

Prioritise people;

Practice effectively;

Preserve safety;

Promote professionalism and trust.

Welcome to "IESCCG Practice Nurse News". 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 East Suffolk.

If you have any comments to make about the newsletter or the forum, or would like to contribute to either please get in touch. Contact [Sally Harris](#).

Ipswich and East Suffolk Primary Care Nurse Conference

When: 11 September 2019 9am - 5pm

Where: Holiday Inn London Road, Ipswich - Wolsey

AGENDA includes:

- Karen Storey Primary Care Nursing Lead NHS England
- The problem with UTIs 'To dip or not to dip'?
- Tissue Viability update
- Contraceptive pill update including latest FSHR guidelines
- NHS Health Checks Communicating the risk to patients

There will be an opportunity to visit market stalls over coffee and lunch. View full [agenda with timings here](#)

We do need to know numbers so please [book your place](#) to ensure you don't miss out!

The poster is titled "Ipswich and East Suffolk Primary Care Nurse Conference" and is dated Wednesday 11 September 2019. It is held at the Holiday Inn London Road Ipswich from 09.00 to 17.00. The text states that the Practice Nurse Forum Committee are delighted to confirm the details of the first Primary Care Nurse Conference. The agenda reflects feedback from the practice nurse forum events, and the conference is open to ALL. The agenda includes: 9.00 Registration, 9.15 Opening Plenary 'Nursing Leadership in Primary Care Networks' by Karen Storey, a Morning session 'The Problem with UTI's - To dip or Not To Dip' by Teresa Lewis, Wound care - Management of skin tears/blisters/cavity wounds, and an Afternoon session 'It's a pill Jim, but not as we know it' by Sally Roberts. The poster also mentions an opportunity to meet clinical teams and service providers during refreshment breaks and provides contact information for booking: Shelley.Mitchell@ipswichandeastsuffolkccg.nhs.uk. The poster features the NHS logo and the CCG logo, and includes the same four pillars of practice at the bottom: Prioritise people, Practice effectively, Preserve safety, and Promote professionalism and trust.



Ipswich and East Suffolk Practice Nurse Survey: Improving Pain Management with Wound Care in Adults

As part of a healthcare improvement initiative we would like to invite you all to complete a brief [Survey Monkey questionnaire](#) by clicking on the link.

This questionnaire should take no longer than 10 minutes to complete and would value your response by **Friday 29 August 2019**.

Many thanks for your help with this exercise which we hope will lead to improved training, guidance and patient care .

Christine Waters

*Lead CNS for Professional Development, West Suffolk Integrated Pain Management Services
Suffolk GP Federation/West Suffolk NHS Trust Alliance*

Infection Control Update:

National Hand Hygiene Policy references NICE guidance 2017



Several studies have found that the wearing of a wrist-watch impedes good hand hygiene practice and leads to an increased bacterial load on both the wrist watch and the skin under the watch (Jeans, et al., 2010). A recent study found that wrist watches and in particular fitness watches e.g. fit bit were found to be up to eight times dirtier than a toilet and 24% of those asked never cleaned their watches, with a further 20% only cleaning them every six months.

The World Health Organisation (WHO) state that a lack of or inadequate hand hygiene practice is considered to be a critical failure in the quality of care provided (WHO, 2017).

The National Institute for Health and Care Excellence (NICE) guidance recommends that healthcare workers should ensure that they are bare below the elbows and remove wrist and hand jewellery for the duration of clinical care (NICE, 2017).

[NHS Improvement National Hand Hygiene and Personal Protective Equipment Policy](#)

If you have any infection prevention and control queries, please contact *Julia Shields*, Infection Prevention & Control Professional Lead Nurse for Ipswich & East Suffolk, North East Essex and West Suffolk CCGs. Secure Email: julia.shields@nhs.net or WSCCG.ICT@nhs.net Tel: 01473 770144

One Clinical Community Ipswich and East Suffolk Nurse Leadership Development Programme

The programme needs Primary Care nurses!

