

Edition 5

February 2022

**Your PCN
Executive Team**

**PCN Clinical
Directors (job share)**

Dr Sagar Shanghavi

Dr Will Cowie

PCN Lead Nurse

Lisa Tindall

**PCN Lead Practice
Manager**

Karen Nicholson

PCN Manager

Hilary Brockway

**Primary Care
Development
Team PCN
Support**

Dawn Gunga

Sonia Robson



LS25/26 Primary Care Network (PCN) Newsletter

Our PCN Team

PCN Clinical Directors

On behalf of the PCN we'd like to say a huge thank you to Dr Lesley Freeman, who stepped down as PCN Clinical Director at the end of January. She has been instrumental in establishing the PCN and everyone has appreciated her hard work, leadership and support.

Dr Will Cowie, who is a GP Partner at Oulton Medical Centre, is our new Clinical Director working alongside Dr Sagar Shanghavi. Welcome Will, we are really looking forward to working with you.

We'd also like to welcome Dr Ben Gatenby, who has replaced Will as the PCN GP Lead for Oulton.

PCN Pharmacy Team

- Michael Richards – Senior Clinical Pharmacist
- Scott Dagleish – Senior Clinical Pharmacist
- Alisha Clair – Senior Clinical Pharmacist
- Maariyah Pandor – Clinical Pharmacist
- Shiv Mistry – Clinical Pharmacist
- Noel Kizere – Clinical Pharmacist
- Diana Apostolescu – Pharmacy Technician
- Juliet Francis – Trainee Pharmacist
- 1 vacancy – recruitment underway

PCN Care Coordinators

- Danielle Gunga

Danielle has now left the LS25/26 PCN to move to her new role at York PCN. She has agreed to continue to work for us for a few hours per week to support with the Care Home MDTs until we get new care coordinators in post.

- Rebecca Farrar

Rebecca has now joined the PCN permanently following her secondment from Garforth Medical Centre. She is working on the covid vaccination programme, any IT issues, any administrative queries, and is supporting the Care Home MDT meetings until we have new Care Coordinators in post.

Physician Associate (PA)

- Amina Osman (Garforth and Gibson Lane)
- Bakhtawar Nawaz (Oulton, Kippax Hall and Nova Scotia)

PCN Member Practices

Garforth Medical Centre

Practice Manager: Lisa Carroll

Lead PCN GP: Dr Aparajit Kakkar

Gibson Lane Surgery

Practice Manager: Gill Collins

Lead PCN GP: Dr Clare Hirst

Kippax Hall Surgery

Practice Manager: Karen Taylor

Lead PCN GP: Dr Jacqueline Hawkhead

Lofthouse Surgery

Practice Manager: Karen Nicholson

Lead PCN GP: Dr Anna Tarr

Moorfield House Surgery

Practice Manager: Ade Brownlow

Lead PCN GP: Dr Nighat Sultan

Nova Scotia Medical Centre

Practice Manager: Dawn Lewis

Lead PCN GP: Dr Vishal Kapoor

Oulton Medical Centre

Practice Manager: Hilary Farrar

Lead PCN GP: Dr Ben Gatenby

- Bethany Power (Lofthouse and Moorfield House)
- Jade Jenkins (Starts 7th March) (Garforth, Lofthouse and Oulton)

Social Prescribers/ Healthcare Assistants

- Jo Lee (LS26)
- Charlie Easter (LS25)

The PCN Social Prescribers/ Healthcare Assistants are working with practices. They are doing home visits to housebound patients and patients in care homes, supporting with clinics in practices and working in the LS25 Leg Club.

First Contact Practitioners (FCPs)

- Rob Southern & Mark Wood (FCP Leads)
- Laura Nolan, Sam Davies and Ben Foxcroft (FCPs)

The First Contact Practitioners are employed via Leeds Community Healthcare on an employ/deploy model of employment. The team are now starting to see more patients face to face. We also have some virtual FCP Physio appointments available through Extended Access.

Paramedics

- Judith Myhill (YAS Rotational Paramedic: Oulton, Lofthouse and Moorfield House)
- Garry Laidlow (YAS Rotational Paramedic: Oulton, Lofthouse and Moorfield House)
- Andrea Eustis (starts 14th Feb) (Garforth, Gibson Lane, Kippax Hall and Nova Scotia)

Our paramedics are supporting practices with acute and long term conditions clinics, as well as carrying out home visits.

