



Vale of York
Clinical Commissioning Group



Practice Nurse Engagement

Your regular briefing from the CCG

Wednesday 14 November 2018



York Teaching Hospital
NHS Foundation Trust

Tier 3 Obesity Management Service Launch

A pilot Tier 3 Obesity Management Service at York Hospital is now open for referrals as of Monday 5th November 2018.

A dedicated RSS page giving information about making a referral to the service can be accessed through this [link](#), and will continue to be updated with useful resources as they become available:

Information has also been sent directly to your administrative staff so that they are aware of the service and know how to access and use the integrated referral form.

If you have any queries about the service please contact [Louise Horsfield](#)



Celebrating General Practice Nursing Conference

The NHS England Nursing and Quality team are pleased to announce that there will be a Yorkshire and Humber “Celebrating General Practice Nursing Conference” held on Thursday 21 March 2019 (full day).

The awards will celebrate the following categories:

- Mentor and Preceptor
- Innovation
- Integrated Working
- Driving person Centre Care
- Rising Star

Each of the Northern Region’s 21 CCG’s can nominate one individual/team for each of the five categories above (five nominations in total).

The nomination forms are attached along with guidance for the criteria of candidates. Please complete these with as much supporting information as possible as these will then be judged and winners invited to the Awards ceremony in March.

Please send the nomination forms to sam.varo@nhs.net by no later than Friday 4 January 2019.

We look forward to celebrating the fantastic staff in primary care.

More information to follow when this is received from NHSE e.g. details on venue and times



Tissue Viability Service

You can access the Wound Care Passport & Community Wound Care Guidance Formulary on the following [link](#):

The Tissue Viability team have an advice line to support staff in General Practice: 07467338848.

Practice Nurse & Allied Health Professional Forum

– our next meeting

When – Thursday 22nd November from 2:00-4:00

Where - MyHealth Stamford Bridge Surgery, YO41 IBR,

What - Jacqui Hourigan, Nurse Consultant Safeguarding Children and Vulnerable Adults Primary Care presenting: Safeguarding

For more details of this meeting and for upcoming dates throughout 2018-19 [click here](#).

Please confirm your attendance by email to sam.varo@nhs.net or phone 01904 551 773.



Leadership Academy

Leadership and Management Development Programmes

[The Leadership Academy](#) offers a variety of programmes to suit different levels of experience and background in nursing and other healthcare roles. For more information on the Mary Seacole Leadership Programme please follow this [link](#).

Our Advanced Training Practice offers a Leadership and Management Development Programme, which is not specific to nurses but aimed at any developing managers in general practice. Nurse team leaders and managers as well as admin team leaders and junior managers attend. I have attached some information – the course is recognised by ILM and entails 4 study days over the course of a year (usually running in Jan, Apr, Jul and Oct).

For further information please contact: [Lisa Billingham](#), Training Manager at Haxby Group Training or call (01482) 303986. The application form is available on the Practice Nurse section of the CCG [website](#)

Alternatively more information can be found on their [website](#)



Link to Nursing Associate Film from the NMC

The NMC has developed a [film](#) to share information and personal insights into the new role of the Nursing Associate. The film features interviews with trainee nursing associates and registered nurses explaining what they've learnt so far and how they believe the role will benefit patient care and nursing teams in the future.



Practice Nurse & Allied Health Professional Forum

Who organises the Forum sessions? Sarah Goode, Quality Lead for Primary Care, Vale of York CCG. Sarah is also a registered nurse.

Who actually goes? Each session a professional speaker presents a topic which has been requested by a practice nurse/AHP. Sarah and/or Charlotte Porthouse, CCG Lead Practice Nurse look forward to welcoming you ☺ The forum encourages all nurses (qualified and non-qualified) and Allied Health Professionals (AHPs) from across the Vale of York - young, old, experienced and new to practice!

