

Newsletter

Issue. 85

15 January 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>Covid-19 Vaccination and Mental Capacity</p>	<p>The previous version of the guidance from Suffolk County Council’s Adult and Community Services about COVID-19 Vaccination and Mental Capacity contained inaccuracies. Please click here for the corrected version.</p> <p>Also attached here is an NHS document detailing responsibilities under the Mental Capacity Act (MCA) 2005 for practitioners delivering a Covid vaccination service to Care Homes.</p>
<p>Covid-19 Vaccination Programme</p>	<p>Please click here for the information of those practices involved in the vaccination roll-out, an updated PGD for the Pfizer/BioNTech vaccine.</p>
<p>Covid-19 Vaccination Website</p>	<p>A brand-new website has been launched which aims to offer residents of east and west Suffolk and north east Essex a single, comprehensive and accurate source of information about Covid-19 and vaccinations.</p> <p>Created by health care experts at the Suffolk and North East Essex Integrated Care System (ICS), this locally focused site will contain lots of useful information to inform and reassure people during this time, enabling them to protect their own and their families physical and mental wellbeing.</p> <p>Visit the website here - www.sneevaccine.org.uk</p> <p>The new website will be updated regularly and contain the very latest information on the ongoing vaccination programme in order to give people clarity on this major situation including:</p> <ul style="list-style-type: none"> • Most up-to-date information on who is eligible to receive the vaccine • Latest details of locations of vaccination centres • Updates on progress of the local vaccination programme • Accurate information on efficacy and safety of the vaccines • A Q&A section covering the most commonly asked questions • Interviews with people who have received the vaccine and staff who are delivering the programme <p>Simon Morgan, Communications Lead for the Suffolk and North East Essex Integrated Care System, said: “We are determined to give local people as much information about the Covid-19 vaccination as we possibly can, in one place. I hope it will be a useful resource for local people and those communities we serve. It will be constantly reviewed and kept up to date with videos, information about the roll out of the vaccination and a detailed set of frequently asked questions. We will add to our videos with virtual tours of the vaccination sites so local people can see what to expect when they are invited to receive their vaccination.”</p> <p>Dr Ed Garratt, Executive Lead for the Suffolk and North East Essex Integrated Care System, said: “With so many different sources of information, where to turn for accurate facts on coronavirus can sometimes be overwhelming, which is why this website is a great idea and I hope will be a well-used resource.</p>

	“People can be reassured that this website is a trusted source of local information.”
A Message from Suffolk’s Director of Public Health, Stuart Keeble	The current direction of travel with Covid in Suffolk is concerning and Stuart Keeble has put together a video blog for local Suffolk residents, which can be accessed here: https://fb.watch/2Y-8qCY5x3/ https://twitter.com/suffolkcc/status/1348667281396609025?s=20
Covid-19 Your Questions Answered event – 21/1/21	The Suffolk and north east Essex Integrated Care System is hosting an event for local people to find out about issues relating to the COVID-19 vaccination. It is open to all, particularly seldom heard groups. Please promote to your patients and staff using the text and link below. sneevaccine.org.uk/event Virtual Community Event – Covid - Your Questions Answered Virtual Community Event – Covid - Your Questions Answered – Text for Social Media
Lockdown Infographic in Various Languages	Please see below Lockdown rules infographics in a variety of languages. Arabic French Kurdish (Sorani) Lithuanian Polish Portuguese Romanian Spanish
Covid-19 Vaccine Fraud	Please find below some useful resources from Trading Standards regarding scams related to Covid vaccine. Please feel free to share these on your Social Media platforms. Covid Fraud – Facebook Covid Fraud – Twitter Covid Fraud – LinkedIn Covid Fraud - Poster
Covid-19 Research	Please click here for 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.
Cancer	As Covid19 cases increase in our local populations, the pressure on non-Covid health care inevitably increases. Cancer services particularly need to continue as normally as possible, so it is essential that we persist with the pathway changes adopted and the lessons learnt from the first wave of the pandemic. To this end, may we remind you that the 2WW colorectal pathway (in the absence of rectal bleeding) includes a MANDATORY FIT test. This is essential to allow clinical triage and help assess prioritisation for colonoscopy, which for a variety of reasons may not be operating at full capacity. It is not necessary to wait for a result as this can be accessed direct from the lab by secondary care. It is also important to continue with a fast-track referral if other criteria are fulfilled and the test is negative. Failure to perform a FIT test in primary care may result in delays to your patient’s care. Moreover, if referring to ESNEFT, please ensure the specimen goes to the Ipswich or Colchester labs. May we also take this opportunity to remind you that the appropriate receptacle is included in the FIT pack, and there is no need to give any other specimen pot. It is also important to ensure the sample and accompanying form are correctly and fully labelled. You may also wish to give consideration to performance status when making a decision to refer - for example, geriatric services might be more suitable for the investigation of anaemia in the frail elderly. Some practices have reported difficulties in ensuring adequate supplies of FIT tests - whilst these should be replenished automatically, extra tests can be freely ordered by contacting the lab via chu-ftr.fit-neesps-deviceordering@nhs.net .
New Vague Symptoms Service	The document below contains information regarding ESNEFT’s new Rapid Diagnostic Service (RDS), a new integrated service for patients with concerning presentations that may represent cancer. It is particularly aimed at supporting clinicians with patients who do not fit existing 2ww criteria. The attachments include a referral form (that will need to be emailed to the

