



Practice Nurse Engagement

Your regular briefing from the CCG

Wednesday 5 September 2018

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



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.



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:

- To understand the Five Areas Cognitive Behavioural Therapy (CBT) model and how it is used in the self-help leaflets.
- To identify people who are suitable for guided self-help.
- To engage people in the guided self-help approach.

- To identify appropriate self-help materials for an individual's problems and goals.
- To support people to make use of the self-help materials.

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

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.



ACP and PA Reference Group

Humber Coast and Vale Excellence Centre are looking to set up a reference group for ACPs and PAs, to help consider challenges around recruitment, retention and development of staff.

For more information please see the attached.

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.



Non-Medical Prescriber Consultation Meetings

All Vale of York NMP's should now have received information from their Practice Manager about the four consultation sessions that will take place across September and October. This is part of the CCG's work to develop a standardised NMP policy, which will support: NMPs completion of appropriate CPD; annual declaration of competence; quarterly NMP forum. The CCG look forward to seeing NMPs and listening to your thoughts on how we can best support you in your work and development.

The dates are below, if you wish to attend please contact sam.varo@nhs.net with your preferred date.

- Thursday 13 September 11:00-12:30 at Cerialis Room, West Offices, Station Rise, YO1 6GA
- Thursday 27 September 15:00-16:30 at Rowntree Room, West Offices, Station Rise, YO1 6GA
- Tuesday 2 October 15:00-16:30 at Health Education Room, Selby War Memorial Hospital
- Thursday 4 October 9:30-11:00 at Jean Fargher Room, St Monica's Hospital. Easingwold

**FSRH**

The Faculty of Sexual & Reproductive
Healthcare of the Royal College
of Obstetricians & Gynaecologists

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.



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](#)



Congratulations to York Medical Group who have been awarded the 'Carer Friendly Employer Charter'

"The management team at York Medical group is delighted to be awarded the Carer Friendly Employer Charter Status and are proud of our achievements. We recognise the valuable work that carers undertake, the importance of carer health and wellbeing to ensure they are equipped to deal with the many challenges they have to deal with.

At York Medical Group we are committed to supporting our patients and staff by signposting them to the help and advice York Carers can offer and to embrace the various social prescribing services available locally through the Ways to Wellbeing team.

Work pressures within NHS and general practice combined with being a carer can be overwhelming at times. We recognise the importance of maintaining a work-life balance, ensuring we adopt flexible working and leave policies and recognise the additional support that may be required from time to time. We seek to continuously improve our services, keeping our people happy and healthy ensures those that they support remain happy and healthy."

Publication

Polly Smith, Head of Nursing and Clinical Services - York Medical Group and Lyeanda Berry, York Teaching Hospital, have enjoyed recent publication of their work "General practice nurse workforce review: Findings from York" (see attached). The paper discusses the findings of a workplace review designed to investigate the diversity of the practice nurse workforce in a cohort of GP surgeries in York. They consider job roles, responsibilities, skills, education and competencies of staff.

Polly was also shortlisted for the General Practice Nurse Leadership Award in 2017.

Please find the publication attached

End of Cobweb Pilot (continence prescribing service)

Following evaluation the decision has been made to close the pilot. The CCG is working closely with the seven practices who were involved to ensure a smooth transition for patients and staff. There will be no impact for those practices not involved with the pilot.

A brief overview of key information can be found in the attached briefing. If you have any queries or concerns please contact Louise Horsfield, Commissioning and Transformation Manager: louise.horsfield@nhs.net



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



Triumvirate primary care leadership and change agent programme open for applications

There are huge expectations on primary care and its ability to transform itself to meet the future needs of patients and populations. Policymakers and commissioners are driving forward new organisational forms, new collaborative arrangements and alliances and new ways of working to address ever increasing demands on general practice.

The Triumvirate primary care leadership and change agent programme is designed to **enable a team of three multi-professional practitioners from your primary care practice to become a collaborative team of change agents**. The leadership and improvement science tools and resources you will gain as part of the programme will enable you to transform your organisation, thrive as you face change challenges, transform your systems/processes and create an enhanced collaborative team approach.

This **fully funded** programme is open to General Practice, Dental, Pharmacy and wider primary care teams who believe they will benefit from being part of the programme and who are ready to embrace organisational change. See the application form linked below or contact [Amy Makler](#) for further information.

End of life care survey 2018



We are working with partners to create an end of life care strategy that strengthens our commitment to improve and develop end of life care and support services.

We are asking people to complete a questionnaire using the six ambitions (taken from Ambitions for Palliative and End of Life Care: a national framework for local action 2015-2020). 'I' statements have been created to capture what we do well as a health and social care system and what needs to be realised to meet these ambitions.

We would like to capture the experiences of anyone:

- nearing the end of their life - <https://www.surveymonkey.co.uk/r/SX3SH5W>
- who cares for a family member, friend or neighbour at the end of their life - <https://www.surveymonkey.co.uk/r/SXYQVYD>
- who works with people at the end of their life in a professional capacity – <https://www.surveymonkey.co.uk/r/5CLR2LR>

We will use your responses to inform the content of the strategy and create a Citizens' Charter that reflects the needs of people across the Vale of York.

Thank you for taking the time to complete this questionnaire. Please ensure that we receive your completed survey by **Friday 7 September**.

To request this document in a different language or format, or for any more information please email voyccg.engagement@nhs.net



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 will be: Annual Flu Update. 5 September, 13:00-15:30 at Kingswood Surgery, Hull.

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.

6 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



Diabetes and Respiratory Nurse Group CPD

Diabetes

When: Thursday 6 September and 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

Respiratory

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



An evening of two halves – Obesity Management Services & CAMHS- **NEW**

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



Public Health
England

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



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



Sexual Health CPD Evening- NEW

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



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



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