

Flu vaccination programme extended across Norfolk

Norfolk has been awarded funding to allow this season's 'flu vaccination programme to continue through February and March 2012.

The 'Warm and Well in Norfolk' campaign is linked directly to the Cold Weather Plan for England. It is aimed at vulnerable residents and includes practical interventions to help prevent health deteriorating due to cold temperatures. 7000 warm packs are being distributed through district housing offices, each with a leaflet recommending 'flu vaccination from their GP.

A supply of 'flu vaccination is being held in storage at the Norwich Community Hospital. To order vaccine, please contact:

Pam Rush, Health Protection Nurse Specialist and Immunisation Coordinator
Tel: [01603 257079](tel:01603257079)

Payment for provision of the flu vaccinations is through the existing DES, and claim for payment is made through the normal 'enhanced services web page' mechanism. If practices have any queries about payment, please contact your Primary Care Contracts Manager.

We are particularly keen to promote vaccination in those under 65 years with chronic illness for whom associated morbidity is high.



You can access the Cold Weather Plan for England from the Department of Health website at:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_130564

Changes in clinical biochemistry reporting

This is a reminder that there have been several changes in the Norfolk and Norwich Hospital Clinical Biochemistry reporting, specifically relating to:

- Change in Reporting Units
- General Biochemistry
- Diagnostic Tests

A copy of a letter from Prof W G John, Head of Clinical Biochemistry & Consultant Clinical Biochemist, Norfolk & Norwich University Hospital, outlining these changes is available on the Knowledge Norfolk via: http://nww.knowledgenorfolk.nhs.uk/nnuh/pathology/clinical_biochemistry_reporting_changes.pdf

If you have any queries or questions regarding these changes, please contact:

- Prof Garry John on 01603 286933 GARRY.JOHN@nnuh.nhs.uk or
- Dr Javier Gomez on 01603 286927 or javier.gomez@nnuh.nhs.uk.

You can access all pathology information via Knowledge Norfolk at:

<http://nww.knowledgenorfolk.nhs.uk/pathology.htm>

TRAVAX - password registration change

TRAVAX have implemented their password registration process change. Over 200 users have been registered to use the system in the NHS Norfolk area. All those registered will be receiving an email confirmation. If you do not receive an email in the next few days, you will not be able to access the site.

Any problems please contact sarah.dutton@norfolk.nhs.uk or 01603 257149

Thanks to GPs and practice staff - PCT tops research recruitment figures

Recently released National Institute of Health Research (NIHR) figures, have shown that NHS Norfolk and Waveney was the top recruiting PCT in England for 2010/11 for NHS patients recruited into research.

The NHS Norfolk & Waveney Research and Development Team would like to thank all GPs and practice staff as these figures reflect the achievement of practices in embracing and establishing research as core practice.

The 10/11 figures, show that 4399 patients were recruited into NIHR portfolio studies, and preliminary 11/12 projections indicate that we may beat this total. With the NIHR emphasis to increase the number of patients into research this is fantastic news.

You can view the 2010/11 figures on the Guardian website at:

<http://www.guardian.co.uk/healthcare-network-nihr-clinical-research-zone/table/trust-research-activity-league-tables>,

For more information on NIHR portfolio studies running in NHS Norfolk, please contact:

[Heather Leishman - Primary Care Research Network Coordinator heather.leishman@norfolk.nhs.uk](mailto:heather.leishman@norfolk.nhs.uk).

To view more information about the R&D Team, please go to:

www.norfolk.nhs.uk/research,

Developing your research ideas into reality

A limited number of bursaries are available for anyone working in primary care who would like to develop their research ideas. Closing date for applications for the financial year 2011/12 is **Monday 19 March 2012**.

The topic of study can use any suitable methodological approach, but **must be in primary care**, and should relate to a current research priority of your PCT, or to an agreed area of health services research.



