

Issue 135 - 4 March 2020

## 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) on the attached article [template](#) no later than **Monday evening** each week to the Primary Care email address at [barnsleyccg.primarycare@nhs.net](mailto:barnsleyccg.primarycare@nhs.net)

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### Reminders - Important dates

Dates for your diary

- **2020 BEST events** and **Primary Care Network** meeting dates and deadlines for booking cover are available [here](#)

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### Coronavirus Update

A page has now been set up on the [BEST website](#), under news stories, to help keep you up to date with the relevant resources and links to coronavirus actions, guidance and advice.

The page is not to replace the CAS alerts and other direct information you receive.

It is likely that we may need to share more timely Coronavirus related information with you locally and so this will now come as a direct email to practice managers, using the email distribution list (rather than waiting until the Wednesday bulletin). The [BEST news page](#) will

also be updated to reflect any emails which may need swift action.

Check out the BEST news page today as there is some standard text there which you can use on your websites. It highlights the new online 111 service which everyone is being asked to promote. There is also updated promotional material available to replace out of date materials. Thank you once again for all the work you are doing on this.

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## Get Fit First - Deadline for submission 6 March

This is a reminder that this month's reporting period for Get Fit First closes on **Friday 6 March**.

Please update the report sent to you last month to provide one report per practice at year end e.g. for this month update column M 'Mar-20'. Completed monitoring reports should be sent to: [barnsleyccg.gffreturns@nhs.net](mailto:barnsleyccg.gffreturns@nhs.net)

The full submission timetable for 2019-20 is below:

<b>Submission</b>	<b>Date</b>	<b>Date</b>	<b>Month</b>	<b>Year</b>
1	Tuesday	7	May	2019
2	Friday	7	June	2019
3	Friday	5	July	2019
4	Wednesday	7	August	2019
5	Friday	6	September	2019
6	Monday	7	October	2019
7	Thursday	7	November	2019
8	Friday	6	December	2019
9	Tuesday	7	January	2020
10	Friday	7	February	2020
11	Friday	6	March	2020
12	Tuesday	7	April	2020

If you have any queries please contact: [lucy.hinchliffe@nhs.net](mailto:lucy.hinchliffe@nhs.net)

## National Diabetes Prevention Programme - Clinic Availability - March 2020

GP's and Practice Nurses are asked to refer to the programme where appropriate. Further details and programme dates can be found [here](#)

The Eligibility criteria is:

- Are aged over 18
- Not pregnant at referral
- Blood glucose level in the past 12 months that indicates prediabetes (HbA1c 42-47mmol/mol; FPG 5.5 – 6.9mmol/l)
- No subsequent diagnosis of Type 2 Diabetes

Please refer patients using the attached [form](#) and send to [healthieryou.syandb@nhs.net](mailto:healthieryou.syandb@nhs.net)

For further information please contact: [sarah.clarke85@nhs.net](mailto:sarah.clarke85@nhs.net)

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## Digital Application Pilot - Structured online education for patients with Type 2 Diabetes 'Changing Health'

### All Clinical Pharmacists can now refer

The digital application is designed for patients that are unable or unwilling to participate in the face to face structured education programme for Type 2 diabetes. It follows the same format as the X-Per course and is provided by Changing Health

The CCG currently has 32 licences to use before the end of March and encourage all participating practices and Clinical Pharmacists to suggest and offer to all recently diagnosed Type 2 patients. **Eligibility and exclusion criteria can be found [here](#)**

Talking points/structure when in conversations with people about Changing Health can also be found [here](#) Please direct patients to <http://www.changinghealth.com/barnsley>

For further information please contact: [sarah.clarke85@nhs.net](mailto:sarah.clarke85@nhs.net)



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## Cardiovascular Health Signals

The latest Signals from the National Institute for Health Research (NIHR) Dissemination Centre can be found [here](#) these include;

- NHS health check attendance improves with changes to the invitation letter
- Advance care plans will improve quality of life for heart failure patients
- Pedometeres can help people get more active as part of an exercise programme
- GLP-1 drug for diabetes gives modest cardiovascular benefits compared to placebo

## Macmillan website

Macmillan have developed a useful [website](#) that is tailored for GP's, and Practice nurses in supporting them to care for patients and their families from their cancer diagnosis, through treatment and towards end of life. There are useful toolkit's, resources and information that can be used for GP's own clinical learning and also in supporting patients.

Staff can also sign up to receive a useful quarterly e-newsletter discussing recent advances, new resources and support that could be useful to us in our day to day working.

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## Barnsley Beat the Street is back

Beat the Street is coming back to Barnsley, with this year's 6 week game taking place between **Friday 5 June and Friday 17 July 2020**. **If you have any suggestions for Beat Box location near you [get in touch](#), so we can pass to the organisers.**

For anyone that wasn't involved last year below is a little introduction to Beat the Street, what it does and how it works. Beat the Street is an evidence-based intervention to increase physical activity levels across a community. The programme connects individuals with their local environment and supports long term behaviour change by creating a social norm around getting active. Beat the Street is an intervention which empowers communities to increase activity levels, increase active travel and reduce car use.

Behaviour change is delivered via a 12-month rolling programme with an inclusive, simple game at its heart. This gets the young, the elderly, the inactive and the unwell moving together – embedding long-term health benefits across a community. Beat the Street videos can be seen [here](#) Beat the Street turns a town into a game where people earn points as they walk, cycle and run around. Beat Box sensors are placed on lampposts around the borough for players to tap their card against, scoring points for the distance they walk, cycle or scoot. Beat the Street takes a community approach to behaviour change through the gamification of an entire area. Working with schools, leisure sector, GPs, local authorities, community organisations and local media, the game unites the whole community in a highly visible fun way.

## EDUCATION AND TRAINING

### EMIS AND SystemOne Training

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](mailto:IT_Servicedesk@embedhealth.co.uk)

