



Practice Nurse Engagement

Your regular briefing from the CCG

Tuesday 11 September 2018



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.



World Sepsis Day – 13 September

World Sepsis Day takes place on Thursday (13 September) – and is an opportunity for people worldwide to unite in the fight against sepsis.

Sepsis kills approximately 37,000 people in England every year – more than breast, bowel and prostate cancer combined.

Prompt recognition of sepsis and rapid intervention is vital to help reduce the number of deaths occurring.

The Sepsis Trust has a range of [learning materials](#) which can help support the early identification and management of sepsis, with this [short video](#) summarising the main symptoms associated with the condition.

THINK SEPSIS is a Health Education England programme aimed at improving the diagnosis and management of those with sepsis.

The learning materials available on [this website](#) include a film and a wide range of learning materials for primary care, secondary care and paediatrics.

Please [click on the link to watch a film](#) aimed at all health care workers involved in the care of sick children. The film explores considerations when diagnosing and managing sepsis.



Urinary Tract Information from Infection, Prevention, Control

Working with the North Yorkshire and York CCGs and other healthcare professional colleagues in the region, Infection, Prevention, Control have produced a suite of resources for General Practice providing advice and a point of reference to patients, care staff and healthcare professionals on preventing, diagnosing and managing UTI's. Reducing the number of UTI's, and prompt recognition and appropriate management of UTI's helps to reduce unnecessary hospital admissions and supports The Secretary of State for Health's ambition to reduce healthcare associated GNBSI and inappropriate antimicrobial prescribing by 50% before 2021.

The resources can be downloaded by clicking on the links below:

['Guidance for Healthcare Professionals in General Practice to aid with the diagnosis and management of UTI in care home residents'](#) poster

['Are you drinking enough?'](#) poster

['Preventing UTIs and dehydration slide show for General Practice waiting areas'](#) PowerPoint

Bulletin for General Practice Staff - Infection Prevention and Control: Issue No. 10 – September 2018

The latest Bulletin from the Community Infection Prevention and Control Team for General Practice Staff also focuses on the above resources. We would be grateful if you would share this information with your colleagues as appropriate and in particular the Infection Prevention Lead within your Practice.

A copy of this bulletin is available to view and download [here](#):

Please feel free to share these resources as widely as possible and if you have any queries please do not hesitate to get in contact.



Hypo Awareness Week

This year's Hypo Awareness Week will run from the 24-30 September, and aims to raise awareness of hypoglycaemia through education of health professionals.

Register online through this [link](#) to receive your free resource pack, including posters, balloons and t-shirts.

Practice Nurse Forum – our next meeting

When – Wednesday 19 September 2018 2pm to 4pm

Where - Posterngate Surgery, Portholme Road, Selby, YO8 4QH

What - Kathryn E Griffith (Clinical Lead for Kidney Care, Cardiovascular Lead for NHS Vale of York CCG, Secretary of The Primary Care Cardiovascular Society) & Jamal Hussain, Senior Pharmacist-Prescribing Support Pharmacist, presenting: Cholesterol Management.

Please note this date has been amended. Sincere apologies for any inconvenience caused.

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.

Phil Mettam, our Accountable Officer will be presenting at the Practice Nurse Forum on Friday 25 January 1-3pm can you offer a venue?



Mental Health Patient Self-Help Leaflets

The guides produced by Northumberland, Tyne and Wear NHS Foundation Trust are meant as an introduction to self-help techniques. Some people may need to seek additional support from a health professional.

To access the guides, please follow this [link](#).

For a free printed copy of this guide call 0191 246 7288 or email pic@ntw.nhs.uk with your full postal address.

Self-help Access in Routine Primary Care (SHARP)

Self-help Access in Routine Primary Care (SHARP) was a project designed to enable primary care practitioners to support people with mild to moderate anxiety and/or depression to access to Cognitive Behavioural Therapy (CBT) based self-help information. It also involved a training programme for practitioners to enable them to:

- Understand the Five Areas Cognitive Behavioural Therapy (CBT) model and how it is used in the self-help leaflets.
- Identify people who are suitable for guided self-help.
- Engage people in the guided self-help approach.
- Identify appropriate self-help materials for an individual's problems and goals.
- Support people to make use of the self-help materials.

For more information, please visit this [link](#)

University Eating

Maintaining good control of diabetes at university can be a real challenge. Students are away from home and have to take an independent role in looking after themselves. The following [link](#) will give students and parents support for this transition.