For more information and an application pack, please email:

Research and Development at: research&developmentoffice@norfolk.nhs.uk

Please include your name, post held and organisation.

Clinical network proposals for the modernised NHS

Over recent months, the Department of Health has been working closely with clinicians, patients, commissioners, providers, national clinical directors, GPs, policy leads, academics and network teams to develop proposals for clinical networks in the modernised NHS. There has been huge support for networks and interest in the project, with over 500 people already having contributed.



Proposals for clinical networks in the new system are now available and your comments are invited prior to final recommendations being presented to the NHS Commissioning Board (NHS CB) before the end of March 2012.

Anyone wishing to comment on the proposals can do so by taking part in a webinar with the project lead - Dr Kathy Mclean, Clinical Transitions Director on **Monday 13 February** between 12:45 and 1:45pm.

Link to register for the webinar is:

<https://ukdoh.webex.com/ukdoh/onstage/g.php?t=a&d=596814697>

You can access a copy of the 'Proposals for Clinical Networks in the modernised NHS' at:

<http://www.norfolk.nhs.uk/sites/default/files/Network-Proposals-02-02-12.pdf>

For more updates and detail on the next steps, go to the Department of Health website at:

<http://healthandcare.dh.gov.uk/category/nhs/senates/>

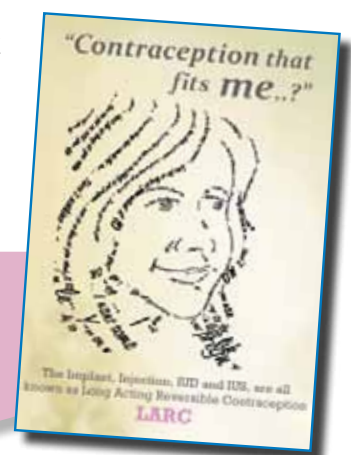
Long Acting Reversible Contraception available across Norfolk

On behalf of NHS Norfolk and Waveney, the Sexual Health Promotion Unit is launching a campaign to raise awareness of Long Acting Reversible Contraception (LARC).

The first LARC adverts go out across Norfolk on the 13 February and will run until the end of May. Patients will be able to access a dedicated website that provides a wide range of information, as well as a lifestyle questionnaire to see if LARC might be a contraceptive method to consider.

Chris Simmons, Practitioner Specialist at the Sexual Health Promotion Unit, said:

"We realise that not all women may be aware of the different types of LARC, so we have organised this campaign to heighten awareness. We are aiming to ensure that each woman is able to choose the method of contraception which fits in best with her wellbeing and lifestyle".



Over the next week, all surgeries will be receiving campaign posters and patient leaflets. The LARC website can be accessed once the campaign goes live at: www.fitsme.info

Want to give your child a healthy start? Norfolk libraries are the place to begin...

HEALTHY
START



NHS Norfolk and Waveney are promoting a healthy start for eligible women and children, thanks to a partnership with Norfolk Libraries.

Healthy Start is a government scheme that provides coupons which can be exchanged for women's and children's vitamins with the NHS locally.

Libraries across Norfolk will be promoting Healthy Start during February, and those with plasma screens will continue to spread the message throughout March and April.

Deborah Garrod, NHS Norfolk and Waveney's Maternal, Infant Nutrition and Breastfeeding Co-ordinator, said:

"Healthy Start is designed to help give children the best nutritional start in life, by making healthy eating more affordable and providing the essential vitamins needed by mums and babies".

For more information about the Healthy Start scheme, go to: www.healthystart.nhs.uk

For a list of distribution points for Healthy Start vitamins in NHS Norfolk's area, visit the website at: www.norfolk.nhs.uk/parenting-and-pregnancy-0

Do you have patients who cannot speak English fluently?

If so, you may find this free workshop 'Making best of Interpretation and Translation Services in Healthcare' of interest.

