

Prioritise people;

Practice effectively;

Preserve safety;

Promote professionalism and trust.

Welcome to IESCCG Practice Nurse News; a bi-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](#).

Hi everyone!

Sorry for the later arrival of March's Practice Nurse Newsletter; lots going on, that age old scenario of not enough hours in the day. Fear not though, this month's Newsletter is packed with lots of interesting information for you all so I will keep my bit nice and short.

Fantastic news that the committee has grown we are now a group of 5 – myself, Penny Sibthorp from Barrack Lane, Mark Pears from Two Rivers, Kate Allen from Two Rivers and Emily Reed from Derby Road – If anyone else fancies joining us please let me know or contact one of the team above.

The committee have been working hard on planning the forum meetings for April, June, September and November. Here is a quick overview:

4 April – Julia Shields is joining us to give a general update on **infection control** and then more specifically how these reflect into our everyday practice settings – Please can I

encourage you to come along with questions or even better [email me](#) beforehand.

20 June – Alana Page from Sue Ryder is coming along to talk about **Dementia**. We are planning for this to be an interactive session so again if you have any questions I can give to Alana in advance that would be great.

11 September – Plans are going ahead for a **WHOLE** day event to really celebrate the Primary Care Nursing role. You will have to bear with me regarding specific agenda topics – suffice to say that in planning the agenda we have tried to make it relevant to all the nursing teams, so if possible please encourage your HCA and assistant practitioners. We appreciate that all the practice nursing team being released for a day is not practical but maybe you can split the day.

6 November – **Men's Health** speaker TBC. If you have any specific areas you would like

covered please again let me know.

Learning disability reviews – following on from the article in last week's Weekly Inbox I would very much like to share some ideas about how you approach LD reviews within your practice and identify if you have any training needs in this area, please do [email me](#).

As some of you are aware I have had a change of job; I am now working as the Practice Nurse Educator for Suffolk within the training hub at the CCG. There are not enough pages in the newsletter to tell you what the role entails so if anyone wants more information please do contact me sally.harris@suffolk.nhs.uk.

As always if you have any suggestions for the newsletter, or blogs you would like to write, please let either myself or [Shelley Mitchell](#) know.

Happy reading!

The next Practice Nurse Forum...

When: **Thursday 4 April 2019: 2.15pm - 5.00pm**

Where: **Trinity Park - Nacton suite**

AGENDA includes :

1. **Sharing Together**
2. **Infection Control Update and relevance to general practice** - Julia Shields, lead nurse for infection control and prevention with the CCG

View full agenda [HERE](#)

We look forward to seeing you there!

Public Health England's 'Cervical Screening Saves Lives' campaign

Please support the new Public Health England (PHE) national campaign to encourage all eligible women to go to their cervical screening and protect themselves against the risk of cervical cancer.

The campaign toolkit and a range of assets are available on the [Campaign Resource Centre](#) or [contact the CCG](#).

Cervical screening can stop cancer before it starts

Don't ignore your invite letter. If you missed your last one, **book an appointment with us today.**

CERVICAL SCREENING SAVES LIVES

Nurse Blog

Ruth Osbourn, Research Nurse

As a practice nurse I viewed my role primarily as preventative, when I was given the opportunity to become the surgeries research nurse this was a daunting yet exciting prospect and the occasional break from "treatment room" duties; I really had no idea what I was signing up to do.

However it became much more than this, participating in research facilitated my education and professional development. It provided access to the latest evidence to support clinical decisions, and challenged current practice.

Patients who have participated in research studies have voiced how much they value being invited. It is not uncommon for them to express appreciation for the care received as part of a research study "I will miss the visits and the MOT". I have witnessed first-hand early

diagnosis of an unknown health condition through research data collection, "attending these appointments has probably saved my life". The link demonstrates the impact a current research study has had on a patient <https://www.youtube.com/watch?v=Y9TtTkHj9fs>

Undertaking research does compete for our time in primary care, but also it has clear financial benefits for surgeries. Data collected as part of a research study visit, can resourcefully double up with routine chronic disease management and QOF.

Working as a primary care research nurse has been rewarding especially when studies are finalised and advances in healthcare are recommended, I'm proud to have been involved.

If you or your surgery would like further information about becoming research active contact Jenny Johnson Research Locality Manager for Suffolk and NE Essex jenny.johnson9@nhs.net - Tel - 07892 770354.

Living Life to the Full (LLTTF)

At the most recent Training and Education event, Professor Chris Williams presented on Living Life to the Full; an online self-directed programme providing low intensity CBT. It is an offer for anyone presenting with stress, anxiety and/or low mood giving instant access to practical help for managing mood. LLTTF has been piloted in Ipswich practices since July 2018 and has proven to enable patients to access help sooner.

LLTTF, run by Five Areas Ltd, is a life skills course that aims to provide access to high quality, practical and user-friendly training. LLTTF may well be familiar already to some clinicians who may use the public site. This licensed access for your practice provides even more resources for your use. The course content teaches key knowledge in how to tackle and respond to issues/demands, which we all meet in our everyday lives.

