

Newsletter

Issue. 80

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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>Long Covid Assessment Service</p>	<p>Please see information below regarding the Suffolk and North East Essex Long Covid Assessment Service (SNELCAS) which launched on December 1st.</p> <p>Suffolk and North East Essex Long Covid Assessment Service Info</p> <p>Long Covid Assessment Service Pathway</p> <p>Long Covid Assessment Service Referral Form</p> <p>Assessing and managing patients with fatigue</p> <p>Resources to support recovery after Covid-19 (this was also published in Newsletter No 77)</p> <p>Covid-19 Yorkshire Rehabilitation Screening Tool</p>
<p>Diabetes/ Long Covid</p>	<p>The CCGs have secured funding to refer more patients onto the National Diabetes Prevention Programme (NDPP). This is a very important area of work as more than 39,000 people in Ipswich and east Suffolk are at risk of developing Type 2 diabetes. NDPP has been identified as a potential treatment pathway for some patients with Long Covid. If a patient with NDH comes into your surgery reporting symptoms of Long Covid and you have exhausted all the other differential diagnoses, depending on their symptoms you might feel that NDPP is the best programme for them to join. For this cohort it might be preferable to any of the other lifestyle/wellbeing courses available. Bi-lingual coaches and groups are available on demand in Polish, Arabic, Portuguese, Urdu, Hindi, Punjabi, Italian, Tamil, Somali, Cantonese, Bulgarian, Gujarati, Spanish, Turkish and Farsi. You can start referring patients onto NDPP from December 1. External publicity encouraging patients to take up the offer of a referral onto the programme and to promote the 'Know Your Risk' tool on the Diabetes UK website will begin on January 4 to tie in with the usual healthy living news and features agenda at that time of year. If you require further information, contact details are in the file below.</p> <p>NDPP Healthier You Comms</p>
<p>Tier 2 Rules Infographic</p>	<p>Please see below a useful infographic which summarises what can and cannot be done in areas classified as Tier 2.</p> <p>Tier 2 Infographic</p>
<p>Covid-19 research</p>	<p>Please see below the latest Clinical Research Network (CRN) Eastern Covid-19 update from the National Institute for Health Research (NIHR).</p> <p>Covid-19 Research 27 Nov</p>
<p>Fabric tourniquets</p>	<p>Please note that fabric tourniquets are NOT to be used for wound dressing. It is essential for good infection prevention and control that only disposable items are used.</p>
<p>Allied Health Professionals Update</p>	<p>Allied Health Professionals have produced another GP bulletin update regarding their service and pathways.</p> <p>Please click here to access it.</p>

Alcohol misuse	<p>The alcohol, drug and mental health charity With You recently commissioned a poll that found 1 in 2 adults aged over 50 are drinking at a level that could cause them health problems now, or in the future. The poll also found that more than four million adults aged over 50 are binge drinking at least once a week during lockdown. In this population factors such as retirement, bereavement, isolation and loss of sense of purpose can lead to increased alcohol use and this may be exacerbated by the pandemic. In response With You has launched an alcohol helpline for over-50s to provide support and advice to individuals worried about their drinking, and their concerned others. This will be available seven days a week, from 12pm to 8pm Monday to Friday, and from 10am to 4pm at weekends. The number is 0808 801 0750. If you can help promote the helpline by sharing on your website or printing this flyer it would be much appreciated. There is also an over 50s alcohol health check.</p>
Something's Not Right campaign	<p>We're writing to let you know the Home Office launched a new campaign, 'Something's Not Right', on Tuesday 17th November to help secondary school children in England who suffered a range of harms, such as sexual and physical abuse, during lockdown.</p> <p>With schools re-opened and safeguarding channels restored, the campaign aims to build awareness of the support services available to victims and encourage disclosure of abuse to a trusted adult.</p> <p>We would greatly appreciate your support in amplifying it to as many children, and those working with children, as possible.</p> <p>All of the campaign materials, including social media assets, suggested social media copy, case study animations, digital banners and posters, are available to download from the campaign portal.</p> <p>Please click below for more information on the campaign and a Supporters Pack.</p> <p>Something's Not Right – Background Information</p> <p>Somethings Not Right Supporter Pack</p>
Learning Disabilities: Update on Annual Health Check Data	<p>At the end of Q2, Ipswich and East Suffolk GP practices had undertaken approximately 20.4% of annual health checks for patients with LD so far this year (approximate because there are one or two gaps in the data). Whilst this is good considering during Q1 we were under a national lockdown, we are still some way off our target of 67% (temporarily reduced this year from 75%). We have collected some data from practices which suggests that up until the end of November, approximately 40% of checks will have been completed.</p> <p>We really value the hard work that is being put in to get these checks completed and to support our LD population. We understand that many more patients this year are declining a check as they are anxious about attending a GP practice. Please do consider offering these patients a remote check if this is appropriate; whilst not ideal, a good quality discussion about a patient's health can still be really valuable. This crib sheet is available to help determine whether a remote check would be appropriate.</p> <p>Please get in touch with the Learning Disability Liaison Nurses if you are struggling to engage with anyone: liaison.nursesld@nsft.nhs.uk.</p>
Flash Glucose Monitoring for people with Learning Disabilities	<p>The NHS Long Term Plan made a commitment to “<i>ensure that, in line with clinical guidelines, patients with type 1 diabetes benefit from life changing Flash Glucose Monitors from April 2019, ending the variation patients in some parts of the country are facing.</i>” The original roll out of Flash Glucose Monitors (Flash for short) only applied to select patients with Type 1 diabetes. The vast majority of people with diabetes and a learning disability have Type 2 diabetes. The NHS is now going to offer Flash to all patients with a learning disability and Type 1 or Type 2 diabetes, using insulin to manage their condition</p> <p>You can read more about it here and there is a comms pack which also includes FAQs which you can find here.</p>

