

Monthly Newsletter

Issue 46: October 2021



OTH: Supporting the growth and development of a resilient Primary and Community Care workforce to meet the changing needs of the communities of Oxfordshire



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Increasing awareness and improving outcomes in Heart Failure - 3rd Annual Heart Failure Symposium

Oxfordshire Training Hub and Oxford University Hospitals are delighted to invite colleagues working in **General Practice** and **Secondary Care** to our 3rd annual Heart Failure Symposium on 17th November at the Oxford Belfry Hotel. The event is free to attend including lunch and refreshments or there is a small fee if you want to join the meeting virtually. Featuring local and national experts, including **Prof John McMurray** as our keynote speaker, the programme will provide an in-depth update on the latest guidelines and developments in managing this common yet challenging condition. The sessions will be interactive and together will offer great collaborative opportunities for our network and the wider heart failure community.

To register for the event please follow this [link here](#)

You can also access the flyer via our [website page](#).

We look forward to welcoming you.



Oxfordshire Dermatology Study Day

We look forward to welcoming you to our interactive full-day virtual Oxfordshire Dermatology Study Day. This event is suitable for **all clinicians** in primary care who would like to improve their skills and knowledge around the most common skin conditions and will provide you with lots of useful tips and tricks on how best to manage them. With speakers from across Oxfordshire's primary and secondary care we will cover a wide range of topics including inflammatory skin conditions, the two week wait pathway and dermatology services before an afternoon of either an **introduction to dermatoscopy** or **allergic and infectious skin conditions**. We look forward to seeing you there!

Online via MS Teams

To register for this event please [click this link](#).

To view and download our flyer please visit our [website page](#).

Rationale for a group clinic approach to Long COVID: Fully Funded Video Group Clinics (VGC) Programme

If your practice is running Long COVID clinics then we would encourage you to think about signing up to the Video Group Clinics training that is free to all practices and PCNs in BOB. Group clinics align with the DES and:

- **There is a financial incentive to adopt:** teams will be paid 0.5p per registered patient for running Long COVID support services and maintain their education and knowledge of the condition and local services
- **Demand for Long COVID support and waiting lists will grow:** There is a lot of unquantifiable demand for Long COVID in the community; waiting lists to access primary care-based services are likely to quickly be overwhelmed. Group clinics help pre-empt and reduce backlogs and increase clinic capacity and reach
- **One to one assessments take a long time:** people are seeking validation of their experience and it is very important to rule out sinister underlying causes of presenting symptoms; a well-designed Long COVID VGC model could uncouple these two elements and provide a more personalised model of care
- **Groups help people make sense of symptoms and their experience:** people gain deeper insight and understanding of the complexity of their symptoms by discussing them in a group setting
- **Clinicians have a lot to learn about Long COVID:** their understanding expands when they work in group clinics with patients; group clinics educate clinicians (part of the DES) as much as they educate patients!
- **VGCs support self-management:** there is a need for a holistic approach to supporting people with Long COVID grounded in self-management once the person has been assessed and sinister causes ruled out. There are limited clinical interventions that clinicians can offer and it is very much over the person to learn to pace, self-manage symptoms and recognise when to seek help if they deteriorate; classic elements of chronic disease management, which group clinics deliver very effectively. Group clinics support self-management
- **Additional roles integration:** There is a recognised need to integrate the additional roles practitioners within PCNs. This DES is an opportunity to involve social prescribers to help patients think through how to live well with long COVID and develop a social prescriber led follow up model

Any concerns or queries you may have about the implementation of VGC will be addressed at the co-design session due to be held on **30th November**. You will attend a training event (these are running every week so you can choose a suitable date and time) prior to this co-design session.

ELC are there every step along the journey to help get VGC's, up and running in your PCN.

The deadline to sign up for the next cohort is 12th November. Places are fully funded.

