



Weekly Inbox

25 November 2019 Issue 350

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 ACTION

1. [Urgent: Action required - Ongentys \(Opicapone\) 50mg capsules - Supply shortage](#)
2. [Living Life to the Full \(LLTTF\) Survey](#)

FOR INFORMATION

3. [CCG Meetings in public - November](#)
4. [Reminder: Additional Care Home Ward Round](#)
5. [Help promote flu vaccines for people with learning disabilities and their carers](#)
6. [Flu Outbreaks in Care Homes](#)
7. [Dermatology](#)
8. [Services to Support Admission Prevention in Ipswich and East Suffolk](#)
9. [Supporting Family Carers in Suffolk](#)
10. [Breast cancer and weight management groups](#)
11. [Latest vacancies](#)

PCN CLINICAL DIRECTORS INFORMATION

12. [Primary Care Pharmacy Association and NHS England and NHS Improvement Joint Regional Events](#)
13. [How to access good PCN Development support](#)

EDUCATION & TRAINING

14. [Reminder: Drug, Alcohol & Substance Misuse and Mental Health: 4 December 2019](#)
15. [Reminder: General Practice Improvement Leads programme – applications open for East of England regional cohort](#)
16. [Training and Education Afternoon 11 December 2019: A Rash Diagnosis?](#)
17. [Care Navigator Forum 11 December 2019](#)
18. [Practice Manager Training](#)
19. [NHS Diabetes Prevention Programme e-learning module now live](#)
20. [PACT](#)

DID YOU KNOW...?

21. [Did you know..?](#)

CONTACTS and USEFUL LINKS

22. [Contact us](#)

CHART OF THE WEEK

23. [Chart of the Week: IESCCG spend on products used to treat indigestion and heartburn per practice](#)

FOR ACTION

OC GP

PN

1. Urgent: Action required – Ongentys (Opicapone) 50mg capsules – Supply shortage

Ongentys (Opicapone) 50mg capsules, manufactured by Bial Pharmaceuticals:

- Issue: will be **out of stock** due to a production incident at the manufacturing site of the Active Pharmaceutical Ingredient (API), affecting the global supply of Opicapone.
- Length of supply disruption: from mid-November 2019 to mid-January 2020

The Department of Health and Social Care (DHSC) and NHS England and Improvements have released a Supply Disruption Alert (SDA) which details the information on the shortage and how to manage your patients who may be on Opicapone. For further information on the [SDA please click here](#).

Practice Action:

In order to manage the patient numbers in NHS Ipswich and East Suffolk CCG, we ask that practices to be **proactive** in identifying their patients who are currently taking Opicapone and inform the specialist team who initiated the treatment to consider a suitable alternative.

In addition they may request for some support in terms of reviewing the patient but clear instructions will be provided. **Please do not wait until the patient requests for a resupply of their medicines as this may not be sufficient time to manage the patient.**

If the patient was initiated by Ipswich Hospital, East Suffolk and North East Essex Foundation Trust (ESNEFT) please contact the relevant team:

- Older People Services
Dr Jamieson, Dr Alsawaf, Dr Shoote and Dr Coates
Email ihn-tr.elderlyservices@nhs.net
- Neurology
Dr Damian, Dr Galton, Dr Graham, Dr Manji, Dr Malek and Dr Pokorny
Sheeba Suresh (PD nurse specialist),
Email: ihn-tr.neurologyipswich@nhs.net

Please ensure that your practice follows the GDPR processes and shares information in line with the policy.

[Back to top](#)

Please click [here](#) to print off this information.

GP

PN

2. Living Life to the Full (LLTTF) Survey

Living Life to the Full (LLTTF) was launched in Ipswich in July 2018 and to the rest of the practices in East and West Suffolk in March 2019. Public Health Suffolk are running a short survey to help understand the awareness and usage of LLTTF by GPs and practice nurses in primary care. Please click below on the survey monkey link to give your feedback and encourage any colleagues to take a couple of minutes to complete the survey. The survey closes on 6th December 2019: <https://www.smartsurvey.co.uk/s/SuffolkLLTTF/>

[Back to top](#)

FOR INFORMATION

OC GP PM Ad PN

3. CCG Meetings in public – November

A meeting in public of the Governing Body of NHS Ipswich & East Suffolk Clinical Commissioning Group will take place on Tuesday 26 November from 9.15am followed by a meeting in public of the Primary Care Commissioning Committee for east Suffolk from 2.00 p.m. This committee is the decision-making group for the management of primary care (GP practices). Anyone is welcome to come along and listen to the business of the meeting and ask questions at the end. Both meetings will take place at The Two Rivers Medical Centre, 30 Woodbridge Road East, Ipswich IP4 5PB

Read the agenda and meeting papers [HERE](#)

[Back to top](#)

4. Reminder: Additional Care Home Ward Round

If you would like to sign up to deliver the additional care home ward round winter scheme please email laura.krolik@ipswichandeastsuffolkccg.nhs.uk by copy and pasting the table [here](#) and completing the fields.