Become a Cancer Champion

It's easier than you think to make a difference

Humber, Coast and Vale Cancer Champion Programme

Humber, Coast and Vale STP are hosting half session courses for anyone interested in becoming a cancer champion. These will last approximately 3 hours and are split into two sections; firstly identifying the early signs and symptoms of a range of cancers followed by how to become a Cancer Champion. The aim is to raise awareness of the early signs and symptoms of cancer, promote the national screening programmes and increase early detection.

Please find a poster attached, and the dates for confirmed sessions below

- Monday 17 September, 13:00-16:00. Discussion Room Post Grad, Scarborough Hospital
- Monday 24 September, 13:00-16:00. Lecture Theatre, Learning and Research Centre, York Hospital
- Monday 8 October, 13:00-16:00. Lecture Theatre, Learning and Research Centre, York Hospital
- Thursday 11 October, 13:00-16:00. Bar 1922, Bootham Crescent, York City Football Club
- Monday 15 October, 13:00-16:00. Training Room S33, Scarborough Hospital
- Thursday 8 November, 13:00-16:00. Bar 1922, Bootham Crescent, York City Football Club

This service is hosted by NHS East Riding of Yorkshire CCG but covers the whole Humber, Coast and Vale area.

For more information please contact eryccg.cancerchampion@nhs.net



City of York Council: Workforce Development Unit Training

City of York Council's Workforce Development Unit offer a large number of training sessions relevant to the practice nursing.

Upcoming sessions include

- Effective Communication and responding to Behaviour that Challenges (Adults services)
- Dementia- Bitesize
- Life Story- Bitesize
- Mental Capacity Act Complex Decision Making
- Working Together to Safeguard Adults (Previously Level 3)

A full list of sessions available from September to November is attached for you.

To book on to these courses you will need to register for a MyLo account through this [link](#)

For any queries please contact: wdu@york.gov.uk

For more information please see the attached information



Our Health Heroes Awards 2018

The National Skills Academy for Health is launching “Our Health Heroes” awards 2018. Please nominate staff deserving recognition in respect of the following categories:

- Operational Services Support Worker of the Year
- Clinical Support Worker of the Year
- Apprentice of the Year
- Workforce Planning Team of the Year
- Integrated Team of the Year
- Staff Retention and Well-Being Employer of the Year
- Lifetime Achievement Award

Nominations can be made from 10 August - 16 September. The Awards Ceremony will take place on Friday 23 November at London’s OXO Tower.

Please nominate at: www.skillsforhealth.org.uk/ohh-2018-pre-launch and also send a copy of your nomination to Carly McIntyre, at Health Education Yorkshire at carly.mcintyre@hey.nhs.uk



Haxby Group Training: Autumn and Winter 2018

Please find attached an updated list of training dates offered by Haxby Group Practice in the upcoming months.

The next session in York will be: Basic life support on 20 September from 9:30 to 11:30, and conflict resolution on the same day from 11:45 to 12:45. Both sessions will be at Gale Farm Surgery, Acomb.

For more information and to investigate bespoke training sessions, please contact: training@haxbygroup.co.uk



University of York Study Days

The next study day at the University of York will be: Introduction to Contraception and Sexual Health, 18 October.

4 places are remaining for this wishing to register for the session.

Details of all sessions are available [here](#).



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](#).



Funded cervical sample taker training

Health Education England has secured funded training places for cervical sample taker initial training for North Yorkshire and Humber at the University of Huddersfield (September 2018) and North East Cervical Screening Training in Newcastle (October 2018).

Clearly state you are from the North Yorkshire and Humber area on your application.

To book:

Huddersfield place click [here](#).

Newcastle course click [here](#).

Training Opportunities and Events



An evening of two halves – Obesity Management Services and CAMHS

When: Thursday 13 September

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

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

Agenda: Awaiting final agenda

Booking: For more information and to register, please contact:

ellie.holmes1@nhs.net



Respiratory Nurse CPD

When: Wednesday 19 September and 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: First session will cover asthma COPD overlap syndrome, COPD management and managing breathlessness

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

For more information and to register, please contact:

ellieholmes@wpem.co.uk



Free Event Promoting Health for People with Learning Disabilities

When - Thursday 20 September 2018

Where - Showroom and Workstation, 15 Paternoster Row, Sheffield

Who – intended for people with learning disabilities, their family and carers.

