

# Newsletter

Issue. 82

17 December 2020

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><b>COVID-19 local vaccination services deployment in community settings</b></p>	<p>The standard operating procedure (SOP) for COVID-19 local vaccination services deployment in community settings, below, applies to all providers who have been contracted to provide local vaccination services in community settings including at NHS sites (GP Practices, Community Pharmacies), non-NHS sites, care homes, and patients' own homes. All NHS and non-NHS sites providing vaccination will have been 'designated' via a Commissioner-led site assessment process.</p> <p><a href="#">COVID-19 local vaccination services deployment in community settings</a></p>
<p><b>Covid-19 Vaccinations/ Dementia</b></p>	<p>All GPs and primary care staff involved in the roll-out of the Covid-19 vaccination campaign can read guidance from NHSE/I regarding the administering of the vaccine to patients with dementia <a href="#">here</a>.</p>
<p><b>Christmas Bubbles Infographic</b></p>	<p>Please click <a href="#">here</a> for a useful guide to "Christmas Bubbles" between 23<sup>rd</sup> and 27<sup>th</sup> December.</p>
<p><b>Helpful Videos for Patients with Learning Disabilities</b></p>	<p>Surrey and Borders Partnership NHS Trust has produced 4 videos, three for people with a learning disability and one for their carers, around the coronavirus.</p> <ol style="list-style-type: none"> <li>1. Explaining the Tier system in England. <a href="https://youtu.be/H8_t22Om1QY">https://youtu.be/H8_t22Om1QY</a></li> </ol> <p>This video is for people with learning disabilities to help them understand about the tier system in place in England. It describes what you can and can't do.</p> <ol style="list-style-type: none"> <li>2. Making Friends with your Face Mask <a href="https://youtu.be/JktaIrbL3T4">https://youtu.be/JktaIrbL3T4</a></li> </ol> <p>This video is for people with learning disabilities to help them understand why wearing a face mask is important, how to find a face mask that suits them and how to get used to wearing it.</p> <ol style="list-style-type: none"> <li>3. Supporting a person with a learning disability to wear a face mask <a href="https://youtu.be/nYf6Gt7C08A">https://youtu.be/nYf6Gt7C08A</a></li> </ol> <p>This video is for family members or carers of people with learning disabilities to help them understand why wearing a face mask is important, how to find a face mask that suits the person they support and how to help them get used to wearing it.</p> <ol style="list-style-type: none"> <li>4. Christmas Bubbles – explaining the coronavirus rules over Christmas <a href="https://youtu.be/bBypR7Xxvy8">https://youtu.be/bBypR7Xxvy8</a></li> </ol> <p>This video is for people with learning disabilities to help them understand the rules on Christmas bubbles over the Christmas period.</p>
<p><b>Wellbeing Services during Covid-19</b></p>	<p>The video recording of last Wednesday evening's session about the Wellbeing service is now available to view <a href="#">HERE</a> (55mins). Many people who joined the session said they learned a lot about the breadth of services on offer, many of which they'd not known about before so it's well worth a listen. Do take a look at the accompanying resource which has relevant <a href="#">access and referrals information</a>.</p>

