

Newsletter

Issue. 91

26 February 2021

Welcome to the latest edition of our newsletter for primary care. We issue this newsletter to general practice on a regular basis to give you the latest updates and guidance. This is in place of the Weekly Inbox, publication of which has been suspended.

Previous issues – with attachments and [other useful links and resources](#) can be found [here](#). Clicking this link will not just give you access to archived newsletters but enable to access all the past resources and separate attachments plus a wealth of other resources that may not be in the newsletters. So please give it a go!

<p>URGENT</p> <p>Fang Tian FT-045A FFP3 masks</p>	<p>Immediate action required.</p> <p>Please see this DHSC communication regarding use of Fang Tang FT-045A FFP3 masks.</p>
<p>Covid-19 Testing in Maternity and Ultrasonography</p>	<p>Rapid testing for Coronavirus (COVID-19) is being introduced at maternity units run by the East Suffolk and North Essex NHS Foundation Trust (ESNEFT). In line with new national NHS guidance, from Wednesday 17th February ESNEFT will be offering rapid Covid-19 testing to all pregnant people and their support person attending Ipswich and Colchester hospitals, and the Coastal Birthing Unit at Clacton Hospital for 12-week ultrasound scans, 20-week ultrasound scans, people accompanying someone in labour, foetal medicine appointments and visits to the neonatal unit. See the ESNEFT media release for further details.</p>
<p>Registering Patients for the Oxford/AstraZeneca Vaccine</p>	<p>Please click here to see a letter from Rachael D'Eath, Senior Implementation Specialist (Mass Vaccination Programme) for ESNEFT, detailing how to register patients for the Oxford/AstraZeneca vaccine at Ipswich Hospital.</p>
<p>Covid-19 Vaccines – Allergy and Anaphylaxis</p>	<p>Public Health England has updated the Green Book to include a flow chart outlining the management of patients who have an allergic reaction to the first dose of the Covid-19 vaccine. Also available here is a document detailing the management of anaphylaxis. The poster should be available in all vaccine settings. The guidance recommends that antihistamines and steroids should not be used for the immediate management of anaphylaxis (page 3 of the document). In addition, some oral medicines used to treat more mild reactions contain the same substances found in some vaccines (and which can cause allergic reactions). Caution is recommended following allergic reactions to vaccines. In the UK, an oral liquid antihistamine (e.g. liquid cetirizine) should be used. Chlorphenamine tablets can also be used, but these can cause drowsiness and therefore mimic symptoms of anaphylaxis.</p>
<p>Covid-19 Vaccines – Preparation and Observation Periods</p>	<p>Public Health England has produced this poster outlining the key characteristics of use for the two Covid-19 vaccines currently on the market. It covers the preparation and observation periods for both the Pfizer/BioNTek and Oxford/AstraZeneca vaccines, including the advice that patients should not drive for 15 minutes following the administration of the AZ vaccine.</p> <p>The poster can be ordered from here: https://www.gov.uk/government/publications/covid-19-vaccination-vaccine-product-information-poster</p> <p>Product code: COV2020520</p>
<p>Lockdown Roadmap Assets</p>	<p>Following the PM's announcement on Monday 22nd Feb RoadMap assets are now live on the PHE Coronavirus Resources website, with more arriving shortly.</p>

<p>LD Patient Vaccinations - Easy Read Resources and Video Links</p>	<p>Please click here to access a document that details a number of easy read links and guides around learning disability vaccinations.</p> <p>This link leads to an easy read document produced following the government's announcement to offer everyone on their GPs Learning Disability register a vaccination as part of cohort 6 of the priority list.</p> <p>In addition, The Suffolk Learning Disability Partnership have created an easy-read guide which explains the first step of the Government's 'road map' out of lockdown.</p> <p>You can view and download the guide by clicking here: https://suffolkordinarylives.co.uk/information/covid-19-roadmap-out-of-lockdown-step-1/</p> <p>Attached is a featured image if you wish to share the link online/on social media.</p>
<p>Discontinuation of Phyllocontin®</p>	<p>The DHSC has advised of the discontinuation of Phyllocontin® (Aminophylline) 225mg and 350mg modified release tablets. Remaining supplies of the 225mg strength are expected to be exhausted by 30th March 2021 and the 350mg strength are expected to be exhausted by 5th April 2021. The supply disruption alert can be found here.</p> <p>A search has been published on SystmOne to help you identify patients who are currently prescribed Phyllocontin® (aminophylline) 225mg and 350mg modified release tablets. This can be found in the "Drug discontinuation" folder within "Medicines Management". Details of the actions required is provided within the supply disruption alert which includes advise on equivalent dosing of theophylline where appropriate. If further advice or support is required from the specialist for complex patients please contact the respiratory team at ESNEFT for advice and guidance via ereferrals.</p> <p>If you require any further advice regarding this discontinuation please contact the Medicines Management Team – iesccg.medsmanagement@nhs.net</p>
<p>Pathology Service Desk</p>	<p>ESNEFT are implementing their own Pathology Customer Service Desk, which will replace the current service from Cambridge University Hospital NHS Trust this will incorporate NEE, IES and WS CCGs.</p> <p>The new service will launch on 1 March 2021, providing all of our users with a positive move forward for development within the Pathology Service.</p> <p>The telephone number for the new Pathology Customer Service Desk will be 0300 303 5299.</p>
<p>ActivLives Introduction Sessions</p>	<p>Suffolk Family Carers and ActivLives are working in partnership to deliver a series of fun, interactive, informative sessions via Zoom in March for carers to 'have a go' and find out more about ActivLives activities.</p> <p>The sessions are all free of charge and cover a range of activities that ActivLives has been able to offer during the Covid-19 pandemic and those that are planned to re-start, as soon as it is safe to do so.</p>
<p>Think Family Week. 1st to 4th March</p>	<p>Click here for details of events taking place w/c 1st March as part of NHS Safeguarding's next learning together week, with an opportunity to Think Family.</p> <p>Events are open to everybody.</p>
<p>February 2021 Safeguarding Bulletin</p>	<p>Please click here to access the February 2021 Safeguarding Bulletin.</p>
<p>CQC Myth Buster</p>	<p>The CQC Myth Buster concerning Accessing Medical Records during Inspections has been updated.</p> <p>Practices may find it helpful to understand what CQC will look at. They are currently trying to undertake as much inspection work remotely as possible due to COVID-19 risks.</p> <p>https://www.cqc.org.uk/guidance-providers/gps/nigels-surgery-12-accessing-medical-records-during-inspections</p>

