



**Issue 84/Wednesday 2 June 2021**

This is the latest round-up of information for GP practices, produced by South East London CCG. Should you have any questions or need advice, contact your local borough primary care team in the first instance; they will escalate anything they can't resolve to south east London's Coronavirus co-ordination centre.

Please check for any borough-specific information, which will be attached to this bulletin by your borough primary care commissioning team.

## Covid-19

### COVID-19 Staff testing and reporting

**Lateral Flow Testing:** Regular staff testing for COVID-19 is critical to protect staff and patients and slow the spread of COVID-19. Rapid testing kits (lateral flow devices [LFDs]) make regular testing easy to do. Testing is important, even if you've been vaccinated, as vaccination does not provide 100% protection, so staff testing for coronavirus should be a regular habit - twice a week, every week.

LFDs are effective in quickly identifying those who don't have symptoms but are very likely to transmit COVID-19. This will prevent the virus from entering your workplace and stop outbreaks before they occur. Since rapid testing was introduced, it has identified more than 120,000 positive cases that would not otherwise have been found.

If you are non-symptomatic, please access Lateral Flow Test Kits from: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> (seven kits per household can be ordered per day if you have no symptoms) for delivery to your home. You can also collect test kits from a test site or from a pharmacy (only in England) from: <https://maps.test-and-trace.nhs.uk/>

If you are symptomatic, please access PCR testing from: <https://www.gov.uk/get-coronavirus-test> (please also use this route if you need a confirmatory PCR following a positive lateral flow test)

**PCR Tests:** General Practice settings are encouraged to access a small stock of PCR swab testing kits. These can be used with patients who present with COVID-19 symptoms and symptomatic GP staff and their household members where needed. Note the first point of call should still be one of the national routes. Assistance in ordering these can be given by the Specialist Team via 119. For further information visit [gov.uk](https://www.gov.uk) [here](#).

Find out more [here](#) (updated 28 May 2021).

## Additional resources to support staff testing:

- Three (pictorial) quotes from [Ruth May](#), [Steve Powis](#) and [Jo Martin](#) supporting the key messages on testing.
- An insight piece on how some trusts have tried to increase [reporting results of tests using LFD](#)

## GP updates

### Diabetes Book & Learn partnering with award-winning Low Carb Program to increase capacity for structured type 2 diabetes education in south London

From 1 June, the Low Carb Program will be offered as a digital provider on the Diabetes Book & Learn platform. This programme provides patients and healthcare professionals with options for type 2 diabetes treatment, including culturally tailored education and meal plans for participants from minority ethnic backgrounds, availability on multiple convenient platforms and in six languages, and [provision for digitally excluded patients](#).

The programme is demonstrated to support significant health improvements at one year, including an average 7% weight loss, 13mmol/mol average HbA1c reduction, polypharmacy reduction and remission in one out of four participants with type 2 diabetes. Patients are supported to maintain long-term health improvements and self-management skills through continued access to the platform, education and programme features, health coaching and health tracking facilities.

Learn more about the programme and its benefits in this [one-pager](#) or [clinician FAQs](#). Referrals can be made via [a simple webform](#) from 1 June or through pre-populated forms in EMIS or Vision and emailed to [diabetes.booking@nhs.net](mailto:diabetes.booking@nhs.net). If you have any enquiries, please call 020 3474 5501 and the team will be happy to help.

Please note, it is important that patients referred to the Low Carb Program continue to receive their regular reviews, to ensure medication is managed in line with programme progress.

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### Learning from a serious incident involving an unlicensed special

A recent serious incident involving the prescribing and supply of the wrong concentration of a high-risk oral liquid medicine for a new-born child, has highlighted some areas of learning relating to safe prescribing and dispensing of unlicensed specials. Key learning points for both prescribers and dispensers are outlined in this [document](#).

## Information from Acute Providers

### e-RS updates

[See the latest e-RS updates from Guy's and St Thomas' NHS Foundation Trust.](#)

New service updates include:

- Allergy vaccine process for Guys and St Thomas'
- Suspension of Advice and Guidance referrals
- Rapid Access Diagnostic Service update
- Hand Therapy referrals
- Free Mindfulness sessions

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## COVID-19 Response Guy's and St Thomas' NHS Foundation Trust – GP Communications

Read the new [service updates](#) in red, under sections 1, 2 & 3.