The training is being run by INTRAN - Interpretation and Translation Partnership for Norfolk Public Services and is for all frontline healthcare staff. There will be two sessions on:



- **Tuesday 21 February 2012**
- **Thursday 19 April 2012**

Further information and booking details are available via Knowledge Norfolk at:

<http://www.knowledgenorfolk.nhs.uk/forum/?f=22&m=1643&g=1643>

For all information relating to INTRAN, including how to use the services, please see:

<http://www.knowledgenorfolk.nhs.uk/intran/index.htm>

The Kate Piercey Memorial Breastfeeding Study Day

This study day is taking place on Saturday 24 March 2012, between 10am - 4pm at The Costessey Centre in Norwich.

Speakers will be covering a wide range of topics including:

- ▶ Thrush, nipple vasospasm and Reynaud's Syndrome
- ▶ Ensuring information about infant feeding is accurate
- ▶ How we support breastfeeding women and the effects on our practice
- ▶ Breastfeeding against the odds; a mother's experience
- ▶ A year in the life of West Pottergate Breastfeeding Support Centre

Further information and booking details are available via Knowledge Norfolk at:

<http://nww.knowledgenorfolk.nhs.uk/forum/default.aspx?f=22&m=1654>

For information and guidance regarding Breastfeeding, please see:

<http://nww.knowledgenorfolk.nhs.uk/gynae.htm>

National Association for Premenstrual Syndrome (NAPS) - study day of women's health



This study day takes place on:

Friday 23 March 2012 at The Medical Society of London

Topics being covered:

- ▶ Management of premenstrual syndrome: The NAPS guidelines
- ▶ Contraception for teenagers
- ▶ Integrated women's healthcare: fertility and the menopause
- ▶ Integrated women's healthcare: pregnancy and after
- ▶ Diet and the menstrual cycle
- ▶ The urogenital tract – changes throughout life
- ▶ Hormone replacement therapy and contraception - how to advise perimenopausal patients
- ▶ Sexual problems – a practical approach to management.

For more information and booking details:

<http://nww.knowledgenorfolk.nhs.uk/forum/default.aspx?f=22&m=1655>

For more about NAPS: www.pms.org.uk

For more information about premenstrual syndrome, see also:

http://prodigy.clarity.co.uk/premenstrual_syndrome

<http://www.nhs.uk/conditions/Premenstrual-syndrome/Pages/Introduction.aspx>

Norfolk Press Releases

Patients in west Norfolk urged to only order the medication they need

>>31.01.12

GPs in West Norfolk are urging patients to only order the medication that they need.

<http://www.norfolk.nhs.uk/patients-west-norfolk-urged-only-order-medication-they-need>

National Apprenticeship Week 2012: More than 850 NHS Apprenticeships taken up across the county

>>07.02.12

More than 850 apprenticeships have been taken up in clinical and non-clinical roles throughout the county, since the Norfolk and Waveney NHS Apprenticeship Programme began three years ago.

<http://www.norfolk.nhs.uk/national-apprenticeship-week-2012-more-850-nhs-apprenticeships-taken-across-county>

Help for people with respiratory problems in west Norfolk

>>06.02.12

More than 150 people with Chronic Obstructive Pulmonary Disease (COPD) in west Norfolk have been helped by a pulmonary rehabilitation programme. COPD is an ongoing lung disease causing cough and breathlessness and increased risk of chest infection.

<http://www.norfolk.nhs.uk/help-people-respiratory-problems-west-norfolk>

NHS Norfolk and Waveney to improve the oral health of children

>>08.02.12

NHS Norfolk and Waveney is working with dentists, schools and staff in early years settings to improve the oral health of children across the county.

<http://www.norfolk.nhs.uk/nhs-norfolk-and-waveney-working-improve-oral-health-children>

News for general practice

The weekly bulletins can be viewed at:

<http://www.norfolk.nhs.uk/news-for-gps>

If you have any queries about the bulletins, or any aspect of our communications with you, please email: gpcoms@norfolk.nhs.uk