For more information on this programme and to **complete the expression of interest form in under a minute**, please visit the below web page:

[Video Group Clinics - Primary Care Careers \(primarycarecareers-bob.nhs.uk\)](http://primarycarecareers-bob.nhs.uk)

Upcoming Events

Event	Dates	Who can attend
Introduction to Very Brief Advice	5 October 2021	All Healthcare Professionals
Introduction to Immunisation Course	6 October 2021	General Practice Nurses
Motivational Interview Training	7 October 2021	All Healthcare Professionals
MECC Training	8 October 2021	All Healthcare Professionals
MECC Training	11 October 2021	All Healthcare Professionals
Impact of Social Prescribing on Health & Wellbeing	11 October 2021	All Healthcare Professionals
Leadership Espresso: Challenging Conversations	12 October 2021	All Healthcare Professionals
Motivational Interview Training	13 October 2021	All Healthcare Professionals
South East Leadership for Personalised Care Programme Cohort 2	18 October 2021	All Healthcare Professionals
VBA – Level 1 training	19 October 2021	All Healthcare Professionals
VBA: Applying Motivational Techniques workshop – Specialist groups	22 October 2021	All Healthcare Professionals
Think Child Think Parent Think Family Safeguarding Conference	3 November 2021	All Healthcare Professionals
Oxfordshire Dermatology Study Day	11 November 2021	All Healthcare Professionals
3rd Annual Heart Failure Symposium	17 November 2021	All Healthcare Professionals

Physical Activity in Clinical Care Training for Healthcare Professionals	23 November 2021	All Healthcare Professionals
Physical Activity in Clinical Care Training for Healthcare Professionals	25 November 2021	All Healthcare Professionals
Leadership Espresso: Challenging Conversations	25 November 2021	All Healthcare Professionals
Alcohol Identification & Brief Advice Training	9 December 2021	All Healthcare Professionals
Alcohol Identification & Brief Advice Training	13 January 2022	All Healthcare Professionals

New to General Practice Fellowships

We are currently recruiting the **October 2021** intake to the local **New to General Practice Fellowship Scheme**. The General Practice Fellowship is an NHS England funded 2-year programme of support for newly qualified GPs and nurses (and their practices) as they begin their careers in General Practice. We are now able to offer places to any GP or Nurse who qualified in the last 12 months and have a substantive post (salaried or partnership) in a practice in Buckinghamshire, Oxfordshire, or Berkshire West

The scheme offers regular mentoring with an experienced, external mentor and career coaching. The monthly group CPD sessions are designed to address learning needs of those new to practice, offer peer support and career development opportunities. There are **backfill payments** (now covering actual salary plus on-costs, pro rata) available to the practices, to support each fellow to attend the regular monthly CPD sessions. We already have 2 cohorts of fellows progressing through the programme and have received lots of positive feedback both from fellows and their practices about the support this programme has offered.

For further details and to apply online please visit:

<https://primarycarecareers-bob.nhs.uk/newly-qualified-general-practice-fellowships/>

GPN and AHP Preceptorship Programme

We are delighted that the BOB ICS has confirmed funding for the General Practice Nurse (GPN) and Allied Health Professional (AHP) Preceptorship Programme.

The Preceptorship is open to Nurses and AHPs who have changed career pathway and joined General Practice within the last 12 months. It offers one session (half day) per week backfilled CPD time with one of these sessions being a Preceptorship Team organised session. The program also offers mentoring, peer support and up to £1000 further CPD funding for each preceptee. The aim of this programme is to securely embed this workforce into Primary Care.

To apply click here - [How to Apply - GPN/AHP Preceptorship Programme - Primary Care Careers \(primarycarecareers-bob.nhs.uk\)](http://primarycarecareers-bob.nhs.uk)

HCA Training Programme

Are you thinking about a career as a Health Care Support Worker /Health Care Assistant (HCA), or would like to advance in your practice as a HCA?

We are delighted to introduce our new comprehensive education pathway for Health Care Support Workers/HCAs. This is a fully funded programme which you can join at any level, providing it is relevant to your experience. . The Thames Valley HCSW programme is aimed at developing a standardised educational pathway to support those new to health care support work to acquire the necessary competences, and to provide more experienced health care support workers/HCAs the opportunity of developing their skills and knowledge.

For more information about this programme and to download the application form, [please visit here.](#)

Do you really know the scope of a Nursing Associate?

