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Ebulletin 157 – October 2020

If anyone is struggling to read this ebulletin in this format, or to forward it on, please visit our website to download a PDF version, here: <https://www.napp.org.uk/latestbulletins.html>

We would like to ensure that all names and email addresses are correct ahead of an exciting upgrade to membership system (more about that soon!). Please could you check your contact details are correct at the top of this email and let us know if anything is wrong. Practice email is used to send an email only if we have lost touch with all other contacts.

1. Welcome to our new Trustees

Earlier in the year we commenced the process of recruiting new trustees. We were fortunate to receive a good number of strong applications, and following a rigorous interview and approval process, we are delighted to introduce the five, newly appointed trustees to our board. In addition to possessing the knowledge, skills and experience needed to enhance N.A.P.P.'s ability to deliver its aims, they also provide valuable expertise in relation to a number of important areas. Leveraging these skills will be critical to the next stage of N.A.P.P.'s development and our ability to meet the need of our members on an ongoing basis.

Graham Reid



Worked in senior NHS operational and strategic transformation management roles for 20 years at various organisations including at Great Ormond Street, Imperial and Guys' and St Thomas' Hospitals. Currently working in transformation with various roles across England including delivery of the Nightingale Exeter Hospital. Having studied Organisational Behaviour, and family experience I am particularly interested in young person's Mental Health. Throughout all change work I believe stakeholders are the key to unlocking patient centred change.

Tracey Loftis



Tracey has 18 years' experience of influencing and campaigning. She joined Versus Arthritis as Head of Policy and Public Affairs in 2011 and leads the charity's policy, public affairs and campaigning activities. Previously, Tracey held public affairs roles at Cancer Research UK for over five years, successfully leading parliamentary campaigns on public health issues. Prior to that Tracey was a researcher to a MP in Westminster.

Mwamba Nyambe



I have over 20 years' collective experience in Social and Primary Care industry working as a Carer, Support worker, Supported living Manager, Assessor and Finance Manager. I am also an Associate member of the Chartered Institute of Management Accountants. I also hold a Registered Managers Award (responsible person qualification re CQC Registrations) and an Assessors Award (A1) which allows me to assess Apprentices/learners up to Level 7. I also have a special interest in IT. With this varied background and experience, I hope to be a valuable contributor to N.A.P.P.'s missions and vision to help promote the patient's voice to receive person centred care. I am also hoping to learn from others how to make improvements and achieve better results in this space. This can only be achieved if we work in partnership with all stakeholders in the best way possible. I look forward to working with everyone involved during my tenure and to learn from your experiences.

Rebekah Raymond



With over 10 years' experience working as a pharmacist in both specialist and large general hospitals in a broad range of roles as well as experience of community pharmacy. Rebekah has worked as a teacher practitioner and clinical lecturer and is currently a visiting lecturer at the University of Hertfordshire. She also worked as a clinical writer for the Pharmaceutical Press, the publishing arm of the Royal Pharmaceutical Society for over 10 years

contributing to publications including the British National Formulary and Stockley's drug interactions. An Experienced NHS pharmacy healthcare professional with a Diploma in Pharmacy Practice from University of London and Certificate in Public Health. Skilled in Clinical Pharmacy, Drug interactions and Clinical writing she has a special interest in education including the importance of the patient perspective.

Jean Ledger



Dr Jean Ledger has a background in applied health and policy research. She is currently Research Fellow at the Department of Applied Health Research, University College London, and actively involved in research and teaching about health care services - such as on UCL's MSc in Population Health. She is Senior Visiting Research Fellow at King's Business School where she completed her PhD on primary care and commissioning. Jean has a special interest in how evidence and policy informs service delivery, quality improvement and innovation and is currently involved in a number of digital health projects. Jean is passionate about addressing health care challenges through implementing solutions that are effective, ethical, cost-effective and person-centred.

3. Dr Patricia Wilkie, OBE

Our President, Dr Patricia Wilkie, has been in Royal Papworth Hospital recently for essential open-heart surgery to replace a valve. She is now at home on the long and slow road to recovery, with her husband David and her daughter Fiona. We wish her well.

4. Virtual PPG Meetings - is your practice engaging?

N.A.P.P. would be interested to hear (and feed back to members) how you are finding virtual engagement with your GP Practice. How do you persuade GP practices to agree to a virtual PPG meeting? Please email webmaster@napp.org.uk and we will collate the responses and share.

