



LINCOLNSHIRE LMC NEWSLETTER

BY LINCOLNSHIRE LMC SECRETARIAT

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LINCOLNSHIRE LMC NEWSLETTER

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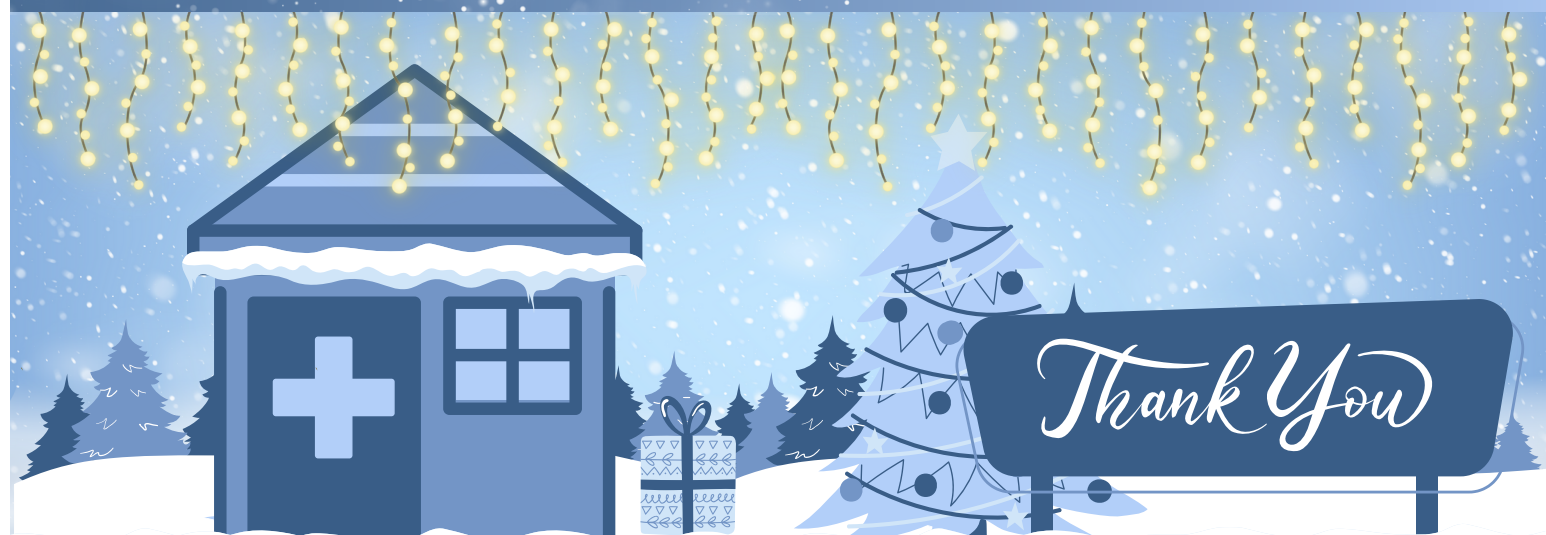
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MERRY CHRISTMAS! FROM THE LINCOLNSHIRE LMC SECRETARIAT

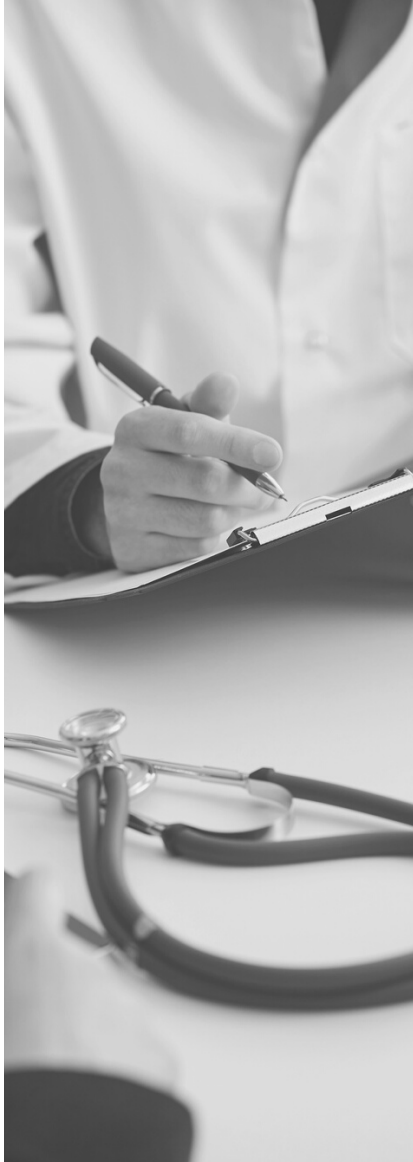


Check out This year's Elf Yourself Video Here: <https://elfyourself.com?mld=771554>

A HUGE THANK YOU TO LINCOLNSHIRE GENERAL PRACTICE STAFF FOR ALL YOUR HARD WORK THIS YEAR.