Nursing associates bridge the gap between healthcare support workers and registered nurses to deliver hands-on, person-centred care as part of the nursing team.

They work with people of all ages in a variety of settings in health and social care.

HEE's new animation showcases the role of nursing associates across different settings giving practical examples of the duties being carried out and the benefits they bring to employers.

These benefits include improved service delivery and patient care, improved staff retention through career progression and contribution to widening participation.

[Watch HEE's new animation to find out more](#)

Please contact primarycarecareers.bob@nhs.net for further information.

General Practice CPD & Bursary Funding Don't Miss Out!

In January 21 all Oxfordshire Practices were advised that eligible staff (Advanced Nurse Practitioner, Practice Nurse, Nursing Partner, Nursing Associate, Podiatrist, Physiotherapist, Occupational Therapist, Paramedic, Dietician working in general practice) were entitled to £1000 of CPD Funding each over 3 years. Please ensure you complete the linked form [here](#) to claim funding for your eligible staff.

CPD funding can be used towards courses (and/or added to a bursary) such as a 6 month RCN Accredited Contraception and Reproductive Health course or COPD/Asthma Update.

Please let us know if you have some training in mind and would like support to fund this.

Nurse and AHP Bursary Funding

Bursaries are available for up to 60% towards the cost of courses, such as the 6 Month RCN Accredited Minor Course if you are a Nurse or AHP. Please contact us for an application form and how to apply. This funding can be used in combination with the CPD Practice funding.

Advanced Clinical Practice Funding

We still have some remaining funding for Advanced Clinical Practice modules such as Non Medical Prescribing, Independent and Supplementary Prescribing and other Advanced modules. Please contact us if you require further information or wish to apply for this funding.

Oxford Health issue viability training programme 2021

The new tissue viability training programme from Oxford Health will include the following courses:

- Introduction and core tissue viability modules
- Pressure damage prevention and management
- Wound assessment and management
- Fundamentals of leg ulcer assessment and management

The training will enable practices to provide assurance that staff are competent to provide wound care, pressure ulcer and leg ulcer management.

We would like to remind practices that the local commissioned service for compression bandaging for leg ulcers should only be carried out by practice nurses who have completed the relevant training and are attending regular updates. If a practice wishes to involve healthcare assistants in the delivery of this service, please contact occg.primarycarequality@nhs.net to discuss the clinical supervision arrangements that will be put in place to ensure that care is delivered safely.

To register your interest [please see here](#). Or email learn@oxfordhealth.nhs.uk

Immunisations Training 2021/22

These free training events from University of Oxford are for GPNs and other registered health professionals who are involved in administering and promoting and/or advising about vaccines within these Integrated Care System areas:

- BOB: Buckingham, Oxfordshire and Berkshire West
- Frimley: Berkshire East, Surrey Heath and North East Hants & Farnham

Introduction to Immunisation Course

For those who are new to the role of administering and promoting/advising about vaccines. Depending on temporal COVID-19 guidance, events will be delivered either as:

- 1-day virtual event building on the e-Learning for Health care immunisation modules OR
- 2-day face-to-face training event

Click on the training to date to view the course flyer and registration:

[6th October 2021 \(decision on virtual / face-to-face will be taken later\)](#)

[17th February 2022 \(decision on virtual / face-to-face will be taken later\)](#)

Immunisation Update Course

Half-day virtual course providing an update to current immunisation topics.

Click on the training to date to view the course flyer and registration:

[25 & 26 January \(only need to attend one date\)](#)



Essentials of Wound Care programme for the Health and Care Workforce

The Essentials of Wound Care for the Health and Care Workforce elearning programme was developed by Health Education England elearning for healthcare (HEE elfh) in partnership with the National Wound Care Strategy Programme and Health Education England. Designed to support the health and care workforce, this elearning programme aims to develop the knowledge and skills needed to enable appropriate wound care to people in any setting.

About the elearning sessions

The new elearning sessions are part of a suite of essential wound care sessions, aimed at developing wound care knowledge and skills for any patient facing health and care practitioner.

