

Primary Care Nursing News

NHS

Ipswich and East Suffolk
Clinical Commissioning Group

Prioritise people

Practice effectively

Preserve safety

Promote
professionalism and
trust

No. 22 September 2020

Sally's Blog

Hi everyone

I do hope that you are all keeping well and have managed to enjoy some of the sunny weather, although as I am writing this the rain is teaming down!!! Fingers crossed for an Indian Summer through September and October.

Included in this month's newsletter are the details of the **first Lunch and Learn** session which I have arranged for **Tuesday 1st September**. I am delighted that Deirdre Siddaway, who I know many of you will know well, has kindly offered to do a session on **'Remote respiratory consultations during Covid'**. Deidre has a wealth of knowledge and experience in all things respiratory so I know it will be a great session; it is an open invitation to any member of your practice team. I am in the process of arranging similar events to take place in October and November, as soon as I have the details, I will let you know. In addition, I have also arranged a couple of **'Drop in for a Chat'** dates – very informal opportunity to keep connected with each other, no agendas we can chat about anything you like. I will be ready with my cuppa so again you just need to hit the Microsoft Teams link.

The next CCG closure afternoon is all about Safeguarding, which I thought most of you would want to attend so we are planning for the next nurse forum to be on **Wednesday 7 October**. Agenda is in the final planning stages; Dr Chris Barclay is coming along to do the session we had planned for earlier in the year on Low Carb Diets in Diabetes, which is very timely. Please do invite any member of your clinical team to come along. Chris has just published a book about the subject that you may want to look at – *'Beating Diabetes the low carb way'* Dr Chris Barclay.

I have included various other pieces of information in the newsletter which I hope you find helpful.

If you have any suggestions for future events please do get in contact Sally.harris@suffolk.nhs.uk

Best wishes

Sally

Lunch and Learn Date



Lunch & Learn

Tuesday 1 September 1-2pm
Respiratory consultations during Covid

Deidre Siddaway Respiratory Nurse Specialist

To join the session just click on the link: [Join Microsoft Teams Meeting](#)

Drop-in for a Chat

Sally will be hosting informal drop-in sessions, no agendas just call by and have a chat and catch up – everyone welcome

Drop-in & Chat

Wednesday 9 September 1.30 – 2pm [Join Microsoft Teams Meeting](#)

Tuesday 29 September 1.30 – 2pm [Join Microsoft Teams Meeting](#)

This is OUR Time
2020
#YearOfTheNurseAndMidwife



Annual Health Checks

Annual Health Checks are critical in identifying health needs much earlier in patients with Learning Disabilities. In order to reduce the risk of increased unnecessary deaths in people with a learning disability during the coronavirus outbreak it is essential that annual health checks continue to be carried out. NHSE recommends that 'where this can be delivered safely on a face to face basis this should continue. Where this care cannot be delivered safely face to face or where the patient has other medical conditions which require them to shield or socially isolate the review could be conducted remotely, with as much of the physical review completed as is practicable in these circumstances'.

Ipswich & East and West Suffolk CCGs have worked together with NSFT and ACE Anglia colleagues to create a set of resources for primary care to enable you to reinstate checks:

[A simple flow diagram which describes the process, including how to refer non-engaging patients to NSFT, as well as links to a health check invite,](#)

[information on what a health check is and information around PPE \(all in easy read\).](#)

[Crib sheets to support practice conversations with patients, particularly around establishing reasonable adjustments and the best method for a health check \(face to face or remote\).](#)

We are in the process of arranging for copies of the pre-health check questionnaire to be printed and sent to you ASAP. If in the meantime you would like an electronic copy that you can print off and post yourself please let us know (it is a very large document).

We appreciate that there may be difficulties in undertaking this piece of work and we encourage you to liaise with your aligned Primary Care Learning Disability Liaison Nurse who can;

- Help patients and their carers navigate the health and social care system
- Provide information and training to practice staff
- Give advice around reasonable adjustments
- Ensure your practice LD register is accurate and in line with the information that Social Care holds

Flu Vaccinations

People with a learning disability should be encouraged to have a flu vaccination, if they are really unable to tolerate an injection there is a nasal spray available in practices. We are aware through the LeDeR programme that the majority of our deaths in the learning disability community are as a result of respiratory conditions and infections. We encourage you to read the [guidance on how to support people with a learning disability and flu vaccinations](#); This document lists the steps that GP practices can take to support their patients.

There is also [Easy Read flu information from Public Health England](#).

