

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](#).

The next Practice Nurse Forum...

When: **20 June 2019, 2pm - 5pm**

Where: **Trinity Park**

AGENDA focus : Dementia

To let us know you are coming please email: shelley.mitchell1@nhs.net

We look forward to seeing you there!

Sally's Blog

Hi Everyone,

I cannot quite believe how fast the months are moving by; fingers crossed for a warm and sunny few months ☺

I do hope you have all seen the fantastic newsletter, which Amanda Bennett produced to celebrate International Nurses Day, what an amazing showcase of the work we do. If you haven't seen it [take a look](#). I encourage you to take a moment or two and reflect on all of the amazing times you have had as a nurse and the all the people you have cared for.

We had a great attendance at last month's PN forum, the topic of Infection Control certainly created some interesting discussions. Julia has very kindly shared her [slides](#). If you haven't done so already I would encourage you to look at the Target antibiotic tool kit there is some really fantastic resources and information in it.

www.rcgp.org.uk/TARGETantibiotics. If anyone would like to support Julia looking into the urine sampling and UTI management please either [email Julia](#) directly or [contact me](#).

Please remember that the forum is open to all primary care nurses, if you have students bring them along too. If you can remember to let [Shelley](#) know you are coming, it does help with making sure there is enough seating and more importantly that I buy enough biscuits.

Mark Pears is taking the reins for June's meeting on Dementia. Alana Page is coming from [Dementia Together](#). We have planned quite an informal open floor session, so please come with lots of questions.

For those of you who are non-medical prescribers or thinking of undertaking the course, just to make you aware that the NMC standards of proficiency for nurses and midwife prescribers has been replaced by the [Pharmaceutical Society's Competency Framework](#) for all Prescribers, good reflective read to ensure everyone is practicing safely.

I have included some information in the newsletter about the [Perinatal Mental Health Team](#) (page 2); it really made me think about the number of opportunities we have to keep our eyes open for this venerable group. Another item for our wonderful practice nurse 'toolkit'.

Save the date

Wednesday 11 September

Ipswich and East Primary Care Nurses Conference

Planning is most definitely coming together for what I know will be a fantastic day. The planned agenda reflects the feedback you have given us on suggested topics and is aimed at all levels of clinical team. It will be an all-day event, however we appreciate this may cause some challenges, so coming for the morning or afternoon session will be absolutely fine. I am delighted that Karen Storey the Primary Care Nursing Lead for NHS England is opening the conference – she is an amazing inspirational nurse.

As a final note and a little mindfulness for us all take a look at this fantastic ['Going Home Poster'](#) from Doncaster and Bassetlaw Teaching Hospital.....

*...Take a moment to think about today...Acknowledge one thing that was difficult during your working day – let it go
....Consider the things that went well....Check on your colleagues before you leave – are they OK?...Are you OK? Your senior team are here to support you.....Now switch your attention to home – rest and recharge.....*

Specialist Perinatal Mental Health Team

The Five Year Forward View for Mental Health (FYFV) sets out the need to support more women to access evidence based specialist perinatal mental health treatment requiring a highly skilled workforce, with the right capacity and skill mix so that:

- All women can access appropriate, high-quality specialist mental health care, closer to home, when they need it during the perinatal period.
- Women and their families have a positive experience of care, with services joined up around them.
- There is earlier diagnosis and intervention, and women are supported to recover and fewer women and their infants suffer avoidable harm.
- There is more awareness, openness and transparency around perinatal mental health in order that partners, families, employers and the public can support women.

Perinatal mental health is one of ten priority areas within the Local Transformation Plan for east and west Suffolk. Funding from the LTP was used to establish a small east and west Suffolk Community Specialist Perinatal Mental Health (PNMH) team focused on meeting the needs of women with severe PNMH issues. This service was officially launched on 23 February 2018.

How does it work?

The team is employed by NSFT and operates across East and West Suffolk. The team includes a consultant psychiatrist, four specialist nurses, a nursery nurse, a psychologist, an occupational therapist, deputy services manager and administrator.