GENDER DYSPHORIA SPECIALIST INTERFACE



We have recently had several enquiries regarding the interface between general practice and gender identity clinics (GICs).

Gender dysphoria can lead to mental health difficulties and can severely affect individuals' quality of life. It is important that assessment and, where necessary, treatment is available.

GMC and BMA both advise we should cooperate with gender identity clinics, supporting patient wishes to have referral and treatments.

If a patient approaches their GP, we should ideally refer them to an NHS GIC.

GMC states that gender specialists should have evidence of training including at least 2 years in an NHS GIC ideally. Due to long waiting lists for NHS clinics, some patients are seeking care under private GICs.

The Royal College of Psychiatrists suggests that GPs may prescribe a bridging prescription to cover the patient's care until they are able to access specialist services. The GMC advises that GPs should only consider a bridging prescription when:

- the patient is already self-prescribing, or seems highly likely to self-prescribe, with hormones obtained from an unregulated source (online or otherwise on the black market)
- the bridging prescription is intended to mitigate a risk of self-harm or suicide, and
- the doctor has sought the advice of a gender specialist and prescribes the lowest acceptable dose in the circumstances.

NHS England's guidance states that when clinical responsibility for prescribing is transferred to general practice, it is important that the GP is confident to prescribe the necessary medicines.

Please read the full article here:

www.lincslmc.co.uk/genderdysphoriaspecialistinterface



Article by Dr Reid Baker,
Medical Director, Lincolnshire LMC.

COVID-19 SUPPLEMENT TO THE INFECTION PREVENTION

The COVID-19 supplement to the infection prevention and control resource for adult social care has been updated. The changes to this guidance are summarised below.

Outbreak management

1. Updated to reflect policy change to enable care homes to initiate their own risk assessments and determine outbreak measures should they feel able to do so.
2. Updated to add detail on when cases may or may not be linked within a care home.
3. Updated to distinguish between 'if an outbreak is suspected' and 'if an outbreak is identified'.

If a member of staff is symptomatic or tests positive for COVID-19

1. New section to move information previously under 'Staff movement' to distinguish what staff should do in the event of symptoms or a positive test (please see the sections on 'What to do if you have symptoms of a respiratory infection, including COVID-19, and have not taken a COVID-19 test' and 'What to do if you have a positive COVID-19 test result' for the latest guidance).
2. Updated to remove symptoms list and instead link to NHS guidance on COVID-19 symptoms.
3. Updated to move 'If a staff member receives a negative or inconclusive test result' to COVID-19 testing in adult social care guidance (see the section on 'If a member of staff is symptomatic or tests positive for COVID-19' for details).

Personal Protective Equipment

1. Updated to reflect policy change to remove recommendation for universal masking at all times (please see the section on 'PPE recommendations summary').
2. Masks are no longer universally required and there are also changes to outbreak management.

Full article here:

www.lincslmc.co.uk/covid19supplementtotheinfectionprevention



Article by Nick Turner, Practice Support Officer, Lincolnshire LMC.

CHILDREN'S NASAL FLU VACCINE MAY HELP REDUCE CASES OF GROUP A STREP



Analysis by the UK Health Security Agency suggests a nasal spray vaccine that offers protection to children against flu may also help reduce the rate of Group A Streptococcus infections.

The live attenuated influenza vaccine (LAIV) is a nasal spray offered each season to most school-aged children to help protect them against flu (NHS England has also confirmed to GPC England that practices can order more LAIV (live attenuated influenza vaccine) if required).

The new study looked back at data from the rollout of the nasal flu vaccine from 2013 to 2017, for primary school children in several areas of the country. UKHSA compared rates of Group A Strep (GAS) infections in the areas where it was incrementally rolled out to other areas to measure the vaccine's impact. The study found that incidence of GAS was lower in areas where the LAIV vaccine was delivered compared to areas where it was not.