### Online seminars, webinars and e-Learning

#### Virtual respiratory grand rounds - applying “microbiomics” to better understand chronic respiratory disease

King's Health Partners host a 45-minute expert presentation, followed by 15 minutes for Q&As with a speaker.

**Thursday 3 June – 13:00 – 14:00**

For further information [see here](#).

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#### 2021-22 Clinical academic innovation workshop series

This event will focus on understanding the outcomes that matter to patients and those closest to them, and on making best use of available resources to deliver sustainable health improvements for our communities. King's Health Partners are currently working towards this by establishing Centres of Excellence, implementing a Value Based Healthcare strategy in physical and mental healthcare and more.

**Wednesday 9 June – 15:00 – 17:00**

For further information [see here](#).

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#### How can PCNs work with communities that are disproportionately impacted by multiple long-term conditions?

Join a group of leading experts and people with lived experience to develop a shared understanding of the opportunities and challenges within Primary Care Networks for focusing on multiple conditions and reducing health inequity.

**Tuesday 8 June 2021 from 11.00am-12.30pm**

This interactive live event run by the Taskforce on Multiple Conditions in partnership with

Kaleidoscope Health and Care gives an opportunity for the audience to ask questions of the panel and share learning in workshop.

To find out more about our work and learn more about the Taskforce on Multiple Conditions [visit the website](#). Watch a recording from the first event in this [series](#).

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## **ENT for GPs and primary care clinicians - free evening virtual seminar**

Dr Carolyn Ainsworth Consultant in Audiovestibular Medicine at GSTT invites you to a one-hour interactive virtual seminar to learn how to improve the diagnosis, patient referrals and the management of vestibular disorders in primary care. Questions will be taken at the end of the talk. This event attracts one CPD point.

**Monday 14 June 2021 at 13:30 – 14:30**

Book via the following [link](#).

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## **PTSD in Primary Care**

This one-day interactive simulation training course is open to clinicians working in primary care who may be involved in the care of patients with symptoms of Post Traumatic Stress Disorder and who may not have disclosed their experiences or may not be accessing appropriate support for their symptoms.

Establishing a trust-based relationship in which conversations on trauma can be facilitated is crucial for being able to identify and treat symptoms effectively. Simulation training is the ideal learning mechanism through which to address this need.

**Wednesday 16 June at 09:00 – 16:45**

Book your place [here](#).

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## **Free Inflammatory Bowel Disease (IBD) lunchtime primary care seminar**

GSTT invite you to a one-hour interactive seminar with a practical overview of IBD cases. The session will cover the management of IBD including diet and nutrition.

**Friday 18 June 2021 at 13:30 – 14:30**

Please book via the following [link](#).

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## **Living well with bowel cancer event**

Bowel Cancer UK are hosting a free virtual information and support event for anyone affected by bowel cancer. Patients will hear how to cope with cancer diagnosis, live better with the disease and manage the side effects from treatment.

**Saturday 19 June 2021 at 10.30 – 14:00**

For further information [see here](#).

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## Infection, prevention and control (IPC) webinars for GP practices

Due to growing demand for teaching and advice sessions, NEL CSU are running monthly online refresher webinars to provide IPC training, advice, and support to all staff working in GP surgeries and healthcare centres.

**Wednesday 23 June 2021 at 13:00 - 14.30**

**Wednesday 28 July 2021 at 13:00 - 14.30**

Book tickets for GP IPC training [here](#). For further information [see here](#).

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## COVID-19 Response Guy's and St Thomas' NHS Foundation Trust - GP Learning Events

Access a [list](#) of GP learning events from GSTT which covers:

- Home Mechanical Ventilation UK Meeting 2021
  - Maudsley Learning – Wellbeing in Action: Preventing Illness and Sustaining Recovery
  - Applying Genomics to Clinical Practice
  - South East London Primary Care Cancer Webinar Series
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## COVID-19 Learning disability annual health check webinar - REMINDER

The learning disabilities and autism programme invites all primary care clinicians to this one-hour webinar with key speaker Dr Lucia Anthonypillai, Bromley Learning Disability GP Clinical Lead.

