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| |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | Text  Description automatically generated with medium confidence |  |  | | --- | | **Welcome from CCG Chair** |  |  | | --- | | **Welcome to this week’s edition of Practice News**    Dear All,  Welcome again to the weekly update/news where we try to amalgamate all the emails and useful things that have come out this week. I’d point your attention to the COVID update and in particular the need for staff to be vaccinated as a condition of face to face work. If there are any practices struggling to encourage/engage unvaccinated staff or concerned about a reduction in their workforce please do contact your primary care lead or governing body GP or LMC for support.  A plug as in the attachments for a continued push with LD health checks and details of the remuneration attached as well as the clear benefit to our patients health. Also worth a look at the resources available “for free” or “greatly reduced” to NHS staff if you fancy some Headspace or a new gym membership.    Lastly my thanks to Laura in the CCG Communication team who has been responsible for gathering the info and getting this update out to us all - wishing her well as she moves on to pastures new. | | |

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| If you'd like to have Practice News and other relevant CCG updates sent to you directly, please email [cwccg.communications@nhs.net](mailto:cwccg.communications@nhs.net) |

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The adult seasonal flu Enhanced Service includes a requirement for general practice to return to the commissioner (NHSE), by no later than the **31 January 2022** and **30 April 2022** respectively, data on the number of primary care staff that they have vaccinated.  In addition, this data collection will seek voluntary information on the flu vaccination and COVID-19 vaccination status of practice staff. This data is being requested to help inform future planning to support encouraging vaccine uptake amongst the workforce, and for COVID-19 to support ongoing planning around workforce capacity and service provision.  For the COVID-19 vaccine, new regulations come into effect from 1 April 2022 which will require individuals undertaking CQC regulated activities in England AND engaging in face-to-face care with patients to be fully vaccinated against COVID-19. Further detail is available [here](https://cwccg.net/5ECH-HEK9-3W4C1S-CXICX-1/c.aspx). These indicators request information on the number of staff employed or otherwise deployed in the practice who have either a) received a first and second dose of the vaccine; b) have a medical exemption or c) do not intend to get vaccinated by 31 March 2022. Data is requested for the following groups:   * **GPs.** This includes all GPs employed or engaged within the practice, including GP partners, salaried GPs, GP locums, foundation doctors and GP registrars. * **Direct Patient Care.**This includes nurses, PCN staff employed or engaged through the Additional Roles Reimbursement Scheme (see full list [here](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6E-1/c.aspx)), and other allied health professionals, including those in training. * **Admin / non-clinical roles.**This includes practice managers, receptionists, estates, students, volunteers or any other ancillary roles deployed within the practice * For flu vaccination status this includes the number of practice and PCN staff who have received a flu vaccination via any route, with data being requested on the number of practice staff vaccinated for flu: through the NHS scheme as primary care staff, through the NHS scheme as another eligible cohort, privately, via occupational health, or via another route.   This service is available in CQRS on the 21 December 2021.  **Updated UK Health Security Agency guidance - confirmatory PCR tests to be temporarily suspended for positive lateral flow test results**  An update has been provided in light of further changes for the general population announced by the UKHSA on testing, and the implications for the NHS.  Please see [attached](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ06-1/c.aspx) UKHSA guidance which provides a summary and applies to all staff including substantive clinical and non-clinical roles, bank staff, contractors and suppliers; students working in all facilities, settings and organisations delivering NHS care and volunteers working in settings with patients.  **FOR INFO C1514 - Guidance: Assessing, Monitoring and Treating COVID in General Practice and Accompanying Assessment Pathway**  Please see [attached C1514 - Guidance: Assessing, Monitoring and Treating COVID in General Practice and Accompanying Assessment Pathway](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ07-1/c.aspx).  This guidance has been developed to support frontline clinicians with the assessment, monitoring and treatment of patients who present to general practice with symptomatic COVID-19.  There may be local variation in the pathways to access community monitoring and therapeutics. This guidance aims to provide a high-level overview on which patients are eligible, as well as information on how to support your patients to access these interventions.  This will be added to the [website](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6F-1/c.aspx).  **ICR Record Action**  The CCG GP IT team have been tasked to ensure all GP surgeries have activated data sharing agreements within EMIS as part of the transition to Integrated Care Records.  To achieve this, GP Practices need to update their EPR configuration to turn on data flows within EMIS. NHS England are very keen that this is done as soon as possible to facilitate progress with the ICR programme. Therefore, could Practices ensure that they review their EMIS configuration and follow the instructions to turn on data flow. Any queries please email: [cwccg.gpit@nhs.net](mailto:cwccg.gpit@nhs.net)  **Staff Returning to Work Guidance and Examples**  Following recent correspondence, UKHSA have confirmed that staff who are positive with COVID-19 can end their isolation period on day seven if they are asymptomatic and have had negative lateral flow tests on day 6 and day 7, this is regardless of the staff vaccination status.    