



Weekly Inbox

10 JUN 2019 Issue 326

YOUR WEEKLY INBOX

The Weekly Inbox is produced by the Ipswich and East Suffolk Clinical Commissioning Group for circulation in your practice, to provide you with essential clinical guidance and useful support.

The key below indicates the intended audience of each article:

GP: General Practitioner

PM: Practice Manager

Ad: Administrative staff (including medical secretary, care navigator)

PN: Nurses (including HCA, Practice Nurse, Nurse Practitioner)

OC: Other clinicians (including ECP, Pharmacist, PA)

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FOR ACTION

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1 NMP Conference – July 2019

The [NMP conference](#) to be held at the University of Suffolk in July 2019 is filling up quickly. Please book [now](#) to avoid missing out. The event will cover amongst other subjects, new prescribing standards, medicines management update and priorities for 2019-2020 and reducing the risks associated with the prescribing of gabapentionoids and opioids.

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FOR INFORMATION

PM

2 Antibiotic LES

Completed action logs for the LES should now be sent to [Rifat Choudhury](#). Practices may wish to submit them monthly following each practice meeting or at the end of the LES period (30 September 2019). For any queries relating to the LES please contact a member of the Medicines Management Team.

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3 Care Homes LES GP Escalation Framework

Please [see link to Appendix 6](#) of the Care Home LES, this has been in development for some months and we are now in a position to share the final document. This document was created to support practices to understand the process when an issue arises with delivering the Care Homes LES due to practice/care home relationships. The attached framework sets out the process so both the CCG and the GP practices are understanding of what steps to take and when. It is hoped this will be used in minimal numbers but issues between practices and care homes are fairly common and therefore level 1 would be implemented. Any questions please contact [Laura Krolik](#).

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4 Direct Access to Audiology and MRI IAM

Click [here](#) for the letter regarding the change to Direct Access to Audiology and MRI IAM:

Click [here](#) for the Direct Access to Audiology information sheet

Click [here](#) for the Direct Access MRI IAM for Adults information sheet.

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5 Message from NEEPSPS

NEEPSPS will be moving the Phlebotomy Service to an improved location. The new and improved service will provide the Ipswich community with an **appointment** based clinic, further details on how to book appointments will be provided as soon as possible. The Phlebotomy Service at Riverside will be closed from the 28 June 2019 and will resume 2 July 2019 at the following address: 476 - 478 Landseer Road, Ipswich, IP3 9LU (Next door to St James RC Church).

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6 Pilot: Dietetic-led Enhanced Lifestyle Support Service

The dietetic-led Enhanced Lifestyle Support Service for people living with type 2 diabetes will be closed to new referrals from 1 July 2019 as all the places on the pilot have now been taken. The dietetics team at Ipswich Hospital would like to thank all the Practitioners who made a referral into this pilot enhanced

programme. Data on the three treatment targets (blood pressure, cholesterol & Hba1C) will continue to be collected at the time points stated on the initial referral and ongoing Practice cooperation with this is greatly appreciated. Patient progress will be communicated to Practices on an individual basis and results of the overall pilot study will be available via the CCG at a later date.

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7 Updated Wound Care Formulary and Nursing Home Order List

Following a recent evaluation, the CCG Wound Care Formulary for primary care has been updated to include a more cost effective range of wound care products. The evaluation process was undertaken in collaboration with the Suffolk Practice Nurse Wound Care Group.

Practice Nurse Members from GP Practices across Suffolk evaluated the new products in their clinics, showing positive results for the new foam silicone and superabsorbent dressings now available on formulary. The products on formulary have been streamlined, where possible to align with neighbouring community and acute wound care formularies, in an attempt to improve patient transition across settings.

The updated [Wound Care Formulary](#) and [Nursing Home Dressings Order List](#) is accessible on the [Ipswich & East CCG](#) website. Any queries regarding this can be sent directly to: Medicine Management Appliance Nurses: [Tralee Lashley](#) or [Denise Hutchinson](#)

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8 Update to the Prescribing of Barrier Preparations

Following a recent review of the barrier preparations being used within Suffolk, it was recognised that in many instances barrier products were being prescribed either unnecessarily or inappropriately.

An evaluation was commenced within care homes across Suffolk, trialling the use of a **Skin Care Algorithm Tool** alongside the introduction of the Medi Derma barrier protection range. The aim being to increase health care professionals' understanding of appropriate use of skin barrier products whilst using cost effective barrier products.

The evaluation showed positive results for both the product range and the introduction of the tool. The Medi Derma product range has now been introduced into the [CCG Catheter, Ostomy and Skin Care Formulary](#) and incorporated into the new [CCG Skin Care Algorithm](#) tool. Both of these documents are accessible on the [Ipswich & East CCG](#) website.

