

Primary Care Nursing News



Ipswich and East Suffolk
Clinical Commissioning Group

Prioritise people

Practice effectively

Preserve safety

Promote professionalism and trust

No. 21 June 2020

Sally's Blog

Hi everyone

I have been thinking how best to start this month's newsletter and how to articulate what I want to say, having been through many different iterations, of which there has been lots of writing and re-writing.....here goes.....

Working in the dynamic and complex environment of general practice is both immensely rewarding and challenging all in the same breath, and since coronavirus encroached onto our shores each day, we find ourselves in an era of inordinate and fundamental change. We have all been faced with uncertainty, often times of vulnerability, and more questions than answers. None the less we have seen true collaboration, within the teams we work and the wider system of health and social care with a true collective sense of purpose.... it has been amazing what can be achieved.

As individuals we will all have our own personal experiences of how we have dealt with this situation, of how we have 'found our inner strength', how we have harnessed this with our intuition and experience to help develop and maintain our 'resilience'. It is this resilience which we will need to draw on even more deeply as we start to 'unpack' and reshape primary care.

So I think it is time for a 'Shout Out' for all us nurses working in general practice.

Every one of us IS in a unique and privileged position

The extraordinary contributions and actions we undertake everyday help people navigate their lives

We touch the hearts of so many in a way no others do

It is time to celebrate the amazing work you do ...

To say thank you to your nursing friends..... Your colleagues

And most of all say thank you and be kind to **yourselves**

.....**You are all amazing**

Virtual Primary Care Nurse Forum

As a community of nurses the forum gives us the platform through which together, we can support each other, reflect, learn and look forward. I am delighted that there will be a **'Virtual Forum'** (run via [Microsoft Teams](#)) on **Thursday 9 July 3.15pm – 5pm** as part of the CCG educational afternoon.

"Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has."
(Margaret Mead)

The main educational meeting starts at **2pm**, Jonathan Douse Respiratory Consultant will be discussing Coronavirus; there will be plenty of relevant and interesting information for us all to hear.

The nurse forum programme will continue at **3.15pm** with a focus on sharing experiences, ideas and getting creative. I will send out an invitation the week before with the all the details on how to come along 😊

Debbie Watson founder of 'Wednesday's Child' will be joining us to tell us about the fantastic service that is available for people suffering with eating disorders. You may remember Debbie from our conference last year. Wednesday's child has recently been given a grant to support this fantastic work. Debbie has written a short piece, which is [included in the newsletter](#).

This is OUR Time
2020
#YearOfTheNurseAndMidwife



A few other bits and pieces I thought might be of interest

Amanda Bennett is currently undertaking a piece of work with Health Education England called '[Project Inspire](#)' which aims to recognise the value, knowledge and skills that nurses bring to general practice and to find manageable ways to pass these on to the next generation. The results of the initial survey are [over the page](#) – take a look, they make interesting reading.

I am trying to gauge the training requirements for the new Standards for Student Supervision and Assessment (SSSA), so would be very grateful if you could [let me know](#) if you have previously had student placements and if you require any updates on the SSSA.

QNI have just launched a new set of [Quality Standards for New General Practice Nurses](#) – I know there are several new GPNs so you might find these documents helpful. It can be found on the General Practice Education Network website www.gpnen.org.uk

Our regional colleagues are looking for primary care nurses to be part of a National project looking into innovative ways of managing this year's [Flu campaign](#). See the details of [how to get involved](#).

The [Primary Care Respiratory Society](#) have an amazing webinar series to support the management of respiratory conditions during Covid. I can highly recommend '[Medico Legal Implications of prescribing for asthma](#)' with Bev Bostock (go to the 'Resources' tab – 'ARC' – 'ARC webinar series') and '[Best practise in remote respiratory consultation](#)' (Covid resources - click the link on right hand side of the page).

[PHE guidance](#) on the decontamination of reusable non invasion patient care equipment.

If you are looking for **Wound care updates** there is more in is newsletter (left) – plus wounds-uk.com have an extensive range of e-learning CPD modules.

If you have any ideas for the forum, please do get in contact Sally.harris@suffolk.nhs.uk.

Take good care and I look forward to seeing you on the 9 July.

Sally

Active Coping Calendar from Action for Happiness

Take a look at June's calendar and put it up at work.

You can download from actionforhappiness.org/joyful-june and [download the App](#) so each daily update comes direct to your phone.

The image shows a calendar for 'JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020' from Action for Happiness. The calendar is a grid with 30 numbered boxes, one for each day of the month. Each box contains a small icon and a short, positive action or affirmation. For example, Monday 1: 'Decide to look for what's good, even on the difficult days'. Friday 5: 'Smile and be friendly, even while you're social distancing'. Saturday 6: 'Notice the upsides during the lockdown, however small'. Sunday 7: 'Find a joyful way of being physically active (walkers or out)'. At the bottom of the calendar, there is a quote: '"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle'. The Action for Happiness logo and website URL are also visible.

