physical Health Team who will be working with practices to offer support with SMI patients and helping more to patients to receive an annual health check. If you have any queries, please contact [Emily Rawlinson](#).

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OC GP PM Ad PN

2 Urology Pre-referral Guidance

The CCG has been working with the Urology Consultants at Ipswich Hospital to refine and update the Pre-referral Guidance (PRG), which has also been reviewed by our Elective Care GPs. The new PRG makes it clearer regarding the pre-referral work up that is required as well as an update to the layout of the information. This updated form and associated guidance will be available on DXS from **Monday 1 July 2019**

Please ensure that the required pre-referral tests are carried out and the results attached to the referral, as well as the associated relevant history, to ensure speedy triage and the appropriate assessment/appointment being made

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GP PM Ad

3 Enuresis Service

Following a recent review the Enuresis service has updated its [referral form](#) and produced a [flow chart](#) to provide guidance on the referral process. The updated referral form will be made available on DXS by 28 June 2019.

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GP PM

4 Suffolk Family Carers Respite on Prescription

It is well known that family carers can neglect their own health needs. They may put off having a necessary health procedure or appointment due to prioritising their caring role, especially when they are not able to leave the person they support. This could lead to a crisis situation for the family carer.

We are excited to announce that Respite on Prescription is now available in Ipswich and East Suffolk CCG area. Each GP Practice will receive their Respite on Prescription pads via post (or hand delivered) from Suffolk Family Carers staff within the next two to three weeks.

The pads are for use mainly by GPs but it may be appropriate for other medical professionals to also use them within the surgery; please read the guidance that will be sent out with the pads. By prescribing Respite on Prescription, the family carer can access funding and the support they need.

Suffolk Family Carers will discuss their respite needs with the carer and help plan and arrange replacement care.

If you would like to discuss this further, please call Suffolk Family Carers, Respite on Prescription Manager Debbie Reeve on 01473 835477 or email Deborah.reeve@suffolkfamilycarers.org or gillian.mountague@ipswichandeastsuffolkccg.nhs.uk

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OC GP PM PN

5 Semen Containers for Diagnostic and Post Vasectomy Patients

There is a revised policy on the provision of semen containers for diagnostic and post vasectomy patients. Click [here](#) for the information update.

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6 Learning Disabilities Pre Health check questionnaire booklets

The CCG has worked in collaboration with the Learning Disability Partnership Board and key stakeholders to produce the Learning Disability Pre Health Check Questionnaire. This will be available for each practice to pick up at the next training and education event on Thursday 20 June 2019. If you have any queries contact annette.agetue-smith@nhs.net

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OC GP PM Ad PN

7 Learning Disability Communications Resources

This week is Learning Disabilities Awareness week. [Here](#) is a useful information document around communications resources.

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OC GP PM Ad PN

8 Learning Disabilities Awareness week – available resources

As part of this awareness week, please click on the resources below prepared by The LeDeR National Programme Learning into Action.

- Learning Disability Mortality Review (LeDeR) Programme [website](#).
- Learning Disability Mortality Review (LeDeR) Programme: Action from Learning [document](#)
- Learning into Action Bulletin on [Mental Capacity](#)
- Learning into Action Bulletin on [Sepsis](#):
- Learning into Action Bulletin on [Recognising deterioration](#)
- Learning into Action Bulletin on [Aspiration pneumonia](#):
- Drug induced dysphagia [document](#)
- Learning into Action Bulletin on [Constipation](#)

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PM

9 Practice Manager's Forum – Tuesday 2 July 2019

The next scheduled date for the Practice Manager's Forum is Tuesday 02 July 2019 and will be held at Kesgrave Community & Conference Centre, Twelve Acre Approach, Ipswich IP5 1JF.

Lunch will be available upon arrival at 13:00 for a prompt 13:30 start.

The agenda for this event will follow soon. In the meantime, please can you confirm if you **will/will not** be attending by emailing [Jeni Burman](#) by **25 June 2019?**

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OC GP PM Ad PN

10 Reminder: Amparo Suffolk Service

The Amparo Suffolk Service can offer support to individuals following a suicide in a range of ways including one to one individual support, help with any media enquiries and practical support when dealing with the Police or Coroner. Click here for the [information leaflet](#) and [information card](#) for use on GP screens.