- Essentials of the Foot at Risk
- Essentials of Digital Wound Imaging
- Essentials of Pressure Ulcer Prevention

Existing sessions in the elearning programme were designed to provide an introduction to wound care.

- Essentials of Skin Care
- Essentials of Wound Assessment
- Essentials of Leg Ulceration

These interactive sessions take approximately 30 to 45 minutes to complete and certificates are available to download on completion of each session.

To learn more about the sessions, please visit the [National Wound Care Strategy programme page](#).

BOB Primary Care Mentoring Service – Wellbeing and Career Advice for GPs and Nurses

PRIMARY CARE MENTORING
for GPs, Nurses, and Health Care Professionals

Questioning your career in General Practice?

Having personal difficulties at work or at home?

Experiencing a stressful workload?

primarycarementoring-bob.nhs.uk

Bucks Training Hub OTH Berkshire West Training Hub

Would you like to meet another **GP or Nurse** from outside your work environment who will really take the time to listen and help support you? Our Mentoring service is available across Buckinghamshire, Oxfordshire and Berkshire West and has provided mentoring help to GPs since its launch in July 2019.

The service is completely **confidential and free** of charge. You can sign up, and choose one of our 25 trained mentors. You can have up to 6 hours of support but if you just need a half hour to clear your head your mentor will be very happy to listen. Please see below some feedback from our previous mentee's:

"Much more informative and useful than I expected. Would absolutely recommend to others and undertake it again if needed. Very much feel that I benefitted from the process. Thanks for organising." Mentee

"I found the opportunity to tell 'my story' to a fellow GP was really valuable. It seemed hearing myself tell the story it felt clearer to me what the issues were. My mentor had the perfect balance of listening while also summarising and I appreciated an unbiased perspective and some prompting me to plan a way forward." - Mentee

To sign up for free mentoring, please visit our website [\(primarycarementoring-bob.nhs.uk\)](http://Primary Care Mentoring (primarycarementoring-bob.nhs.uk)) or contact us primarycarementoring.bob@nhs.net for more information.

Research Programme Meeting - Impact of social prescribing on health & wellbeing

What can we learn about social prescribing from a large-scale multi-methods study?

This half-day event concludes our National Institute of Health Research (NIHR) evaluation of a social prescribing intervention for people with Type 2 Diabetes in North East England. A series of presentations will outline our findings relating to health outcomes, health-related quality of life, healthcare usage, assessment of cost effectiveness and the examination of the lived experiences of those delivering and engaging with the intervention.

Participants will have the opportunity to engage in open discussion about the challenges and opportunities of social prescribing with an expert panel from academic, voluntary and community, practitioner and policy sectors.

Who should attend?

This event is aimed at anyone with an interest in social prescribing and health interventions aimed at addressing health inequalities, including colleagues in academia, public health, social care, healthcare and the voluntary and community sectors.

What will I gain from this?

A detailed understanding of the outcomes of a particular large-scale social prescribing intervention. The opportunity to engage in a discussion about social prescribing initiatives and the potential for social prescribing to impact on health inequalities.

Date & Time: Monday 11 October 2021, 12.30-15.15

Click here to [REGISTER NOW](#)

Looking after your team – improving team resilience and wellbeing

This is an opportunity for those who lead, manage or organise teams, groups or networks in primary care to [access coaching about their team](#) and to develop practical tools and methods to work with your team in whatever way is important to you. The coaching service has been accessed over 1,600 times by colleagues in primary care and has received 100% positive feedback.

We encourage you to take out 45 minutes with one of our experienced coaches to have a confidential and supportive conversation, which may include how to:

- support new team members and embed new roles
- connect as a team and improve performance
- help teams and groups move forward after a set back
- build an environment of trust and safety.

Having an open and honest conversation with a coach at a date and time that suits you, can help to create a more resilient and compassionate team culture. Coaching is free and is available Monday to Saturday.

[Read this article](#)

[View this blog](#)

Advance Care Planning and DNACPR Conversations

This course will prepare experienced clinicians to develop skills in having conversations which allow patients to explore their wishes around Advance Care Planning. Participants will also be able to become independent signatories for DNACPR forms.

This course is open to any health care professional who is employed within primary care.

