

Practice Nurse News

No. 12 January 2019



Ipswich and East Suffolk
Clinical Commissioning Group

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](#). Our next newsletter is due for publication in March.

Welcome to the first Practice Nurse Newsletter for 2019

I am feeling very enthused about the year ahead and I have a great feeling that this year is going to have some very positive outcomes for primary care nurses in Suffolk. Not only have we secured the Practice Nurse Forum meetings for the year, but we are looking at the feasibility of holding a whole day PN conference in September.

Penny Sibthorp (PN Barrack Lane), Mark Pears (PN Two Rivers) and I met during the latter part of last year and planned the meetings for 2019. If you remember from our previous newsletter, we will be holding the forum meetings on alternate months with a newsletter being published on the month there is no meeting. To incorporate some of the mandatory training there may be additional meetings during the year that have a PN focus, but these may not follow the PN Forum structure of the other arranged meetings.

The meeting dates for 2019 are:

13 February 2019 – Holiday Inn Orwell

Please note this will be held at the Holiday Inn Orwell (lunch is being provided). We will be joined by Maddie Baker-Woods the Chief Operating Officer for the CCG. Maddie will be presenting an interactive session on the structure of the CCG and how this transfers to us in General Practice. She is also going to give an overview of some of the policies published by Health

Education England which have a significant impact on Primary Care namely; 'The Five Year Forward View' and the 'General Practice Nursing 10 point plan'.

Following your feedback and discussions from last years forum meetings we felt that a good starting point for the 2019 would be to take the opportunity to develop our understanding of how the wider organisations and Government policies impact on our workplace and us as professional community.

Natasha Rivers from One Life Suffolk will also be joining us to give an update on current services they are offering.

You may find it useful to take a look at the GPN 10 point action plan before Maddie's session - www.england.nhs.uk/wp-content/uploads/2018/01/general-practice-nursing-ten-point-plan-v17.pdf.

I cannot confirm the topics just yet as I am waiting to here back from the speakers we have invited but please note the dates for your diary:

4 April 2019 - Topic to be confirmed

20 June 2019 – Topic to be confirmed

11 September 2019 - Provisional date for PN conference

6 November 2019 – Topic to be confirmed

Please don't forget that the forum is for sharing ideas so if you have anything you would like included in

the newsletters please let myself or Shelley know.

I have added a couple of articles [to the journal page](#) on the practice nurse page on the website. They are from Decembers JGPN; they must have known the topics of our meetings last year, the articles are on '[Nurse-led cancer reviews](#)'; '[Wound cleansing and debridement](#)' and with my respiratory head on '[Why Inhaler technique matters](#)'!.

Don't forget to keep an eye on the [PN section of the website](#) and the [Suffolk and North East Essex Training Hub website](#).

If you fancy joining us on the committee please contact myself, Penny or Mark.

Sally Harris
sally.harris8@nhs.net



Practice Nurse Survey Monkey

Thank you to those of you who took part in our survey in the autumn. We will use the results to inform future forum, education and training opportunities.

The Enhanced Lifestyle Support Service for Individuals with Type 2 Diabetes in Ipswich and East Suffolk

The Dietetic and Diabetes team at Ipswich Hospital are pleased to announce a new service to support individuals with type 2 diabetes in East Suffolk. This service stems from the wealth of evidence that a healthy lifestyle and weight loss generates significant improvement in the three treatment targets (HbA1c, blood pressure and lipid profile) and is funded by NHS England as a Sustainable Transformation Project. It is aimed at providing further support with diet and activity following attendance at the existing first line service such as the newly diagnosed module of DESMOND, but is equally suitable for individuals who have not accessed this intervention 12 months after diagnosis with type 2 diabetes.

The Enhanced Lifestyle Support Service offers individuals the opportunity to enrol in a dietetic-led programs. Face-to-face input is paired with remote follow-up for up to one year and individuals are supported to work towards an improved lifestyle at a pace that suits them. Interventions range from low-invasive group sessions to undertaking an 800 calorie total diet replacement for 12 weeks (as used in the Diabetes into Remission Clinical Trial, in which 46% of participants achieved diabetes remission). The Enhanced Lifestyle Support Service is available to anyone with type 2 diabetes, with a BMI of 25kg/m² or above, treated with lifestyle and/or oral hypoglycaemic agents and/or GLP1s. Individuals on insulin therapy or individuals with a co-morbidity where weight loss is not advised are excluded.

Patients can be referred using the newly-created [referral form](#). This is available in the Diabetes folder on DXS from 14 January. It is envisaged that referral into this new service will save invaluable practice resources and clinicians can be reassured that their patients will receive evidence-based and professional support from the first contact onwards.

Please contact Joanne Malocca on 01473 704000 or joanne.malocca@nhs.net to arrange a visit to your practice or for further information.

Online resources for people with T1 diabetes

NHS England has collected all the useful NHS-trusted links in one place to make it easier for those with Type 1 diabetes to gain the knowledge and confidence to manage their condition. The site provides links to practical help on injecting insulin and checking blood glucose levels – as well as useful advice around living with the condition.

Healthcare professionals are encouraged to refer newly diagnosed patients, their parents and carers to the site as a one stop shop for Type 1 diabetes support.

Take a look: www.nhs.uk/conditions/type-1-diabetes



Update on the NMC nursing standards

At November's forum meeting, Rachel Heathershaw from University of Suffolk provided a useful update of the changes to; proficiency, nursing and midwifery education, student supervision and assessment, standards for pre-registration programmes. You can download a copy of her slides [HERE](#).