In 2 to 4-year-olds, rates of GAS were 73.5 per 100,000 children in areas where LAIV was delivered, compared to 93 per 100,000 children in other areas. In 5 to 10-year-olds, rates of GAS were 50.3 per 100,000 children in pilot areas, compared to 57.8 per 100,000 in non-pilot areas.

There was no difference in scarlet fever or invasive Group A Strep (iGAS) notifications.

The nasal spray flu vaccine given to school-aged children and pre-schoolers has an excellent safety record and has been given to millions of children in the UK and worldwide.

It is not too late for children to get the flu vaccine. Parents/guardians of any reception and primary school aged children who missed their vaccination should contact their local school-aged vaccination service, or ask at their school if you are unsure.

This winter we are offering the vaccine to secondary school aged children from school years 7, 8 and 9 in December and January so if you have yet to send back your consent form it's not too late. Parents/guardians of children aged 2 and 3 and children in a high-risk group can make an appointment through their GP surgery.

Full article here: www.lincslmc.co.uk/news



Article by Nick Turner, Practice Support Officer, Lincolnshire LMC.

PRACTICE MANAGEMENT SUPPORT NETWORK

Lincolnshire LMC provides a FREE Practice Management Support Network with the help of existing Practice Managers. This network aims to share knowledge and good practice across Lincolnshire General Practice.

Each event has a FOCUSED TOPIC followed by an open forum Q&A on any topic of interest.

The online events take place monthly (where possible) on a Wednesday between 12pm – 1pm via MS Teams (recordings available [here](#))

Since these events started, we have held online webinars on:

- Enhanced Services, who commissions them, how are payments checked against activity and claimed from the commissioner.
- General Practice Alert State (GPAS) and General Practice Appointments Data (GPAD)
- SystmOne's Appointment Booking URL functionality (including how to use for flu campaign bookings) and the Communications Annexe (including how to send questionnaires for Ethnicity and Smoking status).
- Accelerating Citizen Access to GP Data explaining the background to the change and possible risks to consider in advance of the switch-on.
- HR and the National Workforce Reporting Service (NWRS). A 'Hints and Tips' session that will assist Practices in developing robust HR systems and meeting the Mandatory reporting requirements of the NWRS.
- Preparing for a CQC Inspection (Part 1) – Evidence required in advance of an announced inspection date.

The next meeting in January will focus on 'Best Practice' with handling feedback and in General Practice, followed by an open forum Q&A on any topic of interest.

The following topics are being planned but we welcome any other ideas for topics.

- Further preparation for CQC inspections focusing on the 5 domains (SAFE, CARING, RESPONSIVE, EFFECTIVE, WELL-LED).
- Agilio TeamNet (Hints and Tips)
- Using social media to engage with Patients
- Event Reporting (Near-misses to Significant events)
- Finance in General Practice
- SystmOne (Hints and Tips)



Article by Nick Turner, Practice Support Officer, Lincolnshire LMC.

DON'T FORGET TO THINK OF YOURSELF THIS CHRISTMAS

With lots going on at this time of year, it is easy to get caught up in the momentum and forget to take time for yourself.

There is a range of supportive wellbeing resources on the [LMC wellbeing webpages](#) with articles covering topics such as resilience, mindfulness, education, keeping connected and recognising burnout. We also have a variety of short wellbeing videos and lots of links to useful self-help exercises, educational sessions and much more.

You may want to reflect on the year gone by or look to the future. Our [Impact Lincs Mentoring & Coaching Service](#) is available for free to all practice staff. The service includes an initial conversation with one of our lead mentors followed by up to four mentoring sessions with a specially allocated mentor. Whether you are wanting to make some changes, build confidence, enhance leadership, or improve motivation, mentoring could be beneficial. If you would like to give mentoring or coaching a try, contact info@lincslmc.co.uk.

Take some time for yourself to explore what is available on our [wellbeing pages](#) and maybe pick up some tips to share with colleagues along the way. You can also follow one of the many links to other wellbeing resources that are available. The BMA recently brought out a great "Top 10 Tips" poster to help maintain and support the wellbeing of your colleagues and yourself. This is available to download [HERE](#).

Looking for something specific? You can access our directory of support services:

- [Directory of support services for GPs](#)
- [Directory of support services for practice managers and their teams.](#)

If you are finding this season a challenge, then our [Take-30 service](#) might be just the service you need. Have a friendly confidential conversation with a trained mentor. Don't bottle things up, talk things through, we are here to listen. To arrange a call email info@lincslmc.co.uk.