Planning Ahead Coordinator

Jo Joy-Jones is available to work with patients with frailty who have expressed an interest in talking about their future care options. Jo can visit patients in their homes and discuss with the patient:

- What matters to me
- Future care planning
- Power of attorney
- Will making
- Funeral arrangements

And other areas related to future care planning

Jo can also refer patients onto other services (depending on what the discussions bring up), and to clinicians for further conversations about resuscitation.

Patients will have their records updated to reflect the Planning Ahead session and will have ReSPECT (Recommended Summary Plan for Emergency Care Treatment) forms posted to them to have in their home. Patients can opt to give feedback to the service and to have a 6 month check afterwards.

Please contact Jo on jo.joyjones@nhs.net for more information about the Planning Ahead Service.

To refer a patient with frailty who has expressed an interest in the Planning Ahead Service please task Joanne Joy-Jones or email lseccg.planning.ahead@nhs.net with:

- Patient Name
- Patient DOB
- Patients GP
- Information about what support they would like regarding planning ahead.

There is also an update from our planning ahead coordinator later in the newsletter.

Health & Wellbeing Coaches

Helen Brown is one of our Health and Wellbeing coaches working in LS25 she is now taking referrals from practices.

Alex Kennedy has joined the PCN as our second Health and Wellbeing coach and is working closely with Helen at the moment. She will be working with the practices in LS26 and taking referrals from these practices.

There is an introductions to our Health and Wellbeing coaches later in the newsletter.

Recruitment

We continue to recruit to other roles to join our PCN team including Occupational Therapists, Care Coordinators, an Advanced Clinical Practitioner and Nurse Associates.

Covid 19 Vaccination Update

Since the vaccination programme began in December 2020 to the end of January 2022, as a PCN we have given:

- 91,476 Covid Vaccinations
- 29,764 1st Doses
- 29,698 2nd Doses
- 32,014 Booster Doses

A massive thank you to all staff for helping to deliver the programme, we couldn't have achieved this without all of your hard work.

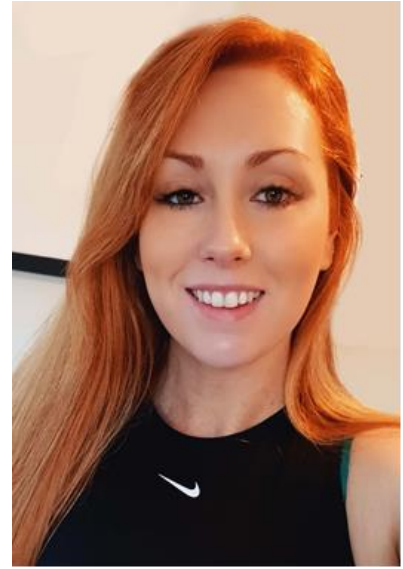
An update from our Pharmacy Team

We have been focusing a large proportion of our time on supporting practices and assisting with tasks such as supply disruption/out-of-stock queries, medication queries and treatment advice notes, to allow practices to divert staff to support covid vaccinations. Over the last few months, we have been particularly focusing on this as a key priority, whilst also continuing with some other PCN project work such as conducting structured medication reviews for care home patients. We are currently in the process of recruiting an additional pharmacist to join our PCN Pharmacy Team.

An Introduction to our Health and Wellbeing Coaches



Hello my name is Helen Brown. I am a Health and Wellbeing Coach working across LS25 practices including Gibson Lane, Garforth Medical Centre, Kippax Hall and Nova Scotia. Presently I am seeing patients from all practices whilst my colleague Alex gets established in the role. I have a degree in Nutrition and experience of supporting patients with behaviour change to empower them to take a more active role in improving their health. I am in the process of completing an accredited Health Coaching qualification to enable me to better support the needs of patients.



Hello my name is Alex Kennedy I am a new Health and Wellbeing Coach working across Ls26 practices including Lofthouse Surgery, Moorfield House, New Cross and Oulton Medical Centre. My background is in community nursing and predominantly patients with Long Term Health Conditions. I am passionate about supporting people to become more active participants in their healthcare and to make healthier lifestyle choices. I am in the process of starting an accredited Health Coaching qualification in February which will allow me to further develop the support I can give to patients.

What are Health and Wellbeing Coaches?

