



Practice Nurse Engagement

Your regular briefing from the CCG

Tuesday 23 October 2018



Advanced Care Practitioner and Physician Associate Autumn Event

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.

The event will take place on 5 December from 9:00-3:00 at Mercure Hull Grange Park Hotel. For more information please see the attached flyer.

To book please contact: carly.mcintyre@hey.nhs.uk



Health Education England

Future Leaders Opportunities 2019/20 (August 2019 and February 2020 starters)

The development of Clinical Leadership training opportunities has been a great success within Yorkshire and the Humber over recent years, and the positive feedback has been overwhelming. This year Health Education England are having just one bidding recruitment round, for two cohorts (starting August 2019 and February 2020). If you wish to have a Leadership Fellow starting at either or both of those times, you will need to submit a bid now. They are requesting proposals from organisations who wish to host Leadership Fellows commencing post in August 2019 and/or February 2020.

The Future Leaders Programme is now fully multi-professional and encourages bids for Leadership Fellows across the range of healthcare professions.

**All proposals should be made via the online portal [here](#):
by 11.59pm on Monday 29th October 2018. Late bids will NOT be considered.**

Posts are not automatically continued once they reach their conclusion, so Lead Bidders would need to submit new bids if they wish for any posts to be repeated or continued in relation to their content.

Should you wish to submit a bid you are encouraged to share this information applicants you feel may be interested in applying for one of these opportunities.

A formal panel is planned to convene to review all submitted bids in November. HEE YH will then contact all Lead Bidders to confirm the outcome.

Posts will be advertised by HEE YH and interviews for approved bids will be held in January 2019 to allow all appointed applicants to commence in the Future Leaders post in August 2019 or February 2020. For medical candidates this should allow Training Programme Directors adequate time to plan rotations.

Please feel free to circulate this information to colleagues who you feel could appropriately bid for Leadership Fellows.

Should you require further information please contact the Future Leaders Project Team on futureleadersrec.yh@hee.nhs.uk

Practice Nurse Forum – our next meeting

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

Where - MyHealth Stamford Bridge Surgery, YO41 1BR,

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.



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.



Humber, Coast and Vale Excellence Centre

The Humber, Coast and Vale Excellence Centre website is now live. It has been developed with colleagues from across Humber, Coast and Vale and Skills for Care with the support of the National Skills Academy for Health.

The website can be accessed through this [link](#)

Web pages regarding the work we they progressing to grow our ACP and PA workforce will also be available very soon

The website will evolve with time as work progresses and in response to feedback, so should you have any feedback or wish to add, please do not hesitate to contact carly.mcintyre@hey.nhs.uk



Parish Nurses in Selby

Anne Gill and Alison Wimbles are Parish Nurses at King's Church, Selby.

Parish nurses support and work with people of any faith or no faith.

They are keen to support patients within their Church Parish, including Tadcaster, Elvington, Escrick, Selby and South Milford practices. Please consider inviting them to your upcoming MDT meetings to understand how their role might benefit your patients.

Anne and Alison are both registered nurses and have a contract with the Church to provide non-invasive nursing care within their parish.

Anne also works as a Rheumatology Specialist Nurse at YTH and Alison works at Fulford Nursing Home.

They commit to the following Parish Nurse work each Wednesday:

- A listening ear
- Checking weight, height, blood pressure, cholesterol, urinalysis
- Signposting to appropriate services
- Home visits if required for those unable to come to us or those recently discharged from hospital
- Discuss medications
- Health education
- Attend GP or hospital appointments with you
- Visit you in hospital
- Pray with you

Further information available at their [website](#)

You can contact Anne or Alison via email: selbyparishnurses@outlook.com or telephone: 07518374867



General Practice Nursing Awards 2019

Wendy Barker, Deputy Director of Nursing, NHS England – North Region (Yorkshire and Humber) has announced there will be a 2019 Award Ceremony celebrating the General Practice Nurse. The Vale of York CCG will take ownership in recognising their own talent and the successful nominees will then come forward to a Yorkshire and Humber celebration final, March 2019. The following categories have been decided:

1. Mentorship and preceptorship award (recognising the inspirational support given to individuals who are new or newly qualified and/or to student nurses on placement in primary care)
2. Innovation Award (recognising creativity and drive in developing new services including the use of digital tools and technology to improve patient care)
3. Integrated working (recognising an individual or teams contribution to collaborative working outside the general practice to improved patient care and services)
4. Driving patient centred care (recognising an individual or team who ensures that patient values guide all clinical decisions and that care provided is responsive to individual patient preferences, needs and values).
5. Rising star (recognising the inspiring contribution a nurse new to primary care (within the last two years) has shown by her motivation and enthusiastic approach to improving patient outcomes.

Please start thinking about who you would like to nominate!

Sarah Goode, Quality Lead for Primary Care will be the lead supporter at the CCG. Further information and nomination forms will be circulated as soon as they are made available.



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



Bulletin for General Practice – Infection Prevention and Control: Issue No. 11 – October 2018

The latest Bulletin from the Community Infection Prevention and Control Team for General Practice focuses on the 'International Preventing Infection Week 14-20 October 2018'.

We would be grateful if you would share this information with your colleagues as appropriate.

A copy of this Bulletin is available to view and download at this [link](#)



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

- Mental Health Bitesize
- Schizophrenia and Bipolar Disease Bitesize
- Safeguarding Adults General Awareness

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



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](#)



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: Medical Terminology on 20 November from 10:00-16:00 at Haxby Surgery

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

Training Opportunities and Events



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 through this [link](#)

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

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

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 –7 November and 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.

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

- 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



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



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 are 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



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 TBC

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

ellie.holmes1@nhs.net

MSK Evening

When: TBC

The MSK evening originally scheduled for 13th 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.

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