

Washington PCN Patient Newsletter



Sunderland
Washington
NHS Primary Care Network

The Network is
formed
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Surgeies(Galleries/
Barmston)**

0191 543 8807

**Dr Stephenson and
Partners**

0191 4162578

**Galleries Medical
Practice**

0191 543 5555

**Concord Medical
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0191 4173557

**New Washington
Medical Group**

0191 563 4929

**Harraton Surgery
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**Rickleton Medical
Practice**

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Welcome

Dear Patients,

This Primary Care Network Newsletter is a bit different and has been created by the local surgeries in Washington. (Monument Surgeries (Galleries/Barmston), Dr Stephenson and Partners, Galleries Medical Practice, Concord Medical Practice, New Washington Medical Group and IJ Healthcare.

The reason is that surgeries in Washington are coming together to share ideas and cooperate with each other to improve patient care. Each group is called a Primary Care Network (PCN).

The Washington Primary Care Network (PCN) pharmacy team is made up of seven clinical pharmacists and three pharmacy technicians. We work across the seven GP surgeries located in Washington providing an integrated approach to medicines optimisation and clinical pharmacy. As a team we resolve day to day medicine issues, closely working alongside other healthcare professionals within each practice to help deliver direct patient centred care.

The clinical pharmacists within the team are aligned to a practice within Washington to allow for continuity of service. They carry out Structured Medication Review's (SMR's) with patients, which involves a holistic approach to help manage long term conditions and provide advice to patients on multiple medications. The pharmacists also work closely with care homes in the area, providing expert care and advice to both patients and their carers. From this, we contribute to the Multi-Disciplinary Team (MDT) meetings for the care home and a broader approach which involves the community, where we liaise with district nurses for example.

The Medicines Discharge Hub (MDH) is a service the team are also heavily involved in. Based centrally in Sunderland, a pharmacy technician team complete hospital discharges on behalf of most of the surgeries within Sunderland city. Moving forward, the technicians are also looking to set up blood pressure monitoring clinics and inhaler technique clinics to help patients get most out of their medications and health in these areas.

In summary, by delivering on the services we offer as a pharmacy team, we aim towards:

- Releasing GP capacity
- Improving patient outcomes
- Leading on medicines optimisation
- Promoting patient self-care
- Reducing hospital admissions
- Delivering prescribing savings

Neighbourhood Leadership Team Meetings: Monthly neighbourhood leadership meetings continue to take place in Coalfields and Washington with action plans continuing to develop. All system partners are represented at the meetings and each group is currently reviewing the emerging scope and improvement plans for each neighbourhood area, which are now nearing finalisation. Coalfields and Washington neighbourhood leadership groups have both identified re-ablement as a key area of improvement, with further scoping work planned urgently to support neighbourhood working as well as winter pressures. Coalfields is also focusing on different ways of working within social prescribing teams and GP practices to support increasing numbers of patients with mental health issues as well as scoping work to support the sustainability of the local carer workforce.

A meeting took place on 11 October 2022 to scope potential re-ablement and care market improvements with key LA partners, and there are plans in place to re-establish reablement services accepting referrals from GPs (step up). Washington has a key focus on child poverty and work is progressing within the Sulgrave area to develop a full system neighbourhood model with police, Together for Children, LA, health and public senior leaders. Strategic meetings and a data gathering exercise has taken place in Washington, resulting in a recommendation for the group to write a paper for ATB Executive Group to consider a different approach to neighbourhood working within the Washington area. A paper is planned for completion at the end of November 2022 and will be shared with ATB Executive in December 2022.

Other areas interdependent with neighbourhood ways of working and locality leadership teams are summarised below and plugged into existing discussions:

- **Ageing well:** A report outlining the anticipatory care model (ageing well) has been consulted with neighbourhood leadership teams and is currently being consulted/shared with wider system partners. A Primary Care Frailty SLA has been developed and approved ready for implementation. Refresh of MDT process is underway and a business case on track for March 2023 to enhance the establishment of the community frailty nursing team/s across the city.

Community Mental Health Transformation: Work has progressed at pace. Community Mental health hub service specification has been agreed with locations scoped across Pennywell, Washington and Southwick with next steps being developed for approval thus implementation from April 2023. MDT pilot in Southwick continues to progress with good outcomes with an evaluation scheduled for January 2023.

The Washington Leadership team would welcome any feedback or input to the developing way of working. Please don't hesitate to contact a member of the project team if you have any queries or information to share:

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PCN Voluntary Sector work

Since the establishment of the PCN Washington, a PCN Voluntary Sector group was set up which has been supported by the Clinical Director, Practice Managers, Patient participation and of course most importantly local authority including voluntary organisations. The group has been meeting once a month to discuss future pathways and projects that will support all Washington patients. Our Washington Academy school pro-

Women's Health Steering Group

Washington PCN Clinical Director and key stakeholders from practices within Sunderland, as well as other organisations, have joined together to form the Women's Health Steering Group, in order to address issues and inequalities regarding Women's Health across the City. The Group will: support Sunderland patients; seek out and develop innovative pathways and services to improve Sunderland's patients' access to sexual, health and medical screening services, work with local and national stakeholders and partners. It has been agreed that the Women's Health programme will initially focus on: Long acting reversible Contraceptive (LARC), Menopause Hubs

A working group of key partners has identified a number of areas across the City to develop pilot sites to improve access to LARC services. This will be a key part of the workplan in early 2023