Take-30 is not an emergency service. The service is closed from 4pm on Friday 23rd December and reopens at 10am on Tuesday 3rd January. Take-30 is otherwise available between 10am and 4pm during standard open weekdays



Article by Rosa Wyldeman, Operations Officer, Lincolnshire LMC.

GPAS UPDATE

General Practice Alert State (GPAS) went live in May, following the successful pilot in April with 10 Practices. Since then, we have received on average 39% of Practices submitting their data, thank you. To date, we have over 30 weeks of continual data which is continuing to build a good picture. However, we need data from as many Practices as possible and it needs to be maintained into the future to provide comparisons for future capacity planning and an effective response to continual pressures.

Practices can be reassured that the data they send to the LMC, including free text comments, Practice Alert Status (GREEN, AMBER, RED and BLACK) their locality / PCN and approximate list size are kept strictly confidential and are NOT available outside of the LMC.

When the data is received, it is collated by the LMC before summarising and sending onwards to key stakeholders in the ICB as a situation report (sitrep).

Full articles here: www.lincolnslmc.co.uk/gpas



STAFF TRAINING FOR PEOPLE WITH A LEARNING DISABILITY OR AUTISM UPDATE

The 'Oliver McGowan Mandatory Training on Learning Disability and Autism', is the title of HEE and NHSE's preferred training but it is NOT mandatory that this training is completed. It is unfortunate that the title of the training contains the word mandatory as this appears to have increased confusion. There was also concern that CQC suggested that this training was mandatory.

CQC has now amended its guidance, which now clarifies that there is no specific training that is mandatory. CQC states that training 'provided to staff is APPROPRIATE and provides staff with knowledge about how to interact and support people with a learning disability'.

The full article is available to read [here](#).

Guidance written by Nick Turner, Practice Support Officer, Lincolnshire LMC.

THE CAMERON FUND CHRISTMAS APPEAL LETTER 2022



The Cameron Fund
The GPs' own charity



Our Christmas Appeal 2022

"I wanted to say a huge thank you for the card and very kind gesture from the Cameron Fund this Christmas. We opened the card under the tree in our new home and we all wept happy tears with the kindness when we read the card. It is these acts of kindness which make the most impact and I just wanted to let you know how much this meant to our family on Christmas day, it was the most thankful and meaningful gift we received."

Dear Colleagues

Every December, the Cameron Fund sends a small grant to each of our beneficiaries to help them over the Christmas period. This heart-warming message of thanks was received in response from Dr W, a GP partner with a young family left with no income following partnership difficulties.

In 2022 we have seen a substantial increase in GPs and GP trainees needing our help and anticipate our grant awards will reach their highest ever level. There are many reasons why our colleagues need help including ill health, relationship breakdown and professional difficulties. This year we have also assisted colleagues who have been affected by Covid, including those no longer able to work.

When making your Christmas plans, please remember our colleagues in financial hardship and consider a donation to help us support them.

We are dependent on Local Medical Committees, other medical organisations and individual GPs for about half of our income and, as always, I would like to thank all of you who continue to support the Cameron Fund. Your generous support really makes a difference to our colleagues in need.

Please can I ask you to distribute this letter and ask all your LMCs and constituent GPs to consider giving their support to the Fund? If your LMC has not given a donation in the past, or for some time, would you consider this an urgent appeal for funds?

We gladly accept donations made directly into the Fund's Account (CAF Bank Sort Code 40 52 40, Account Number 00015215) or by cheque if you prefer. Thank you.

Wishing you, and your family, a happy Christmas and healthy New Year.

Dr Ian Winterton, Cameron Fund Treasurer

The Cameron Fund, BMA House, Tavistock Square, London WC1H 9JP
Tel: 020 7388 0796 Email: info@cameronfund.org.uk Website: www.cameronfund.org.uk
Registered Charity No. 261993 (Scotland SC047645) Company Registered No. 993060

LINCOLNSHIRE GENERAL PRACTICE APPOINTMENT INFOGRAPHICS

Appointments in Lincolnshire General Practice November 2022



In Nov 2022 Lincolnshire's GP
surgeries completed:

469K
appointments

71% were face-to-face
appointments:

333K

50% of appointments
were offered within 24
hours

234K

hw|lincs healthwatch
Proud to deliver... Lincolnshire

Source of data: NHS Digital

lincolnshire lmc

Using the information provided by NHS digital we have created infographics detailing how many appointments were made each month by Lincolnshire General Practices, how many were face-to-face and how many were within 24 hours of contact.