The vaccination status of staff who are contacts of a positive case, remains part of the assessment process for these contacts to be allowed out of isolation. For further guidance, please see [attached](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ08-1/c.aspx) information with worked examples.  Please note this is not intended to replace the full national guidance but offer some prompts.  **Prioritising Annual Health Checks**  **On behalf of Michelle Cresswell, Clinical Transformation Lead at Coventry and Warwickshire CCG**  Annual health checks (AHC) for people with learning disabilities (LD) remain a national and local priority.As you know, AHCs support the health and wellbeing of people with learning disabilities, who often have poorer health than others and a shorter life expectancy and these checks provide an opportunity to assess or treat underlying health conditions.  This has been particularly vital during the pandemic as it has enabled early diagnosis and treatment.  The payment for Learning Disability Annual Health Checks continues to be topped up by £30. Therefore the payment for each LD AHC your practice completes before 31st March 2022 is now £170 in total. Please consider reviewing your LD register and prioritising anyone who may not have received a check during the last year.  As always, we are happy to support. If there are any resources that you think would help you to undertake these checks, please contact Michelle Creswell via [michelle.cresswell2@nhs.net](mailto:michelle.cresswell2@nhs.net) and let us know.  **Supply issue with Diamorphine 5mg and 10mg powder for solution for injection ampoules (updated MSN)**  Please find [attached](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ09-1/c.aspx) an **updated** Medicine Supply Notification for:  An **updated**Tier 2 medicine supply notification for Diamorphine 5mg and 10mg powder for solution for injection ampoules.   |  |  |  | | --- | --- | --- | | **Medicine** | **Out of stock** | **Alternatives** | | Diamorphine 5mg and 10mg powder for solution for injection ampoules | Until February 2022    Please note - DHSC will provide all further updates on the availability of diamorphine 5mg and 10mg ampoules only on the Medicines Supply Tool which is available on the Specialist Pharmacist Services website. | ·       Clinicians in both primary and secondary care are reminded of permanent actions they were recommended to take in the [Supply Disruption Alert](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6G-1/c.aspx) for diamorphine ampoules issued in March 2020.  ·       See updated MSN for further details. | |  |  |  |   **DHSC and NHSE/I have now launched an online**[**Medicines Supply Tool**](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6H-1/c.aspx)**, which provides up to date information about medicine supply issues. The contents of these MSNs can now be viewed on the Tool. To access the Tool you will be required to register with the**[**SPS website**](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6I-1/c.aspx)**.**  There have also been changes to the resupply dates of the medicines listed below. These communications were previously circulated via the NHSE&I commissioning routes.   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Original MSN/SDA reference** | **Date of original MSN/SDA** | **Supply issue** | **Resupply date originally communicated** | **Updated resupply date as of w/c**  **10th January 2022** |  | |  | | MSN/2021/031 | 16/06/2021 | Kolanticon Gel | January 2022 | October 2022 |  |   **Coventry Integrated MSK Pathway**  Following attendance at a recent Coventry & Rugby Practice Managers Meeting where the Coventry integrated pathway for MSK was presented. Please see below 3 attachments that may be useful:  · [Electronic file of poster](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ09-1/c.aspx) - please post in practice websites and on social media.  · [Electronic file of slides](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ0A-1/c.aspx) for use on digital screens in GP surgeries  [· First Contact Practitioners (MSK) Pathway slide pack](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ0B-1/c.aspx)- which we think would be useful for practice managers and receptionists  **nMABs and Anti virals for Covid Community treatment**  NHS England has directed health service providers to develop CMDUs to deliver COVID treatments to non-hospitalised patients who are at risk of disease progression, deterioration, hospitalisation and death.  The treatments include nMABs (neutralizing monoclonal antibodies) infusions and oral antivirals. The treatments are a key element in the offer to higher risk patients, reducing hospital admissions and death.  Please refer to the [attached](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ0C-1/c.aspx) document for more information.  If your patient is eligible for medication or contacts the practice because they have received a message suggesting they may be eligible for medication, please refer to the guidelines and complete the [attached](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ0D-1/c.aspx) form.  **Prescribing Dashboard - October 2021** Please find [attached](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ0E-1/c.aspx) the Prescribing Dashboard for October 2021  **Blue monday** Monday 17 January is Blue Monday, the gloomiest day of the year.  The theory is the third week of January is when the cold, dark nights seem endless, credit card bills start rolling in, Christmas blues kick in and our new year resolutions fall apart.  In fact, Blue Monday was actually a PR stunt made up by Sky Travel to sell holidays, but we’re sure some of the above still rings true!  So here are some top tips for coping with the Winter Blues:  ·       **Be Kind To Ourselves**  It’s natural to feel demotivated and low at this time of year but instead of beating ourselves up about it show some self-compassion.  Letting go of our internal bully will make it easier to bounce back.  In addition, the simple act of being kind to others can boost our own mood.  ·       **Start The Day Right**  Try getting up a bit earlier, drinking water, eating a healthy breakfast and exercising.  Getting some fresh air and natural daylight will set us up for a better night’s sleep. If our to do list is overwhelming, break it down to 3 or 4 tasks to complete that day; this will help us focus.  ·       **Eat Healthily**  We all know the saying ‘healthy body, healthy mind’.  Processed and unhealthy food can negatively affect our emotions, so stock up on vegetables, fruit and home-cooked healthier meals.  ·       **Practice Gratitude Exercises**  Set aside one minute of the day to write down 5 things we are grateful for.  It can be something as small as having a cup of tea in peace and quiet or the fact that it stopped raining, no need to overthink it. This can help put things into perspective.  ·       **Make A Small Change**  We often think that it’s the big changes, like moving home or changing jobs, that will make a difference to our lives, but small changes can have a positive impact on our mindset.  Try stopping for lunch instead of eating at the desk; meet up with a friend for a walk or cycle; refresh a room with some new cushions, curtains or bedding; switch off from work at the end of the day and focus on family or ‘you’ time.  **Useful Resources**  **Validium -**CCG’s Employee Assistance Programme  username: CCG  password: eap4support  **Headspace** - Science-backed app in mindfulness and meditation providing unique tools and resources to help reduce stress, build resilience and aid better sleep.  **FREE** to NHS staff until December 2022. To access:  1.     Create a new [Headspace](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6J-1/c.aspx) account or log into your existing one.  2.     Verify that you work for the NHS by providing your NHS email address.  3.     Go to your NHS email and click on the verification email you just received.  4.     Download the mobile app and log into your Headspace account  **Cityparents** - Positive and practical support for working parents, delivered through expert-led webinars/seminars, advice, peer insights, online articles, blogs and podcast.  **FREE** to NHS staff, click [here](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6K-1/c.aspx) for access details.  **Looking After You Too** – Free and confidential individual coaching support for Black, Asian and Minority Ethnic staff working in the NHS. A space to offload, develop practical strategies, manage situations and maintain health and wellbeing.  Available via phone or video call 7 days a week. To sign up and for further information click [here](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6L-1/c.aspx).  **Nuffield Health Gyms** – Currently offering 40% discount for NHS staff on production of NHS ID  **Money Advice Service** – Free and impartial money advice for NHS staff Monday-Friday 8am-6pm via the following methods:  Å 0800 448 0823  WhatsApp +44 7701 342 744  Webchat via their [online portal](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6M-1/c.aspx).    Training, events & surveys  **Long COVID Self-Management programme - starts 19th January**  There are just **15 places left** on the forthcoming[Long Covid self-management programme](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ0F-1/c.aspx) due to start on **19 January 2022**.  Places will be allocated on first come, first serve basis so please make sure the people you support don’t miss out!  BOOKING: People can book direct via [our website](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6N-1/c.aspx) or can contact us via our email [Hope@H4C.org.uk](mailto:Hope@H4C.org.uk).  For your information we have summarised the findings from the initial course run last year, and have published them in our blog [here](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6O-1/c.aspx).  If you wanted to share the event with colleagues, or would like to see it again, you can watch a recording via our [Vimeo channel](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6P-1/c.aspx). Please remember we offer a range of free UK wide Hope Programme courses for other conditions, see our full [2022 offer on our website](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6Q-1/c.aspx).  **Free training for Primary Care Networks to improve engagement with Inclusion Health groups** This is an offer of free training available to Primary Care Networks to improve engagement with Inclusion Health groups. The training is funded by NHS England and NHS Improvement and will be available from January 2022.  In February,[Friends, Families and Travellers](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6R-1/c.aspx),[Homeless Link](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6S-1/c.aspx),[National Ugly Mugs](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6T-1/c.aspx),[Doctors of the World](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6U-1/c.aspx) and[Stonewall Housing](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6V-1/c.aspx) launched the[Inclusion Health Tool for Primary Care Networks](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6W-1/c.aspx).The tool is designed to support PCNs to improve their engagement with inclusion health groups, who are the groups experiencing the most severe health inequalities across the UK population.  Since its launch, the tool has been used hundreds of times by professionals within PCNs, to support them to meet their network specification requirements to tackle inequalities in their neighbourhood. The training will build on this work, by providing interactive training sessions to PCNs, providing practical guidance to embed action on tackling health inequalities into their everyday activities. [**Read about the training and find instructions to book.**](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6X-1/c.aspx)  We recognise the hard work from staff at GP surgeries throughout the Covid-19 pandemic to keep us all safe. We hope that this training will make it easier for staff within Primary Care Networks to make a difference to the lives of those experiencing the sharp edge of health inequalities.  If you have any questions, please don’t hesitate to get in touch with  **Lucy Hetherington (she/her)**  Senior Communications Officer| Friends, Families and Travellers  I work part time, usually Monday – Friday 9am – 3pm  **Mobile**07425 419853  **Phone**01273 234777  [**gypsy-traveller.org**](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6Y-1/c.aspx)  Newsletters  **Medicines Matter newsletter** Please see [attached](https://cwccg.net/5ECH-HEK9-3W4C1S-CXJ0G-1/c.aspx) January issue of the Medicines Matter newsletter.  Vacancies  **Salaried GP (6 sessions)** We are offering a salaried GP post at Westside Medical Centre in Rugby, 6 sessions. Our friendly supportive team would love to hear from you if you’re interested. More details via [this link](https://cwccg.net/5ECH-HEK9-3W4C1S-CXI6Z-1/c.aspx) to our advert. | | |