



Future Proof Health Presents

Weekly News

22nd December



Communication	
Communication with Patients	
Communication within Teams	
Consent	<ul style="list-style-type: none"> • Gillick competency and Fraser guidelines • CONSENT POLICY • ReSPECT for healthcare professionals
People and Personal Development	
Personal / People Development / Leadership	<ul style="list-style-type: none"> • Accountability and delegation in practice
NHS Employers / HR / NHS Pension	<ul style="list-style-type: none"> • NHS Employers • Pensions Online
Health, Safety & Security	
	<ul style="list-style-type: none"> • NPSA • Control of Substances Hazardous to Health (COSHH)
Gov UK - Health Security	
CQC	<ul style="list-style-type: none"> • GP mythbusters • Examples of outstanding practice for GPs • CQC says providers must follow care home visiting guidance
Vaccines / Medications / Prescribing	<ul style="list-style-type: none"> • Protocol for ordering, storing and handling vaccines • A Competency Framework for all Prescribers • Non-medical prescribing • The Human Medicines Regulations 2012 • RCN - Non-medical prescribers • Royal Pharmaceutical Society • Standards for prescribing • Clinical Negligence Scheme for General Practice • National overprescribing review report • We May Be Prescribing Antidepressants Wrong. Claims Concerning New Review

MIMS	<ul style="list-style-type: none"> • Prescribing Update
Antibiotic steward-ship / Anti-microbial resistance	
Drug / Device Alerts (MHRA)	
Emergency Situations	<ul style="list-style-type: none"> • The updated National Early Warning Score and its use with suspected Sepsis • Resuscitation Council UK
Infection Control / Infection Statics	<ul style="list-style-type: none"> • Infection prevention and control (IPC) in health-care facilities in the event of a surge or resurgence in cases of COVID-19
Safe Guarding	<ul style="list-style-type: none"> • Female genital mutilation (FGM) • PREVENT • Child protection system in the UK • Safeguarding Adults • Safeguarding children: detailed information • Safeguarding children needs proper resources
Practice Policies	
Audit	
Information Governance / Record Keeping	<ul style="list-style-type: none"> • Guide to Data Protection • Supporting general practice – Medical record keeping
Quality & Service Improvement	
Quality, Service & Improvement	<ul style="list-style-type: none"> • The PRSB • General Practice Assessment Questionnaire (GPAQ) • Healthwatch • NHS Five Year Forward View • General Practice Forward View • NMC • Dr Jon Griffiths • NHS Confed

Roles in General Practice	<ul style="list-style-type: none"> • Standards for nursing associates • GP mythbuster 57: Health Care Assistants in General Practice
Revalidation	<ul style="list-style-type: none"> • Revalidation during Covid-19
Personal Practice & Development	
Practice Management	<ul style="list-style-type: none"> • Institute of General Practice Management • Practice Index
NHS Self Care & Resilience	<ul style="list-style-type: none"> • Samaritans • Mental Health at work • Calm • Supporting our NHS people
Practice Transformation	
Future of NHS / General Practice	<ul style="list-style-type: none"> • A national infrastructure plan for the NHS, social care, and public health is needed to build resilience for the future
ICS / PCN	<ul style="list-style-type: none"> • PCNs given flexibility to move Covid-19 vaccine stocks to individual GP practices
QOF / PHOF / DES / LES	
Leadership	<ul style="list-style-type: none"> • Leadership Academy
Personalised Care	
Personalised Care / Self Care / Social Prescribing / Health Coaching	<ul style="list-style-type: none"> • Self Care forum • Personalised Care Institute • Personalised care • Social Prescribing Academy
Group consultation	
Working Differently	

Equality & Diversity

Equality & Diversity	<ul style="list-style-type: none"> • Public Health Profiles
Inclusion Health	<ul style="list-style-type: none"> • Health Creation Academic Network
Poverty / Homelessness	<ul style="list-style-type: none"> • Crisis • This is Poverty • Poverty is behind deterioration in health in under 5s in the UK, find researchers
Population Health	
Thrive Into Work	<ul style="list-style-type: none"> • Thrive into Work • Thrive into Work Referral form
Health Inequalities	
Trans / Non-binary Health / LGBTQ+	<ul style="list-style-type: none"> • LGBT Foundation • NHS population screening: information for trans and non-binary people • Cervical screening for trans men and/or non-binary people
Migrant / Refugee Health	<ul style="list-style-type: none"> • THE REFUGEE & MIGRANT CENTRE • Covid-19: Refugee doctors join NHS through innovative scheme
Traveller / Gypsy / Romany Health	
Veterans Health	<ul style="list-style-type: none"> • The first call for help takes courage