Who is an Allied Health Professional? Anybody employed in general practice who is not a doctor including.....Advanced Care Practitioner, Advanced Nurse Practitioner, Health Care Assistant, Physician Associate, Physician Assistant, Physiotherapist, MSK practitioner, Pharmacist, Urgent Care Practitioner, Paramedics, Student Nurse/ AHP student, Phlebotomist, Link Practitioner, Counsellor etc.

How long is each Forum session? 2 hours

When are they? Every month on an afternoon because this is when staff find it easier to be released.

Where are they? The forum travels around the Vale of York allowing as many nurses and AHPs as possible to attend. Usually at a general practice surgery and sometimes at the community room at Tesco. If you have a venue that could be used please let Sarah Goode or Sam Varo know.

Why should I attend? It is a great opportunity to network and meet others working in primary care. Attendance counts towards participatory CPD learning for revalidation. You will get an attendance certificate and an NMC Reflective Accounts Form to both support revalidation and maintain your registration.

What should I expect? Professional, relaxed and reflective learning with fellow primary care staff. You will be directed by the reception staff to the relevant room. Tea/coffee and biscuits available. You are welcome to bring your lunch with you. Sarah & Charlotte will welcome you and introduce the session. Speakers present for the duration of the forum. You are welcome to ask them any questions at the end of their presentation. If you wish, you can talk to other

people attending at the end of the session.

What is expected from me? You are only asked to say who you are and where you work when we all introduce ourselves at the beginning of each session and complete a feedback form so future sessions can be made even better. You are welcome to ask questions and join in any discussion if you wish or you can just sit back and listen.

Who has presented already this year?

- Caroline Gent, Community Infection Prevention and Control Nurse Specialist.
- Lyeanda Berry former Project Manager-Community District Nurse Workforce and Polly Smith, Head of Nursing and Clinical Services, York Medical Group presenting: The CAVA General Practice Nursing Workforce Review.
- Wendy Billsborough, Advanced Nurse Specialist, Yor Sexual Health.
- Dr Emma Broughton NHS Vale of York Clinical Lead for Women and Children presenting: The Menopause.
- Jason Feavers, Cancer Research UK Facilitator, Yorkshire and Humber. Cancer Research UK presenting: Cancer Screening.
- Jacqui Hourigan, Nurse Consultant Safeguarding Children and Vulnerable Adults Primary Care, Scarborough Ryedale CCG presenting: Safeguarding Hot Topics.
- Jamal Hussain, Senior Pharmacist – Prescribing Support Pharmacist shared the Community Wound Care Formulary (see attached) and described the on-line prescription ordering system (ONPOS).
- Rose Richardson, Account Manager and Former District Nurse at LRMed presented an education session about wound bed preparation and dressing selection.
- Katey Burnett, PHE Physical Activity Nurse Clinical Champion PHE Physical Activity session

Sounds good.... I want to organise my diary. How do I find out about future sessions?

The upcoming Forum session is in each weekly Practice Nurse Engagement edition. There is a full diary up until January 2019. You can access further information on the [Practice Nurse Forum](#) section of our website. Please note the website is currently being updated.

Can I come? Get permission from your line manager and let Sam Varo at the CCG know by contacting him by email sam.varo@nhs.net or phone: 01904 551773..



Leeds Beckett University short courses

Leeds Beckett University is offering a series of short courses tailored to Primary Care. They include

- Ear care
- Cervical cytology screening
- Performing 12 lead electrocardiography
- Vaccination and immunisation for new starters

Details of all courses can be found [here](#)



UNIVERSITY OF HULL

MSc in Advanced Practice Course

The University of Hull is now in a position to offer a February start date for the MSc Advanced Practice. The date of the first taught session will be 1st February.

For further details please contact [Nicki Credland](#) via email Applications forms are available via the University [web pages](#).

Training Opportunities and Events



Respiratory Nurse CPD

When: Wednesday 21 November

Times: 18:30 registration and buffet, 19:15 session commences for 20:30 finish

Where: The Parsonage, York Road, Escrick, YO19 6EY

Agenda: Please find agenda attached

For more information, please find agenda's attached. Please note these events are not CCG events and are pharma sponsored.