The team provides community based treatment and support for women who are currently experiencing, or are likely to experience, a severe mental health issue during the perinatal period (from conception and up to the baby's first birthday).

The Specialist Perinatal Mental Health Service is open to mums and mums-to-be who are:

- Currently experiencing a severe mental health issue or who have in the past experienced a serious mental health issue. This may include:
 - known major mental health disorder, particularly bipolar illness
 - past history of post-natal psychosis or severe depression
 - family history of post-natal mental illness.

The service will provide:

- Triage for the mum to assess suitability for the service
- Help and support in developing a personalised care plan
- Advice and support over the telephone
- Face to face support in her local community or at home, depending on needs
- Pre-birth care planning
- Guidance and support for her partner and family
- Medicines management – prescribing, advice and review
- Support around the relationship between mum and baby
- Goal setting that fits with the family's hopes for the future
- Pre-conception advice and guidance
- Training on perinatal mental health to the wider workforce
- Sign-posting to other support services/networks

The team works collaboratively with professionals involved in perinatal care including midwives, obstetricians, health visitors, GPs and recovery care-coordinators.

The team is operational 9am – 5pm Monday to Friday

If there is an immediate risk to a mother or her baby please send to A&E.

How to make a referral

Mums 25 years and over refer via **Access & Assessment Team** using the standard referral form. Please state on the form that the woman is pregnant or has had a baby within the last 12 months. **AAT tel: 0300 123 1334**

Mums under 25 years refer via The **Emotional Wellbeing Hub** using the standard referral form and state that the woman is pregnant or has had a baby within the last 12 months.

How to learn more about the service

Contact the team administrator: Perinatal Team, Wedgwood House, Hardwick Lane, Bury St Edmunds. IP33 2QZ



Suffolk Respiratory Group

Tuesday 18 June 2019

Interstitial Lung Disease: Who should we refer? What to look for in Primary Care

Sandra Olive, Nurse Consultant in Respiratory Medicine, Norfolk & Norwich Hospital

Bury St Edmunds Farmers Club, 10 Northgate St, Bury St Edmunds IP33 1HQ Tel: 01284 750969

18.30 Registration & supper.

Opportunity to meet the sponsors

19.30 Meeting starts. 21.00 Close

PLACES ARE LIMITED PLEASE BOOK EARLY

Please confirm your attendance by contacting suffolkrespiratorygroup@gmail.com

East of England Safeguarding - Gangs & County Lines Events

FREE County Lines and Gangs, contextual safeguarding messages from local/ regional Police colleagues and the opportunity for round table discussions on issues raised.

5 June 2019 - Newmarket Racecourses

09:30 – 12:00 - [Book HERE](#)

13:00 – 15:30 - [Book HERE](#)

One Home...GPN Single Point

NHS England and NHS Improvement have developed an information portal; your single point of access for up-to-date assured GPN information on the NHS Future platform. It's easy to use and offers access to lots of resources.

To register your interest or for more information [click here to read more.](#)



The first NMP forum took place in Stowmarket on 15 March. Image courtesy of Sarah Miller

Suffolk Domestic Abuse Champions Network

Suffolk County Council are setting up the Suffolk Domestic Abuse Champions Network and are looking for volunteers to become champions.

Champions will be provided with FREE training to have the skills to spread awareness to other colleagues and act as the 'go to person' for information between their own agency and local support services. The Network will offer Champions a variety of support, knowledge, multi-agency links as well as access to training and events. The hope is that Champions will be able to offer consistent information, advice and support that will help to bring lasting positive changes for the victim. Reaching victims as early as possible will prevent further harm.

What is the Aim of the Champions?

- To offer a consistent response to Domestic Abuse across Suffolk and support which is rooted in the community.
- Champions will be confident in encouraging disclosures of Abuse, they will respond in a professional manner giving people the tools to Stay Safe and get the right support promptly.
- We are looking for people who are passionate about Domestic Abuse Awareness Raising and who are motivated to make changes. You will be able to recognise the signs and the impact, whilst understanding risk and offering basic safety advice.