Please can you reply by Monday 2nd December 2019 as we appreciate you may not know earlier than that when you plan to do the additional ward round.

This spec is aligned to the Care Homes Local Enhanced Service that you are signed up to and has the same core requirements. Please read the winter specification carefully as it has been adapted from previous years, hopefully to make things clearer and easier. For practice managers please note the reporting and claiming process in particular.

<http://www.ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Practicesupport/PrimaryCareContracts201920/CareHomeLES.aspx>

The spec and payment relates to both residential and nursing homes and is for ONE additional ward round either before OR after Christmas within the date specified.

Please can you forward the specification to your lead care home GP and send the core deliverables to your clinician who delivers the ward round, if this is not the GP. An 'Aide Memoire' has been developed should you wish to use it.

[Back to top](#)

5. Help promote flu vaccines for people with learning disabilities and their carers

NHS England & Improvement's national flu campaign has been launched to encourage uptake of the free flu vaccination, particularly amongst at-risk groups. People with learning disabilities are identified as an 'at-risk' group and are therefore entitled to a free flu vaccine - as are their carers, family members or paid support workers. Further information is available on NHS England & Improvement's [website](#) and you could also share this [video](#) of Camilla getting her free flu jab to prevent her getting ill this winter. Please share regularly with your networks throughout winter.

[Back to top](#)

6. Flu Outbreaks in Care Homes

If you have a suspected flu outbreak in a Care home (2 or more suspected cases) please contact the Health Protection Team on 0300 303 8537. Out of hours (for health professionals only): 01603 481 221 (Medicom)

EastofEnglandHPT@phe.gov.uk or phe.EoEHPT@nhs.net

For more information, click [here](#) to view a flow chart showing the process for responding to potential flu outbreaks in care homes.

[Back to top](#)

7. Dermatology

The CCG are working with Dermatology clinicians and managers at the East Suffolk and North East Essex Foundation NHS Trust Ipswich site to support them in managing the demand that flows into the hospital but ensuring that only the most appropriate patients are referred for a face to face consultation. As part of this work, the Dermatology team would like to engage with any GPs or Nurse Practitioners who have a special interest in Dermatology. This is to help improve links with primary care to enable patients to be managed out of the acute setting where appropriate.

As well as this we would also like to understand what practices have a dermatoscope and if this is being used?

Please could you email [Alison Sadler](#) with your response to the questions above.

[Back to top](#)

8. Services to Support Admission Prevention in Ipswich and East Suffolk

Please find [here](#) the document for services to Support Admission Prevention in Ipswich and East Suffolk

[Back to top](#)

9. Supporting Family Carers in Suffolk

Family Carers can be an integral part of individuals support network. As a reminder, there are two recently commissioned services that are available for GPs to support family carers in Ipswich and East Suffolk.

1. Suffolk Family carer advisors
2. Respite on Prescription

If you would like to read more about this or discuss this further, please click [here](#) for more information.

[Back to top](#)

10. Breast cancer and weight management groups

Macmillan have funded a year long project to run some weight management courses for those with a history of breast cancer. The programme consists of a 6 week course spread over 3 months comprising of an hour's physical activity with 1.5 hours on nutritional aspects of weight management.

[Back to top](#)

The focus up till now, 6 months into the project, has been in recruiting those currently on or about to finish their initial cancer treatment. We are looking at extending this service to patients from primary care as we have some capacity to do this.

The referral form will be available on DXS, however if you have any questions please contact [Debbie Taylor](#).

11. Local Vacancies

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

- Secretarial Support at Felixstowe Road
- Dispenser at Saxmundham Health

[Back to top](#)

PCN CLINICAL DIRECTORS INFORMATION

12. Primary Care Pharmacy Association and NHS England and NHS Improvement Joint Regional Events

Working in partnership, the PCPA and NHS England and NHS Improvement are holding four regional networking events in London, Taunton, Birmingham and Leeds on 28 January 2020.

The focus of these events will be highly practical and encourage networking support and engagement with delegates with a view to delivering resources and support to PCN pharmacy teams going forward.

If you would like to find out more about this event please click [here](#).

[Back to top](#)

13. How to access good PCN Development support

Please click [here](#) to access the document on how to access good PCN development support.