<b>RAG rating of Covid Outbreaks</b>	Practices should please be aware that when creating a new outbreak or providing an update to an existing outbreak on the electronic system there is a requirement to RAG rate it. Outbreaks should be RAG rated as follows: <b>Red</b> = Critical service (as per BCP) not available (Due to outbreak), <b>Amber</b> = Services running but with disruption or significant additional strain on Organisation (Due to the outbreak), <b>Green</b> = Services running with no operational impact (Due to the outbreak). For primary care organisations submitting via paper forms, it should be clear what the RAG rating for that outbreak is.
<b>Covid-19 Research – 10/12/20</b>	Please see below a link to the latest Clinical Research Network (CRN) Eastern Covid-19 update from the Norfolk & Suffolk Primary & Community Care Research Office at NHS Norfolk and Waveney CCG.  <a href="#">Norwich &amp; Waveney CCG Covid-19 Research Update</a>
<b>Flu Vaccination – Pregnant Women</b>	Flu vaccination of pregnant women is one of the few groups in which uptake is lower than it was last year. This <a href="#">communication</a> from NHSE/I is asking for your help to try and vaccinate more pregnant women.
<b>Fibromyalgia Pathway</b>	It has been almost a year since the new Fibromyalgia Pathway was launched within IES where diagnosis of Fibromyalgia is confirmed by the GP, with Diagnostic Criteria, Patient Leaflet and updated Pre-referral Guidance made available via DXS.  For information, the original Practice Briefing can be found here:  <a href="https://ipswichandeastsuffolkccg.nhs.uk/Portals/1/Content/Members%20Area/Clinical%20Area/Briefings%20and%20Pathways/Practice%20Briefing%20Fibromyalgia%20V1.0.pdf">https://ipswichandeastsuffolkccg.nhs.uk/Portals/1/Content/Members%20Area/Clinical%20Area/Briefings%20and%20Pathways/Practice%20Briefing%20Fibromyalgia%20V1.0.pdf</a>  When sending a referral please make sure that diagnosis has been confirmed, and results of pre-referral work included in the referral. From a recent audit of 50 referrals, 33 of these were rejected as diagnosis hadn't been made or the pre-referral investigations had not been completed.
<b>AMS Over Christmas</b>	This <a href="#">document</a> details the opening hours of the Anticoagulation Monitoring Service over Christmas. Please try to avoid any routine INR's on 24 <sup>th</sup> Dec and 31 <sup>st</sup> December to avoid patients not being processed before closing time on those days.  If patients do require INR's that AMS have requested they need to be on first van collection and if a patient needs an INR taking urgently that day please inform AMS that the sample is coming so that they can make sure it is processed prior to closing time.
<b>Christmas Admission Prevention Leaflet</b>	Please find below the link to the admission prevention leaflet for Ipswich and East Suffolk which has now been updated to show any changes to service opening times over Christmas.  <a href="https://ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Clinicalarea/Admissionpreventionpathways.aspx">https://ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Clinicalarea/Admissionpreventionpathways.aspx</a>  This has been produced to support GPs and other system partners with brief information on services available across Ipswich and East Suffolk. Please cascade as appropriate.
<b>Outpatient Waiting Lists</b>	As you will be aware, due to the Covid-19 pandemic there are now very long waits for elective treatment. ESNEFT is working closely with Ramsay Oaks Hospital in Colchester to utilise its capacity to help reduce waiting times. This means that when your patients are offered appointments they may not be at the location they expect. Please explain to patients that if they are being offered an appointment elsewhere, this is so they have the shortest waiting time possible in a clinically appropriate setting. It does not mean they have to accept the appointment, but they need to be made aware they may have to wait longer for their chosen location. ESNEFT has added a <a href="#">Latest Waiting Times</a> section to the top menu on The Link, its website for primary care colleagues. This will be updated around the middle of each month. The waiting times published represent the average wait for each specialty on the Ipswich and Colchester sites, but please be aware that very specific conditions may make the actual waiting time longer or shorter. If you have any feedback please let ESNEFT know via <a href="mailto:thelink@esneft.nhs.uk">thelink@esneft.nhs.uk</a> . If you are not yet signed up to The Link, you can login via <a href="http://www.esneftlink.org">www.esneftlink.org</a> .

<b>Dementia – Memory Assessment</b>	<p>Please may we ask that you promote the <a href="#">‘Memory Options’</a> leaflet designed by a sub-group drawn from across the region and co-produced with people living with dementia and unpaid carers. We have had really positive feedback on this leaflet from those living with dementia and healthcare professionals so we are hoping it will be useful. Please feel free to forward it on or promote it to any colleagues or partners. The leaflet is multi-use and aims to inform patients that memory services are open, encourage patients with concerns about their memory to come forward, inform them that there are a range of options available regarding how a memory assessment can be conducted during the pandemic to reassure them that their local services can respond flexibly to their individual needs, and to promote remote/virtual memory assessment more positively (in response to patient feedback requesting this). We recognise that the four options in the leaflet may not be available in all local areas, and that local offers will change over time in light of circumstances. The purpose is not to give specific information about what is or isn’t available locally, but to illustrate that services can respond flexibly despite the pandemic to meet individual needs, and that patients can feel reassured about seeking the help they need. There is a blank space on the back of the leaflet for local service/contact information to be added if needed. Also attached <a href="#">here</a> are some FAQs from NHSE regarding the leaflet, and information regarding local dementia services in Suffolk.</p>
<b>Accessing GP Services – Patient Video</b>	<p>A public-facing video created by NHSE/I on how people can now access GP services can be viewed <a href="#">here</a>. The video ends by asking patients to respect practice staff. You may wish to include it on your websites and signpost via your social media channels and appropriate surgery literature.</p>
<b>LD Steering Group Virtual Library</b>	<p>The LD Steering Group have created a virtual library delivering learning and development to help raise awareness of the Learning Disability Agenda and inform clinicians of the future.</p> <ul style="list-style-type: none"> <li>• <a href="#">NHS Long Term plan and the Suffolk &amp; NE Essex ICS plan</a></li> <li>• <a href="#">COVID and Learning Disability</a></li> <li>• <a href="#">Learning from Mortality Reviews (LeDeR)</a></li> </ul> <p>Videos all open in new browser window via Panopto.com and new videos will be added to CCG website <a href="#">Video Learning Disabilities (ipswichandeastsuffolkccg.nhs.uk)</a> as and when available.</p>
<b>Wellbeing Suffolk Social Team</b>	<p>Every month the Wellbeing Suffolk Social Team organise socials across Suffolk to give people the opportunity to expand their social network and catch up with those they’ve met through Wellbeing. These are currently hosted on Zoom. Click <a href="#">here</a> for a summary of next year’s socials.</p> <p>More details on all of these socials, dates and on how to access them can be viewed <a href="#">here</a></p>
<b>Criminal Exploitation</b>	<p>Please click <a href="#">here</a> to access Issue 5 of the Criminal Exploitation Bulletin, which highlights the risks of exploitation and the current picture for those living and working in Suffolk.</p>
<b>Introducing Your Primary Care Workforce Team (PCWT)</b>	<p>Your PCWT are here to support you at a local level. If you have any questions about development, education or training then contact the team – they would be delighted to hear from you. Some of the support they offer is:</p> <ul style="list-style-type: none"> <li>• Support with training and education</li> </ul> <p>Until January 2021 your contact for training and education needs is Aileen Stirling. Your training needs, can be clinical, non-clinical, having difficult discussions, leadership, whatever you’re currently identifying. Please contact Aileen directly to let her know what training needs you are identifying (email: <a href="mailto:aileen.stirling@nhs.net">aileen.stirling@nhs.net</a> ).</p> <ul style="list-style-type: none"> <li>• Support with recruiting to your additional roles</li> </ul> <p>The support with recruiting to your additional roles continues, this is funded support so there is no cost to you. Sarah Boxall is your main contact, please contact Sarah directly (email: <a href="mailto:sarah.boxall6@nhs.net">sarah.boxall6@nhs.net</a>) to discuss your candidate sourcing and advertising needs for the Additional Roles Reimbursement Scheme.</p> <p><a href="#">Introducing the Workforce Team</a></p>

