

# Primary Care Nursing News

**NHS**

Ipswich and East Suffolk  
Clinical Commissioning Group

Prioritise people

Practice effectively

Preserve safety

Promote professionalism and trust



No. 23 December 2020

## Sally's Blog

### Welcome everyone to the last newsletter for 2020 .....

I sit and write this with many mixed emotions, it has been a year like no other, a time of inordinate change, of uncertainty of more questions than answers and still the waves hit the shore and continue to bowl us over with new challenges. But as I wrote back in the June newsletter as individuals and teams we find our resilience, our inner strength, and together you have continued in that unique and privileged position as nurses working in general practice to support your patients in every possible way we can. When we are faced with times of uncertainty and immense pressure it is easy to forget all the positive things that have happened, so as a send-off to 2020 why not take a few minutes to write down all the positive things you have achieved as individuals and teams and take some time to celebrate them with each other (socially distanced of course!!)

It is with a heavy heart that as I move onto pastures new from my current role the path of the nurse forum is a little uncertain, nonetheless I know that within the CCG there is immense support to see it continue. It has given me great joy to be at the forefront of developing and supporting the forum and I feel sure that like the phoenix rising out of the embers the forum will come alive again with new vigour, a stronger pair of wings and more colour in its feathers.

It is so often the people behind the scenes who bring the show finally to the stage, so a massive thank you to Penny, Mark, Kate, Jaqueline, Emily and Nicola for your work as the committee in supporting me and the direction of the forum and also to Shelley Hart for her amazing organisation in the final production without whom the forum and newsletter would not have come together.

So thank you one and all for what I hope you agree has been a very positive journey for primary care nurses in East Suffolk .... Long may it continue.

I wish you all a very safe and healthy Christmas and a New Year which we approach with hope in our hearts, with compassion and kindness to everyone around us.

***'Kind words can be short and easy to speak, but their echoes are truly endless' Mother Teresa***

With all my best wishes  
Sally

Always happy for you to contact me -

[Sally.harris14@nhs.net](mailto:Sally.harris14@nhs.net)

## A note of Thanks and Goodbye

Over the past 2 years Sally has shown the utmost commitment to promoting and recognising the fantastic work that the nurses in General Practice across Ipswich and East Suffolk provide. Her strong belief that having a workforce who are valued and empowered has shone through in everything she has done, from these newsletters, to the forums and the brilliant nurse conference as well as all the training she has planned, facilitated and taught. She has been and continues to be, a great support to me and I have no doubt also to many of you.

I am sure you will all join me in wishing Sally all the very best in her new ventures and in saying a sincere **Thank You** for all she has done.

Amanda Bennett



This is OUR Time  
**2020**  
#YearOfTheNurseAndMidwife



# Nurse Clinics at GP+ Update

Following the reinstatement of the practice nurse service at Riverside Clinic Ipswich at the start of September, we are now pleased to inform you that our Practice Nurse service will also be able to offer **routine cervical screening** for those that are eligible and have received their letter for screening. We will be offering clinics Monday-Friday 1830-2100, Saturday and Sunday 0900-1700. Attending patients will need to be advised that if they have any Covid symptoms they must not attend the appointment.

**A reminder that our Practice Nurse service also offers the following:**

- Dressings (patients must bring dressings with them)
- Injections (must bring injection with them)
- Swabs
- Contraception reviews (not new initiations)
- Suture and clip removal



The Practice Nurse does not conduct baby immunisations or provide travel advice, take bloods or do routine ECGs

## Working as a Research Nurse and in Primary care – Katherine Ellerby

### Overview of Clinical Research for GPNs

We know research touches everything we do as Practice Nurses - we have an abundance of evidenced based guidelines and resources to inform our practice, improve our knowledge and skills and make an impact on our patients' wellbeing. We see it every day, down to the choice of inhaler devices we offer, the diabetes medications we prescribe, the advice we share and impart - all these advancements are from innovation and research which gives us the evidence to support our best practice... **to read more about the important work of research in primary care [click here: Research for GPNs.docx](#)**

