

Practice Nurse Forum

We are delighted to announce the official launch of our Practice Nurse Forum on 10 October at Trinity Park. As a committee we are all very excited (as I hope you are) that the future holds an exciting platform for practice nurses working within Ipswich and East Suffolk CCG.

Our aim is that the forum will support your professional development through the provision of educational topics as well as being a catalyst for facilitating change by providing the opportunity

to support each other, share ideas, and develop strong networks.

Our agenda for October will have an educational theme where we will welcome the Primary Care Development Manager Julie White from the Primary Care Training Hub and Louise Smith from Macmillan Cancer unit at Ipswich Hospital. The final session is aimed at thinking how we can be responsive and creative to help us develop and change practice, this will require audience participation!

[View October's Agenda HERE](#)

In November, we will be offering wound care and dressings training as well as an opportunity to share best practise and an NMC update from Rachel Heathershaw of University of Suffolk. [View November's Agenda HERE](#)

We look forward to seeing you there. Of paramount importance to the committee is ensuring that we are responsive to what you want, so please do email if you ideas for forthcoming meetings or if you would like to be part of the committee.

Sally Harris, sally.harris8@nhs.net

Nursing Blog

What does working in Primary Care mean to me?

Caroline Ursell is a practice nurse working out of Hadleigh Health Centre. Here she shares her blog about what working in primary care means to her.

I am 38 years old and have been a practice nurse for 10 years now.

Previously to that I worked in ITU on 12.5 hour shifts, 50% days and 50% nights. I wanted to go into primary care to help manage and treat chronic conditions to try and prevent people from getting to the point of ITU admission from diseases which should be manageable.

There are many aspect of my job that I really enjoy. One of my favourites is that since becoming a practice nurse, I have developed a specialist interest in respiratory disease and have completed a diploma in asthma and attended training for COPD and spirometry, which means I can now diagnose and treat patients with asthma and COPD. I love reviewing a poorly controlled patient, changing their medication and reviewing them a few weeks later to find that their quality of life has improved, I get a real kick out of it.

I also have a much better work / life balance now. When I started work as a practice nurse, I did not have children and worked 35 hours over 4 days so I still had a day off in the week. Over the years I have had 2 children and my working patterns have changed during this time. You have the flexibility to be full time or part time, to work long days or short days and it has the benefit of being regular days so you can arrange childcare and family plans around it.

Working in the same surgery for several years, you get some regular patients that you get to know and build a relationship with and others who you only see for a short while.

Is there an aspect of my job that I do not like? We are not always able to cure everyone but that is the same in whichever environment you work in within the NHS! I would highly recommend practice nursing, it is an area where as a nurse you can make a real difference.

Many thanks to Caroline for sharing her experience in our first nurse blog. If you have something you'd like to share with fellow practice nurses in a future edition, please get in touch with [Shelley Mitchell](#), 01473 770021. Thank you.



Vaccinations update from Public Health England

The August edition of Vaccine update from Public Health England is available at this link:

[Vaccine update: issue 285, Aug 2018](#)

This month's edition features:

- NHS Digital
- supply of BCG vaccine
- MMR vaccine ordering restriction
- vaccine supply

In addition, they have also issued a flu special edition: [Vaccine update: issue 284, 2018 Flu special](#)

This edition features:

- which flu vaccine to give
- NICE guidelines
- Greenbook chapter 19 published
- flu vaccine ordering
- information and training
- flu vaccination invitation letters
- new resources to order
- uptake summary tool guide

Mandatory Training Guidance for Nurses

We often receive enquiries from nurses about what mandatory training should be undertaken by practice nurses and HCAs. You may find the following links useful to help ascertain what training is mandatory, & what is recommended.

[Healthcare Support Worker Training Standards Guidance](#) (source: Gov.uk)

[RCN Statutory and Mandatory Training Advice Guide](#) (source: RCN Direct)

Both links are on the [CCG website](#) for easy access.