These can be shared via your practice's social media.
All of our general practice infographics can be found here:
www.lincslmc.co.uk/generalpracticeinfographics

In addition to the Appointments infographics, we also create useful infographics with information to help your patients care for themselves at home and inform patients of key services.

Do you have an idea for a useful infographic?

If you would like us to create an infographic that will be helpful for Lincolnshire general practices to share with their patients, please email us at laura.dexter1@nhs.net or info@lincslmc.co.uk



Appointment infographic created
by Laura Dexter, Lincolnshire LMC.

"You're the expert at what you do, be the best you can be, this service enables you to do exactly that. I would not be where I am today nor able to deal with the challenges I have faced had it not been for this service."

An excellent and timely service which helped me to keep working at a point when I felt I could cope any longer. A year later I am still a fully functional partner in my practice."

"A really useful resource focussed on YOU and YOUR needs, give it a go, you have nothing to lose and everything to gain."

Our trained mentors can support you to make positive steps forward in your career and personal life. Mentoring sessions can take place at a time & place to suit you.

This service is available free of charge for Lincolnshire GPs, Nurses & Practice Managers

Contact us:

Tel: 01522 576659

Email: info@lincslmc.co.uk

Visit: www.lincslmc.co.uk/impactlincs

Mentoring & Coaching Can Benefit You And Your Organisation In Many Ways

- Help to make improvements to your work life balance
- Allow you to manage transitions positively
- Create a positive focus on achieving your aspirations
- Improve your motivation
- Develop & enhance your leadership skills
- Improve your resilience
- Build your confidence



USEFUL LINKS

Training resources:

- [Lincolnshire Training Hub](#)
- [E-Learning for Health \(e-LfH\) Programmes](#)
- [NB Medical Education](#)
- [GP Forum CPD Opportunities](#)

Resources:

- [We are with you](#)

Networking:

- [Lincoln Medical Society](#)

Newsletters:

- [Sessional GPs e-newsletter](#)
- [GP Weekly Bulletin \(England\)](#)
- [GP Trainee Newsletter](#)
- [Practice Manager Association News](#)
- [The Cameron Fund newsletter Autumn 22](#)

Buying Group:

- [Latest LMC Buying Group Update](#)



FOLLOW US



VACANCIES IN LINCOLNSHIRE GENERAL PRACTICE

To view each listing please click on the vacancy titles.

[Multiple Practice Vacancies: Admin, ANP, Nurse, Pharmacist – The Deepings Practice](#)

[GP Partner – The Woodland Medical Practice](#)

[Medical Receptionist – Cliff House Medical Practice](#)

[Clinical Care Coordinator – The Welby Group](#)

[Advanced Nurse Practitioner / Nurse Practitioner – The New Springwells Practice](#)

[Salaried GP, view to partnership – Abbeyview Surgery](#)

[Dispenser – Colsterworth Medical Practice](#)

[Practice Nurse – Lindum Medical Practice](#)

[Adv. Clinical / Nurse Practitioner – Brant Road & Springcliffe Surgery](#)

[Pharmacist – Hawthorn Medical Practice](#)

[General Practitioner \(Partner\) – Kirton Medical Centre](#)

[Advanced Nurse Practitioner – Kirton Medical Centre](#)

[Salaried GP – Billingham Medical Practice](#)

[Deputy Practice Manager – Spilsby Surgery](#)

[Salaried GP – Lindum Medical Practice](#)

If you would like your job listing advertised on our website, please send the advert to laura.dexter1@nhs.net.

Alternatively, you can submit your job listing here: [Create Listing](#)

Note: this will have to be approved by a Lincolnshire LMC administrator

All vacancies on the Lincolnshire LMC website can be found at: www.lincsllmc.co.uk/jobs

PRACTICE MANAGEMENT SUPPORT NETWORK

Organised by Nick Turner,
Practice Support Officer

BOOK NOW!

lincolnshire *lmc*
supporting lincolnshire's general practices to provide great care



TAKE-30 SERVICE

Feeling Frazzled?



www.linclmc.co.uk/wellbeing

Our Take-30 phone support service is available for all Lincolnshire practice staff between 10am and 4pm, weekdays.

This is a great opportunity to talk through daily challenges with someone that understands what it is like working in a practice.

Don't bottle things up, offload! Take-30 and let's talk things through in a safe, supportive environment.

take-30
AND LET'S TALK



info@linclmc.co.uk



01522 576659

IMPACT
lincs