Serious Mental Illness: Physical Health Check Data	<p>At the end of Quarter 2, Ipswich and East Suffolk GP practices undertook 39.5% of physical health checks for people with SMI over the previous 12 months. This is a decrease in 4.1% on the previous quarter, however we remain the highest performing CCG in the region. As this data is measured on a rolling 12-month basis we can expect COVID-19 to have some influence on the figures for some time.</p> <p>If you are struggling to engage with any patients, please refer them to the NSFT Physical Health (SMI) Team. They can undertake assertive outreach and complete the health check; unfortunately we cannot pay practices for checks that the team completes in full, however if a practice is only able to undertake part of the check, then the team can attempt to complete it and practices will get paid for this. You may wish to consider what elements of the health check can easily be completed over the telephone for example and refer on to the team to finish the rest. We have confirmed with the team that they currently have the capacity to support primary care with extra referrals.</p>
NSFT Physical Health (SMI) Team new email address	<p>Please be aware that the SMI team have updated their email address: smisuffolkphysicalhealthteam@nsft.nhs.uk This email address is covered by the local data sharing agreement and patient information can still be emailed to the team. The team's previous nhs.net email will be active for a short while with emails sent to it diverted to the new address.</p>
Tender Opportunity – Children and Young People	<p>Please find below details of a specific procurement for Voluntary Community and Social Enterprises (VCSE) and statutory sector support to Children and Young People and their families with neuro developmental and behaviour issues and challenges like ADHD and ASD. It is recurrent funding.</p> <p>There is a link to the in-tend portal where organisations should be able to log-in register in order to see the documentation.</p> <p>NHS West Suffolk CCG Electronic Tendering Site - Home (in-tendhost.co.uk)</p> <p>There is also a published advert on Contracts Finder and OJEU; Contracts Finder is now live and the OJEU advert should be out within 48 hours after it has gone through the publishing process.</p> <p>Support for children, young people and their families with neurodevelopmental conditions - Contracts Finder</p>
Teledermatology training for medical secretaries	<p>We would like to encourage practices to use the Rego Teledermatology service for adults with skin lesions as this will result in a faster more efficient diagnosis, avoiding long waits and uncertainty for your patients. The following 30 minute training sessions on Teams have been arranged to support practices who are not already using the system.</p> <p>Tuesday 8th December, 11am</p> <p>Thursday 10th December, midday</p> <p>Please contact caroline.wells@suffolk.nhs.uk to book onto one of the sessions or to register interest in attending a future session in January.</p>
Learning from Safeguarding Adult Reviews	<p>The attached slides are from Tabitha Griffin, Designated Adult Safeguarding Nurse. They are from a session that she attended where the Lead GP for Adult Safeguarding from the Royal College of General Practitioners (RCGP) presented findings from Care Homes Safeguarding Adult Reviews (SAR). Please share to all your staff that may visit any sort of residential homes and supported living. If there are any questions then please do ask your Safeguarding (SG) leads to raise them at the next SG leads meeting.</p> <p>PCSF Learning from Care Home SARs presentation</p>
Veteran Friendly Practices	<p>Following the education session on military veterans' mental health, please find links to the Veterans' Gateway and Veteran Friendly GP accreditation.</p> <p>The slides and recording the education session are on available online.</p>
Ophthalmology and Diabetes Education 2 Dec 2020	<p>We hope those of you who joined the teaching sessions this week found them useful. The recordings and slides are now available on the CCG website alongside the remaining ophthalmology Q&A that we ran out of time for but which Deepak Vayalambone has kindly provided written response to.</p>

	<p>We would really appreciate if you could spare a minute to leave us your feedback at the link below please. We really value your opinions it and it helps us with planning relevant and valuable sessions in future. It's also your chance to tell us which topics you'd like to see covered in the coming year. Leave feedback</p> <p>All responses are anonymous. Many thanks for your time.</p>
Cancer Diagnostics Session	<p>Following the cancer diagnostics session on 25th Nov, please see below Dr Alice Parr's PowerPoint slides. A recording of the session can be viewed here. You can feedback about the session here. We are keen to understand how useful you found the session and if there is anything else we can do to support you, so please let us know. Please forward any ideas to Kelly.worger@suffolk.nhs.uk.</p> <p>Cancer Diagnostics Presentation</p>
Latest ICS Briefing	<p>The latest Suffolk and North East Essex Integrated Care System briefing for stakeholders and community leaders can be accessed here.</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