



Weekly Inbox

13 Jan 2020 Issue 356

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)

FOR INFORMATION	EDUCATION & TRAINING
1. Important message from the Suffolk Coroners Service - change of process	8. MASTA - Travel Health Education Evenings
2. Warfarin - message from Julia Green – Anticoagulation Nurse Specialist	9. Introduction to Cognitive Analytic Therapy (CAT)
3. Pharmacy fined £275,000 for unsecure storage of patient data	10. PACT
4. Latest mental health education film	DID YOU KNOW...?
5. PPG News - Latest Edition	11. Did you know..?
6. OneLife Suffolk New Tier 3 Child Weight Management service	CONTACTS and USEFUL LINKS
7. Latest vacancies	12. Contact us
	CHART OF THE WEEK
	13. Chart of the Week: IESCCG spend on products to treat acute sore throat, coughs and colds by practice

FOR INFORMATION

GP

1. Important message from the Suffolk Coroners Service - change of process

On behalf of Suffolk Coroners Service:

The [Notification of Deaths Regulations 2019](#) came into force on 1 October 2019. The circumstances in which a notification of death should be made to the Coroner have been updated and GPs are urged to make reference to these before contacting the Coroner.

Notifications must now be made in writing and not over the telephone. A notification form can be found on the Suffolk Coroners Service website:

www.suffolk.gov.uk/coronersservice

The [website](#) has been updated and is now full of useful information that GPs can access at any time.

[Back to top](#)

PN

2. Warfarin - message from Julia Green – Anticoagulation Nurse Specialist

We have had an incident in the lab recently, regarding two INR's taken at the same surgery, where the blood was sent in with both patients warfarin slips but also ICE forms were printed off, both forms sent with the blood, different information on ICE to warfarin slip.

Sending two forms for INR's causes problems with the lab system and potentially the patient, as well unnecessary paper being generated.

If patients attend for INR blood tests and they have their warfarin slip they do not need an ICE form/red blood form to be sent as well

If the patient does not have their warfarin slip then it is fine to send an ICE / Red form.

[Back to top](#)

3. [Information Governance Breach: Pharmacy fined £275,000 for unsecure storage of patient data](#)

Doorstep Dispensaree Ltd. left approximately 500,000 documents in unlocked containers at the back of its premises. The documents included sensitive personal information. They had employed a licensed waste disposal company but did not follow due process. They didn't update their data protection policies or Privacy Notice since April 2015 and had no retention policy to document how long they should keep these documents. The unsecured documents had also not been protected from weather damage. You can read more about the data breach [here](#).

If you need any advice on data protection please contact iesccg.gp.dpo@nhs.net / wscgg.gp.dpo@nhs.net / neeccg.gp.dpo@nhs.net

[Back to top](#)

4. [Latest mental health education film](#)

The latest mental health education film to be uploaded to the CCG website: Introduction to the Emotional Needs & Resources model from Suffolk Mind. To view, please enter password: Pr1maryCar3IES. The video can be found [here](#).

[Back to top](#)

5. [PPG News – January edition](#)

Please find [here](#) the latest edition of the PPG news. This edition includes information on the All PPG meeting which was held on Tuesday 17 December, member's blog, Fitter Better Sooner information, Flu Vaccine for carers, Fracture liaison services, Falls Prevention and information on Red January.

[Back to top](#)

6. [OneLife Suffolk New Tier 3 Child Weight Management Service for 2020](#)

Families with overweight children will be able to test a service which includes help from a dietitian, a family therapist and sports and exercise experts. The pilot for a Tier 3 service will run for a year. It is an evidence-based programme based on Cognitive Behavioural Therapy which builds on the existing Tier 2 programmes.

[Back to top](#)

It is for children aged 5-18 years old in East and West Suffolk and can be used on top of the current Tier 2 service for children aged 2-18 years old available across the whole of Suffolk.

What the service offers

OneLife Suffolk has been commissioned by Public Health Suffolk, West Suffolk and Ipswich and East Suffolk clinical commissioning groups to deliver this one-year pilot for Tier 3 Child Weight Management Services. The new service will build on the current Tier 2 programs to offer a family based and personcentered approach to support children who are either very overweight or overweight with comorbidities, such as, physiological, psychological, social, educational or emotional difficulties.

How to refer

Online via website: <https://onelifesuffolk.co.uk/sign-up/>

Electronic referral via email: onelifesuffolk@nhs.net

Via post address: Onelife Suffolk, Inspire Suffolk, Linbergh Road, Ipswich, Suffolk, IP3 9QX.

What happens after referral

New patients will be assessed and offered appropriate treatment, as part of a specialist 12- month programme which will be delivered from venues across Suffolk, either on a 1-1 or group basis. This is an evidence-based, psychologically underpinned programme based on a Cognitive Behavioural Therapy intervention combined with specialist dietetic input. The goal is to encourage moderate and sustainable weight loss and long-term weight maintenance. For further information on these services: Call: 01473 718193 or email: childrens@onelifesuffolk.co.uk or visit the website: www.onelifesuffolk.co.uk.