This includes the aims and objectives:

- Host a series of webinars to signpost commissioners to existing support offers for PCNs
- Offer insights on how different regions and systems have approached PCN development support
- Provide information on readily accessible support offers
- Make clear routes to accessing support
- Provide guidance on external procurement where appropriate

[Back to top](#)

EDUCATION & TRAINING

14. Reminder: Drug, Alcohol & Substance Misuse and Mental Health: 4 December 2019

The next session in our series will look at how the drug and alcohol treatment service can benefit GPs and patients. Our key speakers are **Nick Allard**, Recovery and Integration Manager with the Suffolk Recovery Network and **Carl Chatfield**, a peer mentor working with Turning Point who has lived-experience of alcohol, drug and mental health issues.

Wednesday 4 December 2019, 7.30-9.30pm with dinner available from 6.45pm. Trinity Park Conference & Events Centre, Felixstowe Road, Ipswich IP3 8UH

Please contact shelleyhart@nhs.net to book your place and if you have any special dietary requirements please let us know.

[Back to top](#)

15. Reminder: General Practice Improvement Leads programme – applications open for East of England regional cohort

Opportunity to sign up for the GP improvement leads programme.

The deadline is the 6 December to sign up.

This programme is open to GPs, Practice managers, Clinical Directors, Nurses and any other business managers or administrators preferably working within primary care.

Please find more information and how to sign up [here](#).

[Back to top](#)

16. Training and Education Afternoon 11 December 2019: A Rash Diagnosis?

Our next education and training afternoon is on Wednesday 11 December, at Trinity Park. Our headline topic this month is Dermatology and this month we have a double-header for this important topic for primary care. We welcome local GP Dr Debs Banerjee, followed by Chris Cook from ESNEFT on Lesion Recognition. This month's event will also have speed dates on stroke, diabetes and FIT testing, Practice Pharmacist Network meeting, PCN Clinical Directors meeting and Care Navigator Forum.

We hope to see you there. As ever it helps with planning if we have an idea of numbers so if you are planning to come please email shelleyhart@nhs.net

[Download agenda](#)

[Back to top](#)

17. Care Navigator Forum 11 December 2019

The next Care Navigator forum will be held on 11 December 2019, 2pm at Trinity Park, Ipswich. (Lunch available from 1:30pm). The forum is for 1 or 2 Care Navigators to attend from each Practice, preferably those who attended the previous forums to enable continuity. Please notify [Emily Rutherford](#) of the names of your Practice's Care Navigators who will be attending if you have not already done so. Please click [here](#) for the agenda.

[Back to top](#)

18. Practice Manager Training

The CCG are delighted to be able to offer some training for Practice Managers and Deputy Practice Managers. This is with Suffolk Mind for Your Needs Met Training <https://www.suffolkmind.org.uk/for-organisations/your-needs-met/>. This is something all CCG staff have attended and have found very useful so we decided to source funding to offer to our Practice Managers and Deputies. Please follow the links to book.

Wednesday 5th February 2020 – Framfield House Surgery, Woodbridge.

AM 9 - 12.30 **OR** PM 1.30 – 5

[Click here for Eventbrite booking.](#)

Thursday 13th February 2020 – Holiday Inn, London Road, Ipswich

AM 9 - 12.30 **OR** PM 1.30 – 5

[Click here for Eventbrite booking.](#)

This is organised by The Training Hub and the CCG Primary Care Team who will also be at the training.

[Back to top](#)

19. NHS Diabetes Prevention Programme e-learning module now live

Over the last six months the NHS Diabetes Programme have been working with the Royal College of General Practitioners (RCGP) to develop an NHS Diabetes Prevention Programme (NHS DPP) e-learning module which launched yesterday on the RCGP learning platform: <https://elearning.rcgp.org.uk/nhsdpp>.

The 30 minute e-module is aimed at GPs, Practice Nurses and other Practice staff. The content covers what Non-Diabetic Hyperglycaemia (NDH) is, what the NHS DPP is; how it works and who is eligible. There are also some basics on motivational interviewing. The aim is to provide healthcare professionals with the tools and information they need to make quality referrals into the programme.

The course is free and CPD-accredited. It can be accessed by creating a free account on the RCGP Learning site.

You can also read and promote a blog about the eLearning module written by Leeds GP Ian McDermott here: <https://www.england.nhs.uk/blog/learn-about-the-nhs-diabetes-prevention-programme-this-diabetes-awareness-month/>.

[Back to top](#)

20. 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 111 – 20 November 2019](#)

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...?

21. Advice and tips on how to prepare for a green, healthy, caring and safe winter...

Our partners at Suffolk County Council have put together some useful tips on being Winter Ready. Find out how to support others in your community during the colder months. Click [Back to top here](#) to read more.

