

# Newsletter

## Issue. 71

14 October 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>Face Masks – exempt patients</b></p>	<p>As you will be aware, GPs are being instructed to hold face to face appointments with those patients with whom it is deemed clinically necessary. The CCGs’ Infection Prevention and Control Lead, Julia Shields, recommends that if a patient attends for an appointment without a face covering because they claim to be in an exempt category, please make enquiries of them to ensure that their reason is a genuine one at the outset. Once you have satisfied yourself that they are exempt, you should manage the risk to yourself by wearing your own PPE throughout the appointment and ensure the area where the patient has been seen is cleaned thoroughly afterwards.</p>
<p><b>Covid alert levels in England</b></p>	<p>On Monday 12<sup>th</sup> October the Prime Minister made a statement to the House of Commons introducing a three-tiered system of local Covid Alert Levels in England - set at medium, high, and very high. Please also see below a press notice on the new tiering system and a table comparison of the tiers.</p> <p><a href="#">Press Notice 12 Oct 2020</a></p> <p><a href="#">Three-Tiered Covid Alert Levels – Comparison Table</a></p>
<p><b>Shielding Patients</b></p>	<p>The Department for Health and Social Care (DHSC) has issued updated guidance for clinically extremely vulnerable people to reduce their risk from Covid-19, tailored to where they live. You can view the updated guidance on the DHSC website <a href="#">here</a>.</p>
<p><b>Modern Slavery during Covid-19</b></p>	<p>Please see the attached information and explanation below about Modern Slavery during Covid-19. It is critical that everyone across the NHS, primary care, community services &amp; home care understands the signs of Modern Slavery and knows what to do to save lives from exploitation and violence.</p> <p><a href="#">Modern Slavery during Covid-19</a></p>
<p><b>Individual coaching support offer for front line primary care staff</b></p>	<p><b>#LookingAfterYouToo</b> is an individual coaching support offer for primary care staff, recognising that frontline staff are facing many challenges.</p> <p>It’s an easy to access, individually tailored coaching support service for the frontline primary care workforce, proactively supporting people through COVID-19.</p> <p>Available 7 days a week, 8:00am – 10:00pm Monday to Friday and 10:00am – 6:00pm Saturday and Sunday. Coaching sessions will continue throughout the COVID-19 pandemic until at least March 2021.</p> <p>For more information click <a href="#">here</a> To make a booking (no approval required) click <a href="#">here</a></p>

<b>Test and Trace Support Payment</b>	<p>Any person contacted by NHS Test and Trace and told to self-isolate on or after 28 September 2020, is under a legal obligation to do so, and could be eligible for a £500 Test and Trace Support Payment.</p> <p>Details of the scheme can be found <a href="#">here</a>.</p>
<b>Local Welfare Assistance Scheme in Suffolk</b>	<p>Applications for the Local Welfare Assistance Scheme can now be made <a href="#">via the online LWAS application form</a>.</p> <p>Please also see updated guidance below related to supermarket vouchers, plus a refresh of the eligibility criteria and your responsibilities as a referring organisation.</p> <p>All applications <u>must indicate financial hardship related to the Covid-19 outbreak</u>. It may be that Covid-19 has exacerbated the applicant's situation. Referrals direct from the public are not accepted.</p> <p>Also, a quick reminder that a new <b>Suffolk Advice and Support Service</b> is now live (0800 068 3131, Mon-Fri 9am to 5pm). Information can also be found on the new <a href="#">Suffolk Advice and Support Service webpage</a>.</p> <p><a href="#">Local Welfare Assistance Scheme Guidance</a></p>
<b>Inclusion – Covid videos in Romanian</b>	<p>Please follow this <a href="#">link</a> to two videos that may be useful to share with and promote to Romanian patients. Both videos are about Covid-19, one detailing rules and individual responsibilities (wearing of face masks etc) while the other looks at myth busting.</p>
<b>Flu vaccination – eligibility of LD patients</b>	<p>It has been highlighted that Learning Disabilities is on the list of serious long-term conditions to be included in the flu vaccination programme despite Learning Disabilities not being included in the flu vaccination specification.</p> <p>The rationale that has been given is: 'that most patients with LD will generally be eligible for the flu vaccine as they appear in another at-risk group, so this avoids double counting. Practices have been advised over recent years to include the flag "needs a flu vaccine" on the GP clinical system, ideally added/checked during the annual health check. It is this flag that can then be used to search on to check they have been invited'.</p> <p>This has been raised as a concern with NHS England as many people with a learning disability have unknown underlying health conditions. LeDeR mortality reviews frequently highlight respiratory conditions being a major cause of death for people with LD. Could we ask that GP practices please ensure they are adding the relevant read code for needing a flu vaccination onto the patient record to ensure that our LD population are not missed. Going forward we encourage you to explore this at patient's Annual Health Check.</p>
<b>Roche reagent supply - Blood Tests FAQ and Update 14/10/20</b>	<p>Please find below links to two recent documents relating to Roche reagent supply.</p> <p><a href="#">Roche Reagent – Blood Tests FAQ</a></p> <p><a href="#">Roche Reagent Supply Update 14 Oct 2020</a></p>
<b>MMR</b>	<p>Some parts of the country have noticed an increase in measles cases and clusters now that schools are back and social mixing has increased. Whilst this is not yet apparent in the East of England region this may be just a matter of time. The latest MMR data for the east reports that only 89.8% of children have received two doses of MMR by the age of five, and no CCG in the region has achieved the 95% target (herd immunity). To help prevent measles outbreaks in this region, please ensure that you proactively invite back any children who have missed immunisations, or have been unable to be immunised over the last few months. In addition, during flu season many children will be coming to practices for their flu vaccinations. Please can we ask you to implement opportunistic vaccination during this period. A</p>

