



# Weekly Inbox

22 July 2019 Issue 332

## 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:

<b>GP: General Practitioner</b>
<b>PM: Practice Manager</b>
<b>Ad: Administrative staff (including medical secretary, care navigator)</b>
<b>PN: Nurses (including HCA, Practice Nurse, Nurse Practitioner)</b>
<b>OC: Other clinicians (including ECP, Pharmacist, PA)</b>

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## FOR ACTION

OC GP PM Ad PN

### 1. Public Health Suffolk - Survey

Public Health Suffolk are launching a new campaign across Ipswich and East Suffolk promoting where to get advice to improve wellbeing and health. They have put together a survey to find out about what matters to people about their health and are looking to receive as many responses as possible by 1 September 2019. Please click on the [survey](#) to complete.

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## FOR INFORMATION

OC GP PM Ad PN

### 2. Phenelzine(MAOI) stock issues

Kyowa Kirin are the sole supplier of phenelzine tablets in the UK. They will be out of stock for a period of at least three months from the beginning of August until end of October 2019. Patients using phenelzine should continue their treatment and an unlicensed phenelzine tablets can be sourced from abroad. Further information can be found [here](#).

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### 3. Suffolk and North East Essex Diabetes Programme: Improving diabetes outcomes using ECLIPSE software

OC GP PM Ad PN

..on behalf of Prof Gerry Rayman and Dr Imaad Khalid

The Ipswich and East Suffolk Diabetes commissioners are seeking to implement a primary care Diabetes software dashboard known as ECLIPSE, which will help to ensure that people with diabetes are supported to achieve the best care to prevent diabetes complications.

Specifically designed by a GP for GP practices, it is a cornerstone of our Diabetes strategy. It provides many benefits including offering a weekly snapshot of the key diabetes indicators such as the Care Processes and Treatment Targets at both practice, CCG and STP levels.

For more information please read the letter which was attached alongside this bulletin.

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#### 4. Reminder: Urology Pre-referral Guidance

The CCG has been working with the Urology Consultants at Ipswich Hospital to refine and update the Pre-referral Guidance (PRG), which has also been reviewed by our Elective Care GPs. The new PRG makes it clearer regarding the pre-referral work that is required, as well as an update to the layout of the information. This updated form and associated guidance is now available on DXS.

Please ensure that the required pre-referral tests are carried out and the results attached to the referral, as well as the associated relevant history, to ensure speedy triage and the appropriate assessment/appointment being made.

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#### 5. Cervical Cancer Screening

Improving Cervical Screening uptake in Suffolk - The Screening and Immunisation Team and Suffolk County Council are working together to gather feedback from patients who attend their cervical screening as to the reason why they attended their appointment. Feedback cards are currently being sent to all practices in the Suffolk area. We would like to thank the practices who have already been taking part and the information we have already collected is extremely valuable. The remaining practices will receive their feedback cards in the next few weeks. If you have any questions please contact [rachel.gillies@suffolk.gov.uk](mailto:rachel.gillies@suffolk.gov.uk).

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#### 6. New strategy to safeguard physical health launches

NSFT has launched a new Physical Health Strategy to help ensure service users receive the right screening and treatment so that their physical as well as mental healthcare needs can be met.

The strategy, which runs from 2019 until 2022, outlines the importance of NSFT staff recognising when there is a physical health problem and recording their findings before referring or signposting the service user to the appropriate service to meet their needs.

It is designed to help improve physical health outcomes and reduce health inequalities by making sure potential problems are recognised early so that the right treatment can be given. It comes in response to statistics which show that at least half of people with a mental health condition also have at least one long-term physical illness, and many have multiple and complex needs that current systems struggle to meet.

The strategy has been put together with the help of service users, carers, staff and other stakeholders. You can read it [here](#).

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#### 7. GP retention toolkit

As part of its ongoing commitment to make general practice a great place to work, NHS England and Improvement have provided £12 million to support local efforts to encourage GPs to stay working in the profession and stem the flow of those leaving. This is supported by a toolkit, which sets out the key learning from NHS England's retention programme and includes recommended approaches and key areas to focus on. There is also a video about the lessons learnt from intensive support sites which NHSE/I funded, featuring The Black Country from the Midlands region alongside two other STPs.

You can access the toolkit and video via NHS England's website at <https://www.england.nhs.uk/gp/gp/v/workforce/retaining-the-current-medical-workforce/making-general-practice-a-better-place-to-work/>.

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#### 8. Measles flyers translated into 20 languages

In response to the request Public Health England have translated the measles flyer into 20 languages, including Lithuanian, Portuguese, Polish, Romani and more.

Translation versions are available to download [here](#).

English copies are available to order from [DH health and Social care order line](#).