Courses cover low mood, stress and resilience, which enables people to work

out why they feel as they do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Patients are able to access guided support from wellbeing practitioners if required. The course is currently available in English only and is for patients aged 18+.

For more information, take a look at the [Practice Briefing document](#) and the website: www.lltff4suffolk.com



Living Life to the Full
Want to live life to the full and overcome stress and low mood?

Digital Nurse Network launched

A new Digital Nurse Network is being launched by NHS England's Primary Care Digital Transformation team this month to bring together nurses from around the country who want to learn more about digital. The Network will offer training, briefings and webinars as well as the opportunity for nurses to learn more about digital programmes and national NHS initiatives and how they might positively help patients.

A webinar to explain more about the Network is being held on 27 March. To join please go to: www.events.england.nhs.uk/welcome-webinar---digital-nurse-network

You can find out more by emailing england.digitalnursenetwork@nhs.net and join in on Twitter [@PatientOnline](https://twitter.com/PatientOnline).

The Charlie Waller Memorial Trust Project Grant for Practice Nurses (£3000 annually)

The purpose of this grant is to support a practice nurse to undertake a project related to improving the recognition of patients with mental health problems and helping them to access appropriate treatment.

The grant is open to practice nurses registered with the NMC, working in the UK with an interest and enthusiasm for mental health. You do not need to consider yourself highly experienced in the field or have had any previous mental health training.

You can read more about the project and application process [HERE](#).

Insulin Safety Week, 20-26 May 2019

After a successful inaugural year in 2018, the organisers of this national campaign are keen to reach out to care providers looking after people who require insulin. Hospitals, GP practices and care homes can run events and activities to improve understanding and reduce insulin errors. Organisations who register will receive various resources (both online and printed items) to support their events, as well as balloons and T-shirts to help promote their actions. #ThinkInsulin

<https://insulinsafetyweek.com/>

Duet Diabetes are running '[diabetes update for registered nurses](#)' open workshops to coincide with this national campaign at a reduced cost of £58 on 17 May in Stowmarket or 23 May in Beccles.

This workshop for trained **practice nurses**, is designed to increase skills and confidence by giving the learner a greater understanding of diabetes; its aetiology, diagnosis, acute and long term health problems and management enabling the practitioner to provide safe and appropriate advice and care to people with living with diabetes in line with current NICE guidance. As with all workshops run by DUET diabetes, this workshop will be delivered by an experienced Diabetes Specialist Nurse (who also works within the NHS) and provides a discussion based facilitated learning environment. 'Hands on' time with devices, interactive activities and 'hypothetical scenario' discussions are included. Useful for revalidation purposes too!

More details regarding all Duet Diabetes workshops can be found on: www.duetdiabetes.co.uk/workshops.

Diabetes Prevention Week, 1-7 April 2019

The NHS Diabetes Prevention Programme (NHS DPP) is holding the second Diabetes Prevention Week. #PreventingType2 Diabetes prevention toolkits can be ordered via the Public Health [Campaign Resources Centre](#).

DUET diabetes is running a combined '[diabetes awareness and blood glucose monitoring & glucometer training](#)' open workshop during Diabetes Prevention week on 4 April 2019 in Bury St Edmunds. This workshop is relevant for **healthcare assistants**, especially those are taking a more active role in supporting their clinical colleagues with diabetic clinics/reviews. As with all workshops run by DUET diabetes, this workshop will be delivered by an experienced Diabetes Specialist Nurse (who also works within the NHS) and provides a discussion based facilitated learning environment; underpinned by NICE, TREND-UK (competency framework) and CQC guidance/guidelines. 'Hands on' time with devices and a competency assessment is included.

TYPE 2
DIABETES PREVENTION WEEK

1-7 APRIL 2019 #PreventingType2

WOUND CARE UPDATES

FREE Tissue Viability Training - 26 March

Please follow link to poster outlining an upcoming [FREE Tissue Viability Training Event](#) this month **26 March**.

This event has been arranged jointly through the CCG Medicines Management and Care Homes Team, and is aimed at all nurses in primary and community care. You can access this training by booking on either the AM or PM session by emailing [Amy Woodward](#), care homes team administrator – [see poster for booking details](#).

We look forward to welcoming you there.

Practice Nurse Wound Care Group

16 May 2019

Time: 1pm – 3pm

Venue: 29 Chesterfield Drive Surgery, Chesterfield Drive, Ipswich, IP1 6DW

Parking: Limited – please use surrounding residential roads to park and car share where possible.

Lunch: Not provided – please feel free to bring your own

**Please ensure attendance is confirmed via email tralee.lashley@nhs.net - Spaces may be limited due to max room capacity.



SUFFOLK PREVENT CONFERENCE

30th APRIL 2019 | 9:00am to 13:00pm | Kesgrave Community Centre, IP5 1JF

PREVENT is at the heart of safeguarding children and adults. It aims to provide early intervention to protect and divert people away from being drawn into terrorist activity. All local authorities and other partner agencies have a statutory duty to prevent people being drawn into terrorism.

