

West Norfolk CCG Patient and Stakeholder

Newsletter

Issue 10 September 2016

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West Norfolk CCG shines spotlight on Sepsis

NHS West Norfolk Clinical Commissioning Group (CCG) has joined forces with The UK Sepsis Trust to raise awareness of the life-threatening condition which claims thousands of lives a year in the UK.

Clinical toolkits produced by the charity designed to help clinicians spot symptoms of the infection have been circulated to the CCG's member practices. A range of posters, leaflets and other awareness raising materials have also been made available for use in surgery reception areas and waiting rooms.



The CCG staged an educational event for West Norfolk GPs on the early identification of sepsis on June 30. A presentation by clinicians at The Queen Elizabeth Hospital, King's Lynn, examined the background of the condition, new definitions of the infection, mortality rates and future work. The GPs were also introduced to a new screening tool which helps them identify which patients need urgent hospital assessment.

Dr Paul Williams, West Norfolk CCG's Governing Body member responsible for Prescribing and Education, (pictured) said: "Sepsis is sometimes difficult to diagnose and the earlier treatment starts the better chance for the patient to recover. The toolkits and computer alerts on our shared health systems will flag up potential sepsis cases to GPs and A&E doctors to allow us to make the diagnosis as early as possible and save lives."

Dr Ron Daniels BEM, Chief Executive of the UK Sepsis Trust and global sepsis expert, comments: "Sepsis is a condition whose time has come. We must act decisively to save many of the thousands of lives claimed every year. West Norfolk CCG is doing crucial work in employing these toolkits, which provide the means to spot and treat sepsis quickly by working with the system. Equipped with the resources to follow care recommendations, health professionals in the CCG and across the NHS will be empowered to prevent thousands of unnecessary deaths. Sepsis is indiscriminate and often hard to diagnose, but these toolkits present a cohesive approach to identifying and treating the condition. It's a brilliant opportunity to effect change across the UK and beyond."

Every year in the UK there are 150,000 cases of Sepsis, resulting in a staggering 44,000 deaths – more than bowel, breast and prostate cancer combined.

Sepsis is caused by the way the body responds to germs, such as bacteria, getting into the body. The infection may have started anywhere in a sufferer's body, and may be only in one part of the body or it may be widespread. Sepsis can occur following chest or water infections, problems in the abdomen like burst ulcers, or simple skin injuries like cuts and bites.

●●● To find out more visit: <http://sepsistrust.org/>

New Integrated Palliative Care Service for West Norfolk

A new integrated model of care for palliative services in West Norfolk has been commissioned by West Norfolk CCG and launched in August 2016.

The West Norfolk Integrated Palliative Care Services (IPCS) will be provided by a range of NHS, social care and charitable sector organisations working in close partnership. The new model is designed to improve care for both patients and carers and provide better value for money.



Services will be facilitated through the Norfolk Community Health and Care NHS Trust (NCH&C) West Norfolk Locality Hub at St James Clinic, King's Lynn and a single point of contact at the co-ordination centre at The Norfolk Hospice Tapping House (TNHTH).

Dr Sue Crossman, Chief Officer of West Norfolk Clinical Commissioning Group, said: "This new Integrated Palliative Care Service for West Norfolk really strengthens our existing partnerships to provide West Norfolk residents with a choice of where they would like to be cared for at the end of their lives. "This contract ensures that all organisations providing end of life care in West Norfolk work together much more effectively, focusing on what the patient needs and not what they each provide. This is another example of progress towards the West Norfolk Alliance vision of integrated care with the patient in control."

Lorraine Barrett, Director of Norfolk Adult Operations and Integrations for NCH&C, explained: "NCH&C are very pleased to launch the new Integrated Palliative Care Service which will enhance the services we provide and build on existing partnership working with Norfolk Hospice Tapping House, Marie Curie and Macmillan. The new service encompasses Specialist Palliative Care Nurses which will enable us to provide an integrated holistic approach to meet the needs of individuals in West Norfolk within their own homes, care homes and when they are in hospital."

Only order what they need

Care home staff from across Norfolk and Waveney are being urged to help save the NHS around £790,000 each year by only ordering the medication their residents need.



The rally cry comes as part of a year-long campaign to cut waste – called 'Your Medicines, Your NHS' – which has been organised by five clinical commissioning groups (CCGs) – Great Yarmouth and Waveney, North Norfolk, West Norfolk, Norwich and South Norfolk.

The second phase of the campaign started on September 1 and specifically targets care homes. It comes after Department of Health statistics showed vast quantities of medicines ordered on behalf of residents go unused – wasting scarce NHS resources which could be better spent elsewhere. Staff are being urged to 'only order what they need' after audits showed around half the medication which is returned had not even been opened. They are now being encouraged to review their systems for ordering, storing and administering medicines so that residents are only receiving drugs they need and will use.

Michael Dennis, a medicines management expert with the CCGs, said: "Care homes can play a really key role in helping us to reduce medicines waste. This is because residents are often on numerous medicines, and often need help from staff to order and administer those drugs. Staff should always check that medication is actually needed before they order repeat prescriptions, while making sure they have good procedures in place for monitoring, ordering and administration. NHS medicines are funded by the taxpayer. That means that if the medicine isn't used, it's the taxpayer who misses out. But by following some really simple steps, everyone can help reduce waste and make the most of scarce NHS resources."



●●● You can find out more about the campaign by visiting: <http://tiny.cc/YourMedicines>YourNHS> or following the campaign on Twitter @YourMED_YourNHS and using the hashtags #onlyorderwhattheyneed and #yourmedicines

Flu Vaccine reminder

It is that time of year again - time to make an appointment to get your flu vaccine!

Flu is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you'll usually begin to feel better within about 10 days. However, older people, the very young, women who are pregnant and those with some underlying diseases are at particular risk of severe illness if they catch flu.

Are you eligible for a free NHS flu vaccination?

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.

STAY WELL THIS WINTER



A flu vaccine is available for free on the NHS for:

- anyone over the age of 65
- pregnant women
- anyone who is very overweight (with a body mass index over 40)
- children and adults with an underlying health condition (particularly long-term heart or lung disease)
- children and adults with weakened immune systems

An annual flu vaccine nasal spray is also now offered to healthy children aged two, three and four years old, and to children in school years one and two.

The best time to have the vaccine is in the autumn, between September and early November. If you think you might need it, contact your local GP surgery.

●●● You should have the flu vaccination every year so you stay protected, as the viruses that cause flu change every year.

Community Engagement Forum

The next West Norfolk Community Engagement Forum takes place on October 18th, 2016 between 2pm- 4pm in the Committee Suite, Borough Council of King's Lynn & West Norfolk, Chapel Street, King's Lynn, PE30 1EX.



The CCG is committed to public engagement and consultation, making sure we hear from all the people and communities in West Norfolk - everyone's opinions matter. The forum is a place for residents and groups to have their say on healthcare issues locally.

●●● The forum is open to everyone. If you plan to attend or for more information please contact Emily Arbon, Communications Manager, by email at e.arbon@nhs.net or call 01553 666925.

If you would like more information about any of the topics in this newsletter or would like to provide feedback or get involved please contact: **Get Involved!**

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