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#### 9. CCG Governing Body Meeting this Tuesday

A meeting in public of the Governing Body of our CCG will take place on Tuesday 23 July from 9.15am followed by a meeting in public of the Primary Care Commissioning Committee for east Suffolk from 2pm. This committee is the decision-making group for the management of primary care (GP practices). Members of the public are welcome to attend and listen to the business of the meeting and ask questions at the end.

Both meetings will take place at The Riverside Centre, Stratford St Andrew, Saxmundham IP17 1LL. The agenda and meeting papers are on the CCG website.

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#### 10. Suffolk Carers Matter – Carers Handbook 2019/2020

You may recently have received copies of a Carers Handbook that has been independently produced and distributed by Suffolk Carers Matter.

Please be aware that although the handbook contains useful information, the NHS Ipswich & East Suffolk and NHS West Suffolk clinical commissioning groups were not consulted about its contents.

If you choose to share the handbook with patients, please be advised that it does not contain an exhaustive list of the support currently available to carers in Suffolk, and patients should be made aware of this if provided with a copy.

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## 11. Local Vacancies

Please click the above link to see the current local GP and practice staff vacancies. If you have a vacancy to advertise on our website, please contact [Stuart Graham](#).

Healthwatch Suffolk is recruiting for two part-time [Public Engagement Officers](#) - one to focus on the east Suffolk area and the other on north east Essex.

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## PCN CLINICAL DIRECTORS INFORMATION

## 12. Primary Care Networks: frequently asked questions

NHS England has published further [frequently asked questions](#) to support the publication of the GP contracting documents and the development of Primary Care Networks. If you have any other questions, please email these to the Primary Care Network national team [england.pcn@nhs.net](mailto:england.pcn@nhs.net).

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## EDUCATION & TRAINING

## 13. Reminder: One Clinical Community: Ipswich and East Suffolk Nurse Leadership Development Programme 2019-2020

Once again this year, the CCG are funding a leadership development programme for local nurses, starting in September 2019.

The programme is for nurses working in primary and secondary care who would like to produce practice solutions to health economy issues, achieve improvements in the quality of patients' experience and care, learn new tools and techniques and strengthen collaborative working. You can read more about what is involved and the format of the programme [HERE](#) and in the [Practice Nurse Newsletter](#). You will need to get support from your superior and complete an [application form](#). This should be completed and returned as soon as possible but definitely before **Friday 2 August 2019**. If you have any queries or would like an application pack emailed to you please contact [Louise Hardwick](#).

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## 14. Ipswich and East Suffolk Primary Care Nurse Conference

When: **11 September 2019 9am - 5pm**

Where: **Holiday Inn London Road, Ipswich**

The Practice Nurse Forum Committee are delighted to confirm the details of the first Primary Care Nurse Conference. The agenda reflects feedback from the practice nurse forum events, the conference is open to ALL primary care nursing staff in Ipswich and east Suffolk.

AGENDA includes:

- Karen Storey, Primary Care Nursing Lead NHS England
- The problem with UTIs .... 'To dip or not to dip'?
- Tissue Viability update
- Contraceptive pill update including latest FSHR guidelines
- NHS Health Checks Communicating the risk to patients

View full [agenda here](#).

To book your place for all or part of the day, please contact [shelley.mitchell1@nhs.net](mailto:shelley.mitchell1@nhs.net)

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## 15. Op Explorer Training Event

An Op Explorer is being held in Norfolk on the **Thursday 7 November 2019 from 9am – 4pm** at The NEST, Holt Road, Horsford, Norwich, NR10 3AQ. This event is for those **who have not attended** a previous Op Explorer Event and is an excellent opportunity for Primary Care staff to develop a better understanding on how Prevent is relevant to their work. The event is aimed at practitioners and spaces are limited, so if anyone would like to attend please contact PREVENT Officer Faruk Ullah via this email – [prevent@norfolk.pnn.police.uk](mailto:prevent@norfolk.pnn.police.uk) Lunch and refreshments will be provided.

### What is Op Explorer?

Operation explorer is a Counter terrorism table top training exercise written for partner agencies, with the aim of making them aware of what their responsibilities are in relation to Prevent and other safeguarding duties that may arise as a result of a Counter Terrorism investigation.

It is important to highlight how vital the involvement of other non-police agencies is; in this interactive scenario based training event there is a representative from each agency sitting within a 'strategy meeting'. Information is supplied in various formats and it's down to the individual groups to manage the situation that is unfolding and identify risk, missed opportunities and safeguarding concerns, and to then set actions and make sure appropriate measures are put in place.

### How will the training be delivered?

This scenario based training is quite true to life having mirrored real life case. By having the training delivered in this way each agency is aware of what information they hold but also what information other agencies may hold. The day is facilitated and various discussion points are held to discuss each stage of the scenario.

As a result of the training multiple agencies have highlighted that they have put appropriate measures in place or as a result of the safeguarding day have made contacts within other agencies who would be able to offer ongoing support.

