



Vale of York
Clinical Commissioning Group

Stakeholder newsletter

October 2018

**HELP US
HELP YOU**

STAY WELL THIS WINTER

Have you had your flu vaccine?

You are eligible for a free flu vaccine if you:

- have a long term health condition
- are 65 years or over
- are pregnant
- a child aged two to nine (pre-school, and reception class to year five)

Learn more about the 2018-19 winter flu vaccine programme. Click on the image below to watch our short video.



DEBBIE WINDER
HEAD OF QUALITY ASSURANCE AND MATERNITY, NHS VALE OF YORK CCG



BECOME AN ANTIBIOTIC GUARDIAN

Keep Antibiotics Working

**Help keep antibiotics working:
don't use them when you don't
need them**



Dr Nigel Wells
Clinical Chair

We are urging people in our local community to follow advice from their doctor, nurse or other healthcare professional and only use antibiotics when they need to – otherwise they could be putting themselves and their family at risk.

Taking antibiotics encourages harmful bacteria that live inside our bodies to become resistant. As antibiotic resistance increases, common procedures such as hip replacements and caesarean sections could become life-threatening without antibiotics to protect against infections.

Cancer patients are also much more vulnerable if antibiotics don't work; both cancer and chemotherapy treatment reduce the ability of the immune system to fight infections and antibiotics are critical to prevent and treat infections in these patients.

The 'Keep Antibiotics Working' campaign began on the 23 October to remind people that when it comes to the appropriate use of antibiotics, it's important to always take your doctor, nurse or healthcare professional's advice.

Dr Nigel Wells, a Vale of York GP and the CCG's Clinical Chair, said: "As a GP in the Vale of York I would like to remind people that antibiotics are not always needed so always listen to your doctor's advice on when and when not to take them.

"Antibiotic resistance is something we must tackle right now. It's only natural to want something to help you feel better when you're unwell but taking antibiotics when you don't need them puts you and your family at risk of more severe or longer illness."

For more information about antibiotic resistance, visit www.nhs.uk/antibiotics

Come along to our Governing Body meeting

Our next Governing Body meeting takes place in public on Thursday 1 November in York.

The meeting will begin at 9.30am at West Offices, Station Rise, York YO1 6GA.

Members of the public are invited along to observe and hear about the work the CCG is doing to improve services, quality and the experience of patients in the local area.

Governing Body meetings are one of the ways that patients and members of the public can get involved and have their say. The deadline to submit a question or raise a matter is 5pm on Monday 29 October. Send it by email to valeofyork.contactus@nhs.net or write to NHS Vale of York CCG, West Offices, Station Rise, York, YO1 6GA.



Priory Medical Group achieves Gold Standard recognition

Priory Medical Group, which has helped more patients to fulfil their wishes to die at home, has been recognised with a national award.

Dr Victoria Tzortziou-Brown, Integrated Care Lead at the Royal College of General Practitioners, presented Priory Medical Group with, with the Gold Standards Framework Quality Hallmark Award at a special ceremony in London.

Dr Victoria Middleton, pictured centre, led the nine-site practice's end of life care improvement programme and helped to increase the numbers choosing to die at home by one-third. Dr Middleton said that patients, their families and healthcare professionals had all benefited from the changes initiated by the Gold Standards Framework Primary Care Training Programme.

Dr Middleton added: "There is definitely a feeling of greater confidence in caring for patients, a higher level of awareness of their needs and better planning and preparation. Because we have identified patients earlier and engaged them in conversations about their care, we almost always have the plans in place, have communicated with the Out of Hours teams and have the 'just in case' medications in place. This means that patients are getting a better death and families can grieve better."

Thursday 15 November

Stop the pressure day

**Tesco Extra, Askham Bar,
Tadcaster Rd, York, YO24 1LW
Drop in: 10am – 2pm**

Do you look after a family member or friend and think they could be at risk of developing a pressure sore?

Drop by and find out more:

- Chat to a member of staff
- Get a five-minute training session on how to help lower the chance of developing a pressure ulcer
- Pick up leaflets and advice



A pressure sore is an area of skin that is damaged when something keeps pressing, sliding or rubbing against it. Pressure sores can be life threatening, but by recognising the signs early they can be prevented.

[stopthepressure](https://www.stopthepressure.org.uk)



Vale of York Junior Research Nurse sets patient recruitment record

Louise Dale, a Junior Research Nurse at Pickering Medical Practice has set a record for recruiting patients to the Barrett's Esophagus Trial 3 (BEST3), a trial of a new GP-based test for patients with heartburn symptoms.

Louise, pictured right, has worked in primary care since 2015. She managed to recruit eight patients in one day to the BEST3 cancer trial – a record for our local area. Louise's record-breaking efforts also meant that Pickering Medical Practice can proudly boast that it's the top recruiting site across the Vale of York.

Louise said: "The BEST3 study has had an excellent uptake at Pickering Medical Practice and the patient feedback has been very positive with patients feeling well informed, satisfied with the procedure and enthusiastic about taking part in research in the future."

For more information about BEST3 visit <https://www.mrc-cu.cam.ac.uk/research/rebecca-fitzgerald/clinical-studies/BEST3>.

Braving the elements, and 23 miles, to raise money for the Throat Cancer Foundation

Cari Llewelyn Jones, a Programme Support Officer at the CCG braved the weather, and the York Marathon, to raise money for a charity that is close to heart.

Talking about Cari said: "To say I didn't want to do it when I woke up on the Sunday morning would be an understatement.

"The weather was horrible and I didn't have a game plan for running in a torrential

downpour!

“But the atmosphere at the start line was great. Everyone was buzzing with nervousness and excitement and there were so many people running for charity.”

Cari added: “The first 18 miles were so-so, but soon my legs started to feel heavy and painful but I wouldn’t stop, thinking about the fundraising for the Throat Cancer Foundation kept me going”.

Cari picked up her speed as the finish line came into sight and finished with a personal best. Well done Cari.



Cari Llewelyn Jones with her very well-deserved medal



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