5. Sad news

We have been saddened to learn of the death in late September of Lady Jill Pereira Grey, wife of our extremely supportive and loyal patron Sir Denis Pereira Grey. She had been poorly for some time. Sir Denis is well known to many of our members because he has chaired our annual conferences for many years (though alas not in 2020). Jill did not attend the conferences but was well known to many of us and she was always interested in the activities of N.A.P.P. Our thoughts are with Sir Denis and his family.

6. Level or not?

Members might be interesting in a report that the Health Foundation has just published examining data about general practice and levels of deprivation.

<https://www.health.org.uk/publications/reports/level-or-not>

7. National news roundup

Some of the items below will already be subject to further development and change. We have included the date and time of these that these items were published (since our last eBulletin) for your interest, and sorted into topics. We encourage you to keep yourselves up to date as well, by visiting the government website at www.gov.uk/coronavirus

Digital communication

11:20am, 30 September 2020

[Primary care networks: delivering a digital response](#)

Colleagues working across primary care networks have come together to discuss the collaboration that has been happening to implement the delivery of care and support access to general practice services via digital channels, alongside traditional routes.

10:42am, 8 September 2020

[The impact of Covid-19 on the use of digital technology](#)

This briefing explores how Covid-19 has changed the use of technology in the NHS, what has enabled these changes to happen, some possible risks and downsides and what might happen next.

Health Promotion

10:53am, 1 October 2020

[Plan now for Self-Care Week](#)

National Self-Care Week from 16 to 22 November offers opportunities to reinforce health messages around issues such as social distancing and wearing masks, quitting smoking, nutrition and exercise, and protecting mental wellbeing.

09:26am, 22 September 2020

[Surge in smokers trying to quit see increased success rates in 2020](#)

This Stoptober, smokers in England are being encouraged to put their lungs first, strengthen their immune system and breathe easier ahead of flu season by joining more than 2 million smokers who have made a quit attempt since 2012 with the annual campaign.

09:59am, 21 September 2020

[Communications toolkit for GP practices](#)

This toolkit has been developed to support general practice, Primary Care Networks and CCGs to explain to patients how they can safely access general practice during the coronavirus outbreak.

10:11am, 9 September 2020

[Resources available to promote access to primary care](#)

Social media resources advising patients about how GP and dental services are operating are now available to download from the Campaign Resource Centre.

10:59am, 29 September 2020

[Surge in people checking their risk of type 2 diabetes](#)

Almost 300,000 people have accessed the tool to check their risk of type 2 diabetes online less than two months after the NHS fast tracked access to its world leading Healthier You Diabetes Prevention Programme.

Healthcare Services and Commissioning

10:50am, 23 September 2020

[Medical commissioning \(primary care\) – an introduction to the medical contract](#)

This virtual course introduces commissioners to the primary care medical contracts (GMS, PMS, APMS) that they will be managing.

10:43am, 23 September 2020

[Support for personal health budgets](#)

NHS England has relaunched their support programme for commissioners and providers looking to develop or expand their work on personalised care through personal health budgets.

10:41am, 23 September 2020

[Advice and guidance: guide for general practice](#)

Advice and guidance (A&G) services provide GPs with continued access to specialist advice on investigations, interventions and potential referrals.

09:57am, 21 September 2020

[Structured medication reviews and medicines optimisation](#)

This document sets out guidance for primary care networks (PCNs) implementing the structured medication review (SMR) and medicines optimisation service, as per the requirements set out in the 2020/21 Network Contract Directed Enhanced Service (DES) Specification; which states that PCNs must have due regard to this guidance when delivering the service.

10:46am, 25 September 2020

[GP Referral to Community Pharmacist Consultation Service to be made available across England](#)

GP practices across England will be able to refer patients with minor illnesses asking for a GP appointment for a same day consultation with a community pharmacist, as part of a new referral pathway to the NHS Community Pharmacist Consultation Service (CPCS).

11:22am, 30 September 2020

[Network DES 2020/21 service requirements and supporting guidance](#)

NHS England published an updated Network Contract DES Specification, Network Contract DES Guidance and Investment and Impact Fund implementation guidance.