Management of Emergency Situations	
Management of Emergency Situations	<ul style="list-style-type: none"> • The updated National Early Warning Score and its use with suspected Sepsis
111	
Red Flags	<ul style="list-style-type: none"> • Supporting general practice – Common pitfalls
Sepsis	<ul style="list-style-type: none"> • Sepsis: recognition, diagnosis and early management • Sepsis guidance implementation advice for adults • Sepsis in Children • Sepsis Trust • RCGP: Sepsis • quick SEPSIS RELATED ORGAN FAILURE ASSESSMENT
Therapeutic Monitoring	
OSCE	<ul style="list-style-type: none"> • Geeky Medics • Abdominal Examination - Demonstration - YouTube • Cardiovascular Examination - Demonstration - YouTube • Respiratory Examination - Demonstration - YouTube • Physical Diagnosis Skills - University of Washington School of Medicine
Role Specific	
Cervical Cytology	<ul style="list-style-type: none"> • Guide to the interim assessment • British Association for Cytopathology • Lab Tests Online
Ear Care	<ul style="list-style-type: none"> • Ear Care Centre • RNID • The health and social care approach to winter
Wound Management	<ul style="list-style-type: none"> • Microworld • Tissue Viability Society • Best Practice, Leadership, Support
Minor Surgery	
Obtaining Samples / Results	<ul style="list-style-type: none"> • Lab Tests Online

Health Promotion / Health Screening	
Health Promotion / Population Health	<ul style="list-style-type: none"> • Better Health • EXi App
Health Screening	<ul style="list-style-type: none"> • PHE Screening
PHE/OHID	<ul style="list-style-type: none"> • Knowledge & Library Services • Campaign Resources • Public Health Profiles • Health Publications • Health Profile for England 2021
NHS Health Check	<ul style="list-style-type: none"> • NHS Health Check
NOIDS / PHE Surveillance / Syndromic Surveillance	<ul style="list-style-type: none"> • Notifications of infectious diseases (NOIDs)
Addiction/Smoking	<ul style="list-style-type: none"> • Drink Coach • Stop smoking interventions and services
Immunisation / Travel Health	
<ul style="list-style-type: none"> • Vaccinations and infections • Joint Committee on Vaccination and Immunisation • Immunisation against infectious disease • West Midlands Immunisation Service • Immunisation information for Health Care Services within the West Midlands area • Vaccination of individuals with uncertain or incomplete immunisation status • WHO vaccine-preventable diseases: monitoring system. 2020 global summary • The Foundations of Immunization: What, Who, When and Why? • Winter Vaccination - Prime phase: Social Media content calendar and assets - 2021 • Helping to tackle vaccine hesitancy 	

<i>Continuation of Immunisation / Travel Health</i>	
Flu	<ul style="list-style-type: none"> • Flu and flu vaccinations • The national influenza immunisation programme 2021 to 2022 • Flu vaccines for the 2021 to 2022 season poster • Appendix C: Flu vaccinator competency assessment tool • Healthcare assistants and flu vaccinations • Flu Campaign Resources 2021/22 • UKHSA calls for everyone to get their flu jab this week
Covid Vaccine	<ul style="list-style-type: none"> • Greenbook COVID-19 chapter 14a • Updates made to the COVID-19 vaccination elearning programme • HEE e-LfH COVID-19 vaccination programme launches hit 2 million • COVID-19 Vaccine Moderna e-learning now available • Covid-19 booster vaccines: UK breaks record with more than 900,000 jabs given out in single day
Children	
Adults	<ul style="list-style-type: none"> • Immunisation patient group direction (PGD) templates • Shingles immunisation programme: introduction of Shingrix® letter
Vaccine Update	<ul style="list-style-type: none"> • Vaccine update • Vaccine Update Index
PGD	
Travel Health	<ul style="list-style-type: none"> • Travel Health Pro • Fit for Travel • Travel Health • Jane Chiodini • Corona.Help