CONTACT

22. 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: **lps6900** (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](#)



[Like us on Facebook](#)



[Follow us on Twitter @IESCCG](#)



[Follow us on LinkedIn](#)

[Back to top](#)

CHART OF THE WEEK

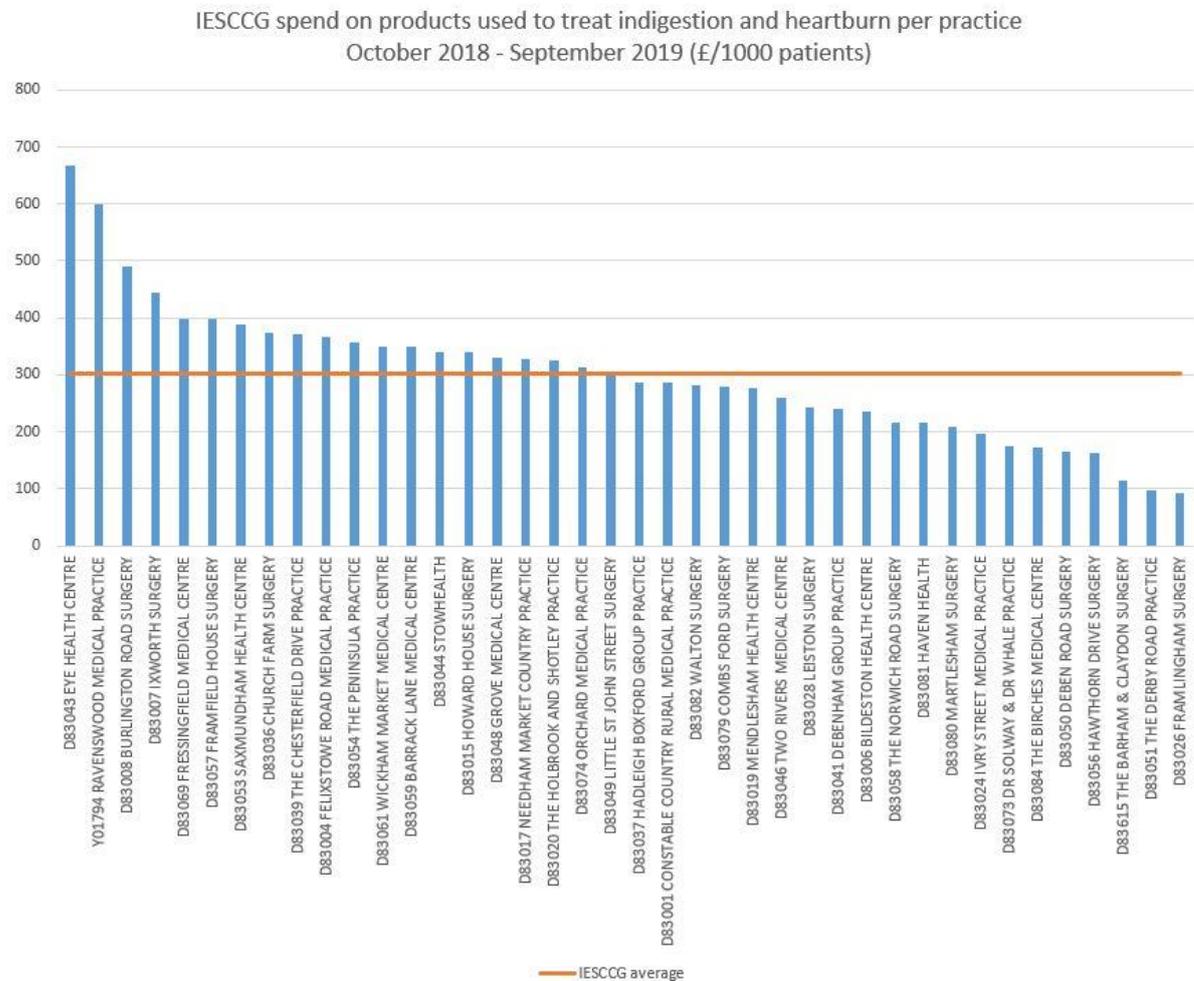
23. We are often asked for more comparative information to enable practices to know where they stand on a variety of indicators in comparison with other practices. Therefore, we publish a chart every week. Please [let us know](#) if there are any topics that you would find it useful for us to cover.

This week we are looking at IESCCG spend on products used to treat indigestion and heartburn per practice October 2018 – September 2019 (£/1000 patients)

Top Tip:

IESCCG spent over £2.5 million between October 2018 and September 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 indigestion and heartburn should not routinely be offered as the condition is 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](#)