Health and Wellbeing Coaches support patients to gain the knowledge, skills and confidence to be more involved in their own healthcare. We use coaching methods to encourage patients to self-identify their needs and set goals. Coaching can guide and prompt people to change their behavior to how they feel it would best suit them and fit in with their lifestyle. We are currently accepting referrals for patients and our referral criteria and process can be found on teams under projects and services.

Who Can Health and Wellbeing Coaches see?

We are currently supporting patients that would receive help from lifestyle changes. Some examples of who we see are, patients with type 2 diabetes or Pre-diabetes that could receive help from a lifestyle change, patients who may want/need to make an active change to their lifestyle or behavior. Patients who are at risk of long-term conditions such as a CVD or other cardiovascular conditions which could be improved with exercise.

How to Refer to Health and Wellbeing Coaches

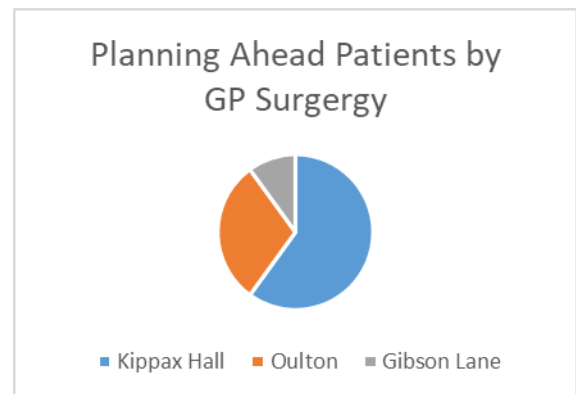
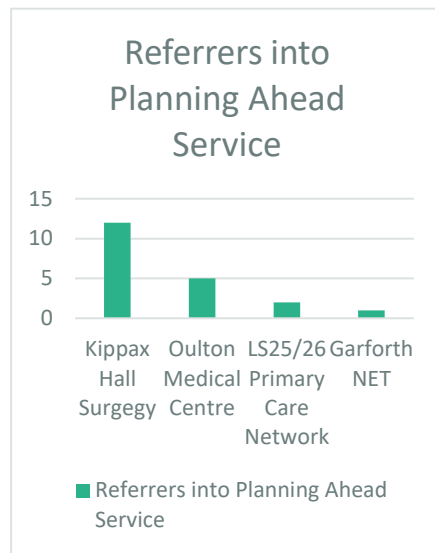
- Gain patient consent for referral

- Remote booking available via SystmOne for first appointment, please include referral reason.
- Send a task through system one to User Group > PCN Health and wellbeing Coaches
- Or email lsecg.handwcoach.ls2526pcn@nhs.net with patient name, GP & referral reason.

An Update from our Planning Ahead Coordinator

The Planning Ahead Service launched in late October 2021 across the LS25/26 Primary Care Network. The Planning Ahead Service supports patients with frailty to engage with discussions about their future care options, including topics such as What Matters to Me, preferences for future care, Power of Attorney, will making and funeral planning. Depending on the patient's wants and needs, signposting to local organizations and referrals to talk about advance medical decisions such as DNCPR are available too.

The Planning Ahead Service has had 20 referrals so far. Referral pathways have included GPs emailing Jo Joy-Jones, the Planning Ahead Coordinator, if the subject of future care options comes up in appointments with patients and they have given consent to be referred, as well as offering home visits from Jo to patients who are severely frail, identified by Kippax and Oulton as part of the annual review process for patients living with severe frailty. Patients are then sent some information about the service and confirmation of their home visit date and time.



Typically, the interventions take place in the patients' home, with Jo visiting for an hour to an hour and a half over 2-3 visits. Other people involved in the patients' care are encouraged to join. The conversations are patient led, with What Matters to Me notes being shared with the patient before being saved onto the patients' record. ReSPECT forms are sent out to the patient to be shared with family and carers and displayed somewhere obvious for potential care givers and paramedics in the future.

The service has been well received by patients so far. A woman in Kippax with complex health needs and the youngest recipient of the Planning Ahead Service at 49 years old, gave the following feedback:

Did you feel listened to?

'Yes, for the first time ever. Half of the specialists don't even look at you.'

Were the sessions conducted at a pace you were comfortable with?
'Yes definitely.'

Did you feel confident to share your feelings about your health and well-being?
'For the first time with you, you don't get enough time with your GPs.'