For more information and to register, please contact: ellieholmes@wpem.co.uk



Diabetes Education Programme Sessions- **NEW**

Dates:

- Friday 23 November 2018 from 12:30 onwards. Subject: GLP1. Venue: The New Selby War Memorial Hospital
- Friday 30 November 2018 from 9:00 onwards. Subject: Insulin Management Module Day. Venue: Mercure York Fairfield Manor Hotel, Shipton Road, Skelton, York, YO30 1XW -

What: Agenda and further information to follow

Please note these sessions are arranged in collaboration with a pharmaceutical company



Youth and Social Media Safeguarding Session

When: Thursday 29 November

Where: The Mount School, Dalton Terrace. York

Times: 10:00-13:00

Content: Objectives of the session include to understand online environments and be

able to support young people to use them safely for both healthy and intimate relationships.

Booking: To book follow this [link](#)



Ophthalmology and Minor Eye Conditions Service Evening

When: Tuesday 4 December

Where: York Novotel

Times: 18.30 registration, 19.00 meeting commences, 20.30 finish

Content: Please find agenda through this [link](#)

Booking: For more information and to register, please contact: ellie.holmes1@nhs.net



Advanced Care Practitioner and Physician Associate Autumn Event

When: Wednesday 5 December

Where: Mercure Hull Grange Park

Times: 9:00-3:00

What: Humber, Coast and Vale Excellence Centre are hosting a networking day for all qualified and trainee physician associates and advanced care practitioners. This is an opportunity to grow your knowledge and get involved in projects to shape best practice.

Booking: For more information and to register, please contact:
carly.mcintyre@hey.nhs.uk



Diabetes Foot Screening Education (CPD)

The session will outline the skills needed to assess foot problems of diabetic patients. In line with current NICE guidelines this session considers the annual diabetes review including details of how to refer patients who are at an increased or high risk of developing foot disease. There will be a demonstration and an opportunity to practice neurological and vascular assessment of the foot.

The session is free of charge and a certificate of competency will be issued to evidence CPD.

When –5 December 2018

What – Detecting and managing diabetic foot disease.

Where - Podiatry Department, White Cross Court, York YO31 8FT

Booking: In-house training may be available if there are several staff at your practice who would benefit from this training.

Booking is required as places are limited.

Email podiatry.appointments@hdfn.nhs.uk with subject title of 'Training update – foot screening'. Your place will be confirmed before you attend.



Tier 3 Weight Management Service Evening

When: Tuesday 15 January

Where: York Novotel

Times: 18.30 registration, 19.00 meeting commences, 20.30 finish

Content: Agenda attached

Booking: For more information and to register, please contact: ellie.holmes1@nhs.net



ABCD Yorkshire Regional Diabetes Event- Free to attend

When: Wednesday 6 February

Where: York Racecourse

Times: 9:00-16:00

Content: The event aims to cater to all health care professionals involved in the provision of care, and will feature a mix of workshops and discussions. Topics on the agenda include commissioning and service redesign, diabetes and pregnancy and the role of a psychologist in a diabetes team.

Booking: To register please follow this [link](#)



MSK Evening

When: TBC

The MSK evening originally scheduled for 13 September 2018 will be rearranged for early 2019, date will be confirmed shortly



Alcohol Identification and Brief Advice (Alcohol IBA) – Free Training

Alcohol Identification and Brief Advice (Alcohol IBA) helps health professionals to identify those individuals whose drinking might impact their health, now or in the future and to deliver simple, structured advice aimed at reducing this risk. Free training is being offered to all practices in the City of York area. It can be delivered in various formats and at a location to suit you and will focus on the following:

- What is Alcohol IBA?
- Screening alcohol use/consumption
- Offering brief advice
- How and when to refer in to community alcohol services
- Opportunity to practice delivering Alcohol IBA.