If you have any queries, please contact [Emily Rawlinson](#)



How to apply the principles of the Mental Capacity Act

Whilst this article is a little old being published 6 years ago the information within it is still relevant to current practice and a timely read with the forthcoming flu clinics. www.nursingtimes.net/roles/nurse-educators/understanding-and-using-the-mental-capacity-act-16-05-2014/

Mental Capacity Act assessments will be covered as part of the safeguarding training on **10 September**.

More information about the safeguarding training and joining links can be found [here](#) or click on image (right) to download agenda.

Safeguarding Children and Adults Clinician Training Thursday 10 September 2020 1.30pm - 6pm Microsoft Teams

We really hope you will be able to join us for our online virtual education afternoon. If you are new to Teams there is guidance overlaid on how to join.

Time	Topic	Facilitator	How to join
1330-1355	Annual Members Meeting	To approve the annual report and accounts	Join Teams Meeting
1400-1500	Understanding MCA assessments Option 1: for those with experience	This is aimed at those professionals who are confident in their skills about understanding an MCA Assessment - led by Christine Hooley, Lead Designated Adult Social Worker and Linda Poffand MCA and DoLA Advisor	Join Live Event
1400-1500	Understanding MCA assessments Option 2: Confidence in understanding MCA assessments - for those without experience	This is aimed at those professionals who haven't completed an MCA assessment or require a refresher - led by Tadhua Griffin, Designated Adult Safeguarding Nurse	Join Live Event
1500-1515	Break		
1515-1525	Suffolk Covid Outbreak Plan updates	Stuart Keeble - Director of Public Health	
1525-1625	Safeguarding adults and children during COVID times. What are the concerns and how should these be managed?	This will have an adult and children focus and will look at how we address issues moving forward - led by Tadhua Griffin, Designated Adult Safeguarding Nurse and Jo Hutchings, Designated Nurse Safeguarding Children	Join Live Event
1625-1640	Break		
1640-1710	Preventing Presentations (previously known as Substituted or Induced dress) and Drugging and marks in children - led by Dr Rachel Furley (Designate Clinician for safeguarding children for Suffolk)		Join Live Event
1710-1740	Drugging and marks in children		

Please note: these sessions will form part of your additional level 3 hours for both adult and children's safeguarding (you will be credited for both). Separate to this you need to complete your mandatory CCG level 3 session at least every 2 years which will involve some modules on e-learning as well as a virtual face to face session with the CCG Safeguarding team on local issues and case discussions.

Any questions, please contact info@nhs.uk, Mary Thinks

* agenda may be subject to change

Widowed and Young: A personal reflection from Helen Patel

The past few months have been exceptional in so many ways; we have had to adapt to a 'new normal', do our bit and try to keep ourselves and our communities protected from the devastation caused by Covid-19. The clinically vulnerable have waited patiently in isolation whilst an army of helper's scurry about doing anything they can to help. All the while, the headlines are bursting with statistics, frightening, meaningless and impersonal. Behind each number however is a human tragedy. A grandparent taken before their time in the most brutal manner, or a parent unexpectedly lost. For some it might even be the loss of a spouse or partner.

At the start of the pandemic we were told that the elderly were most at risk. We have since learned this disease does not discriminate on those grounds; there are many 'young' widows and widowers out there, those under 50. Their shared future taken from under them, left bereft and possibly feeling like they are the only one in that situation. Losing a loved one is traumatic at any time but especially so during this most devastating of pandemics. One can't imagine going through such an extreme life-event without the face-to-face support of close family and friends and to hold a funeral with limited numbers will do little to aid the grieving process. This undoubtedly makes processing the loss of a partner even more challenging.

Thankfully, there is a fantastic charity called **Widowed and Young** (known as **WAY**) that offers a peer to peer support network for anyone who has lost a partner before their 51st birthday; married or not, regardless of sexual orientation. From my own personal experience, I can honestly say that it was one of the most rewarding Google searches I did. I lost my husband in a road traffic incident when I was in my early 30s whilst carrying his beautiful unborn daughter. I felt so bereft and so young. Who would get where I was at in that moment of despair? I didn't know anyone in such a uniquely awful situation. That's where **WAY** helped. I was made to feel part of a community (albeit not one you'd ordinarily choose), I read about other widows' (and widowers) losses and coping strategies and I embraced the occasional meet-ups for a chat - these simple things were such a massive support. Somehow talking to people who get it is such a powerful thing and one that has given me the strength to face the rest of my life with renewed vigour. There is no need to edit feelings just to avoid embarrassing the listener. You can say it how it is; a catharsis in itself. For a small fee you get a lot of practical and emotional help plus a lot of love. If you know someone who has found themselves falling into the WAY criteria, I would urge you to give them a gentle nudge in the direction of yet another truly wonderful charity.