There is still time to apply for this fantastic opportunity to take part in the One Clinical Leadership programme. Why not [take a look at the programme](#) and apply for a place?

Please do look at the blogs from Rachel and Karyn who attended last year's course, which [featured in the July PN News](#).

Sally was very lucky to be able to attend one of the training days from last year's course: *"The group consisted of a wide range of nurses from a range of clinical disciplines from primary, secondary and community care. Even though I joined the group part way through the course and only for ½ a day the welcome I received was as if I had been with them from day one. What was really obvious was the degree of peer support, understanding and encouragement they were giving each other, and the skills they were learning were so transferable across all aspects of everyday life (both work and home!)."*

One Clinical Community

Safe, Sustainable, inSpiring

If the [application form](#) is looking a bit daunting please don't be put off – contact either [Sally Harris](#) or [Louise Hardwick](#) who are both more than happy to help you with the process.

Nursing Associate Leadership Programme

Health Education England has partnered with the Florence Nightingale Foundation to offer this leadership development opportunity for Registered **Nursing Associates**.

Since 1929, the Florence Nightingale Foundation has been committed to advancing the study of nursing and midwifery practice, promoting excellence and preparing nurses and midwives to follow in the footsteps of its namesake, to provide the best possible care to patients and service users across the UK.

This leadership programme is fully funded by Health Education England. It offers Registered Nursing Associates (in 2 cohorts) leadership development to become Florence Nightingale Foundation (FNF) Nursing Associates, future leaders of healthcare. For more information, visit the [Florence Nightingale Foundation website](#).

Spirometry Interpretation Workshops

A FREE half-day interactive, practical skills workshop is for experienced nurses and doctors who are regularly involved in spirometry interpretation and want to update their skills.

Date: Thurs 5 September 2019

Venue: Holiday Inn, London Road, Ipswich

[View Flyer](#) for more information

The workshop will include:

- practical aspects of achieving quality spirometry traces
- process of spirometry interpretation
- Spirometry case study interpretations

Places are limited so to reserve your place, please email: pact@suffolkch.nhs.uk and quote reference no: 19SPIR009

Inequalities in cervical screening

Research by Jo's Trust has found that women with physical disabilities and physically debilitating symptoms as a result of a long term health condition are struggling to attend or are even being denied access to cervical screening.

In summary they have found:

- Two thirds have said they have been unable to attend cervical screening because of their disability
- Half have not attended due to a previous bad experience related to their disability or worry about how people would react
- Stigma and prejudice is prominent as 1 in 5 women have been assumed not to be sexually active by their GP or nurse.

Jo's Trust is calling for GP practices to review their policies and practise, along with training and inspections to address adjustments for women. They're also calling for more research to be conducted in order to look at the most effective way to offer cervical screening to this group of women.

You can view the report at: www.jostrust.org.uk/invisible

New Musculoskeletal (MSK) Primary Care E-learning Programme

A [musculoskeletal \(MSK\) primary care e-learning programme](#) has recently been launched to support clinicians working in primary care as first contact practitioners (FCP) in a primary care environment.

The MSK core capabilities document, developed by Health Education England (HEE) and in collaboration with numerous national bodies, outlines the expected clinical capabilities that a competent clinician should be able to demonstrate when working as an FCP in primary care.

The package provides eight e-learning sessions that look to take the learner through a range of particular primary care issues that are commonly seen as part of an MSK FCP assessment.

Each e-learning session takes approximately 20 to 30 minutes to complete and includes, knowledge checks and self-assessments to enable the user to check progress throughout each course. The new resource can be used on smart phones, laptops and tablets and a record of progress will be recorded.

Twitter comments are very positive from experienced physios.



Suffolk & North East Essex
Primary Care Training Hub

Funding available for training nurses new to general practice

To help practices in Suffolk and North East Essex, the Training Hub have agreed to fund the Fundamentals of General Practice Nursing course to all newly recruited nurses who do not have experience or skills in general practice.

