

# Newsletter

Issue. 96

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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>Supporting Clinically Extremely Vulnerable Staff</b></p>	<p>Please click <a href="#">here</a> for information about on supporting clinically extremely vulnerable staff.</p>
<p><b>Hepatitis C - Finding the Missing Millions</b></p>	<p>Help to find the millions of undiagnosed patients with hepatitis C by identifying those in the at-risk groups (e.g. had a blood transfusion before 1992, ever lived in a children’s home or had a botox party) and holding a clinic in practice. Tests can be done via an oral swab with results in 30 minutes. Treatment is a simple course of tablets, one per day for 12 weeks.</p> <p>We are working towards elimination of the virus by 2025 but to do that we need to find ‘The Missing Millions’ who are unknowingly carrying the virus.</p> <p>More information is available from Rachael Bates 07395 851041 or email <a href="mailto:rachael.bates@nhs.net">rachael.bates@nhs.net</a>.</p> <p>Merck Sharp &amp; Dohme (MSD) have developed a GP PSI tool that will run on EMIS, TPP SystemOne and INPS Vision. This tool will look for coded risk factors in patients who may be at risk of HCV infection and who may not have been tested for HCV in the past</p> <p>Please see these attachments for more information.</p> <p><a href="#">GP PSI Tool – Identifying Dep C Risk Factors</a></p> <p><a href="#">Eastern Region Hepatitis C Operational Delivery Network – Mission Statement</a></p> <p><a href="#">Hep C – Finding the Missing Millions - Risk Factors</a></p> <p><a href="#">Stop Hepatitis C - Flyer</a></p>
<p><b>Chloramphenicol eye drops contraindicated in children under 2 years</b></p>	<p>It has been brought to our attention that most manufacturers for chloramphenicol eye drops now state a contra-indication for use in children under 2 years. This contra-indication is due to the excipient boric acid and borates, which contain boron and may impair fertility in the future when exceeding the safety limit. When used correctly, chloramphenicol eye drops are unlikely to result in this level of exposure, however most manufactures have taken the precautionary route of contra-indication in children under 2. This change is a result of an update in 2017 to the EMA mandatory labelling guidance on excipients. The update has only now come into effect as there is a 3-year timeline to implement these changes.</p> <p>These changes are not yet reflected in the BNF, BNF-C or the NICE guidance on antimicrobial prescribing in primary care.</p> <p>As a safety measure IESCCG recommends avoiding prescribing chloramphenicol eye drops in children under 2 years until further national guidance is available. The following treatment options may be appropriate depending on the clinical situation:</p> <ul style="list-style-type: none"> <li>• <b>Symptomatic treatment.</b> Advise that most cases of bacterial conjunctivitis are self-limiting and resolve within 5–7 days without</li> </ul>