Covid-19: Self-care for Wounds Guidance

Following the latest updates from the National Wound Care Strategy Programme (NWCSP) a [self-care for wounds resource pack](#) has been developed for use by healthcare professionals who undertake wound care within General Practice. Included, are self-care templates and leaflets developed by NWCSP, which can be provided to patients and carers as part of a shared care approach in managing their wounds at home.

This resource pack and further information is accessible from West Suffolk CCG website [COVID-19 Guidance Section](#).

A PDF version of this document can be added to local SystemOne settings by creating a URL bookmark, enabling direct access to the document.

Please send any related queries to the Medicines Management Team via wscqg.medsmanteam@nhs.net

Does Your Patient Need Support Or Empathy With An Eating Disorder Battle?

Suffolk organisation Wednesday's Child is directly appealing to nurses and practitioners to signpost any patients or families struggling with eating disorder issues.



The not-for-profit has been awarded a small grant as part of the Suffolk Community Foundation Coronavirus Emergency Fund and is able to extend its offering in the direction of more Suffolk-based sufferers.

Wednesday's Child's new grant enables it to offer some one-to-one online appointments with an eating disorder psychologist, access to group support sessions, and a wellbeing gift box.

Allocations will be made on a first come first served basis and are most ideally suited for patients aged 18 and above.

For information, or to request this onward care for a patient, please contact Debbie Watson on debbie@wednesdayschild.co.uk and label your email COVID FUND.

Debbie is also keen to hear from any practitioner eager to learn more about the wider offering of the organisation.

About Wednesday's Child:

Wednesday's Child is a social enterprise 'purpose driven business', reinvesting profits into supporting those with eating disorders, and other mental health issues.

Born out of the founder's experiences of adult mental health care and anorexia, it has at its core a subscription and gift box model, enabling the purchase of carefully curated gifts for those who need a wellbeing boost or gesture of kindness.

The business also delivers events, training, certification programmes, supportive coaching activities for those amid an eating disorder, and a vocational portal to enable a supported return to work or education.

Our approach ensures enhanced global understanding about eating disorders and aids the ability for others to become cheerleaders in someone's desire for mental health recovery.

Wednesday's Child's curated boxes are equally beneficial to those experiencing any level of mental health frailty or wellbeing vulnerability. We work with GPs, charities, schools, universities and HR professionals in commercial organisations to ensure our considered gifts could serve a purpose in their effort to convey empathy.

Debbie Watson

Email debbie@wednesdayschild.co.uk

Tel 07974 359 001

Opportunity to be involved in an East of England Flu Immunisation Group - if you are interested please contact Leila directly

NHS England & NHS Improvement (NHSE/I) are interested in hearing from General Practice Nurses who would be willing to work with a Task & Finish group within NHSE/I to use their expertise to help with national Flu planning.

They are looking especially for those GPNs who are involved in any innovative ways of working.

Please share if any of your GPNs are looking at planning FLU differently and willing to take part!

Contact:

Leila Ronald Jones

Primary Care Nurse

Workforce Lead For the East of England

Associate Postgraduate Dean for Non-Medical Workforce For the East of England

leila.ronald-jones@hee.nhs.uk

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Project Inspire

Dear Nurses

Thank you to all those who completed the recent questionnaire regarding student nurses in general practice. Your participation is very much appreciated, and the results will help shape "Project Inspire", a new Health Education England campaign to recognise the value, knowledge and skills that nurses bring to general practice and to find manageable ways to pass these on to the next generation.

The questionnaire was answered by over 200 nurses working across the east of England in general practice. Please find *attached* [a summary of the results and answers to some of the questions raised](#).

If you left your email address on the questionnaire, we will be in contact directly with you. If you would like to be involved or be kept updated directly with this project, please email: Amanda.bennett2@suffolk.nhs.uk or speak to your local education lead nurse.

Thank you once again for your time and look out for more from "Project Inspire".

Kind Regards,

Amanda Bennett
Student Nurse Placement Facilitator

Working in Partnership with Health Education England From Suffolk and North East Essex ICS

Capturing Clinical Innovations

Please find [attached letter from Ruth May](#) asking for nurses to respond to this request for capturing evidence of beneficial change, sharing evidence of what has worked well during COVID. Best practice and changes that need to be kept going forward. Please respond via link below by 30 June.

[survey link](#)

Connect and Create

This is a great way to have some fun and release your inner creativity 😊

Connect and Create

Concerned about the wellbeing of your staff during COVID19?

Looking for different ways to engage and energise your teams?

Wondering how your organisation will adapt and how your employees can help?

The virtual work room offers single creative sessions and workshops tailored to your business needs

Contact Penny Flack
paflack@outlook.com



Get involved

Got an idea?

Want to get involved?

Contact any member of the Primary Care Nursing Forum Committee:

Penny Sibthorp – penny.sibthorp@nhs.net

Mark Pears – mark.pears@nhs.net

Kate Allen – kate.allen17@nhs.net

Emily Reed – emily.reed1@nhs.net

Jackie Brumpton – jacqueline.brumpton@nhs.net

Nicola Clipstone – n.clipstone@nhs.net

Sally Harris – sally.harris@suffolk.nhs.uk