The course covers all the skills and knowledge required for the nurse to be GP-ready and is run over 12 weeks, usually involving 12 study days out of practice. The course is available at Anglia Ruskin University. If you would like to apply for funding for this, please complete this [application form](#). For more details visit: <https://aru.ac.uk/study/professional-and-short-courses/fundamentals-of-practice-nursing>

In addition, to help support newly recruited nurses, please take a look at the new [General Practice Nurse Induction pack](#).



Patient Activation Measures (PAM) Train the Trainer

Specifically designed for general practice nurses, this NHS England funded course is aimed at practitioners who are looking to know more about Patient Activation and how it can benefit patients with long term conditions.

On completion of the course, each nurse will be a PAM Ambassador within their locality with transferable skills and knowledge. The extended skills set will enable you to engage with your patients to become more activated while supporting colleagues to effectively implement PAM.

The course takes the form of 4 all-day workshops this September and October in Huntingdon. For more information and to apply, please [take a look at the flyer](#) (ignore 31 July enrolment deadline as this has been extended).

Web: www.educationforhealth.org Email: elissa.giddings@nhs.net

Women's Health Update Course - Thursday 10 October 2019

The Suffolk and NE Essex Training Hub are kindly funding a Red Whale Women's Health Update Course as part of the CCG education afternoons programme at Trinity Park.

This course is designed for **all** primary care clinicians who have an interest in updating their skills and knowledge in this area. Perhaps you're experienced in women's health and want an update, or maybe you don't do much gynaecology but want to make sure you're offering the right advice.

Thursday 10 October 2019 1pm - 6pm (including lunch). If you are interested in attending, please click on the flyer below for more information and booking details.

The Women's Health Update Course Red Whale

The one-day women's health update course for primary care clinicians

From the pill to pelvic pain, periods and prolapses...

This is a practical and comprehensive guide to understanding and managing common gynaecological problems in general practice

Why come on a women's health course?

The course covers the latest evidence and guidelines as well as simple ideas which we as GPs have found helpful in our consultations.

The subjects are covered in a much greater depth than is possible on the general GP Update Course and the day is aimed at day-to-day GPs and GP STs – not just those with a special interest!

What will be covered?

- What's new in contraception
 - Managing acute and chronic pelvic pain including endometriosis
 - Investigating amenorrhoea and diagnosing PCOS
 - Menorrhagia and bleeding issues
 - A guide to HRT and menopause
 - Urinary incontinence
- ...and much more!

The format will be lecture-based interspersed with case scenarios and Q&A sessions. The sessions will be informal, interactive and light-hearted.



Matt/The Daily Telegraph 2018 © Telegraph Media Group Ltd

Who is this course for?

This course is designed for all primary care clinicians (male and female!) who have an interest in updating their skills and knowledge in this area.

Perhaps you're experienced in women's health and want an update, or maybe you don't do much gynaecology but want to make sure you're offering the right advice.

The course fulfils the CPD criteria for DFSRH/DFFP LoC IUD/SDI.

East of England Practice Nurse and Community Diabetes Specialist Nurse (DSN) Conference - Thurs 10 October 2019

The East of England Diabetes Clinical Network are pleased to announce the **East of England Practice Nurse and Community Diabetes Specialist Nurse (DSN) Conference** taking place on **Thursday 10 October 2019 at The Granta Centre, Granta Park, Cambridge, CB21 6AL.**

[Click here to view the 'save the date' flyer](#) that has details on how to book a **free** place. A full programme for the day will follow in due course.

Programme themes and case studies (*subject to change*)

- Diabetes foot disease education and what to look out for in primary care
- Spotlight on being a Practice Nurse and diabetes lead
- Managing older and housebound patients whose diabetes is poorly controlled
- Care home management and diabetes
- Insulin and oral therapies – top ten tips for safe and effective initiation
- Diabetes management and CKD in Primary Care, an integrated approach
- Patient safety in the region, polypharmacy and diabetes

This event will focus on the work in the East of England within both primary and community care that is delivering improvements for people with diabetes through integrated working, sharing how diabetes care within general practice is developing, what the nursing workforce in the region looks like and the challenges ahead.