	<p>treatment. Inform patients / carer to bath/clean eyelids with cotton wool dipped in sterile saline or boiled (cooled) water, to remove crusting.</p> <ul style="list-style-type: none"> <li>• <b>Chloramphenicol eye ointment.</b> This does not contain boron/borates. If a 'P' labelled chloramphenicol eye ointment is dispensed for a child aged under 2 years, the parents / carer should be counselled that although the PIL will state that it should not be used in a child of this age however it is acceptable under medical direction (off-label).</li> <li>• <b>Fusidic acid eye drops.</b> This does not contain boron/borates and can be used from birth.</li> </ul>
<b>X-Ray – A Message from ESNEFT</b>	<p>As Covid restrictions are gradually lifting we are now able to offer appointments to all pre-Covid agreed GP x-ray requests. We are still unable to continue with our open access service and require all referrals to be made electronically via <a href="mailto:chu-frt.xrayappointments@nhs.net">chu-frt.xrayappointments@nhs.net</a>. This will allow us to manage demand and ensure we adhere to the current requirements for adequate social distancing. All emailed referrals will be added to a waiting list and those patients will then be offered an appointment.</p> <p>For patients who are clinically very urgent (for example, pneumothorax), please indicate this on your request. For patients you believe require a same day x-ray please place the referral and call 01473703369 to discuss the request with the radiology department. Please do not direct your patients directly to the hospital and regrettably, any paper requests given to your patients will be declined and returned to you. This restricted service will be closely monitored and it may be possible to extend our provision in due course.</p> <p>Thank you for your continued support and understanding during this challenging time.</p>
<b>Contraception</b>	<p>Suffolk GP Federation's Long-Acting Reversible Contraception (LARC) service, set up to address the backlog of women waiting for LARC, has received and actioned many referrals from practices, which has had a big impact on reducing the backlog. The service is now changing its focus to assist with the waiting lists held by <b>iCASH</b>. As a result, we would now politely request that you cease sending us your patients' details and return to managing them in the way you did prior to this service commencing. This may mean adding them to the surgery waiting list or referring them to iCASH. Any patient details the Suffolk GP Fed already has will be actioned. If you have patients on iCASH waiting lists they are likely to be seen by the Fed. Practices will receive feedback when we have seen those patients. If you have any questions regarding this please email the Fed's Nurse Clinical Lead via <a href="mailto:catriona.mccallum@nhs.net">catriona.mccallum@nhs.net</a>.</p>
<b>Mental Health</b>	<p>Services supporting people in east and west Suffolk with common mental health presentations such as low mood and anxiety disorders are to be expanded. The NHS Ipswich &amp; East Suffolk and NHS West Suffolk clinical commissioning groups (CCGs) approved the £1.6 million expansion of Norfolk and Suffolk NHS Foundation Trust's <i>Wellbeing Suffolk</i> service at their respective Governing Body meetings earlier this month. See this <a href="#">media release</a> for further details.</p>
<b>Phlebotomy – District Nurses in the Community</b>	<p>What follows is a guide to Phlebotomy Services that will/will not be carried out in the community by District Nurses.</p> <p><b>In Scope:</b> Provision of home visit phlebotomy to patients requiring point of care testing who are actively managed by the Integrated Neighbourhood Team (both proactively or reactively) or admission prevention functions AND who are unable to attend a clinic-based provision as assessed as housebound.</p> <p>.</p> <p><b>Out of scope:</b> Phlebotomy supporting primary care QOF or annual health checks unless:</p> <ul style="list-style-type: none"> <li>• The individual is case managed by the Integrated Neighbourhood Team <b>AND</b></li> <li>• A planned visit is in place at the time the point of care testing is required <b>OR</b></li> <li>• The individual becomes temporarily housebound (even if not known to the Integrated Neighbourhood Team)</li> <li>• Out of hours planned care phlebotomy</li> </ul>

