

IESCCG Practice Nurse News is a monthly newsletter to update you on work at the CCG and to provide the opportunity for **YOU** to share **YOUR** news and successes.

The Nurse Forum is for nurses working in general practice across Ipswich and east Suffolk to share information, link with each other and engage in shaping the future of practice nursing in Suffolk.

Physical Activity Clinical Advice Pad Pilot

Would your practice like to be part of a national Physical Activity Clinical Advice Pad (PACAP) pilot project?

Suffolk has been chosen by Public Health England as one of just 10 areas nationally to be part of a PACAP pilot programme. The pilot will support nurses, doctors and other health care professionals to enable them to give brief advice on physical activity. The project will provide you with training, delivered on-site, to support you to integrate brief advice on physical activity into your routine clinical practice.

An independent evaluation of the PACAP pilot will be undertaken to assess the effectiveness of the project. Information will be gathered from health care professionals and patients using surveys and semi-structured interviews.

The benefits of physical activity are well established. 1 in 12 patients would be more active if advised by a GP or nurse, but as many as 72% of GPs do not speak about the benefits of physical activity to patients. It is envisaged that the pilot will forge the way for an IT based physical activity advice pad to make the provision of physical activity advice even easier for clinicians.

This is a great opportunity for your practice to be part of a national programme.

We are currently signing up practices and if you would like to be part of it please email [Zoe Knight](mailto:Zoe.Knight@iesccg.nhs.uk), at the CCG on call 01473 770106.



BECAUSE THERE'S ONLY
ONE YOU

Care Home Medicines Training

The Medicines Management team have obtained access to a training program, covering medicines management for Care Homes provided by Prescipp.

It is free to access and we encourage all staff working in care homes to sign up by registering on the Prescipp website. It can be completed at an individual pace, and will help to support CQC requirements and NICE guidance around medicines management.

We will be writing to care homes individually to inform them about this opportunity, but would be grateful if you could draw their attention to this opportunity where possible. For further information, please see [this flyer](#).

Thank you!

Respiratory Nurse Specialist Deirdre Siddaway would like to pass on a thank you to all the nurses who completed questionnaires for her a couple of years ago when she was undertaking research into healthcare professionals' (HCPs) perceptions about stepping down asthma treatment.



This research has recently been published in the Nursing Times, and even made the front cover! You can read the article [HERE](#).

When speaking to HCPs around the country about step down, Deirdre often shares the [guidance](#), which was created by the CCG's Head Pharmacist Catherine Butler, in order to try to increase confidence around this area.

The next Practice Nurse Forum will be meeting on 28 June at Trinity Park.

The planned agenda not only gives you a fantastic opportunity to meet our new CCG Clinical Nurse Lead Lisa Nobes, to further explore the educational opportunities regarding planned spirometry training with Chris Loveridge (Clinical Lead from Education for Health) and an update on the proposed leadership training programme by Julie White, but also will include an educational topic (TBC). Further information to follow.

Safeguarding Training

Thursday 24 May at Trinity Park is focused on Safeguarding. There are two options available and all the education provided during the afternoon will count towards your required hours (Level 3 children = six hours over three years). [Click here](#) for more information.

If you plan to attend, please contact [Shelley Mitchell](#).

Chief Nursing Officer Bulletin - April Edition from NHS England featured the *Leading Change Adding Value* framework, national flu immunisation programme and a new campaign to promote [careers in general practice nursing](#).

As part of International Nurses Day celebrations on 12 May 2018, Professor Jane Cummings, Chief Nursing Officer for England has written a new blog post celebrating 70 years of amazing achievement by nurses across the country, which you can read [HERE](#).