**Wednesday 16 June 2021 at 12:30 – 13:30**

This CPD session will focus on:

- Why and how we do LD annual health checks
- The importance of reasonable adjustment
- Upskills anyone new to LD annual health checks
- Strengthens the skills of clinicians.

For further information and to join the event [see here](#).

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## Understanding autism

Free training for all primary care staff will increase awareness and understanding of autism, help with practical communication strategies and increase awareness of local support and pathways.

**Thursday 1 July 2021 10:00 – 13:00**

For further information [see here](#) and [register here](#).

## Research

### Supporting doctors to return to clinical work – a study

Supporting clinicians to return to work after a break or absence is essential for high-quality patient care. Most clinicians will take a break from clinical work at some point in their career, a supported return helps us feel valued while ensuring that we have the staff numbers required to support patients. In recent years the NHS, Health Education England, professional bodies and others have tried to improve the support provided to returners. However, there is a lack of evidence on how best to support returning clinicians, meaning that we are not working from an evidence base like we do when caring for patients.

SLaM are launching a new study aiming to understand more about the experience of doctors returning to work to improve the support provided based on evidence.

To take part in the study by completing a 10-minute survey please [click here](#). Read more about the study [here](#).

## Cancer updates

### South East London Cancer Alliance

Latest version of the update below, which also includes some FAQs for primary care on cancer services in south east London to support GPs and patients during the pandemic. Important updates include:

- Incident relating to the cervical screening programme
- Suggested breast cancer referrals
- Prostate Cancer UK Fast Track Referral Tool
- COVID-19 Vaccination in Cancer Patients

[Cancer updates for GPs \(17 May 2021\)](#)

## Wellbeing

### GP Professional Support Network

The London Wide LMC'S Professional Support Network (PSN) provides confidential, expert and impartial one-to-one advice and support to any individual constituent GP. Practice Support is also delivered directly by the present GP Support team or through our network of associates.

If you are unsure which service you need or wish to talk to someone then please contact the LMC's **peer to peer professional advice and support service** who will be able to support and direct you to the most appropriate intervention.

To access a service, you will need to register with the online platform [here](#).

Other wellbeing support options for NHS staff include:

- Keeping well in SEL - an [online resource](#) providing free wellbeing and psychological support for all NHS staff in south east London.
- A range of [wellbeing support options](#) from the NHS
- London Wide LMC's Professional Support Network (PSN) provides confidential, expert and impartial one-to-one advice and support to GPs and practices. [Visit their website](#) for further details.

## Quality improvements

### Pharmacy quality improvement project

RBHT would like to hear GPs' views, in a 20-minute 1:1 interview, on how virtual clinics from secondary care have impacted primary care services.

The project, 'A quality improvement project evaluating Royal Brompton Hospital, Evelina London Children's Hospital, and King's College Hospital NHS Foundation Trust current provision of medicines optimisation to support virtual outpatient clinics', is reviewing current processes and how paediatric patients receive their new medication following a virtual outpatient appointment. Process mapping has been undertaken at Royal Brompton Hospital, Evelina London Children's Hospital, King's College Hospital, and PRUH.

Email: [Victoria Tsang](#), paediatric pharmacist and project lead, for more information and to arrange a phone or MS Teams interview by Friday 11 June, for interviews the week commencing Monday 14 June.

## Information resource

### NHS Knowledge and Library Services Awareness Week, 14 - 18 June

NHS Knowledge and Library Services Awareness Week draws attention to the invaluable work undertaken by knowledge and library specialists. These teams work closely with NHS staff and learners to drive informed decision making and evidence-based care from board to bedside in all areas of clinical and operational healthcare.

Taking the 'heavy lifting' out of bringing reliable, up to date evidence to healthcare, library teams free up the time of their colleagues. Knowledge specialists and librarians deliver the right information enabling multidisciplinary teams to make informed decisions at the right time, at the point of need.

Find out more [here](#).