

Issue 113 - 17 September 2019

Primary Care Newsletter

Welcome to your weekly e-bulletin – Primary Care News.

Please share this newsletter with colleagues within your practice who might benefit from the information.

Please forward any items for inclusion (aimed at Practice Managers), or comments to the Primary Care email at barnsleyccg.primarycare@nhs.net by **Friday evening** each week.

Reminders - Important dates

Dates for your diary

- **2019 BEST events** and **Primary Care Network** meeting dates and deadlines for booking cover are available [here](#)

Diagnosis of Hypertension

Practice managers are asked to remind all clinical staff of the following NICE recommendations for the diagnosis of hypertension:

When using ABPM to confirm a diagnosis of hypertension, ensure that at least 2 measurements per hour are taken during the person's usual waking hours (for example, between 08:00 and 22:00).

Use the average value of at least 14 measurements taken during the person's USUAL WAKING HOURS to confirm a diagnosis of hypertension.

When using HBPM to confirm a diagnosis of hypertension, ensure that:

- for each blood pressure recording, 2 consecutive measurements are taken, at least 1 minute apart and with the person seated **and**
- blood pressure is recorded twice daily, ideally in the morning and evening **and**
- blood pressure recording continues for at least 4 days, ideally for 7 days.

Discard the measurements taken on the first day and use the average value of all the remaining measurements to confirm a diagnosis of hypertension.

Confirm diagnosis of hypertension in people with a:

- clinic blood pressure of 140/90 mmHg or higher **and**
- **ABPM DAYTIME AVERAGE (NOT 24h AVERAGE) or HBPM average of 135/85 mmHg or higher.**

Living Well with Type 2 Diabetes Group

Being newly diagnosed with Diabetes Type 2 can be difficult and overwhelming and can impact on every area of life, including confidence and the daily management of your Diabetes.

The Mental Health Access Team are offering a therapy group for individuals recently diagnosed with Type 2 Diabetes and consequently experiencing difficulties with anxiety and low mood. The Group will be facilitated by Psychological Wellbeing Practitioners offering National Institute of Clinical Excellence (NICE) recommended evidence based interventions.

The group aims to introduce the understanding of symptoms of anxiety and low mood and look at how this may impact on the management of Diabetes. The group will offer the opportunity for patients to meet others diagnosed with Type 2 Diabetes and learn from each other's experiences.

The group is a six week course and will start on **Monday 4 November** and will be held from 2 - 4 pm at The Mental Health Access Team, Rose Tree Avenue, Cudworth, Barnsley, S72 8UA.

Please can practices pass on this information to any patients who maybe interested in attending the group. Patients can refer themselves via the website: www.barnsleyiapt.co.uk or by contacting the Mental Health Access Team on 01226 644900.

SWYPFT - FREE 2 Hour Workshops

The Mental Health Access Team are offering free 2 Hour Workshops for a variety of common Mental Health and Well-being concerns. Details of the Workshops available can be found [here](#)

Dementia Newsletter

Following the Dementia Champions meeting this month, which was attended by Emma White (Chair of the Barnsley Multi-Agency Dementia Group, BMBC), please find [attached](#) the "Barnsley Dementia and Me" newsletter.

This newsletter intends to collate the work that is happening locally and nationally as well as share useful information, websites and documents.

Macmillan Primary Care Hot Topic Event - 3 October 2019

The next free Macmillan Primary Care Hot Topic event will be held on Thursday 3 October at Barnsley Hospice. The topic will be ***End of Life Care in Long Term Conditions and Life Limiting Illness*** and delivered by Dr Rachel Vedder, Consultant in Palliative Medicine and Dr Kath Brown, Speciality Doctor.

Buffet will be served from 6 pm with the session running 6 - 8 pm. Please email stephanie.edgar@nhs.net to book a place, stating any dietary requirements.

****REMINDER** re: PDA - CVD07 - Cardiac Rehabilitation offer for people with Heart Failure or Angina**

Practices should have received a list of patients who have completed cardiac rehabilitation

in the last two years (1 April 2017 to March 2019). These patients need 'cardiac rehabilitation completed' code adding to their records with the appropriate retrospective date. These patients will then be excluded in EMBED PDA clinical system search from the target group of patients to be 'offered' cardiac rehab for PDA 2019-20. To achieve this indicator 65% of patients with angina or heart failure (who have not completed CR in last 2 years) should be offered cardiac rehabilitation and coded as 'referred', 'declined' or 'unsuitable'.

Should you have any further queries please contact: Sarah Pollard, Health Improvement Nurse, sarahpollard1@nhs.net, 01226 433741

EDUCATION AND TRAINING

Free EMIS web and SystemOne Training Workshops

For details of the upcoming EMIS web and SystemOne Training Workshops click on the links below:

- [EMIS web](#)
- [SystemOne](#)

Places on all courses are limited and will be offered on a first come first served basis.

<https://itselfservice.embedhealth.co.uk/> using the option "Clinical Software Training Request" or alternatively if you do not have log in details for the portal, or for any other queries, please contact the IT Service desk by telephone 0345 140 8000 or email IT_Servicedesk@embedhealth.co.uk

CASO Newsletter - September 2019

The latest newsletter from the Clinical Applications, Data Quality Support & Training Team in South Yorkshire can be found [here](#)

Cognitive Behavioural Therapy to Support Respiratory Patients

Yorkshire & Humber Academic Health Science Network are offering a limited number of FREE training places for front line staff in Cognitive Behavioural Therapy to support

respiratory patients. For further information and booking details click [here](#)

Sound Doctor - Diabetes Course

The Quality Institute for Self-management Education and Training (QISMET), has given health educator, The Sound Doctor, national accreditation for its online diabetes course. The structured and educational diabetes course has been created for people newly diagnosed with diabetes.

Rosie Runciman, Co-Founder of The Sound Doctor said, "This online course is truly innovative. It focuses on film rather than text, providing an engaging and effective experience. It includes fun and interactive questions at the end of each section and uses attractive visuals to keep the viewer watching and learning. Having this accreditation is testament to the quality and deliverables of our course."

To see Sound Doctor's series of around 60 films about effective self management of Diabetes click [here](#) and to access Sound Doctors structured, interactive online course based around 32 of our films click [here](#)

Putting Barnsley People First