

Newsletter

Issue. 59

05 August 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>COVID19 response – Phase Three</p>	<p>Please see <i>attached</i> for your information the letter sent from NHSE Chief Executive Simon Stevens and Chief Operating Officer Amanda Pritchard regarding Phase Three of the NHS response to COVID19.</p> <p>Simon Stephens letter - Phase 3</p>
<p>GP+ bases re-opening</p>	<p>As you may know a number of the GP+ bases were closed due to Covid. Please see below the dates that they will re-open:</p> <ul style="list-style-type: none"> • Drovers, Bury St Edmunds - 1 August • Stowhealth, Stowmarket - 10 August • Wickham Market Medical Centre - 21 September • Felixstowe - 1 October
<p>Emotional wellbeing and bereavement services at St Elizabeth Hospice</p>	<p>The Hub at St Elizabeth Hospice is co-ordinating clinical and logistical support to all those encountering palliative and end of life care needs in the community. This service is available via One Call on 0800 567 0111.</p> <p>St Elizabeth Hospice is expanding its services to cope with increased demand in emotional wellbeing and bereavement support in the wider community.</p> <p>Our emotional wellbeing enquiry line is available for anyone who is impacted by the current crisis or grief, regardless of whether they have accessed the hospice before or not. The support line provides access to a member of the team who can help find an appropriate service to meet the needs of the individual, from 9am–4pm, 7 days a week.</p> <p>The team are able to provide 1:1 counselling, family support and group support. They specialise in working with clients that are impacted by a life limiting illness and those affected by a bereavement.</p> <p>There is further bereavement support and information resources on our website, including a third party service called GriefChat where individuals can speak directly with a specially trained bereavement counsellor through instant online chat.</p> <p>We also recognise that this is a challenging time for children and young people and that they may respond to grief or the death of a grandparent or loved one differently. Therefore, St Elizabeth Hospice are launching a new 565 Service providing emotional support to 5-18 year olds. Information, top tips and activities to help parents and schools support children through their loss during the pandemic is also available.</p> <p>The phone line and 565 service is available to all on 01473 707999 or visit the website for lots of useful information and resources.</p>
<p>Revised quarantine guidance</p>	<p>“All clinical exemptions from quarantine have been removed from the quarantine regulations meaning all clinical staff (without exception) must self-isolate for 14 days before returning to work”</p> <p>The appended guidelines has been provided by NHS Staff Council to help clarify the options for staff who are returning from holiday .Where the guidance changed whilst staff being away and also in the situation of those who are now knowingly going on holiday where a 14 day isolation period will commence and be mandatory on return It offers potential remedies that may be utilised or agreed between staff and their employers</p> <p>COVID19 and quarantine revised July-2020</p>

CQC – Flu guidance	<p>Some useful clear guidance from the CQC regarding the differing options for delivering flu clinics</p> <p>https://www.cqc.org.uk/guidance-providers/registration/registration-flu-vaccination-arrangements</p>
Changes to self-isolation period	<p>The Department of Health and Social Care (DHSC) has announced that the self-isolation period has been extended to 10 days for those in the community who have COVID-19 symptoms or a positive test result. Previously the isolation period had been seven days. Particularly pertinent are sections 3.5, 3.8, 3.9 of the attached document.</p> <p>NICE COVID-19 rapid guideline: arranging planned care in hospitals and diagnostic services</p> <p>Please click HERE to read the joint statement from the UK's chief medical officers.</p>
Availability of pulse oximeters for use with people at home and in care homes	<p>The CCGs have a limited supply of pulse oximeters available for practices for use when there is an urgent need such as increased local infection rate, existing intention to purchase pulse oximeters, or care homes with insufficient oximeters (each care home is recommended to have around one oximeter per 25 beds, depending on the type and configuration of the home and with a minimum of two per home).</p> <p>Oximeters usage – key requirements:</p> <ul style="list-style-type: none"> • oximeters will be used under general practice supervision • people at greatest risk from COVID-19 will be prioritised and supported • reasonable efforts will be made to safely reallocate oximeters if required, for example, because of evolving COVID-19 infection profiles and clinical pathways • reasonable efforts will be made to supply relevant information on oximeter use to inform future use of oximetry for COVID-19 patients. <p>Please note the following caveats:</p> <ol style="list-style-type: none"> 1. They are to be loaned to patients for their monitoring 2. If a practice has 2 or 4 they must maintain those numbers (please ensure they are returned to the practice after use) 3. The CCG reserves the right to ask for them back (to ensure supplies are maintained across the system) <p>Please contact your primary care team to request an Oximeter. Guidance is available on the use of pulse oximetry to detect early deterioration of patients with COVID-19 in primary and community care settings is available HERE.</p>
Parents with Problematic Alcohol Use Pilot Ipswich and East Suffolk	<p>A message from Turning Point Suffolk Recovery Network</p> <p>Our pilot has been extended and will now run until October 2021. The area has not changed however, so the pilot will still cover the Ipswich and East Suffolk area.</p> <p>We are continuing to offer support to clients over the telephone, sending out resources and encouraging contact online with other support agencies such as AA and SMART recovery groups. We are looking into other ways of being able to support clients with the possibility of starting our structured groups again using different forms of remote communication. Further details once this has been arranged.</p> <p>Please do not hesitate Janine.Halliley@turning-point.co.uk if you have any questions or if you are working with a family who you think may benefit from the support of the pilot as we are able to offer support and assessments over the telephone currently.</p> <p>Leaflets are accessible through the Turning Point Suffolk Wellbeing website: http://wellbeing.turning-point.co.uk/suffolk/professionals/helpful-materials/</p>
Safer working	<p>Please find <i>attached</i> an 'at a glance' Power Point presentation from NHSE Midlands & East regarding safer working practices that you may find useful.</p> <p>At a glance - promoting safer working practices (download)</p>

Recruitment support for Social Prescribers	<p>Please see <i>attached</i> a letter from NHSE giving details about funding options for accelerating the recruitment of social prescribing link workers.</p> <p>If any PCN clinical director would like further support or advice please contact Louise Hardwick, who would be happy to discuss particularly if you are undecided and to see how it could work alongside the existing scheme.</p> <p>PCN SPLW recruitment support Covid-19</p>
BAME weekly briefing	<p>Please see below our system's first briefing detailing how it is working with local Black, Asian and Minority Ethnic groups to increase access to local services. This weekly briefing is a commitment from the Suffolk system – as made during the recent #What Are We Missing? event – to provide regular feedback to our communities.</p> <p>#WhatAreWeMissing BAME Briefing: Go to this Sway</p>
Travax subscription	<p>The CCG has made the decision to end our yearly subscription to Travax (online travel health resource) at the end of the month. Travel health information can be found on DXS (see attached). Please ensure the relevant staff in your practice are made aware, we understand nurses in particular will have an account.</p> <p>How to access travel health information on DXS</p>
Young persons' resources	<p>Please see <i>attached</i> a media release from Suffolk County Council regarding new resources to help young people in Suffolk understand how movement and physical activity can improve their emotional wellbeing. They include a handy, pocket-sized information card, supplies of which will be distributed to practices shortly. Also <i>attached</i> is a poster that you can display on your practice windows that links to some of these wellbeing resources via The Source website.</p> <p>Movement and Mental Health Poster</p> <p>Young Peoples Resources Press Release</p>
Training & Education	<p>Advance notice that 10 September afternoon will focus on Adult & Children Safeguarding Training for clinicians. We will also be holding the Annual Members meeting at the start of the afternoon.</p>

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

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