More details about the event and how to apply available [here](#).

PNF is planning to hold a similar themed meeting on Friday 28 September 2018 to discuss learning disabilities and the role of Public Health. More details to follow



New learning and development opportunity for Practice Nurses working with contraception and sexual health patients

When: 26 September 2018,

Where: Strayside Wing, Harrogate and District NHS Foundation Trust

What: This one-day training course for practice nurses has been designed by the Faculty of Sexual and Reproductive Healthcare to manage consultations about contraception and STIs with confidence.

SRH Essentials will provide practice nurses with the tools to know what to do when seeing patients needing contraception, STI testing or emergency contraception. On completion of SRH Essentials, practice nurses will have the skills and confidence to assess:

- When their patient is at risk of pregnancy
- What methods of contraception can be safely offered
- When their patient needs emergency contraception
- What methods of emergency contraception can be safely offered
- When their patient is at risk of STIs
- What tests to offer and how to manage the consultation

SRH Essentials has been designed to provide a solid foundation for health practitioners who see patients with sexual and reproductive health needs. Practitioners may be practice nurses with little or no experience in sexual and reproductive health or those who require an update in training. Following completion of the SRH Essentials course participants will be issued with a certificate which can be used towards revalidation.

Read more about SRH Essentials [here](#). Please email lauren.acaster@york.nhs.uk for more information or call 01904 725444.



Diabetes Education Programme Sessions- NEW

Dates:

- Thursday 27 September from 12:30 onwards. Subject: Oral Therapies
Venue: The New Selby War Memorial Hospital.
- Friday 5 October 2018 from 12:30 onwards. Subject: Oral Therapies.
Venue: Seminar Room, Diabetes Centre. York Teaching Hospital
- Thursday 18 October 2018 from 12:30 onwards. Subject: GLP1
Venue: Seminar Room, Diabetes Centre. York Teaching Hospital
- 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



Designated Safeguarding Officer Training

When: Thursday 4 October

Where: The Mount School, Dalton Terrace. York

Times: 10:00-16:00

Content Booking: To find out more and to book, please visit this [link](#)



Paediatrics Evening

When: Thursday 4 October



Where: York Novotel

Times: 18.30 registration, 19.00 meeting commences, 20.30 finish

Content: Please find agenda attached

Booking: For more information and to register, please contact:

ellie.holmes1@nhs.net

Best Practice in Nursing Conference 2018

Haxby Group Practice are able to offer complimentary passes to this year's Best Practice in Nursing Conference. This event offers a lively mix of clinical updates, practical skills and device demos and mandatory training. Attendance at this conference is a time-saving, cost-effective way to meet some of your annual mandatory training requirements. Attending both days of the conference will give you 12 hours of CPD towards the 35 hours you need to accrue over three years prior to revalidation.

Complimentary passes are limited so please secure yours as soon as possible. If you have any questions please call 0207 013 4673 or email b.munoz@closerstillmedia.com.

Please feel free to share with any colleagues who may be keen to attend.

To claim your complimentary pass please follow this [link](#)



Sexual Health CPD Evening

When: Thursday 25 October

Where: York Novotel

Times: 18.30 registration, 19.00 meeting commences, 20.30 finish

Content: Please find agenda attached

Booking: For more information and to register, please contact:

ellie.holmes1@nhs.net



Youth Mental Health First Aid Training

When: Monday 5 November

Where: The Mount School, Dalton Terrace. York

Times: 9:30-16:30

Content: The course is designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

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



Diabetes Nurse Group CPD

Diabetes

When: Wednesday 7 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 attached

For more information, please find agenda's attached. Please note these are

events are not CCG events and are pharma sponsored.

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



Hepatology Evening

When: Tuesday 13 November

Where: York Novotel

Times: 18.30 registration, 19.00 meeting commences, 20.30 finish

Content: [Agenda](#)

Booking: For more information and to register, please contact:

ellie.holmes1@nhs.net



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 Evening

When: Tuesday 4 December

Where: York Novotel

Times: 18.30 registration, 19.00 meeting commences, 20.30 finish

Content: Awaiting final agenda

Booking: For more information and to register, please contact:

ellie.holmes1@nhs.net

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 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

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 –12 September, 3 October, 7 November, 5 December 2018

What – Detecting and managing diabetic foot disease.

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

Cost – Free of charge

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@hdfnhs.uk with subject title of 'Training update – foot screening'. Your place will be confirmed before you attend.

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