

Newsletter

Issue. 70

08 October 2020

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>Self-Isolation Guidance – In 12 languages</p>	<p>Suffolk County Council has produced a guide to explain what to do if you are asked to Self-Isolate. Please click on the links below to access these guides in the language required.</p> <p>Arabic English French Kurdish Sorani Lithuanian Pashto Polish Portuguese Romanian Russian Spanish Tigrinya</p>
<p>Mobile Testing Unit w/e 11 Oct</p>	<p>Please click here to see a list of this week’s mobile testing unit locations.</p>
<p>Elective Care – Further Guidance</p>	<p>Further to previous guidance relating to the clinical validation of elective waiting lists, please see the attached outline letters that patients will start to receive, and the decision-making tool that is being used to inform patient conversations for your information.</p> <p>Elective Clinical Validation Framework and Support Tools Elective Infographic Elective Draft Letter Elective Post Consultation Letter Elective Remote Consultation Letter</p>
<p>Ophthalmology – Emergency On-Call Service</p>	<p>ESNEFT’s Ophthalmology Department has been reviewing its emergency on-call service in response to the Covid19 pandemic and both Ipswich and Colchester hospitals will now run an emergency on-call service for ophthalmology patients. It will run from 8am to midnight, seven days a week. Emergency clinics will also run on both sites from 8am to 8pm Monday to Friday. At weekends the clinics will run from 11am to 5pm. From 8pm to midnight weekdays, and 8am to 11am, plus 5pm to midnight at weekends, there will be an off-site on-call service.</p>

Roche blood test supplies – video update	Click here to see a video from Mark Shenton about the supply issues with Roche.
Diabetes	You can now encourage your patients to use the Ipswich Touch Test to assess diabetic foot sensitivity at home by carers or relatives. Studies have shown that it is highly concordant to the 10gm monofilament test used in your clinics (Sharma S et al. Diabetic Med. 2014. 31, 1100– 1103). Further information regarding this test and patient information leaflets are available from Diabetes UK here .
Smoking Cessation Campaign – Ask, Advise, Act.	<p>As part of work across the respiratory portfolio, the CCG have been supporting Suffolk Public Health with their smoking cessation campaign and Stoptober.</p> <p>A key part of this is the Ask, Advise, Act (AAA) model where healthcare professionals are proactively encouraged to <u>ask</u> patients if they smoke/still smoke, <u>advise</u> them that there are many support routes and medication and then <u>act</u> by referring them to OnelifeSuffolk.</p> <p>This 3-minute film 30 seconds to save a life demonstrates the capacity and effectiveness of Very Brief Advice on smoking to change lives and access a CPD certificate from The National Centre for Smoking Cessation and Training (NCSCT).</p> <p>More about 'what it is and what it is not' and how to have the conversation go to www.pcrs-uk.org/ask-advise-act-vba</p> <p>For more information on Very Brief Advice and the stop smoking services contact info@onelifesuffolk.co.uk</p> <p>AAA Digital Poster</p>
New Support Line available	<p>A new phonenumber went live from 1st October to help people across Suffolk access information or support relating to debt, benefits, housing or employment.</p> <p>The phonenumber, 0800 068 3131, is open from 9am to 5pm Monday to Friday.</p> <p>More details can be found here.</p>
Amparo Suicide Support Service	<p>Amparo offer people affected by suicide with practical issues arising from suicide and ensuring they are linked into local support networks. Support is offered for as long as it's required, up to and beyond an inquest and referrals can be made by anyone.</p> <p>To find out more you can attend an informal session via Zoom on the following dates:</p> <p>Mon 12th Oct @ 9.30am Tue 20th Oct @ 4pm Fri 30th Oct @ 2pm</p> <p>Please email Paul Etherington if you wish to attend.</p> <p>You may also find these documents useful.</p> <p>Amparo Suicide Support Overview</p> <p>Amparo Suicide Support Poster</p> <p>Amparo Suicide Support Leaflet</p>
Inclusion – Covid and Flu videos in Polish	Please follow this link to three videos that may be useful to share with and promote to Polish patients. There are two videos around Covid-19 and another about flu.

GP Connect	The GP Connect programme is looking to develop an interface that will enable online consultations to flow directly into practice's GP clinical systems without having to be manually copied over. The CCGs' IT Team would like to engage with primary care colleagues to design how this should work, and to understand exactly what would make a real difference to your practices. Please click here for further information.
To Live With Dying website is launched	<p>The "To Live With Dying" website has been launched to provide residents in east Suffolk with information and support around subjects related to death, dying and cherishing life.</p> <p>We believe professionals will find it a useful, accessible and easy to follow resource to signpost patients to, on what can be a very difficult topic.</p> <p>Please click here for more details.</p>
Endocrinology Clinical Education Afternoon 7th October	<p>Thanks to those of you who joined our virtual education afternoon. We are sorry about the technical issues we experienced during the second half, which we will investigate and learn from. We hope you found the teaching helpful and would value your feedback; we are keen to hear your thoughts and ideas. All responses are anonymous, and the below link will be open for two weeks. Leave Feedback Thank you for your time.</p> <p>The Eclipse video is available to view again: https://youtu.be/KI2De18Mcow</p> <p>A reminder of the Facebook page for Cervical screening access: https://www.facebook.com/Cervical.Screening.Access</p> <p>Other resources will be added to CCG website resources page shortly.</p>
Virtual Training Afternoon Videos	<p>For anyone who has missed any of our virtual training afternoons, the videos are available on the CCG website to watch at your own leisure. Respiratory and Safeguarding are online now and Endocrinology will follow shortly in the same place.</p> <p>Click here to access the videos (a log-in is required) or navigate from the CCG homepage as follows:</p> <p>GP Practice Member Area – Training & Education – GP Training Events – GP Education Videos</p>
Training – Modern Slavery and Harmful Practices	<p>Please find attached details of some upcoming training events that may be of interest along with a booking form for these virtual events.</p> <p>Modern Slavery & Harmful Practices Training Details</p> <p>Modern Slavery & Harmful Practices Booking Form</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](#)