	<p>email address contained within), an introduction to what the service has to offer, a handy flowchart to assist you with appropriate referrals, and a leaflet to be given to the patient at the point of referral.</p> <p>Rapid Diagnostic Service – Flowchart Rapid Diagnostic Service – Form</p>
Ipswich Radiology	<p>ESNEFT has to repurpose one of the outpatient rooms at Ipswich Hospital to service the growing number of inpatients who have tested positive for Covid-19. This means their total capacity is reduced and patient flow through the department needs to change. Unfortunately, with immediate effect, GP access to plain radiography at Ipswich Hospital has to change. With the exception of chest X-rays and investigations querying bone trauma, ESNEFT is unable to take referrals for plain x-rays. They are able to consider other urgent requests on a case-by-case basis, but these will need to be discussed with the department before they are able to offer an appointment. The process for arranging an appointment for these limited examinations remains the same and will continue to be on an 'appointment only' basis. Please call 01473-703369 which will take you straight through to outpatient x-ray where you can speak to the Area Lead or a radiologist. ESNEFT says it will endeavour to return to a full service as soon as possible. CXR and XR to exclude fracture can still be arranged by email.</p>
Directory of Acute Referral Pathways from Primary to Secondary Care	<p>The document below outlines the agreed pathways into Ipswich Hospital's acute services from Primary Care. Its purpose is threefold:</p> <ol style="list-style-type: none"> 1) To provide a reference point for both primary and secondary care staff 2) To serve as a single point of truth for sources of information in primary and secondary care for acute patients 3) To stimulate healthy discussion and feedback in order to develop and improve the advice and care pathways between primary and secondary care and thereby help make the patient journey the best it can be, achieving the goal – 'right place, right time, right person - first time'. <p>We hope that this information serves as a decision support tool at the point of patient contact, but also a reference source. We welcome feedback, via the email below, about pathway improvement or where things have repeatedly not worked as they should.</p> <p>Please email: ipswichpathways@esneft.nhs.uk</p> <p>Referral Pathways from Primary to Secondary Care for Acute Patients</p>
Make Inside Feel Better - New Mental Health Campaign Launching 18/1/21	<p>On 18 January Public Health England will launch the Better Health - Every Mind Matters campaign to support the nation's mental wellbeing with the encouragement that "When things aren't so good out there, make inside feel better". Aimed at adults, but weighted towards those most at risk of mental health problems, this "Make Inside Feel Better" 2021 phase of the campaign will run across PR, radio, social and digital. The key message will be to encourage people to create a free NHS-approved 'Mind Plan'.</p>
Maternity	<p>The MBBRACE report in May 2020 reviewed all maternal deaths during the first wave of Covid-19 in the UK (Reports NPEU (ox.ac.uk)). It detailed the 'failing' of women who presented to acute settings with Covid-19 symptoms and the impact the virus had on perinatal mental health and domestic violence. Delays in accessing services was a contributing factor as well as a lack of face to face/video consultations to identify warning signs. <i>Please continue to complete the six-week mother and baby checks and to screen for perinatal mental health problems</i> and be alert to any early or repeated presentations of deterioration in maternal mental wellbeing. You are able to seek advice and refer as appropriate to the perinatal mental health team. For general enquires regarding maternity pathways email helen.bowles@ipswichandeastsuffolkccq.nhs.uk. Please be aware that all acute trusts amended their admission thresholds in Autumn 2020 for women from BAME and deprived communities as well as those with co-morbidities, high BMI and age, and those presenting with Covid-19 symptoms. A summary of the report can be found here.</p>
Musculoskeletal Services	<p>Due to the pandemic, Allied Health Professional Suffolk (AHPS) has changed the way it delivers its physiotherapy, exercise therapy and back and neck services. Due to the impact the new, faster-spreading variant of the virus is having on our local hospitals, AHPS is supporting the wider NHS by re-deploying a large number of its clinical staff. As from Tuesday (Jan 5) AHPS has been running a modified musculoskeletal (MSK) physiotherapy service. It will continue to accept referrals and triage patients</p>