If you would like further information, you can contact Rachel directly; there will be further updates. Phone 01473 338436 or email r.heathershaw2@uos.ac.uk

NHS England Midlands and East General Practice Nursing & HCSW Regional Conference

The Changing Face of General Practice Nursing: Progress, Opportunities and Building on Strengths

Tuesday 26 March 2019, 8.30am - 4.30pm

The Woodlands Conference Centre at Wyboston Lakes situated just off the A1, north of Bedford.

[Book HERE](#).

SEND 16+ Transitions Guide

This guide is for parents/carers of children and young people on SEND support or who have an Education, Health & Care Plan (EHCP). Suffolk County Council has produced this guide in collaboration with parents, carers, and providers of education and health services

The [link](#) will allow HCPs to either download the document and or share it with parents of SEND young people aged 16-25 yrs and or those about to go into that age group. The [booklet is a guide for SEND for 16 -25 yrs](#).

If anyone has any questions then please contact [Tabitha Griffin](#), Designated Clinical Officer for Special Educational Needs and Disabilities.

The next Practice Nurse Forum...

When: **Wed 13 Feb 2019: 2pm-5pm (1pm lunch)**

Where: **Holiday Inn Orwell, Ipswich**

AGENDA includes :

1. **What does the CCG and NHS England General Practice Nursing 10 point action plan offer and mean?** *Interactive session providing you with the opportunity to gain a more in-depth understanding of how the CCG operates and the positive implications of the General Practice Nursing 10 point plan in developing a confident and capable general practice workforce.*
2. **One Life Suffolk - how can you use healthy lifestyle service to improve patient care?** *Update on the current services*

We look forward to seeing you there!

Training Opportunities

Mental Health and Emotional Wellbeing Education Sessions

Throughout 2019 the CCG is arranging a series of FREE educational evenings on mental health and emotional wellbeing with a clinical focus, designed for those working in primary care.

Each session will include a meal at 6.45pm with the education session from 7.30pm – 9.30pm.

The first two sessions are:

- **Thurs 7 February: Personality Disorders**
- **Wed 6 March: Children & Young People**

Please [see flyer](#) or contact [Shelley Mitchell](#) for more details or to book your place.

Other topics will include depression and anxiety, psychosis, learning disabilities and neurodevelopmental, dementia, drugs & alcohol dependence, consultation skills.

Please look out for more information in the coming weeks through the Weekly Inbox.

In the meantime, please **save the remaining dates:**

- Tues 2 Apr
- Tues 7 May
- Wed 5 Jun
- Tues 2 Jul
- Thurs 19 Sep
- Wed 16 Oct
- Tues 12 Nov



Suffolk Respiratory Group Clinical Meetings 2019

Suffolk Respiratory Group meetings for the coming year include [Acute Adult Asthma: Assessment, treatment and follow-up](#), **Thursday 29 February:** 6.30pm for 7.30pm - 9pm, at Bury St Edmunds Farmers Club.

Other dates and topics can be found [HERE](#)

- 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*

Forum for Non-Medical Prescribers

Suffolk GP Federation are planning to commence a forum for non-medical prescribers commencing in March 2019. Whilst primarily for GP Fed employees, the invitation has been extended Practice Nurse NMPs as well. The main purpose of the forum is networking as NMPs are often spread out geographically. However, it is also hoped that it will assist with CPD, peer support and revalidation. Guest speakers are to be invited on topics identified by the forum members. Email sarah.miller29@nhs.net for more information.

The meetings will be held at Stow Lodge Centre, Chilton Way, Stowmarket IP14 1SZ and the dates are as follows:

- Friday 15 March: 9am - 1pm
- Thursday 11 July: 9am – 1pm
- Monday 21 October: 9am – 1pm

The Fed are also in the planning stages for another NMP Conference in association with Ipswich Hospital and University of Suffolk, to be held on Monday 1 July.

Level 3 Safeguarding Children Training

The safeguarding team at the CCG have arranged 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

- Tues 19 March, 2pm to 5pm, West Suffolk House
- Mon 1 Apr, 2pm to 5pm, Landmark House
- Mon 10 June, 2.30pm to 5.30pm, Landmark House, Ipswich
- Tues 18 June, 2pm to 5pm, West Suffolk House
- Mon 16 Sep, 9am to 12pm, Landmark House
- Thurs 19 Sep, 2pm to 5pm, West Suffolk House

FREE Skills Training provided by Effective Professional Interactions (EPI) in association with Red Whale and the Suffolk & NE Essex Primary Care Training Hub (PACT)

This FREE GP Skills Training is also available to the wider Primary Care workforce. Topics include: *Patient Behaviour Change, Medically Unexplained Symptoms and Shared Decision Making.*

Various dates from 29 January to 3 July at the local hospitals.

More information and booking [HERE](#)

NHS England Midlands and East: A Celebration of Nursing and Midwifery

Thursday 7 February 2019 10am - 4pm,

Leicester Marriott Hotel, Smith Way, Enderby, Leicester

The Midlands and East Nursing Directorate would like to invite you to celebrate and showcase the very best of Nurses, Midwives and Care Staff across the region. To register a place please contact: england.menursing@nhs.net

Wound Care Today 2019: 27-28 February 2019

This conference in Milton Keynes offers a FREE learning platform to enhance your delivery of care through clinical updates, personal development, practical learning zones and networking in a friendly and open environment. [Book online here](#)