

Welcome to "IESCCG Practice Nurse News". A monthly newsletter to update you on work at the CCG, upcoming training and to provide the opportunity for **YOU** to share **YOUR** news and successes.

## Practice Nurse Forum

"Thank you to the 46 practice nurses who attended the Practice Nurse Forum Meeting at the March closure afternoon. The objective in facilitating the session was to gauge your interest in developing an Ipswich and East practice nurse forum. Although the session was short you came up with some fantastic visionary ideas of how you see a practice nurse group developing and there was a real buzz of enthusiasm to get a group up and running. Paramount to the success of getting a group together will be a collective drive and commitment and I was delighted that several of you put their names forward as being interested in being part of an organising committee.



"As far as what happens next I will be feeding back your fantastic ideas to Louise Hardwick and formulating a plan of action - I will be in touch!"

"Thank you to all of you who made the meeting, for those who were not able to attend and are interesting in finding out more please feel free to contact me."

Sally Harris, ANP, Ravenswood Medical Practice  
[sally.harris8@nhs.net](mailto:sally.harris8@nhs.net)

### Common themes from the discussions:

#### What does your forum look like?

- ⇒ 'Common theme for meeting education/ issues/concerns'
- ⇒ 'Networking'
- ⇒ 'Sharing information'
- ⇒ 'Educational speakers'
- ⇒ 'Website'
- ⇒ 'Webinars'
- ⇒ 'Newsletters'

#### Reason for having a nurse forum:

- ⇒ 'Improvement in morale'
- ⇒ 'Support'
- ⇒ 'Value'
- ⇒ 'Empowerment'
- ⇒ 'Improved recruitment and retention'

## Next Trinity Park Training: Stoma & Ostomy and Wound care

The next training event at Trinity Park is on **Wednesday 25 April** where Stoma nurses Sarah & Debbie will be giving an overview of Stoma appliances and the management of stoma, with understanding what to consider when prescribing these products.

CCG nurse Tralee Lashley will be giving an overview on the assessment and identification of skin damage when considering the appropriate prescribing of barrier preparations. She will also provide an update on the current CCG formularies and expected quantities for prescribing wound management dressings and appliances.

#### Programme:

- 2.15pm - 3.30pm: Stoma & Ostomy
- 3.30pm - 4.00pm: Tea & coffee break
- 4.00pm - 5.00pm: Barrier creams and wound care

To sign up, please email [shelley.mitchell1@nhs.net](mailto:shelley.mitchell1@nhs.net)

*Please be aware that this session forms part of the prescribing incentive scheme, which requires nurse attendance from every practice.*

## Physical Activity training courses

Public Health are offering **free training** to promote the awareness of physical activity in clinical care for primary care nursing staff across Suffolk on the following dates:

**Monday 23 April** (13:30 - 15:30) at Old Ipswichian Cricket Club pavilion, Old London Road, Copdock IP8 3JN

**Monday 30 April** (13:30 - 15:30) at West Suffolk House, Bury St Edmunds

This training offers peer to peer support around patient contact to help you to promote physical activity and provide patients with information and guidance through practical, interactive sessions based on the latest national and international data, research and evidence.

For more information please see [flyer](#). To reserve a place, please email [CEPN](mailto:CEPN) stating your practice, role and preferred date. **Spaces are limited so book early!**