### Katherine's personal journey

*'Having spent nearly 20 years working as a GPN I had come to a time in my life when I wanted to expand my professional practice in Primary Care but without having a total career change. I had attended a talk by one of the Eastern Region Clinical Research Nurses who enthused the merits of undertaking research at practice level and it completely captured my imagination. Whilst my own surgery ultimately decided not to become a 'research ready' practice itself, soon afterwards I saw an advert for a Clinical Research Nurse within a GP cluster partnership. It truly felt like a 'lightbulb' moment where I could combine the best of both worlds and continue my role within my own community but also have the opportunity to be at the grass roots of change for practice and be a part of tomorrow's evidence, passing the baton of best practice on to our future colleagues in the NHS'. Katherine Ellerby.*

**Help the fight against COVID-19**

Do you have suspected or confirmed COVID-19?

(Symptoms may include new cough, high temperature, loss/change in smell/taste)

Are you aged 65 and above?  
Or aged 50 to 64 and meeting at least one of the following criteria?

High blood pressure and/or heart disease  
Known diabetes  
BMI - Obesity or BMI ≥ 35  
Asthma or lung disease  
Stroke or neurological problems  
Liver disease  
Weakened immune system due to serious illness or medication.

Then you could be eligible to join the PRINCIPLE trial and help the fight against COVID-19.

The PRINCIPLE trial aims to find treatments that improve symptoms and reduce hospital admission for people with COVID-19.

To find out more or register for the study, please visit:  
[www.principletrial.org](http://www.principletrial.org)

Tel: 0800 138 0880 email: [principle@gpc.co.uk](mailto:principle@gpc.co.uk)

## Research poster – COVID Principle Patient Research poster

[Download the Patient Recruitment Poster \(PDF\)](#)



We are now actively looking for practices to support Phase 2 of this project which will involve GP Nurses taking part in a 2-3 hour workshop.

General Practice Nurses are an accepted and important part of the NHS and community care landscape. With part of their role closing the gap in services left by a shortage of GPs, practices have realised that they bring more value than that, and support community wellbeing in wider ways. However, that value has not been articulated, and no measurement framework has been put around their roles to evidence it.

An evaluation is proposed that will develop answers to these questions and more. This will centre around the stories that the GP Nurses themselves can tell in an Action Research workshop setting with others from their profession. The findings will inform action, and will meet the following objectives:

- Recognise and articulate the value that GPNs bring
- Identify the enablers and blockers to GPNs delivering that value
- Develop the profession's voice and influence
- Grow the inflow of expertise into this branch of nursing
- Encourage investment in the further development of the role of GPNs
- Develop guidance for PCNs as to how to get the best out of the presence of GPNs
- Provide a foundation for leadership and other training.

If you would like to learn more please contact [j.clifford@sonnetimpact.co.uk](mailto:j.clifford@sonnetimpact.co.uk).

### British Heart Foundation Resources

**Please see message below from the British Heart Foundation which may be of interest:**

You may find it useful to take a look at a new online resource to support primary care clinicians with the remote detection and management of patients living with high blood pressure, Diabetes, Asthma and COPD.

This has been produced by our AHSN partners UCLP who cover North Central London, North East London, Essex and parts of Herts. However, you do not need to be working in these areas to be able to access and use it. Further modules are under development to support remote management of AF and cholesterol.

The link to the resource is here: [New resources for primary care to help prevent CVD](#)

If you would like more information or to discuss the resource further, particularly around any regional/local support you might need in introducing it to your PCNs then please do let me know and I will happily put you in touch with the project leads or you could email Frances Sanderson from UCLP) [Frances.Sanderson@uclpartners.com](mailto:Frances.Sanderson@uclpartners.com)

### Staying active post Covid

Respiratory resources to help people to stay active post-covid: [Resources for Primary Care in IES v1 \(Word document\)](#)

### Diabetes



If you missed the Diabetes Prevention and Diabetic Foot presentations on 2 December – or if you'd like to relive it! – you can [watch the recording](#) via the CCG website.

# NHS Health check competency framework and Learner and Assessor Workbooks

## [NHS Health Check - Competency Framework and Learner and Assessor Workbooks](#)

This document is a guide for NHS Health Check commissioners and providers. It details the competencies staff are required to have to deliver NHS Health Checks, and its intention is to support improvement in the quality of programme delivery. Regardless of the methods used to deliver the NHS Health Check programme locally, staff capability and capacity is essential for a high-quality service. Staff delivering NHS Health Checks are expected to have face-to-face training and on-going clinical supervision. Technical competence alone is not enough; staff must also be able to communicate appropriately with people, particularly in relation to risk factors.