10:46am, 8 September 2020

[Changes to the General Medical Services contract for 2020/21](#)

This letter and guidance document provides an update on the arrangements for the Quality and Outcomes Framework (QOF) for the remainder of 2020/21 and the Dispensary Services Quality Scheme (DSQS) which was reinstated from 1 August 2020.

Mental Health

11:17am, 30 September 2020

[Dementia during coronavirus](#)

Since the coronavirus (Covid-19) lockdown on 23 March, this investigation found family and friends have spent an extra 92 million hours caring for loved ones with dementia, due to the double impact of lockdown making dementia symptoms worse, and the chronically underfunded social care system leaving them nowhere else to turn.

09:56am, 9 September 2020

[Every Mind Matters](#)

NHS England and Public Health England has launched a renewed drive to encourage parents and carers to visit the Every Mind Matters website and take advantage of new advice developed in partnership with leading children and young people's mental health charities.

NICE Guidance

10:57am, 29 September 2020

[People approaching the end of life should be supported in a timely and effective way](#)

NICE has published an impact report on end of life care in which we highlight NICE guidance and standards which have contributed to improvements in end of life care for adults.

11:22am, 17 September 2020

[NICE indicator menu 2020](#)

NICE have published new indicators for general practice on the NICE website.

Prescribing

10:00am, 9 September 2020

[Social prescribing](#)

Social prescribing is a means for GPs and other health care professionals to refer patients via a link worker to non-clinical services in the local community.

10:23am, 7 September 2020

[Roll out of Electronic Prescription Service \(EPS\) Phase 4](#)

Phase 4 allows the EPS to be used for patients without a pharmacy nomination. All GP practices using EPS with TPP SystemOne and EMIS Web will have Phase 4 enabled between Monday 7 and Friday 11 September 2020.

Research

11:19am, 17 September 2020

[Women's lives, women's rights: strengthening access to contraception](#)

This report finds that women in England are facing difficulty in accessing contraception, with many being bounced from service to service, which can result in more unplanned pregnancies and increased demand for maternity and abortion care.

10:26am, 15 September 2020

[People in most deprived areas were almost twice as likely to visit A&E](#)

There were almost twice as many attendances to Accident and Emergency departments in England for the 10% of the population living in the most deprived areas (3.1 million), compared with the least deprived 10% (1.6 million) in 2019-20, according to official figures published by NHS Digital.

11:54am, 11 September 2020

[Blood pressure testing and awareness event](#)

High blood pressure is the number one risk factor for cardiovascular disease worldwide. Those who wait longer than six weeks with raised blood pressure have increasing risk of myocardial infarction or stroke and this is worst for those with the highest pressures.

10:43am, 8 September 2020

[Pharmacies in England carry out one million consultations a week](#)

PSNC has published the findings of the Pharmacy Advice Audit, showing the huge number of informal patient consultations that community pharmacies are carrying out and the positive impact those consultations are having both on patients and other healthcare services.

10:21am, 7 September 2020

[New nurse-led innovation programme for 2021](#)

The Queens Nursing Institute (QNI) has received funding from the Burdett Trust for Nursing to run a new programme specifically focusing on people with complex needs in primary care.

10:17am, 7 September 2020

[Making a giant leap on childhood health](#)

This report reveals the scale of the opportunity for the economy and the health service if the government is successful in its drive to tackle childhood obesity.

Vaccination

11:19am, 30 September 2020

[Advice on priority groups for covid-19 vaccine](#)

The Joint Committee on Vaccination and Immunisation (JCVI) has published updated advice on the priority groups to receive COVID-19 vaccine.

10:56am, 25 September 2020

[Statistics for all routine childhood vaccinations in England in 2019-20](#)

NHS Digital has published childhood vaccination coverage statistics containing information on vaccinations measured at the ages of 12 months, 24 months and five years. There are 14 measures of vaccination coverage. At a national level, coverage has increased for 12 of these.

10:49am, 29 September 2020

[Flu immunisation programme and COVID-19](#)

The 2020 to 2021 national flu immunisation programme will be the largest one to date, offering 30 million people a flu vaccine.

10:26am, 7 September 2020

[Seasonal influenza DES specification – updated](#)

The Influenza and Pneumococcal Immunisation Directed Enhanced Service specification has been amended and republished to provide for additional new cohorts of patients to be vaccinated in general practice.