

Covid-19 Newsletter

Issue. 54

10 July 2020

Welcome to the latest edition of the Covid-19 newsletter. We will be issuing 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>Spirometry and Peak Expiratory Flow (PEF)</p>	<p>The CCGs have been made aware that practices are currently not undertaking spirometry, and have significantly reduced PEF, due to them potentially being aerosol generating procedures. In the absence of confirmatory spirometry and PEF, the Primary Care Respiratory Society (PCRS) has published some practical advice to support practices with their respiratory diagnoses during Covid.</p> <p>The CCGs' respiratory community supports the advice given, which can be found here. Confirmatory spirometry should be carried out at a later date when safe to do so, and practices should try to utilise safe ways to measure PEF.</p> <p>With regards to management of asthma, the guidance advises that where peak flow monitoring is not possible, use of a validated symptom questionnaire is acceptable. NICE recommends the Asthma Control Questionnaire or Asthma Control Test. Where indicated, and appropriate for the management of COPD, considering the mobility and shielding requirements of patients, additional investigations/tests may also need to be considered as per national guidance.</p> <p>The PCRS is a multidisciplinary UK-wide professional society supporting respiratory care practitioners in primary and/or community care.</p>
<p>ESNEFT maternity</p>	<p>ESNEFT is easing visiting restrictions in maternity services to support pregnant women and their families. Some restrictions have remained in place for everyone's safety due to the pandemic, however they have been under constant review so that changes can be made when it is safe to do so.</p> <p>From Monday (13 July) visiting for birthing partners at Colchester and Ipswich hospitals will be reinstated. From the same date, one birthing partner will be able to support women from the start of the induction of labour process, and first day post-natal visits from a community midwife will also be reintroduced.</p>
<p>Intimate clinical assessments</p>	<p>Please see <i>attached</i> guidance from NHSE/I regarding the key principles when undertaking intimate clinical assessments remotely during the pandemic.</p> <p>Key principles for intimate clinical assessments undertaken remotely in response to COVID19</p>
<p>Inhaler prescribing</p>	<p>Dr James Smith, GP and Assistant Director in Public Health Teaching at the Department of Public Health and Primary Care, is hosting a Zoom webinar from 1pm to 2pm this Friday on reducing the environmental impact of inhalers. The webinar – 'Reducing the Environmental Impact of Inhaler Prescribing' - is open to all GPs, practice nurses and pharmacists, and will draw on research James led last year, which is reported here.</p> <p>Inhalers for asthma and COPD have a disproportionate climate impact due to the propellant gases found in metered dose inhalers. James will examine current inhaler prescribing patterns and why changing these in the UK is so important in our efforts to address climate change. He will discuss what actions GPs can undertake to address this at the individual, practice and CCG level. You can register for the webinar here.</p>
<p>Shielded patients update</p>	<p>Please see attached guidance from NHS England</p> <p>Shielding guidance changes update</p>
<p>Cervical Screening</p>	<p>Public Health England guidance on cervical screening</p> <p>East of England guidance cervical screening extended access</p>

