



# Care Homes Newsletter

No. 2

**NHS**  
Ipswich and East Suffolk  
Clinical Commissioning Group

May—July 2015

## 1. Emollients OTC

Emollients should only be prescribed for patients with a diagnosed skin condition e.g. eczema or to aid the management of leg ulcers. They should NOT be prescribed for mild dry skin. The care home or the resident should purchase the emollient from a pharmacy or supermarket if it is for dry skin.

## 2. Paracetamol campaign

From the beginning of June, Ipswich and East Suffolk CCG will be running a campaign to raise public awareness of the £1m we spend on prescribed paracetamol each year. We do not think this is the best use of NHS resources and we are keen to gather public momentum to reduce this.

How can care homes help?

- if a patient only needs paracetamol occasionally please use a homely remedies protocol to provide this medicine. If your home does not have their own homely remedies protocol, the CCG has developed one that can be used.
- If patient receives paracetamol regularly on prescription, please alert the GP practice if the patient rarely uses it or if they are not getting any benefit from it.

[Homely remedies protocol](#)  
[Paracetamol position statement](#)

## 3. Joint formulary

The Ipswich and East Suffolk CCG is currently working with Ipswich Hospital to agree a joint formulary. This will highlight the preferred medicines for each of the BNF chapters. It should help smooth the transfer of patients across the care settings as the hospital will stock the medicines used in primary care. The chapters completed so far are: gastroenterology, respiratory, endocrinology, ophthalmology, ENT and dermatology.

[Joint formulary chapters](#)

## 4. Care Home contract with GP Practices

As you may be aware, last year the CCG put in place a contract with GP practices for them to 'align' with care homes. The purpose of this contract was to offer an enhanced level of care which includes a regular ward round, proactive care to help avoid A&E attendances and hospital admissions. We also hope through closer working between GP practices and care homes stronger relationships will develop.

This contract has been renewed for another year. The CCG are aware that there are a small number of homes who are not yet 'aligned' to a practice and the CCG are working to resolve this where possible. For those homes which are aligned to a GP practice, the CCG will issue a survey later in the year for feedback on how it is working. If there are any queries relating to how the contract works or in relation to their aligned practice, please email [ipswichandeastsuffolk.ccg@nhs.net](mailto:ipswichandeastsuffolk.ccg@nhs.net).

## 5. Clinical Care Homes Manager

The CCG have recently appointed Ben Harvey to the role of Clinical Care Homes Manager in Ipswich and East Suffolk for one year. Ben will be working closely with a number of homes in the Ipswich and East Suffolk area to look at whether anything can be done to reduce the number of hospital admissions. He will work with the home to identify issues faced and offer support, signposting advice and training opportunities.

## 6. Barrier cream and emollient guidance

The CCG has produced some guidance to help clarify the usual amounts of barrier creams and emollients to be ordered each time. It also contains useful information to aid emollient selection.

[Prescribing guide: barrier creams and emollients](#)

## 7. Wound Care Order Form - feedback

Back in October, nursing homes were sent wound care order form pads, to be used when requesting any dressing or emollient from the GP practice.

It is now time to review how this initiative is working, and your feedback is vital for this process. Please contact [Catherine.butler7@nhs.net](mailto:Catherine.butler7@nhs.net) with any comments about the forms - positive or negative.

## 8. Training

The CCG are looking to organise some training sessions for care homes during 2015/16 and details of these will be sent out to you once confirmed. Some of the subjects we would like to cover include wound management, catheters and stoma appliance management and end of life. More details to follow soon!

## 9. "If it isn't good enough for my mother, it isn't good enough" Conference on 12<sup>th</sup> June

The [Debenham Project](#) have organised a day long conference focussed on dementia to allow a cross section of people to hear about, and discuss, current and future issues of dementia support and care of the elderly. This includes members of the community, those who are providing care, family carers and those needing care. Alistair Burns and John Young, national directors for dementia and frail elderly NHS England will be attending.

Click [here](#) for more information and to book your place.

## 10. Nurse verification of expected death training on 16<sup>th</sup> June

St Nicholas Hospice Care are running a study session at The Hyndman Centre, Bury St Edmunds from 1.30-4.30pm on nurse verification of expected death. For more information or to reserve a place please contact Alison Peacock on [education@stnh.org.uk](mailto:education@stnh.org.uk) or phone 01284 766133. Training costs £40 including VIVA and refreshments.

**General Contact Details:**

Medicine management:	01473 770249
Lois Taylor, Head of GP Prescribing:	01473 770257
Catherine Butler, Pharmacist:	01473 770245
Sue Clarke, Dietician:	01473 770113