## The Importance of Health Checks for patients with Learning Disability

Read Richard's Story as told through the eyes of his Mum, Sheila: [Richard's story \(PDF\)](#)

If you want to watch a video of Sheila telling Richard's story, you can do so by watching the video from the evening education session on [Learning Disabilities \(from 16mins\)](#).

### The Paradox of Prevention

'The paradox of prevention' by Suzanne Gordon – have you ever thought how best to articulate the amazing work you do – Suzanne Gordon gives an amazing insight into what she calls the 'Paradox of Prevention' how when you put into place actions to stop things happening hey presto 'nothing happens' just like all the preventative work we do with patients. Definitely worth a listen:

[www.qni.org.uk/voice-and-value/articulate-your-value/](http://www.qni.org.uk/voice-and-value/articulate-your-value/)

### Wound care Training

A series of wound care training sessions have been arranged for January. Bookings can be made via Eventbrite.

- [Wound healing and Management](#)
- [Skin Tears](#)
- [Compression Hosiery and Wraps](#)



**Wound Care Training 2021**

**Wound Healing and Management**  
Tuesday 5th January 2021 11.00 -1300 and  
Thursday 21st January 1300-15.00  
Booking via Eventbrite  
<https://www.eventbrite.com/e/130674503959>

**Skin Tear Prevention and Management**  
Wednesday 13th January  
11.00-12.00 and 13.00-14.00  
Booking via Eventbrite  
<https://www.eventbrite.com/e/130677470833>

**Compression Hosiery and Wraps**  
Friday 29th January  
12.30-13.30 and 14.30-15.30  
Booking via Eventbrite  
<https://www.eventbrite.com/e/130680540013>

## NMC Caring with confidence: the code in action

In September the NMC launched 'Caring with Confidence: The Code in Action'. It is about how the Code can help professionals to feel confident about their decisions and actions in these challenging times and beyond.

The NMCs core role is to regulate, and to ensure we regulate as well as possible, we proactively support our professions. Caring with Confidence does this through a series of bite-sized animations. Accountability; Delegation; and Speaking up are the first animations to be published.

The animations focus on key themes about nursing and midwifery professionals' roles, and how the Code can support them to uphold high standards, especially in difficult situations.

[Caring with Confidence: The Code in Action \(nmc.org.uk\)](http://nmc.org.uk)

## Shiny Minds App

[Home – ShinyMind](#)

**‘Daily wellbeing and resilience app to help you Shine’**

**‘Empowering People and Organisations to Shine Bright’**

It is more important than ever that we look out for each other, to help support your colleagues and friends and create a community of support for all of you. Email [hello@shinymind.co.uk](mailto:hello@shinymind.co.uk) to find out how the ‘ShinyMind’ App can help you.

Feedback from an NHS nurse: “I like to be able to send messages to colleagues who are also really tired to tell them what a great job they are doing. The ‘ShinyMind’ App positivity posts are such a great idea to keep us connected and show our appreciation at this really hard time”



**Remember your Mind is Precious** – each of us should have **Mental Wealth** not **Mental Health**. Here are some things we can tell ourselves to look after our mind and our thoughts when things are difficult, and we feel discouraged.

1. This is Tough – But so am I.
2. I may not be able to control this situation. But I am in Charge of how I respond.
3. I haven’t figured this out..... YET and that’s OK.
4. This challenge is here...to teach me something.
5. All I need to do is take one small step at a time and BREATHE, that is enough.

### 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](mailto:penny.sibthorp@nhs.net)

Mark Pears – [mark.pears@nhs.net](mailto:mark.pears@nhs.net)

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Jackie Brumpton – [jacqueline.brumpton@nhs.net](mailto:jacqueline.brumpton@nhs.net)

Nicola Tipton – [nicola.tipton2@nhs.net](mailto:nicola.tipton2@nhs.net)

### Do Good December

[www.actionforhappiness.org/december](http://www.actionforhappiness.org/december)