	<p>as normal, so please keep referring for MSK conditions and, if possible, encourage self-referral, but only those patients identified as high clinical priority will be offered an appointment. The remaining patients will receive advice, guidance and exercises as appropriate, and be discharged on an SOS basis, which will allow re-access directly should symptoms significantly worsen.</p>
Pulmonary Rehabilitation in I&ES	<p>With the new tightening of restrictions due to Covid-19, all face to face pulmonary rehabilitation was put on hold in Ipswich and East Suffolk from January 2021. The team had hoped to run some sessions for patients via Microsoft Teams however due to the increased pressure on acute services, they have had to cancel these sessions too to enable staff to support other teams/services in the Trust. Referrals are still being accepted but please be realistic with patients when referring with respect to when they can expect to be seen.</p> <p>The following resources are available for patients to better inform them of how to exercise with a lung condition while they are waiting to be seen:</p> <p>Website: Keeping active with a lung condition British Lung Foundation (blf.org.uk)</p> <p>Exercise Videos: Stay active and stay well British Lung Foundation (blf.org.uk)</p> <p>For those who don't have access to the internet:</p> <p>Exercise Handbook for those living with a lung condition - Exercise Handbook (blf.org.uk)</p>
Customer First – High Demand	<p>Please click here for comms from Suffolk County Council regarding current challenges in Customer First.</p>
Domestic Abuse and Sexual Violence	<p>Please see below latest resources for Domestic Abuse, which should be at the forefront of people's minds now more than ever.</p> <p>Surgeries may want to add some of these, particularly those around safety planning, to their websites.</p> <p>DA and SV Support Service Update Nov 2020 Silent Solution Guide Domestic Abuse Guidance for Virtual Health Settings Staying Safe During Covid-19. A guide for victims and survivors of domestic abuse Basic Safety Planning Advice Ask for ANI': Briefing on Domestic Abuse Codeword Scheme for local partners</p> <p>All of these documents, along with many others from the Safeguarding Children Team, can be found here.</p>
Tier 3 Child Weight Management	<p>Following an agreement between Public Health and OneLife Suffolk the current Tier 3 Child Weight Management Service has been extended until the 30th of September 2021.</p> <p>The service offers:</p> <ul style="list-style-type: none"> • A family based and person-centred approach to support children who are either very overweight or overweight with comorbidities, such as, physiological, psychological, social, educational or emotional difficulties. • The service includes a multi-disciplinary team comprising of a dietitian, family therapist and sports and exercise experts who work with weight management practitioners to provide a comprehensive weight management service. <p>How to refer: Online via website: https://onelifesuffolk.co.uk/sign-up/ Electronic referral via email: onelifesuffolk@nhs.net or Via postal address:</p> <p>Onelife Suffolk, Inspire Suffolk, Linbergh Road, Ipswich, Suffolk, IP3 9QX.</p> <p>Further Information can be found in the attached 'Referral Guidance' information leaflet.</p>

