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Primary Care Connect

THE WEEKLY PRIMARY CARE UPDATE FOR
HAMPSHIRE AND THE ISLE OF WIGHT

Issue 25 | 17 November 2021

Dear colleagues,

We all know that when we are unwell the NHS does a fabulous job of assessing our needs and providing us with the right treatments to support our recovery and get us back to good health.

However we have also known for a long time that prevention is always better than cure and the more we can do keep ourselves fit and well at home and in our communities, then the better it is for everyone. The more we keep well and manage our own care for minor ailments, the more we reduce demand on NHS services and preserve access for people who are more in need.

That's essentially the ethos of the national Self Care Week, which this year runs from November 15 to November 21. There is a [wonderful blog which](#)



Personalised Care Group, which really sums up the importance of self-care in which he describes it as the 'default health system'.

The Self Care Forum has been drawing our attention to self-care for many years and has helpfully described three contexts where it's particularly important:

1. Prevention
2. Self-care for minor ailments
3. Self-management of long term conditions

So what can we do in GP practices to play our part in encouraging people to keep themselves well at home? There are a range of messages we can support such as:

- taking vitamin D supplements, particularly important for those shielding and unable to go outside
- good nutrition and regular exercise to support general wellbeing and help maximise people's immunity
- adopting positive lifestyle choices
- understanding how to manage minor and long term health conditions

Self Care Week provides us with a focus on sharing this messaging, however we all know that these messages need to be shared throughout the year. If you have come up with a great local campaign on self-care then please do share so that we can learn from this and adopt in other areas. Send your ideas to hsiccg.gpportal@nhs.net

Thank you all.

Faye Collins

Clinical Lead - integrated care and self management for North and Mid Hampshire, Hampshire, Southampton and Isle of Wight CCG

Contents

For action

[Reminder to have COVID-19 vaccine status ready when visiting care and nursing homes](#)

[Healthwatch invitation reminder to GP practice staff to share views](#)

[Maggie MacIsaac appointed Chief Executive Designate of the future Integrated Care Board for Hampshire and Isle of Wight](#)

[Invitation to two population health management webinars](#)

[World Antibiotics Awareness Week – sign up to be a guardian](#)

Resources and training

[Social media assets to help promote alternative roles in GP practices](#)

[How to submit a story for the bulletin - we want your news!](#)

For information

[Vaccination as a condition of deployment \(VCOD\) for all healthcare workers](#)

[Medicines Optimisation bulletin 59](#)

[Wessex Cancer Alliance Update Bulletin issue 54](#)

[Information Governance newsletter - November 2021 edition](#)

Reminder to have COVID-19 vaccine status ready when visiting care and nursing homes



You may be aware that from November 11, 2021, the [Health and Social Care Act](#)

was amended to include the requirement for all visiting professional and tradespeople entering care and nursing homes to be vaccinated with at least two doses of the COVID-19 vaccine.

Homes will have no option but to turn away any visiting professionals if they cannot evidence that they are double vaccinated or meet the exemptions.

This could leave residents vulnerable if they do not get the nursing care they require.

Local homes have been encouraged to hold a list of staff they have already received appropriate evidence from to prevent repeated requests.

The easiest way of showing your vaccination status is by using the NHS App.

Healthwatch invitation reminder to GP practice staff to share views



This is a reminder that local Healthwatch groups from across the south of England are working together on a project looking at access to GP practices and services.

An important element of this work is ensuring feedback from GP practice staff is also taken on board to understand:

- **How their role has changed during the COVID-19 pandemic**
- **What practices do well**
- **What challenges practices face**

Healthwatch has worked alongside GP practices to jointly develop this survey.

All feedback is anonymous, so Healthwatch can safely share learning with people,

commissioners and primary care providers.

Please [share your experiences](#) via the 10-minute survey.

**Maggie Maclsaac appointed
Chief Executive Designate of the future
Integrated Care Board for Hampshire and
Isle of Wight**



Maggie Maclsaac has been appointed Chief Executive Designate of the future Integrated Care Board (ICB) for Hampshire and Isle of Wight.

ICBs will formally take on powers in April 2022, subject to the passage of the Health and Care Bill, which is currently at the committee stage of the Parliamentary process.

In August this year Lena Samuels was appointed as Chair Designate for the Hampshire and Isle of Wight ICB and has since been supporting its development.

The Hampshire and Isle of Wight ICB will serve a population of 1.9million people, with an NHS budget of more than £3billion and supported by 77,500 health and care staff.

You can [read the official announcement](#) here.