<b>Delivering Health Checks for People with SMI - Training Film</b>	<p>NHS England and NHS Improvement South East in partnership with the Charlie Waller Trust have made a film for primary care about delivering health checks for people with SMI. It runs for about thirty minutes and can be watched straight through or used as training with a facilitator stopping for discussions. A facilitator guide and an accompanying handout can be downloaded. <a href="https://www.southeastclinicalnetworks.nhs.uk/phsmi/">https://www.southeastclinicalnetworks.nhs.uk/phsmi/</a></p> <p>Note: It is possible that you may not be able to access this URL at work due to firewall restrictions. If this is the case you can watch the video <a href="#">here</a>.</p> <p>Please share amongst your colleagues and networks.</p>
<b>What is Kooth?</b>	<p>Kooth is a free, safe and anonymous online chat and emotional wellbeing service for young people aged 11 to 25, across Suffolk.</p> <p>The CCG have set-up some workshops, via Zoom, to help Practices see where Kooth can fit into the care your patients receive, how it can benefit your practice as well as your patients and how young people have used it.</p> <p>The session will provide the following:</p> <ul style="list-style-type: none"> <li>• A live tour of Kooth</li> <li>• An introduction to Kooth and how it works.</li> <li>• Support on how to get young people signed</li> <li>• Explanation of professional support available via Kooth and what young people can expect.</li> <li>• Explanation of Kooth's other features and support tools for young people.</li> <li>• An opportunity to ask questions regarding the service.</li> </ul> <p>Click <a href="#">here</a> for the Workshop dates and registration links.</p> <p>Please feel free to display this <a href="#">poster</a> in your practice if you wish.</p>
<b>NSFT CFYP Psychology in Schools Team – Low Mood Education Session</b>	<p>The NSFT CFYP Psychology in Schools Team have delivered a further education session - this time on Low Mood. Resources from that session and are available below or via the CCG <a href="#">website</a> (where you can also find resources from previous NSFT CFYP sessions).</p> <p>A video of the Low Mood session is also available <a href="#">here</a> (approx. 25 mins). The password for this is: GPeducation2020</p>
<b>Wellbeing at Work Sessions</b>	<p>During last week's education evening we heard about the <a href="#">Wellbeing in the Workplace</a> offer, which is available FREE to organisations, including general practices, in Suffolk. The service can help you as an employer to support your staff through stress, emotional challenges, and poor mental health by offering support to combat stress, anxiety and low mood problems, and build resilience. Take a look at the <a href="#">wellbeing website</a> for more information or to book your Wellbeing in the Workplace session, email <a href="mailto:communications.wellbeing@nsft.nhs.uk">communications.wellbeing@nsft.nhs.uk</a>.</p> <p>Practices can contact Sam Ward (Marketing Lead) to arrange suitable dates and times, <a href="mailto:Samantha.ward@nsft.nhs.uk">Samantha.ward@nsft.nhs.uk</a></p>
<b>I&amp;ES CCG Primary Care Commissioning Committee Meeting</b>	<p>The next meeting of the Primary Care Commissioning Committee for East Suffolk will take place virtually on Tuesday December 22.</p> <p>This committee is the decision-making group for the management of primary care (GP practices).</p> <p>Members of the public are encouraged to submit questions relating to agenda items to <a href="mailto:jo.mael@suffolk.nhs.uk">jo.mael@suffolk.nhs.uk</a></p> <p>A recording of the meeting, the minutes and answers to any questions submitted by the public will be published on the CCG's website.</p> <p>Read the agenda and meeting papers <a href="#">HERE</a></p>
<b>ICS Briefing</b>	<p>The latest Suffolk and North East Essex Integrated Care System briefing for stakeholders and community leaders can be accessed <a href="#">here</a>.</p>

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

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Visit the [CCG Covid-19 webpage](#) where you can find many [useful links and resources](#)