Looking After You Too	<p>Please click here for stats relating to a national health and wellbeing support offer for front line primary care staff. #LookingAfterYouToo is an individual coaching support offer that recognises frontline staff are facing many challenges. It is an easy to access, individually tailored coaching support service and a space for staff to offload the demands of whatever they are experiencing and be supported in developing practical strategies for dealing with it. The support is available seven days a week, from 8am to 10pm Monday to Friday, and 10am to 6pm Saturday and Sunday. Coaching sessions will continue throughout the pandemic until at least March. The offer supports psychological wellbeing and resilience among staff so that they can continue to deliver high quality care to patients, helping them to process experiences, develop coping skills, deal with difficult conversations and develop strategies for self-management in difficult circumstances. The offer can take the form of a one-off session or an initial session plus two follow-up coaching sessions.</p>
One Team Monthly newsletter	<p>The latest edition of the One Team Monthly newsletter, the newsletter for Integrated Neighbourhood Teams, can be accessed here.</p>
Behaviour That Challenges-Presentation and Materials	<p>The NSFT psychology in schools teams have completed a further education session on challenging behaviour.</p> <p>A video of the event can be seen here.</p> <p>The associated resources are:</p> <ul style="list-style-type: none"> • Challenging-behaviour-in-children May 2020 (PDF) • PBS for Children (pdf) • Behaviour that Challenges Slides (PDF)
Healthy Communities Webinar – 26/1/20	<p>The CCG are also hosting our next Healthy Communities webinar, 14:30-15:30 on Tues 26 January 2021 via MS Teams Live Event. Open to all, this webinar will be on the topic of the mental health benefits of exercise with presentations by local support groups. We have speakers from Fit Villages, Run Talk Run, Greenbike project, Suffolk Mind, Active County and This Girl Can.</p> <p>To join click here.</p>
Training – Harmful Practices, Modern Slavery and Substance Misuse	<p>Please see below a flyer and booking form for several courses on Harmful Practices, Modern Slavery and Substance Misuse.</p> <p>Delivery will be virtual via MS Teams.</p> <p>Course Details - Harmful Practices, Modern Slavery and Substance Misuse</p> <p>Booking Form - Harmful Practices, Modern Slavery and Substance Misuse</p>
Training - Standards to Support Supervision and Assessment in Learning	<p>The flyer below has details of virtual training sessions on Standards to Support Supervision and Assessment.</p> <p>The new NMC Standards for student supervision set out the NMC expectations for the learning, support and supervision of learners in the practice environment. These sessions are aimed at registered Health Professionals who have undertaken previous “mentor” training programmes and will prepare them for the role of Practice Assessor/ Supervisor under the current guidelines.</p> <p>Standards to Support Supervision and Assessment – Training Schedule</p>
Living Well with COPD – Free Online Workshop	<p>This online workshop explores the link between physical and psychological symptoms of COPD, the cycle that can develop, and how we can change this cycle to feel better. It is suitable for anyone aged 16+ who has COPD or who cares for someone with COPD.</p> <p>Workshops are taking place on 19th Feb and 19th March @ Midday and last 90 minutes. Bookings can be made here:</p> <p>COPD Online Webinar - Wellbeing Suffolk - Wellbeing Suffolk (wellbeingnands.co.uk)</p>

Constructive Parenting Conversations, and Neurodevelopmental Conditions in Children – 28/1/21 @ 7pm	Our next GP evening education evening is on 28 Jan at 7pm and will offer practical guidance on how to make sure the needs of patients, parents, carers and families are met. For more information view this flyer .
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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](#)