Inclusion Health Self-Assessment Tool	Doctors of the World have developed an online self-assessment tool for PCNs to assess engagement with Inclusion Health Groups (groups identified as experiencing the worst health inequalities in the UK). Click here for more details and the link to the self-assessment tool.
Sustainability	Want to make your practice greener? If so, join the Suffolk and Essex GP Sustainability Network (GPSN) for its first meeting of 2021 on Wednesday 10 th March from 5.30pm to 6pm. The Covid-19 pandemic is a reminder of the delicate balance between people and planet. The GPSN is a group of GPs and other primary care professionals who are interested in promoting planetary health and reducing the environmental impact of our surgeries. There are already examples of good practice in our area, and the aim is that we can share ideas and support each other in taking steps to make our practices more environmentally sustainable. If you would like to come along to the meeting please email vasandhara.thoroughgood@nhs.net . If you want to know why the climate emergency is a health emergency, the Royal Society of Medicine is hosting a free 10-part series starting on Tuesday 16 th March at 6pm. For more details go here .
Dealing with Grief	Please click here for details of LivingGrief, a series of free, one-hour online professional support sessions being offered by St Elizabeth Hospice for those who are bereaved. The Sessions are open to anyone who is bereaved in east Suffolk over the age of 18. You do not need to have previous contact with the hospice to access this support.
Understanding Dementia event – 24/03/21	Care UK are holding a free online “Understanding Dementia” event hosted by Dr Nori Graham, Vice President of the Alzheimer’s Society. It is aimed at members of the community who are supporting a loved one living with dementia. Details of who to contact for queries and bookings are available here .
Online Learning - Minor Surgery and Joint Injections	Please click here for details of a minor surgery course based on the syllabus of the old RCGP two-day course. To reduce the time spent in a physical setting, the theory lectures have been shifted to an online platform that can also be accessed afterwards as a reference resource. This leaves the practical skills which are taught, practiced and assessed in a single day. The programme starts off with minor skin procedures and runs through ingrowing toenail surgery to invasive and suturing techniques as the day progresses. The smaller group allows a better tutor to delegate ratio. There will be a maximum of four delegates in the training room at separate distanced workstations. Also click here for details of a joint injection course based on the RCGP one-day course. More time is given to MSK assessment skills and understanding the home exercises that accompany the injection techniques. The theory elements have again been shifted to an online platform so the practical session lasts two and a half hours, with each delegate having a set of shoulder, elbow, knee and hand mannequins each, avoiding the need to share. There will be a maximum of three delegates in the room and a choice of 9am, 12noon and 3pm sessions.
GP Training: Children’s Mental Health	NSFT Psychology in Schools Team have developed a specific GP Training Programme on the Mental Health and Wellbeing Impact of Covid-19 and How to Support young people. Take a look: Video Young People (ipswichandeastsuffolkccg.nhs.uk) Training Videos on the webpage page include Low Mood, Anxiety, Sleep, Challenging behaviour and ADHD with new sessions added regularly – Eating Disorders has been added this week. Each video is approx. 20-30mins. Slides from the Eating Disorders session are available here .
ICS Stakeholder Briefings	The latest Suffolk and North East Essex Integrated Care System briefings for stakeholders and community leaders can be accessed here , for the briefing from Monday 15 th February, and here for the briefing issued on Tuesday 23 rd February.

If have any questions or important information to share in the next edition, please contact [Scott Pomroy](#).

Issued by NHS Ipswich and East Suffolk Clinical Commissioning Group
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Visit the [CCG Covid-19 webpage](#) where you can find many useful links and resources