The training is based on a robust evidence-base. It is known that simple structured feedback and motivational advice lasting a few minutes is effective in reducing health risks from alcohol, including hypertension, CHD, mouth, throat and breast cancers and many other conditions. Recipients reduce their alcohol intake by an average of 15% following one session of brief advice.

This training is delivered by Public Health team at City of York Council. For further information please contact Phil Truby at Philip.truby@york.gov.uk or 01904 553959.



The Role of Health Professionals in Supporting Physical Activity

Free training delivered at your practice

The Health Benefits of Physical Activity are well documented; however recent figures suggest that a significant proportion of adults in the UK are not active enough for good health.

There is evidence to suggest that when healthcare professionals promote physical activity in consultations it is effective in increasing activity levels.

It has been suggested that 1 in 4 people would be more active if advised by a GP or Nurse. Despite this, a nationwide study found that a significant number of Health Care Professionals are unfamiliar with the national guidelines and are not confident in raising the issue of Physical Activity with their patients.

Public Health England in Partnership with Sport England and Burdett Nursing Trust has developed a Physical Activity Clinical Champion Programme for Health Professionals.

The Programme offers peer-to-peer training, that aims to equip allied health professionals, nurses, midwives and doctors with the knowledge and skills that they need to promote physical activity in their routine clinical contacts.

If you would like a **FREE Physical Activity Clinical Champions training session for your team** email Katey Burnett: katey.yhpaclinicalchampion@gmail.com

For further information on the project you can also contact Public Health England at: physicalactivity@PHE.gov.uk

YOR- Insight reporting tool

Click here to access the Yor-Insight reporting tool



YOR-Insight is a soft intelligence tool to share your insights and feedback about gaps, issues or good practice.

Thank you to those who have already shared information using the YOR-Insight tool.

This makes for an excellent opportunity for the CCG to then facilitate the *anonymous* sharing of best practice and lessons learned from across the Vale of York.

You can access YOR-Insight via the Referral Support Service page of the CCG website or [click here](#).



Diabetes UK Information Prescriptions

Information Prescriptions are easy to read personalised information with clear images and individual goals aiming to prevent diabetes health complications. They are designed to educate and empower people with diabetes to both meet and improve on individual health targets. The Waverley Park Medical Practice, Scotland, conducted an audit of the Information Prescriptions impact within their practice. A 10% increase in patients reaching HbA1c targets was evidenced.

Information Prescriptions available include:

- ***NEW*** Diabetes and your feet: Low risk
- ***NEW*** Diabetes and your feet: Moderate/High risk
- Blood pressure
- Cholesterol
- HbA1c
- Mood
- Keeping your Kidneys Healthy
- Kidney Disease
- Contraception and Pregnancy.

Information Prescriptions can be used via primary care IT systems. Diabetes UK have developed guides to help practitioners use them: [click here](#). They can also be downloaded in a PDF format and printed for use with a patient.

For more information please see the attached Information Prescription Guide or visit the [Diabetes UK Website](#)

This information is also available on the RSS website by selecting the [Care Planning](#) section on the Diabetes page

How many causes of heart disease can you identify?



It is our priority to prevent people in the Vale of York from dying prematurely and that's why we want to work with the local community to beat heart disease and stroke.

High blood pressure is one of the Vale of York's biggest killers. It rarely has noticeable symptoms and, if left untreated, increases the risk of developing a heart attack or stroke. It is estimated that more than 34,000 local people have undiagnosed high blood pressure.

For information and to learn how you can reduce your own risk, go to the website

www.valeofyorkhealthyhearts.co.uk

Don't forget, we have a section of our website dedicated to local Practice Nurses and Nurse Practitioners. [Click here](#) for the Practice Nurse Forum and other useful information.

This bulletin has been produced by NHS Vale of York Clinical Commissioning Group.

If you would like to unsubscribe from this bulletin email sam.varo@nhs.net