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OC GP PM Ad PN

11 Appointment to CCGs and Suffolk and North Essex Integrated Care System

Ed Garratt has been appointed as the Accountable Officer for the three clinical commissioning groups (CCGs) across Suffolk and north east Essex and as Executive Lead for the Suffolk and North East Essex Integrated Care System (ICS). [Read more here](#). Click [here](#) for the stakeholders letter from the three CCG Chairs

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OC GP PM Ad PN

12 Local Vacancies

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

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

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EDUCATION & TRAINING

OC GP PM Ad PN

13 Training and Education afternoon at Trinity Park - 20 June 2019

The next education afternoon at Trinity Park is this Thursday 20 June and will ask the question: *Is a low-carb dietary approach a useful option in the management of people with Type 2 diabetes?* This will be followed by a development workshop (speed-dates including Medicines optimisation in care homes and Social Prescribing) and ask that those working in Ipswich join a different room to those working in east Suffolk because the presentations will differ by region. [Download agenda](#)

The [Practice Nurse Forum](#) will focus on dementia care. We have also planned a [Care Navigator Forum](#) and a session on an [Introduction to the Care Homes LES](#).

The GP Support Hub has a Medical Equipment Calibration service for Locum GPs at Trinity Park in the afternoon. Booking required so please email info@thegphub.org to book.

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OC GP PM Ad PN

14 Reminder: diabetes workshops in Suffolk

There are still places on the two workshops that are running in Suffolk. Click [here](#) for information.

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OC GP PM Ad PN

15 PACT (Primary care and Community care Training Hub)

The training hub weekly newsletter is the place to find local training and education for primary care.

Please follow the link to [PACT Training Hub Newsletter Issue 88](#).

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



Suffolk & North East Essex Primary 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.

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DID YOU KNOW...?

16 Safe Journey Card

The First Safe Journey Cards has been launched. The cards have been designed specifically for First Bus customers who may need some extra help to make their journey. Click [here](#) for further details

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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 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

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](#)
- [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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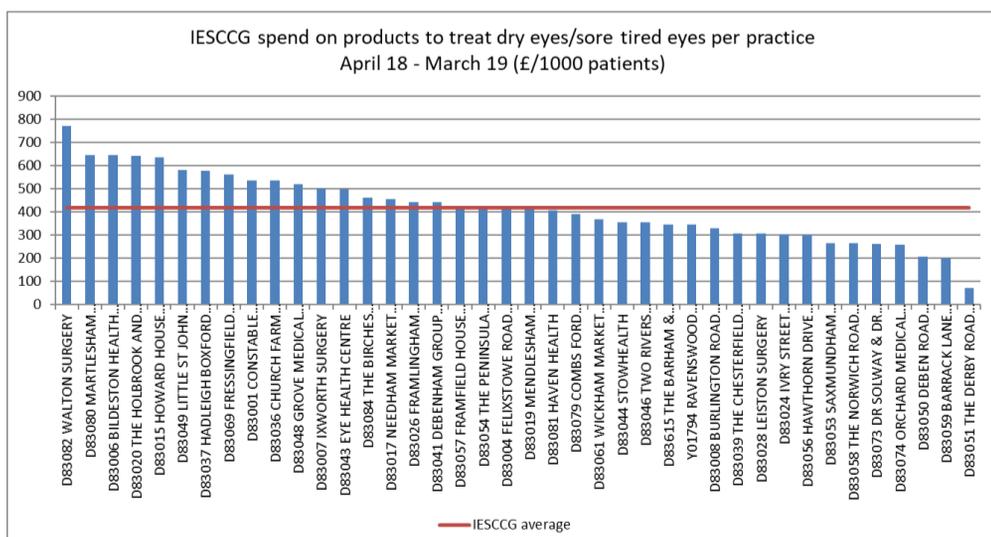
CHART OF THE WEEK

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: dry eyes/sore eyes spend.

Top tip: IESCCG spent over £1.2 million between April 2018 and March 2019 on prescriptions for medications that could potential be purchase over the counter (OTC) from a pharmacy and other outlets such a 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 to moderate cases of dry eyes or sore tired eyes 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, alongside implementing measures such as good eyelid hygiene and avoidance of environmental factors.

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.



[Click on chart to enlarge](#)

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