If you are interesting in becoming a Champion or would like more information please email

dachampions@suffolk.gov.uk

Champion Co-ordinators are also available to attend team meetings or deliver bespoke sessions tailored to you. This is FREE across Suffolk: dachampions@suffolk.gov.uk



Non-Medical Prescribers Forum

The first Alliance NMP Forum in Suffolk took place in March where nearly 30 attended from all areas of the Alliance; Practice Nurses, Nurse Practitioners, Pharmacists & Community Matrons.

They heard updates from Chris Waters, Senior CNS with the community pain management service about the use of the new [Royal Pharmaceutical Society's Competency Framework](#) for all prescribers, from Martin Edwards, GP Fed Chief Nurse about policy development and CPD support and Sarah Miller, GP Fed Governance Manager, about the new NMP training and student mentoring. The group then discussed issues in practice & ideas, requests or suggestions for future forums.

If you are interested in attending a future session, please contact sarah.miller29@nhs.net.

The upcoming dates are:

Thursday 11 July 2019 - [View Agenda](#)

Monday 21 October 2019

All meetings 09:30–12:30: Stow Lodge Centre, Pod Room 1

Primary Care Mental Health & Emotional Wellbeing Evening Education Series - **OPEN TO ALL**

We have had some fantastic feedback from nurses who have attended our recent evening education events and the series continues in June with a focus on Dementia followed by the mental health emotional wellbeing of Children and Young People on Tuesday 2 July.

It would be great to see you there.

Wed 5 June: Dementia

Dementia Revealed. Variants of dementia and how they might present; How to treat; Why diagnosis is important and discussion of a couple of case studies. *Dr Elizabeth Barrett*

Dementia Together. Overview of the local services including a patient story. *Alana Page*

[View agenda](#) for more information on 5 June

Tues 2 July: Children & Young People

Young People's Mental Health. Dr Maryanne Freer is a doctor, psychiatrist and general practice educator with the [Charlie Waller Memorial Trust](#).

All training sessions are **FREE** to attend, include dinner and are **OPEN TO ALL** staff working in primary care. [Book now](#) to avoid disappointment.

"...excellent speakers presenting fascinating and relevant topics."

"interactive, engaging"

"...really inspired me to try something different - with clear explanations...and a clarity which was so refreshing."

"Whole event was fantastic"



MENTAL HEALTH & EMOTIONAL WELLBEING EDUCATION SESSIONS

Trinity Park Conference Centre, Felixstowe Road, Ipswich IP3 8UH

7.30-9.30pm (Dinner from 6.45pm)

Please contact shelley.mitchell1@nhs.net for more details

2019 DATES FOR YOUR DIARY:

Thursday 7 February - **Personality Disorder**

Tuesday 2 April - **Consultation Skills and Suffolk Needs Met**

Tuesday 7 May - **Depression & Anxiety**

Wednesday 5 June - **Dementia**

Tuesday 2 July - **Children and Young People**

Thursday 19 September - **10-minute CBT**

Wednesday 16 October - tbc

Tuesday 12 November - **Psychosis including At Risk of Mental State**

Wednesday 4 December - tbc

Future sessions will cover:

- Drugs & Alcohol Dependence / Substance Misuse / Managing Risk
- Learning Disabilities & Neurodevelopmental

Resources from the events will be available on the [CCG website](#).

CCG support for new dementia café

The CCG's mental health lead, Dr John Hague (pictured below), was delighted to offer his support to the Ipswich Taste Cafe, which is offering a memory cafe on the first and third Monday of every month - with the aim of supporting those living with or affected by Alzheimer's or dementia.



Dr Hague says, "We wish the Taste Café the best very of luck with this initiative to support those living with and affected by dementia.

"This is a really good opportunity to join in activities and talk with and enjoy the company of others."

[Read more HERE](#)

FREE MENTAL HEALTH AWARENESS AND EMOTIONAL FIRST AID WORKSHOP

Friday 29 November 2019, 9.30am - 4pm in Ipswich

This workshop is aimed at those who have a stake in improving the mental health of people around them and responding appropriately and swiftly to safeguard the wellbeing of those with declining mental health before they develop full blown mental health problems with lasting adverse effects.

[View agenda for more information and booking details](#)