Would you recommend this service to other patients?

'Yes, definitely. I would fully recommend this service. When you're younger it can be hard to hear [about things related to death] although not for me as I'm used to it. [It] depends on an individual's needs and health as to what they can handle. It's good that you can change your ReSPECT form and DNCPR because I've had a traumatic year and I might feel different in the future. It's been a big learning curve for myself and Jo the coordinator!'

Leeds Mental Wellbeing Service

Our Primary Care Mental Health team in LS25/26:

- Sarah Kennedy – Mental Health Specialist
- Clare Wheeler – Mental Health Practitioner
- Rebecca Rose – Primary Care Mental Health Support Worker

The Primary Care Mental Health Team are part of the LMWS. They supply Mental Health Assessment, short term intervention and signposting within Primary Care when a patient does not meet criteria for other mental health services or has barriers in accessing services.

How to refer?

To the Primary Care Mental Health team:

All referrals can be made via the blue dot on S1.

If you have any questions, please do not hesitate to send us a task or email us at pcmhcluster7.lypft@nhs.net.

To other support in the Leeds Mental Wellbeing Service:

Patients can book directly onto online groups classes, access online resources and Omnitherapy and self-refer for workshops via the Leeds Mental Wellbeing website.

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/refer-yourself/>

New online workshops

The LMWS have a new programme which they will be running which cover a wide range of issues. The sessions take place on Thursdays from 1pm-2pm and are available to anyone 17+ who is registered with a Leeds GP. The sessions include things such as: sleep well, managing stress, managing panic, unhelpful thinking in low mood, struggling with motivation, managing worry.

There is some more information about the workshops here:

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/online-group-classes/workshops/>

Linking Leeds (Social Prescribing)

- Janni Lewis - Janni.Lewis@nhs.net / janni.lewis@commlinks.co.uk
Clinics:
 - Nova Scotia – Wednesdays
- Sarah Bradley - S.Bradley7@nhs.net / Sarah.bradley@commlinks.co.uk
Clinics:
 - Kippax Hall - Mondays
 - New Cross Surgery - Tuesdays
- Jo Mackman - Jo.Mackman@nhs.net / Jo.mackman@commlinks.co.uk
Clinics:
 - Moorfield House - Tuesdays
 - Gibson Lane – Thursdays

How to refer?

Referrals can be made through S1 by e-referral or our remote booking slots.

If you have any questions, please do not hesitate to send us a task or email us at linking.leeds@nhs.net or visit our website www.linkingleeds.com

What else is happening in the LS25/26 PCN...

Leg Club Update

The Garforth Leg Club is now fully up and running and we are still looking for a suitable venue to begin a Leg Club in LS26.

Integrated Wound Care Clinics

There are several new wound care clinics being set up across the city and one of these is at Gibson Lane Practice. It will run every Wednesday from 1pm to 4pm until the end of March when delivery will be reviewed.

These clinics are run by LCH and there are several clinics across the city (including at Gibson Lane) which are open for all patients from any practice. Appointments are bookable via remote booking and are for all wound care, not just legs.

Diabetes 3 Treatment Targets (3TTs) Project

In the last newsletter we gave an update on the Diabetes 3 TTs project, which aims to raise the standard and quality of care in diabetes by optimising the NICE three treatment targets (3 TT's).

Through this project we have 3 clinicians in the PCN completing Edan training and 1 nurse doing the Diploma in Improving Diabetes Care, and we have now been offered a 2nd funded place on the diploma course. We are looking forward to getting a project team together, including nurses, GP, pharmacists and health and wellbeing coaches, to agree next steps.

Extended Access (EA)

The PCN has the following appointments as part of our Extended Access service.
Saturdays (8am to 2pm) and Sundays (8am to 12pm)

- GP, nurse and healthcare assistants (face to face or telephone)

Monday to Friday (6pm to 8pm)

- Virtual First Contact Physio and Pharmacy appointments (telephone)

Monday to Friday

- Health Minds appointments (telephone)

We are working with the EA team to develop other services including LARC clinics and Spirometry (with Leeds Teaching Hospital Trust) and hopefully there will be an update on this by the next newsletter.

Clarity TeamNet

As a PCN we have agreed to move to a new (internal) platform to manage workforce, training, HR, procedures and more. It is called TeamNet and will be coming to your practice soon!