Each HCP must be supported by their employing GP practice who are asked to verify that the practitioner has the level of clinical knowledge to assess patient medical history and prognostic information.

This training is supported by a competency framework which must be completed to become an independent DNACPR signatory. This course is run as part of the CCG funded

project: Enhancing identification of people likely to be in their last year of life leading to personalised care and support planning.

Date: 22 October 2021

Times: 09:00-12:00 or 13:00-16:00

For further details and bookings please contact susie.grant@ouh.nhs.uk

Online Physical Activity in Clinical Training for Healthcare Professionals (PACC)

As a healthcare professional, you play a unique role in supporting people to be more active, with one in four people stating that they would be more active if advised by a healthcare professional.

Join us for Public Health England's FREE Online Physical Activity in Clinical Care Training for Healthcare Professionals (1-hour). More than 150 people have already attended across Bucks, Ox and Berkshire!

You'll learn more about the benefits of physical activity, current CMO guidelines, how to provide brief advice during consultations and signposting. Plus hear from your local Active Partnership about activity opportunities in your area: Get Berkshire Active, Leap and Active Oxfordshire (the Thames Valley Active Partnerships).

Dates available:

23rd Nov 1-2pm - [FREE Online Physical Activity in Clinical Care Training for Healthcare Professionals – Oxfordshire Training Hub](#)

25th Nov 1-2pm - [FREE Online Physical Activity in Clinical Care Training for Healthcare Professionals – Oxfordshire Training Hub](#)

Leading without Formal Authority in Primary Care

We are delighted to invite you to attend a virtual 'Leading without Formal Authority in Primary Care' espresso workshop.

Leading in primary care is a daily juggling act, balancing the needs of your patient population with PCN-wide developments. Some aspects of your leadership require everyday organising and managing of colleagues and services you're responsible for. Other aspects involve complex influencing across your local area, engaging a wide range of people in a context where you don't have formal authority.

The workshop will be facilitated by **Dr Jeanne Hardacre**, Founding Director of Impact4Health, which is a specialist leadership, OD and culture change consultancy.

You can choose between two different session times.

- **Wednesday October 20th 13:00 – 14:30**
- **Tuesday December 7th 10:00 – 11:30**

Please use the following link to register for this session. Please be aware you will be given an option of both sessions, please select **one**.

Please register [here](#).

If you have any questions or concerns, please do not hesitate to contact the team at nhsi.selll@nhs.net

Reaching Out Programme

The South East Leadership Academy is delighted to offer a virtual development programme designed to support those that have a role as lead for patient engagement/experience.

The programme is highly interactive, run by experienced facilitators, and includes inspiring guest speakers. It is ideal for staff who are relatively new to the role or who have taken on new responsibilities.

The programme will be delivered remotely by Microsoft Teams over six weekly sessions. Each session builds on the one before, therefore participants should plan to attend all sessions listed below:

3rd November 9-12am	Session 1 – Reaching Out Introduction (for staff responsible for patient engagement and/or experience)
10th November 9-12am	Session 2 – Working Together for Better Care
17th November 9-12am	Session 3 – Peer Support
24th November 9-12am	Session 4 – Question Time
1st December TBD	Session 5 – Creating your Personal Strategy and Action Plan (individually booked sessions)
8th December 9-12am	Session 6 – Next Steps

To register for **Reaching Out**, please complete our [South East Leadership Academy Booking form](#). Spaces are extremely limited and will be allocated on a first come first served basis. Participants must ensure they are available for all sessions as listed above. **Please share this email with any contacts that are appropriate.** The closing date for applications is **Thursday October 14th 2021** or once all places are full.

The Casual Request for Help: Once a Doctor, Always a Doctor

Whether you are in the later stages of your career, you are retired, or you are just starting out on your career journey, we will all hear conversations which begin.... We'll help you navigate this moral/legal/ethical minefield! This is an **RCGP** event.

04 October 2021 | 12:30 | Online | Free to Members and Non-Members

To book your place please click [here](#).