This half day conference will provide a unique opportunity to better understand the threat levels and risks both locally and nationally, and the ways in which we can collectively work together across Suffolk. The event will also give the opportunity to listen to the experiences of some inspirational speakers.

This event is aimed at all organisations in Suffolk who have a statutory duty to prevent people being drawn into terrorism, including those working in the field of Safeguarding, PREVENT, Counter Terrorism and delivery of Workshops to Raise Awareness of PREVENT.

To book your place please click here [Eventbrite](#)

For more information please contact Charlotte.Sanderson@suffolk.gov.uk

CONFIRMED SPEAKERS FOR THE EVENT

- Nicola Benyahia
Countering Radicalisation & Extremism
- Andrew Small
Raising awareness of far-right extremism
- Russ Cole
Eastern Region
Special Operations Unit
- Home Office
Government counter-terrorism response

LET'S TALK ABOUT IT
WORKING TOGETHER TO PREVENT TERRORISM

HOSTED BY SUFFOLK COUNTY COUNCIL
COMMUNITY SAFETY TEAM

1st Kesgrave Scout Group
Kesgrave War Memorial Community Centre
Kesgrave Cricket Club
Pergola Piece

Training Opportunities

Mental Health and Emotional Wellbeing Education Series

We held a very successful first evening educational event in the series in early February. The session was filmed and we hope to be able to share the video of the training session very soon.

The next in our series of evening education sessions is on **Tuesday 2 April 2019**. Our first speaker will be Jon Neal (CEO Suffolk Mind), who will give an introduction to the **Emotional Needs & Resources model** to enable you understand your own wellbeing and that of people around you.

Our second speaker will be Dr Paul Everden (Practice Development Associate Tutor from University of East Anglia) on **Consultation skills** and how great communication skills can motivate patients and clinicians alike and result in fewer referrals.

Time: 6.45pm for dinner, education 7.30pm - 9.30pm

Venue: Trinity Park - Bucklesham suite

[View Flyer](#) for more information.

These sessions are open to all primary care staff in Ipswich and east Suffolk but places are limited so to book your place, please contact shelley.mitchell1@nhs.net.

The programme for the rest of the year can be found [HERE](#) and bookings can be made in advance.



Introduction to COPD workshop

Suffolk Respiratory Group, are offering a 2 day workshop in Ipswich as an introduction to COPD.

The Suffolk Respiratory Group is a primary care nurse led group, affiliated to the Primary Care Respiratory Society UK and provides interactive and educational events for healthcare professionals who care for people with respiratory diseases.

COPD Day 1 – Friday 5 April 2019, 09.00-16.00

Brief outline of the day: What is COPD? Anatomy and Physiology, Diagnosis, history taking, objective testing, Drug treatments and non-pharmacological management, Delivery devices

COPD Day 2 – Friday 10 May 2019, 09.00-16.00

Brief outline of the day: Management of acute COPD, Self-management plans, Running a clinic, At risk groups

Both these workshops will be at The Holiday Inn Orwell, The Havens, Ransomes Europark, Ipswich IP3 9SJ

The sessions have been carefully designed for Practice Nurses new to the management of patients with COPD. The workshops will follow National Guidelines, be interactive and give confidence to Nurses to run respiratory clinics. Attendance of both days is essential and places will be limited.

For more information, please contact Sally or Deirdre using the Suffolk Respiratory Group email: suffolkrespiratorygroup@gmail.com.

Level 3 Safeguarding Children Training

The safeguarding team at the CCG have arranged more face-to-face level 3 training sessions throughout 2019 for primary care clinicians in Ipswich and Bury St Edmunds. Places are limited so in order to book a place please email caroline.pyrozuk@nhs.net

- Mon 16 Sep, 9am-12pm, Landmark House
- Thurs 19 Sep, 2pm-5pm, West Suffolk House
- Fri 11 Oct, 2pm -5pm, Landmark House
- Wed 16 Oct, 2pm-5pm, West Suffolk House
- Tues 12 Nov, 9am-12pm, Landmark House
- Thurs 28 Nov, 2pm-5pm, West Suffolk House

If you have any safeguarding queries, the CCG's Named Nurse and Primary Care is [Jo Hutchings](#).

The CCG training and education afternoon on Wednesday 22 May will also be offering safeguarding training for all clinical staff, which can go towards your safeguarding training hours.

Suffolk Respiratory Group Clinical Meetings 2019

Meetings for the coming year:

- **Tuesday 30 Apr** (evening) - *Smoking Cessation, e-cigarettes and vaping: what should we be saying?*
- **Tues 18 Jun** (evening) - *Interstitial Lung Disease: Who should we refer?*
- **Thurs 15 Aug** - *Respiratory Afternoon*
- **Thurs 24 Oct** (evening) - *Children with asthma in primary care: diagnosis and acute management*

More information can be found [HERE](#)