	review of children with an incomplete MMR status and use of flags on the clinical system can help support this. For those families that are reluctant to accept porcine gelatine within a vaccination there are alternatives for both flu and MMR.
<b>Reminder for X-Ray Requests</b>	In order to comply with IR(ME)ER regulations, a provisional diagnosis should be included for all x-ray requests. Please remember to include this information on all requests that are sent through to ESNEFT. Please also ensure that requests are written clearly and legibly and avoid using abbreviations (e.g. instead of L-Spine please use Lumbar Spine).
<b>Advice &amp; Guidance for Lipids Service</b>	When requesting Advice & Guidance for the Lipids Service at Ipswich Hospital, please select 'General Medicine' under Specialty and not 'Endocrine and Metabolic Medicine'. This will ensure that the request for Advice & Guidance goes directly to the correct clinician.
<b>Mental Health Services – have your say</b>	Your professional input is requested for <b>#averydifferentconversation</b> – the engagement initiative being run across Suffolk by a group of partner organisations to work up proposals for how mental health services should be provided across the county. Feedback is sought regarding four subjects – community, children and young people, learning disability and autism, and crisis services. The attached document gives details of how you can get involved.  <a href="#">Your Voice - #averydifferentconversation</a>
<b>Decision Making and Consent – from 09/11/20</b>	Please click <a href="#">here</a> to access information on Decision Making and Consent. Please note that this comes into effect from <b>9<sup>th</sup> November 2020</b> .
<b>Wellbeing website</b>	Please check the link you are using on your GP practice website to Wellbeing Suffolk is the correct one. You should be using: <a href="http://www.wellbeingnands.co.uk">www.wellbeingnands.co.uk</a>
<b>National Hate Crime Awareness Week</b>	This week (10 <sup>th</sup> – 17 <sup>th</sup> Oct) is National Hate Crime Awareness Week. Please see links below to a suite of printable resources for your notice boards which provide members of the public with information about what to do if they, members of their family or friends, are victims of hate crime, and how you can support them.  <a href="#">Hate Crime Partner Pack</a> <a href="#">Hate Crime Leaflet</a> <a href="#">1<sup>st</sup> Principle Hate Crime</a> <a href="#">Norfolk &amp; Suffolk Victim Care Hate Crime Leaflet</a>
<b>ICS Briefing</b>	This week's Suffolk and North East Essex Integrated Care System briefing for stakeholders and community leaders can be accessed <a href="#">here</a> .
<b>Eating Disorders education evening - video catch-up, resources and guidance</b>	We held an interesting and informative virtual evening education session in September with Dr Paul Garfield and Sarah Cross from the East Suffolk Eating Disorder Team and Debbie Watson, service user and founder of Wednesday's Child. If you missed it, you can catch-up by watching the <a href="#">Eating Disorders video</a> online and download slides from the <a href="#">resources webpage</a> .  Dr Garfield has updated his guidance for general practice, which is available here: <a href="#">Role of the General Practitioner in the management of a young person under 19, with suspected Eating Disorder: A Guide for GPs in Suffolk</a>
<b>More evening education sessions – hold the dates</b>	Following the successful virtual session on eating disorders (see above), we are pleased to have arranged another two evening sessions to take place before the end of this year.  <b>Thursday 19 November</b> - <i>Sexual abuse: handling disclosure and taking a trauma-informed approach</i> , with speakers from Survivors in Transition and Fresh Start, New Beginnings.

	<p><b>Wednesday 9 December</b> - <i>Suffolk Health &amp; Wellbeing service and IAPT pathways for LTCs</i></p> <p>Sessions to run 7pm-8.15pm; more details to follow.</p>
<p><b>Education video recordings</b></p>	<p>We have recently had requests for training on <a href="#">Personality Disorder</a> and <a href="#">Drug and Alcohol Abuse</a>. Both were covered in previous evening sessions and can be watched by following the relevant links. Other topics we have covered have included depression and anxiety, dementia, children &amp; young people, learning disabilities and more. All recordings can be found <a href="#">HERE</a> and vary in length from 20mins to 2hrs. Most videos do not require a password but if you are prompted for one, please <a href="#">email Shelley</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](#)