On Becoming - leadership development for south east Physician Associates - Spring 2022

Physician Associates will learn about themselves as leaders, what can impact them, and how they 'land' with others. Delegates will also learn the psychological processes at play in groups, how they can influence and use their authority, and how to get the best out of themselves and out of others.

www.on-becoming.co.uk

Email physicianassociates.se@hee.nhs.uk for an application form.

Physician Associate Apprenticeship – Employer Engagement Webinar

Health Education England are supporting a collaborative, national implementation of the Physician Associate Apprenticeship to ensure apprenticeship provision meets the needs of all employers and potential apprentices. This webinar is suitable for employers who are considering implementing the Physician Associate Apprenticeship within their organisation and would like information around practical steps and actions needed to ensure effective implementation.

Date: 28th October 2021

Time: 12-2pm

This webinar will cover:

- Apprenticeships and Workforce Development
- The Physician Associate Role
- The Physician Associate Apprenticeship
- The National Physician Associate Apprenticeship procurement and implementation plan
- Action / commitment for future implementation of the apprenticeships and next steps

Please use [this link](#) to book your place. Please note, bookings will close at 12pm on Wednesday 27th October. A link to the session will be emailed to you on **27th October** – please hold the date and time of the webinar in your diary.

Kindness into Action

NHS England and NHS Improvement Civility and Respect programme brings you a *Kindness into Action masterclass* aimed at leaders working at board, executive level and senior directors in any professional capacity across health and care in England. This masterclass will offer a safe space for senior NHS leaders to reflect on their own behaviours and learn to put kindness into action using practical tools and case studies. The content will bring together leadership elements and expectations of the NHS People Plan, People Promise, Health & Wellbeing framework and Our Leadership Way, to

develop leaders who will role model leadership behaviours, and be inspired to develop and invest in leaders at all levels within their own organisations.

Date:

- **7th October 9am-12pm**

To book your place, click this [link](#).

Oxfordshire Workplace Mental Health & Wellbeing Network

We would like to invite you to an online networking event on **Thursday 7 October 10.00-12.00am** for organisations to discuss how to support staff and volunteers around mental health and wellbeing. This work supports our ambitions of the [Oxfordshire Mental Health Prevention Concordat](#) to achieve a vision that everyone in Oxfordshire has the opportunity to achieve good mental health and wellbeing.

We plan to discuss the following areas;

- What's already happening in Oxfordshire to support workplace mental health and wellbeing e.g. Mental Health First Aiders, Wellbeing Champions, Training, Men's Health Groups and similar. See attached example of an update from Oxford City Council.
- What insights do we have on workplace mental health & wellbeing – what are the needs, what are people saying they want?
- What works well what and what could be improved in order to improve workplace mental health and wellbeing?
- What next? Are there existing models or frameworks that we can use to support future action around workplace mental health and wellbeing?

If you would like to attend please book on [here](#).

Free Shiny Mind Wellbeing and Resilience App for primary and community care staff

The BOB ICS CARE Programme is now underway within the BOB ICS and we have recruited a group of enthusiastic General Practice Nurses to take part. As part of the CARE programme funding, we have also been provided with access to the ShinyMind Wellbeing and Resilience App. The App is available for free to all primary and community NHS staff across BOB. By building a community of users on the App you will be able to support your own team and link in with others in your area. You are invited to download the ShinyMind App which can be found on the Apple app store or Google Play Store.



Please complete the form below for access and a log in will be sent to you.

<https://forms.office.com/r/LAFj0k9AVF>

Allied Health Professionals in Primary Care - Training Needs

Calling all AHPs in BOB ICS currently in General Practice can you please spend a few minutes completing the survey below for your future training needs.

You can access the survey through this link - <https://forms.office.com/r/Q8t9whWAtf>

HEE - Stroke e-learning programme available

Health Education England elearning for healthcare (HEE elfh) in partnership with Health Education England, Stroke-Specific Education Framework, and the University of Central Lancashire (UCLan) are delighted to launch their new Stroke programme. The programme is relevant for health and social care professionals involved in multidisciplinary stroke care.

For more information on this e-learning [please visit here.](#)

For more information about anything OTH related, please visit our website: oxfordshiretraining.net, or email us at oxfordshire.training@nhs.net.