7. [Local Vacancies](#)

Please click on the above link to see the local GP and practice staff vacancies currently advertised on our website. Some of the current vacancies include:

- GP Partner – Little St John's Street Surgery
- Experienced Medical Receptionist – Wickham Market Medical Practice
- Administrator – Framlingham Medical Practice
- Care Navigator – Framlingham Medical Practice

[Back to top](#)

8. **MASTA – Travel Health Education Evenings**

MASTA (Medical Advisory Service for Travellers Abroad) is one of the country’s leading travel health and vaccination specialists. MASTA was established over 35 years ago and now runs the largest network of private travel clinics in the UK. For those planning to travel abroad MASTA offer a full service of holiday medications including (malaria and travelers’ diarrhoea) and all vaccinations including Yellow Fever.

They are keen on the development of primary care staff based in general practice and as leaders in the sector they are organising a number of free training sessions around the country.

One evening is being held on 21 January in Ipswich. To read more about this evening and how to book please click [here](#).

[Back to top](#)

9. **Introduction to Cognitive Analytic Therapy (CAT)**

This course is for those with a professional qualification working with mental or physical health within or outside Norfolk and Suffolk NHS Foundation trust. The aim of the course is to give an overview of the history and development of CAT, teach the theory underpinning the formulations and applications of CAT and to introduce and practice using key CAT tools.

The course is split into 3 days and those attending will receive a certificate of attendance and an Introduction to CAT information pack.

If you are interested in attending this course please click [here](#) to find out how to book and the dates available.

Deadline for applications is Friday 3rd April 2020, however early booking is advisable as places are expected to fill up.

[Back to top](#)

10. **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 116 – 8 January 2020](#)

If you would like to sign-up to receive the newsletter directly each week or have any queries please email 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

[Back to top](#)

DID YOU KNOW...?

11. **Turning Point has a Wellbeing Cloud**

Did you know that Turning Point has a Wellbeing Cloud website to support people in their recovery, self-help guidance, an overview of their services and the referral form for professionals.

Take a look: <http://wellbeing.turning-point.co.uk/suffolk/>

The website also has a number of links to other [useful websites for substance misuse support](#).

[Back to top](#)

CONTACT

12. 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 with **Contracts** in the subject line.

Want to become a Dementia Friend?

Watch an online video by clicking [here](#) and entering your unique code: **Ips6900** (for all Ipswich & east organisations)

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](#)
- [Living Life to the Full for Suffolk](#)
- [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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[Back to top](#)

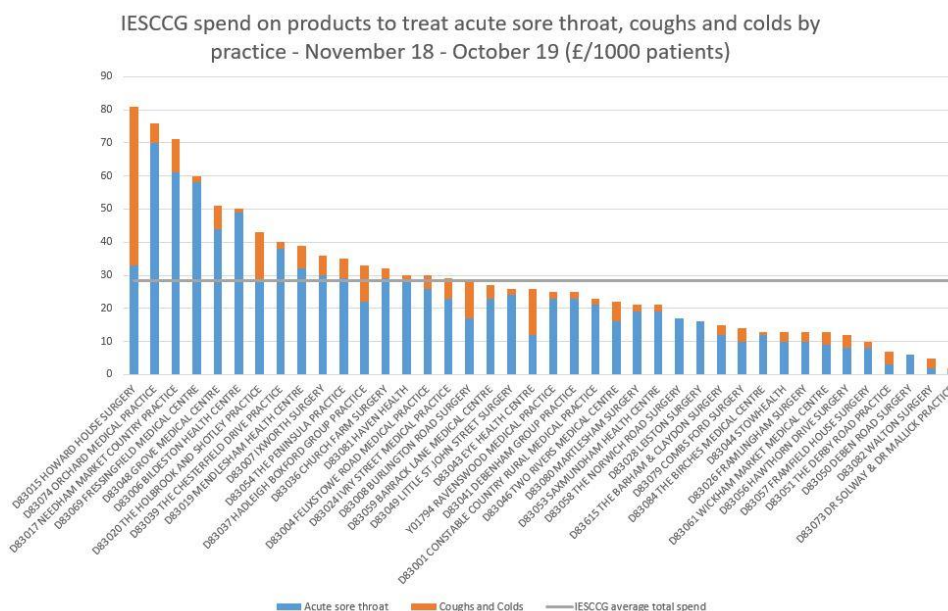
CHART OF THE WEEK

13. 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: IESCCG spend on products to treat acute sore throat, coughs and colds by practice – November 18 – October 19 (£/1000 patients)

Tip Top: IESCCG spent over £2.5 million between November 2018 and October 2019 on prescriptions for medications that could potentially be purchased over the counter (OTC) from a pharmacy and other outlets such as supermarkets. The cost to the NHS for many of the items used are often higher than the prices for which they can be purchased over the counter. NHS England recommends that prescriptions for the treatment of sore throats, coughs and colds should not routinely be offered as these conditions are appropriate for self-care through the purchase of over the counter medications recommended by a pharmacist.

Medicines Management technicians have a protocol to allow them to identify suitable patients and switch them to self-care and the use of over the counter medication. For further information please contact your Medicines Management technician or contact a member of the team on 01473 770249.



[Click on chart to enlarge](#)

[Back to top](#)