Primary Care Nurse Lead vacancy

Suffolk and North East Essex Training Hub are looking to recruit 2 Practice Nurse Education Leads to work across Suffolk and North East Essex. These are 12 month fixed term contracts at Band 7 or a secondment opportunity.

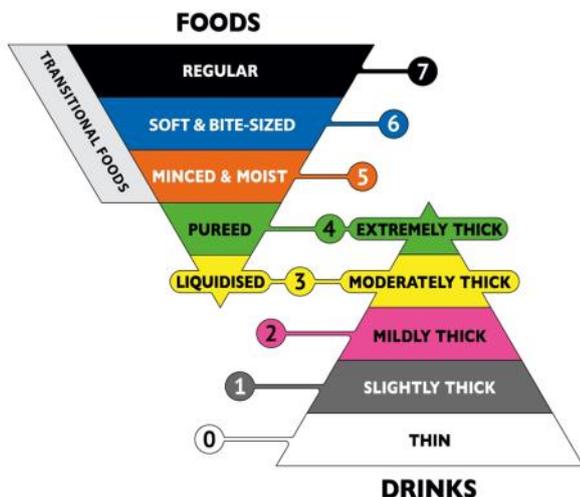
These new roles provide a unique opportunity to invest in the future of the Primary Care nursing workforce and help to ensure that Suffolk has the appropriate Primary Care Nursing workforce to deliver high quality patient care.

Visit [NHS Jobs](#) for more information.

The International Dysphagia Diet Standardisation Initiative (IDDSI) have

published new standardised terminology and definitions for texture modified foods and thickened liquids for people with dysphagia.

The CCG's Medicine Management team are working with key stakeholders to implement the new framework by April 2019; further information to support practices and patients will follow in due course.



The International Dysphagia Diet Standardisation Initiative (IDDSI) Framework that aimed to standardise terminology, nomenclature, and definitions of the dysphagia diet. Modification of the diagram or distribution under the IDDSI Framework is DISCOURAGED and NOT RECOMMENDED. Alterations to elements of the IDDSI Framework may harm to confidence and safety of the food or drink available for patients with dysphagia. Such errors have previously been associated with serious events including choking and death.

My Diabetes, My Life

NICE guideline state that structured education is an integral part of diabetes care. The www.mydiabetes.org.uk website is a new tool for patients with diabetes Type 1 or 2 to quickly access the right course to help them manager their diabetes effectively.

It is open to established patients as well as newly-diagnosed and we would ask you to actively encourage your patients to book and attend as part of their diabetes care. Find out more at:

mydiabetes.org.uk/healthcare-professionals

MY DIABETES
MY LIFE LEARN TO LIVE WELL WITH DIABETES.

NHS



Why not attend a free NHS course?

Enquire now! www.mydiabetes.org.uk

NHS Diabetes Prevention Programme

The lifestyle provider ICS Health and Wellbeing opened their doors to referrals for patients who are pre-diabetic (see criteria, below) at the beginning of August.

Starting in Ipswich, three practices acting as trailblazers namely Orchard Street, Ravenswood & Two Rivers are testing the referral pathway and have already generated our first few referrals.

At this time we would encourage any Ipswich practice to start referring their NDH patients to this potentially life changing programme, which offers the opportunity to avoid the onset of Diabetes.

ICS advise that they typically need 40 referrals in an area in order to create a group of around 15- 20 patients. Each patient referred gets a call inviting them to an Initial Assessment (IA) though typically 50% of patients drop out at this stage. If they attend the IA the patient then does several weeks of lifestyle group work specifically targeted for pre-diabetic patients followed by one to one sessions and follow up work stretching over several months.

Criteria for referral is simple:

- 18 years and over
- Not pregnant
- Not have a blood result confirming a diagnosis of Type 2 Diabetes
- Have "non-diabetic hyperglycaemia" (NDH) identified by blood test within the last 12 months (HbA1c of 42-47mmol/mol (6.0 – 6.4%) and / or FPG of 5.5 – 6.9 mmol/l)

Check out the latest [NHS England bulletin](#) from the national Chief nursing officer.