For more information on the products, you can contact the Medi Derma Specialist Nurse Advisor directly via: [Sharon Jones](#) or [Jack Hallworth](#)

Alternatively, you can contact our Medicines Management Appliance Nurses for any formulary or prescribing queries: [Tralee Lashley](#) or [Denise Hutchinson](#)

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9 Update to Ostomy Accessories Formulary

The Ostomy Accessory Formulary has recently been updated to include cost effective stoma accessories, approved in collaboration with the Suffolk Stoma Nurse Review Panel. You can access the Ostomy Accessories Formulary [here](#) or via the [Ipswich & East](#) Suffolk CCG website.

You can contact the Stoma Nurses directly for any Stoma related advice:

Ipswich & East Suffolk Community Stoma Nurses: Debbie Cooper, Sarah Skingley 01473 242168

IHT Stoma Nurses Sharon Stopher, Sally Power 01473 703301

For any prescribing queries relating to this information, please contact: Medicines Management Appliance Nurses: [Tralee Lashley](#) or [Denise Hutchinson](#)

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10 This week is Carers week

This year's Carers' week focus is supporting carers to get connected in their communities: connected to advice and information; connected to services; connected to friends and family; connected to others; connected to technology.

61% of carers in the UK said they had suffered physical ill health as a result of caring (Carers Trust) and are more likely to suffer from isolation and loneliness.

Suffolk Family Carers will be out and about, raising awareness and will be available for advice and information across Suffolk; please click [here](#) to see where they will be below in the Ipswich and East Suffolk area.

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11 Suffolk and North East Essex ICS newsletter

This [month's edition](#) includes details about the publication of the system's Operational Plan and how they intend to work with academics to show integration at a local level.

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12 Amparo Suffolk Service

The Amparo Suffolk Service can offer support to individuals following a suicide in a range of ways including one to one individual support, help with any media enquiries and practical support when dealing with the Police or Coroner. Click here for the [information leaflet](#) and [information card](#)

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13 Issue 11: Study and Resource Bulletin

The Suffolk and North East Essex Study and Resource Bulletin is [available here](#); feel free to share this amongst your colleagues.

If you would like to discuss any of the contents further, or would like a member of our team to visit your practice to find out more about the annual research contract for primary care research, please let [Lynne Baker](#), know and this will be arranged.

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14 St Elizabeth Hospice migration to SystmOne

Please note that St Elizabeth Hospice is in the process of migrating over to SystmOne and will go live with effect from 1 July 2019.

Please can you remind your patients of the importance of sharing their SystmOne patient record.

If you have any queries please do not hesitate to contact us. The team will be at the Education afternoon at Trinity Park on 20 June.

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15 Latest Vacancies

Please click the above link to see the current local GP and practice staff vacancies. New jobs added every week.

If you have a vacancy to advertise here and on our website, please contact [Stuart Graham](#)

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SOCIAL PRESCRIBING

16 1 June 2019 GP parkrun Pledge Day

A number of GPs and Practice staff in Ipswich and east Suffolk took part in the GP pledge day on 1 June 2019. They joined 5,000 national general practice doctors, staff and patients who pledged their support in advance. There are now 1,200 registered parkrun practices in the country and Ipswich and east Suffolk are now fast approaching half of all surgeries linking up with local parkruns to encourage physical activity and volunteering to be used in improving the health and wellbeing of patients and staff.

For more information on becoming a parkrun practice please contact [Zoe Knight](#). Please see the [parkrun blog](#) for more information on GP Pledge Day.

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17 Museum of East Anglian Life food growing project

Click [here](#) for information on when and how you can get involved with the Museum of East Anglian Life food growing project

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EDUCATION & TRAINING

18 Free two-day course

There is a free two-day course around person centred assessment, diagnosis and post-diagnostic support in primary care for people affected by dementia. Click [here](#) for the information booklet. The course will be held at the University of Bradford. To book through Eventbrite click [here](#) or email dementia@bradford.ac.uk.

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19 Training & Education at Trinity Park – 20 June

The next education afternoon at Trinity Park is on Thursday 20 June and will ask the question: *Is a low-carb dietary approach a useful option in the management of people with Type 2 diabetes?* Our speakers are Dr Chris Barclay, a part-time GP and Ambassador for Public Health with a special interest in the health implications of low GI and low-carb diets in those with Type 2 diabetes and obesity, and Joanne Malocca, a Diabetes Dietitian within the Enhanced Lifestyle Support Service based at Ipswich Hospital.