<p>My Care wishes update</p>	<p>We have recently made some minor changes to the Shared Care and Support Plan and the Family Information sheet which are both part of the My Care Wishes folder. This is simply to reflect the changes with regard to 'who can see my record' and this information has now been removed.</p> <p>The two revised docs are <i>attached</i> and the full pack is available using this link from the IESCCG website</p> <p>www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Clinical(QIPP)workstreams/Palliativecare/EndofLifedocuments</p> <p>As a reminder the My Care Wishes Folder (MCW or yellow folder) helps individuals living with a long term or life limiting illness to plan for the care pathways that they want in place. It enables planning much earlier in an individual's life, starting vital conversations earlier to ensure that family and care teams know what an individual would like to happen to them when they become less well; this includes in an urgent situation. MCW also captures an individual's wishes for further 'active' treatment and hospitalisation versus remaining in their usual place of residence and receiving symptom control / palliative care. This key information is captured in the Personalised Shared Care and Support Plan held within the My Care Wishes folder.</p> <p>The My Care Wishes Folder should be easily accessible (with the folder location sticker completed and stuck on the fridge) and held by the individual at home. Within a care home setting, the folder should remain in the resident's room. This is particularly important in out of hours emergency situations, especially if bank and agency staff are on duty. It ensures that all care staff will have all key information in the one place.</p> <p>As you will remember, My Care Wishes was developed with system partners across both east and west Suffolk, including both Suffolk Hospices.</p> <p>These tools can be accessed (and printed) via the Ipswich and East Suffolk CCG website or by contacting Jen Burman who can send 'hard copy' packs to you.</p> <p>MCW family information sheet</p> <p>MCW Shared Care Plan</p>
<p>COVID-19 data</p>	<p>Suffolk County Council has gathered together all the publicly available data on COVID-19 in Suffolk into one place on the Healthy Suffolk website. These resources are now live and can be viewed here.</p> <p>It gives you access to data dashboards and a series of briefings on related topics, all from publicly available sources. SCC is planning some FAQs to go along with this resource, so if you have queries or comments please send them through to knowledgeandintelligence@suffolk.gov.uk and they will do their best to incorporate them.</p>
<p>IOM Communication: support for migrants</p>	<p>International Organisation for Migration (IOM) have requested that the following be circulated to all contacts:</p> <p><i>The COVID19 pandemic, and the various measures the government has taken to combat it, has changed almost every aspect of life for people living in the UK, including the country's diverse migrant community. Yet for various reasons migrants' livelihoods are often at greater risk. IOM UK has designed a Covid-19 Migrant Information Service to provide extra support to migrants in the challenging context of the Covid-19 crisis.</i></p> <p><i>The info service includes:</i></p> <ul style="list-style-type: none"> • a multilingual website www.covid19uk.iom.int • a telephone service 0800 464 3380. • to provide information to migrants living in the UK on 5 key topics: health, work, benefits, visas and immigration, housing and homelessness. <p><i>The website also provides a comprehensive overview of the various governmental and non-governmental support schemes that are available to migrants. Finally, it provides signposted information for users to get further information and/or begin the process of accessing support. The website is currently available in many languages: English, Spanish, Portuguese, Romanian, Arabic, Chinese, Albanian and Vietnamese, with Polish to be added soon. The telephone service provides information to callers in any language, and is available on Freephone 0800 464 3380.</i></p>

<p>Support for abuse survivors</p>	<p>Survivors in Transition (SiT) has launched a new web-based phone service for young people (13+) who are or have experienced any form of abuse. The service is open and operated by specialist therapists from 9am to 9pm daily with a web chat facility from 6pm to 9pm Monday to Friday. This is a self-referral service and is open to young people who have not yet reported their abuse. SiT is working closely with Fresh Start New Beginnings to ensure those who have reported being victims of abuse continue to be supported and that there is a seamless pathway between services. Please see <i>attached</i> three leaflets for display at your surgeries.</p> <p>TOPE A5leaflet 1</p> <p>TOPE A5leaflet 3</p> <p>TOPE A5leaflet 5</p>
<p>Please give us your feedback about the July Education Afternoon</p>	<p>We hope those of you who joined our first online education sessions yesterday found it useful.</p> <p>Please let us know your thoughts on how it went, what was good, what wasn't, how did you find the virtual format? We would really value your feedback, which will help inform future sessions. Thank you.</p> <p>Leave Feedback about the Respiratory talk and Prescribing session</p> <p>Leave Feedback about the Nurse Forum</p> <p>Leave Feedback about Care Navigator Forum</p> <p>For those of you who missed it, the respiratory and prescribing sessions were recorded and we hope to have the videos available to you soon.</p>

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

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Visit the [CCG Covid-19 webpage](#) where you can find many [other useful links and resources](#)