With very best wishes, Helen (GPN)

To find out more contact www.widowedandyoung.org.uk



Coaching Support for Primary Care staff

NHS People recognise that our frontline primary care colleagues involved in the delivery of Primary Care services, both clinical and non-clinical, are facing unprecedented challenges through Covid-19, and are keen to ensure all staff delivering frontline primary care services feel supported to maintain their psychological wellbeing during this time, enabling them to maintain the delivery of frontline primary care.

Individual coaching support is available with a highly skilled and experienced coach. This will be a space for you to offload the demands of whatever you are experiencing and be supported in developing practical strategies for dealing with this. It might be that through a one-off conversation you have all the strategies you need to cope with your situation and stay well. Or you might find a few sessions helpful. It is all led by you.

For more information visit: people.nhs.uk/lookingafteryoutoo/

Self-Care September

<http://actionforhappiness.org/self-care-september>



Virtual Training, Education & Development Mornings On Microsoft Teams

Delivered by Jane Gretton & Marie Honeyfield.
Primary Care Network Education Leads Suffolk & North East Essex

Friday 18 September 11.00 – 13.00

- ✓ Are you an existing Trainer/ Mentor/Coach / Education Supervisor?
- ✓ Do you support pre-registration students within your clinical area or would welcome the opportunity to do so within the Primary Care Network?
- ✓ Do you feel prepared for the supervision required /have you updated your previous “mentor” qualification in line with CPD/ Nursing Revalidation requirements?

Click [Virtual SSSA training](#) for more details, further dates or contact Sally.harris@suffolk.nhs.uk

Healthwatch Suffolk Digital Experience Survey

Healthwatch Suffolk are undertaking a short survey to explore the impact of the increased in digital working on us all.

healthwatchesuffolk.co.uk/digitalhealthandcaresurvey/

This has happened quickly, and there has been little time to check whether these new digital services are working for everyone who needs to use them.

This survey aims to help us all to understand how the sudden increase in use of digital services has impacted on care and support.

There is a survey for patients and the public, and another for those of us who work within NHS services.

[Click here](#) if you work for an NHS or social care service

[Click here](#) to access the survey for patients and the public



Infection control Module at Bangor University

Visit www.bangor.ac.uk/health-sciences for more information.

Digital Nurse Network Update

Some great information and resources within this document on Flu, PPE, Webinar events:



Influenza edition

Weekly Bulletin with Helen Crowther RN & Ann Gregory RN – Clinical Nurse Advisors at NHSX | 21 August

Digital Nurse Network Weekly update aimed at General Practice Nurses and the wider Primary Care Team. Please Feedback what you would like to know about, future topics, webinar ideas and your digital projects.
Email: digitalnursenetwork@nhsx.nhs.uk or follow us on Twitter: @DigitalNurseNHS



To find out more about the Digital Nurse Network, visit their [FutureNHS platform](#) or get in touch via email: digitalnursenetwork@nhsx.nhs.uk.



Digital Nurse Network

Free Respiratory Educational events

Primary Care Respiratory Academy Digital Roadshows 2020

2020 has presented some unique challenges for respiratory care and face to face learning but PCRA has developed a solution to help us all navigate through these unusual times. Launching on 1st September, the PCRA Digital Roadshow will bring you the same high-quality learning.

Register for free at <https://respiratoryacademy.co.uk/>

Primary Care Respiratory Society Virtual Conference

Amazing opportunity to access Primary care conference from the comfort of your own home

With interest, awareness, debate, science and research into respiratory medicine at an all time high, there has never been a more important time to attend this annual event for primary care practitioners. We have a packed [programme](#) designed to inspire, educate, inform and support you in everyday practice.

This is the must attend conference for all professionals involved in respiratory care in a primary or community care setting including doctors, nurses, pharmacists, physiotherapist, paramedics and researchers.

Going virtual enables us to bring delegates even more content and experiences.

Our virtual platform is packed with interactive features, resources and tools – including a virtual exhibition, live webinars, downloadable materials, mindfulness sessions, networking lounges and a social programme.

Save money on travel and accommodation whilst being kinder to environment as you access the whole conference online from anywhere. The virtual conference platform is mobile friendly, and can be accessed via PC, tablet or Mac. No special software or downloads are required. To find out more <https://www.pcrs-uk.org/annual-conference>



Diabetes webinar



Ipswich Hospital's Dr Sanjeev Sharma is running an online webinar:

Virtual Assessment and Optimisation of people with Type 2 Diabetes

On 17 September, 1pm – 2pm.

Meeting link available on request so to register contact:

Cobbold_matthew@network.lilly.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

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