Invitation to two population health management webinars



The Population Health Management Programme is offering two webinars focusing on resources to support themes based on the core requirements of the Network Contract Directed Enhanced Service (DES) and will cover:

- The requirements of the Tackling Health Inequalities DES
- The Core20plus5 priorities
- Using data to identify priority populations
- Co-production with communities
- Building a network
- Designing and delivering an intervention
- Evaluating and assessing impact

The webinars will also establish opportunities for:

- Mentoring/coaching time for each Primary Care Network (PCN) health inequalities lead
- A health inequalities community of practice providing space for the health inequalities leads to connect with other PCN leads and the wider Hampshire and Isle of Wight system to continue to learn, develop their approach and share best practice

Webinar one – 1 December 2021 – 1pm to 2.30pm

This session is aimed at inequalities leads for PCNs as well as all HIOW PCN Clinical Directors and wider teams, and will cover:

- Outline of the Tackling Neighbourhood Health Inequalities requirement
- Reminder of the importance of health inequalities, what they are, and how some interventions can in fact widen health inequalities
- Overview of the new Core20PLUS5 initiative
- Benefits of a population health management approach
- Data sources available that can support this work
- Identifying the challenge and describing a cohort from the high-level data (e.g. 20-40 years old, living in X postcode, with two or more chronic conditions)
- Selecting an intervention

Webinar two – January 2022 - date and time to be confirmed

This session is aimed at Inequalities leads for PCNs as well as all HIOW PCN Clinical Directors and wider teams, and will cover:

- Designing your intervention
- Tools and techniques to promote collaboration
- Facilitating co-production with your community and network
- Evaluating your intervention

Additional information

While preferential, you do not need to attend both webinars if your availability does not enable this. The sessions will be recorded and made available later, however, the team is keen to generate discussion in real-time and hope you or a nominated colleague can join.

Please [contact the team](#) to register your interest to either or both webinars. Once you have confirmed your interest, joining instructions and a Teams link will be sent to you.

World Antibiotics Awareness Week – sign up to be a guardian



Have you signed up to become an Antibiotic Guardian and help the fight against antibiotic resistance?

Two of Hampshire, Southampton and Isle of Wight Clinical Commissioning Group's clinical directors are among the GPs, medicines optimisation leads and other healthcare professionals to have produced talking head video clips in support of World Antibiotic Awareness Week, which starts tomorrow (November 18).

Dr Karl Graham (South West) talks of his support for antimicrobial stewardship and efforts to reduce antimicrobial resistance and he and Dr Zaid Hirmiz (South East) urge clinicians to only use antibiotics when they are absolutely necessary.

You can hear what [Dr Graham](#) and [Dr Hirmiz](#) have to say and [find out more about becoming an Antibiotic Guardian](#).

Social media assets to help promote alternative roles in GP practices

Did you know that GP practices offer more than GP appointments?

CLINICAL PHARMACISTS CAN...

- Carry out medicine reviews if you have complex, long-term needs
- Help with prescription and medicine questions
- Support with repeat prescriptions

Your practice can advise you on who best can support your healthcare needs

#HereToHelp

An initial set of social media assets to promote the alternative roles available in GP practices have been created.

The communications and engagement team have worked with practice managers on the Isle of Wight to co-design this first set of 12 roles to help inform the public of the different specialisms available.

These assets were shared with Patient Participation Groups (PPGs) across Portsmouth, Hampshire, Southampton and the Isle of Wight for feedback and comment which further helped us to develop these assets.

There are two sets available:

- The first is a pack of 12 roles which are generic and ready to use on social media
- The second is a PowerPoint document, which enables you to edit the assets to personalise/localise them

We would encourage you to use the PowerPoint slides to personalise the assets to your practice/PCN so that it helps further build connections with the community.

How to use the editable version:

- All the text can be edited except the hashtag and logo
- To edit the picture they need to crop the picture they want to use so that it is properly **square** first, or it will be distorted. Then right click on the current image and choose 'Change Picture' to upload it
- To save as individual graphics for social media, they just need to go to Save As, and change the file type to PNG (not JPEG as the text is a bit blurry on a JPEG).

If you have any feedback or comments on the assets then please email them to hsiccg.gportal@nhs.net

How to submit a story for the bulletin - we want your news!



Welcome to our new-look bulletin - we hope you are finding it useful!

If you have any content you would like to see included in Primary Care Connect then we would love to hear from you.

When you submit a story please provide the following:

- **A short headline**
- **A few paragraphs to say what the story is**
- **Clearly include any links or documents that accompany the piece**
- **A suitable image or a suggestion of the type of image to go with the piece**

Deadline for content is **midday Tuesday**. Items submitted after this will be considered as to whether it needs to be included in the following day's bulletin, or if it can be held for an extra week.

Please send content to hsiccg.gportal@nhs.net

Primary Care Connect Portal

Wessex LMC

NHS England bulletin



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