<b>Amparo - Support after Suicide</b>	<p>This is a briefing for those needing to refer a client/ patient for support.</p> <p>Amparo offers support to anyone who has been affected by suicide in Suffolk.</p> <p>Amparo are hosting a number of free Zoom briefings, which will cover their role and how to refer to them - designed for anyone who may encounter someone who has been affected by suicide so that they can be confident to refer them to the service. The sessions will also include a chance to raise any questions you may have.</p> <p>Sessions are currently planned for:</p> <p>Thurs 8th April @ 1.30pm  Tues 13th April @ 3pm  Tues 20th April @ 1.30pm  Thurs 29th April @ 5pm  Wed 19th May @ 12.30pm  Tues 25th May @ 2pm  Thurs 27th May @ 4pm  Fri 4th June @ 12.30pm  Tues 8th June @ 2.30pm  Mon 14th June @ 9.30pm  Wed 23rd June @ 2.30pm  Tues 29th June @ 12pm</p> <p>The Zoom briefings will be repeated sessions, each lasting around 40 minutes (so people only need to attend once). Anyone wishing to book should email <a href="mailto:paul.etherington@listening-ear.co.uk">paul.etherington@listening-ear.co.uk</a>.</p>
<b>Health &amp; Wellbeing Coaches and Care Co-ordinator Roles</b>	<p>Please find below links to patient information leaflets/handouts regarding Health &amp; Wellbeing Coaches and Care Co-Ordinator roles.</p> <p><a href="#">Health Coaching Information</a>  <a href="#">Care Co-Ordination Information</a></p>
<b>Child Death Review Team Newsletter</b>	<p>Please click <a href="#">here</a> to access the latest newsletter from the Child Death Review Team.</p>
<b>ESNEFT</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>
<b>Real-time Patient Experience Metric</b>	<p>NHS England/Improvement is looking for general practices to test out a new 'real time' survey which will help better understand patients' experience of accessing general practice.</p> <p>The survey will help practices get much more frequent high-quality data from their patients and will help them to understand the impact of new initiatives and services on patient experience. They expect to roll the survey out nationally later this year, as agreed in the last GP contract negotiations.</p> <p>For practices who get involved in testing, patients over the age of 16, who have had a recent appointment at their general practice, will be asked to give their views via a text that will take them to a webform with a few questions.</p> <p>The testing phase starts in April. All you to do to sign-up to the pilot is register your interest via the form below. Detail on the specific data sharing agreement that allows the survey to run will then be shared with you more and once the practice has signed-up to that notice, the rest will happen automatically.</p> <p>To find out more please register your interest here:  <a href="https://forms.gle/uExiFyfVL8xJdpWV8">https://forms.gle/uExiFyfVL8xJdpWV8</a></p> <p>PHE aim to run webinars for you to join and hear more, over the next two weeks.</p>
<b>Health Equalities Film Competition</b>	<p>The next stage of the Suffolk and North East Essex ICS "Learning from Covid19" initiative is a campaign around the question 'How do we Heal?'. As part of this, we are running a Health Equality Film Competition inviting people from across our local communities to make short 1-2 minutes films on the theme of 'How do we help EVERYONE to Heal?'. </p> <p>Information about the competition is on our ICS website including competition categories, prizes and rules. <a href="http://sneeics.org.uk">Equalities Film Competition - Suffolk &amp; North East Essex Integrated Care System (sneeics.org.uk)</a> The deadline for applications is Friday 30<sup>th</sup> April 2021.</p>

	<p>We would be grateful for your help to promote the competition via your organisation's social media, newsletter and website. Attached <a href="#">here</a> is a social media 'tile' to help with this.</p> <p>Please contact <a href="mailto:david.akinsanya1@nhs.net">david.akinsanya1@nhs.net</a> should you require any further information.</p>
<b>Caring Systems – Free Events for Primary Care Staff</b>	<p>NHSE/I, in partnership with Carter and Corson, are delivering a number of events as part of a <i>Caring Systems</i> series. The first of these workshops will take place next Tuesday March 30<sup>th</sup>.</p> <p>These two-hour virtual masterclasses have been created for leaders working in challenging, constantly evolving systems – who still need to care for the people in their team and find ways to care for themselves. The workshops are practical, interactive and should be enjoyable. They include an 'airlock' meditation to tune out the emotional noise, and the demands placed on you, to help you to fully participate. Other topics addressed include:</p> <ul style="list-style-type: none"> <li>• Grief and guilt – managing the impact in teams</li> <li>• Sharing experiences</li> <li>• Mindful meditation</li> <li>• Sharing experiences</li> </ul> <p>You can book onto the session – on a first come, first served basis – via our website: <a href="http://leadershipacademy.nhs.uk">Upcoming Events – East of England (leadershipacademy.nhs.uk)</a>.</p> <p>If you have any questions at all, please feel free to get in touch at <a href="mailto:eoel@leadershipacademy.nhs.uk">eoel@leadershipacademy.nhs.uk</a>.</p>
<b>Domestic Abuse Conference Series</b>	<p>The link below details FREE training events on Domestic Abuse run by the University of Suffolk. The next event is on 20<sup>th</sup> April.</p> <p><a href="http://uos.ac.uk">Domestic Abuse Conference   University of Suffolk (uos.ac.uk)</a></p>
<b>Mental Health Evening Education Videos</b>	<p>The recording of the presentations from the education event on Wednesday 24<sup>th</sup> March concerning domestic abuse is now available to watch again via the <a href="#">CCG website</a>, alongside which you can find the accompanying resources.</p> <p>Our next evening session is revisiting <a href="#">personality disorder and complex emotional needs, with Dr Lulu Preston</a>. So put 29 April in your diary and look out for more details nearer the time.</p>
<b>ICS Briefings</b>	<p>The ICS Briefing released on Thursday 25<sup>th</sup> March can be found <a href="#">here</a>.</p>

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