There will also be sessions for [Practice Nurse Forum](#) where the main topic will focus on Dementia care; a [Care Navigator Forum](#) and Introduction to the Care Homes LES session.

Please let [Shelley Mitchell](#) know if you plan to attend as it helps us with planning catering and seating. Thank you.

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20 PACT (Primary care and Community care Training Hub)

The training hub weekly newsletter is the place to find local training and education for primary care.

Please follow the link to [PACT Training Hub Newsletter Issue 87](#).

If you would like to sign-up to receive the newsletter directly each week or have any training queries or suggestions, please email PACT@suffolkch.nhs.uk.



Suffolk & North East Essex
Primary Care Training Hub

Ipswich & East Suffolk CCG are working together with neighbouring CCGs, representatives from primary and community care services and training providers to address workforce and workload challenges to ensure that we have the right number of health and care professionals with the right skills to meet the evolving needs of local people.

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DID YOU KNOW...?

21 IConnect Launch

Ipswich Community Media [officially launched](#) their new [IConnect project](#) in May 2019. Funded by the National Lottery Community Fund, the project will build on the previous work providing English language and engagement workshops to local migrant communities.

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CONTACT and USEFUL LINKS

22 Your views and feedback are very much appreciated. If you have any comments, suggestions or contributions for inclusion in The Weekly Inbox, [please email us](#).

If you are not currently on the regular distribution list for the Weekly Inbox but would like to be, you can [sign up here](#).

For queries relating to contracts, please email IESCCG.gp-contract-queries@nhs.net with **Contracts** in the subject line.



Safeguarding Children is Everyone's Responsibility: news, guidance and resources can be found on the [CCG's Safeguarding Children webpage](#).

Please follow the link for **Safeguarding Adult** information [CCGs Safeguarding Adult webpage](#) and click [here](#) for local information

Useful links:

- [Bookmark the CCG website](#)
- [Latest news from the CCG](#)
- [Who's who in the Clinical Executive](#)
- [Useful links to NHS and other websites](#)
- [New to the area? Our Clinician Welcome Pack includes useful information](#)
- [Ipswich and East Suffolk Falls Directory](#)
- [Referrals, Briefings and Pathways](#)
- [Download Digital Campaign Resources](#)
- [NHS England](#)



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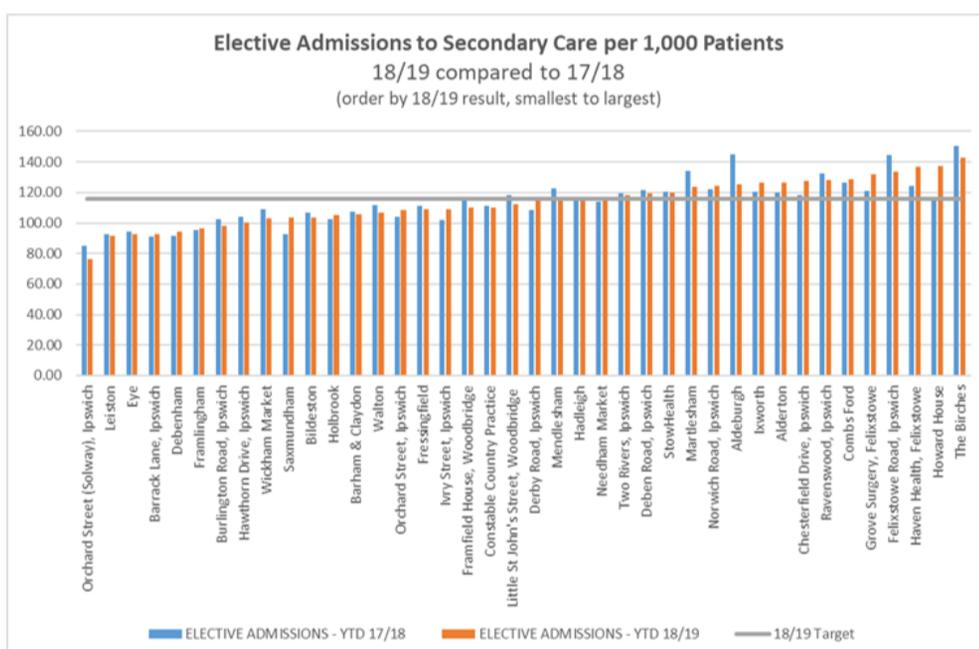
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CHART OF THE WEEK

23 We are often asked for more comparative information to enable practices to know where they stand on a variety of indicators in comparison with other practices. Therefore, we publish a chart every week. Please [let us know](#) if there are any topics that you would find it useful for us to cover.

This week we are looking at: Elective Admissions



[Click on chart to enlarge](#)

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