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## 16. Suffolk and North East Essex Primary Care Training Hub (PACT)

The training hub weekly newsletter is THE PLACE to find local training, education and workforce development for primary care.

Please follow the link to the latest [Training Hub Newsletter Issue 92 & 93 - 15 July](#)

If you would like to sign-up to receive the newsletter directly each week or have any queries please email [PACT@suffolkch.nhs.uk](mailto:PACT@suffolkch.nhs.uk).

*The Training Hub is working together with 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.*



Suffolk & North East Essex  
Primary Care Training Hub

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## DID YOU KNOW...?

### 17. Dementia

[Young Dementia Network UK](#) have produced a [Guide to Diagnosing Dementia in Younger People](#) for GPs, endorsed by the RCGP.

Have you heard of the [Suffolk Young Dementia Network](#)? A new local support group for younger people with dementia.

Web: [Meetup.com/Suffolk-Young-Dementia-Network/](https://www.meetup.com/Suffolk-Young-Dementia-Network/)

Email: [youngdementia@bwis.online](mailto:youngdementia@bwis.online)

Health Education England have redesigned their [dementia e-learning resources](#). Please [click here](#) for more information about this FREE online e-learning resource.

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## CONTACT

18. 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 work in general practice in Ipswich and east Suffolk and 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](mailto: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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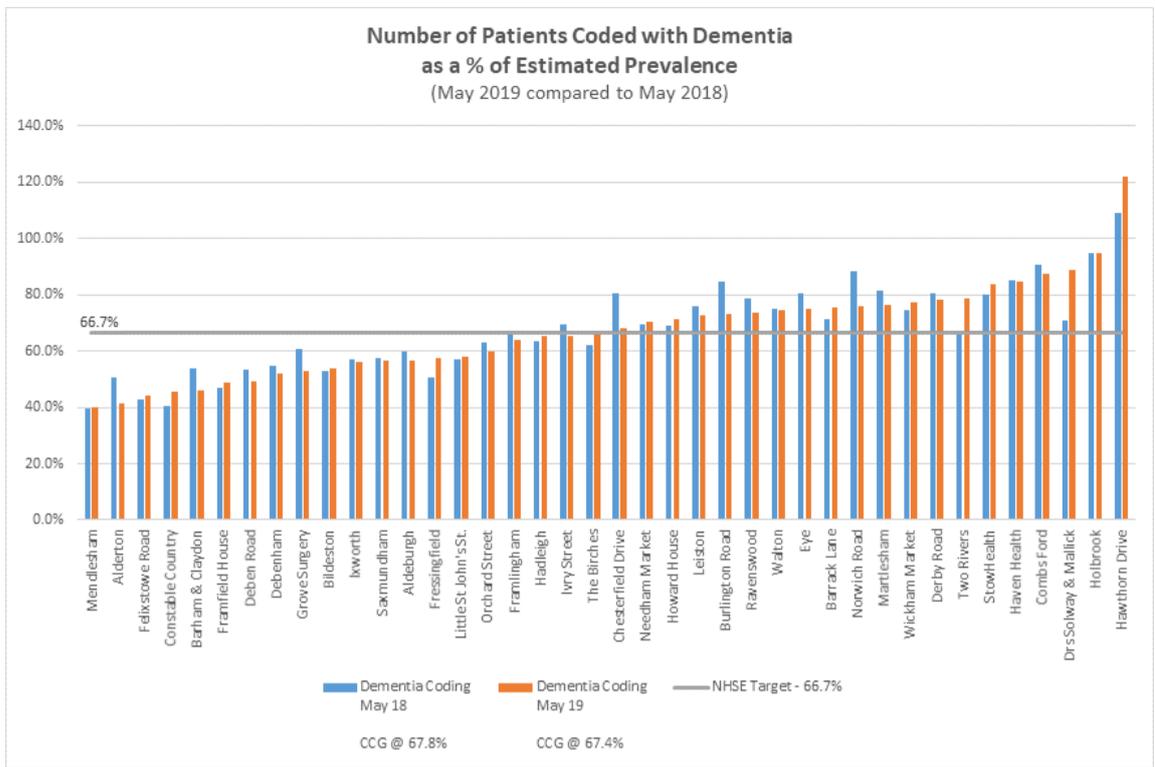
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## CHART OF THE WEEK

19. 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: Number of Patients Coded with Dementia

This week we are looking at Dementia Coding. Our figures have consistently decreased over the last few months. There is need to raise awareness of dementia coding in general practice and in our care homes. Your practice can book a dementia friends training session to raise staff awareness and also work with Dementia Together, a holistic service providing support in the community for diagnosed patients. Dementia Together is also available to accept referrals from GP practices. For further information contact [Annette Agetue-Smith](#)



[Click on chart to enlarge](#)

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