Mental Health / Learning Disability / Disability	
Mental Health	<ul style="list-style-type: none"> • Mental Health • Mental Health UK • Mind • Place2b • Rethink Mental Illness • Young Minds • Every Mind Matters • Calm • Headspace • We Can Talk • Get Your Mind Plan • Feeling low? • Better Health - Every Mind Matters - Resources • ZSA Training • CPD module: Recognising and managing self-harm in teenage children • UK organisations supporting mental health this Christmas • Mental Health: People from ethnically diverse backgrounds say help doesn't always feel accessible
Learning Disability	<ul style="list-style-type: none"> • Learning Disabilities • Learning Disability England • Mencap • Bild • Autism • NICE guidance: impact on people with a learning disability
Disability	<ul style="list-style-type: none"> • Disability Rights UK • Disability Matters • Consultation launched on disability workforce reporting

From Cradle to...

<p>Infant Health</p>	<ul style="list-style-type: none"> • Tommys • First Steps Nutrition Trust • Bliss • NHS App - Baby Buddy • NHS App - Peanut • ICON Toolkit • Scientists raise concerns over UK baby genome sequencing plan
<p>Child Health</p>	<ul style="list-style-type: none"> • Unicef • Health Professional Academy • Premature Babies • Child and Maternal Health • Women and Child First • Child Health Information Services • Place2b • Childhood eczema • Childhood asthma • Childrens Commissioner - The Big Answer • Suicide in Children and Young People • Under 16 Cancer Experience Survey • Babies, children and young people's experience of healthcare • Spotlight on the Early Years • Has the pandemic had an impact on child obesity?
<p>Adolescent Health</p>	<ul style="list-style-type: none"> • Adolescent Health Programme • Society for Adolescent Health and Medicine • Young Minds • Adolescents • Impact of poverty and family adversity on adolescent health: a multi-trajectory analysis using the UK Millennium Cohort Study

<p>Mens Health</p>	<ul style="list-style-type: none"> • Mens Health Forum • Mens Health Month • Mens health.org • Mens Health UK • Men and mental health • Men's Mental Health Awareness • Prostate Cancer UK • Orchid Fighting Male Cancer • Prostate Cancer UK Facebook Page • Men's Voices Event • Movember
<p>Women's Health</p>	<ul style="list-style-type: none"> • Womens Health Concern • Well Being of Women • Coppa Feel • Menopause Matters • The Menopause Charity • Royal College of Obstetricians and Gynaecologists - Guidelines • Pelvic Partnership • CRUK - Womens Cancer • Breast Cancer Now • Foundation for Women's Cancer • Eve Appeal • Ovarian.Org • Jo's Trust • Well Spring • Push for women to be able to get the contraceptive pill from over the counter at pharmacies is BLOCKED as TGA deems the risks 'too high'
<p>The Older Population</p>	<ul style="list-style-type: none"> • BGS • Ageing Better

Carers	<ul style="list-style-type: none"> • The Care Provider Alliance • Skills for Care • The Care Workers' Charity • Supporting Adult Carers • Adult Social Care Update • Adult social care campaign to build bigger and better workforce • State of Caring 2021 • A radical new vision for social care • The health and social care approach to winter
Young Carers	
Complex Needs	
Family Planning & Sexual Health	
Family Planning	<ul style="list-style-type: none"> • Faculty of Sexual and Reproductive Healthcare Education and Training
Reproductive	<ul style="list-style-type: none"> • Tommys • Fall in fertility rates may be linked to fossil fuels
Sexual Health	<ul style="list-style-type: none"> • Sexual and Reproductive Health Profiles • FSRH Education & Training
Maternity / Neonate health	
Care of Patients with Long Term Conditions	
LTC	<ul style="list-style-type: none"> • Chronic Conditions On Demand
Diabetes & Pre-Diabetes	<ul style="list-style-type: none"> • AZ Medical and Educational Goods and Services in Diabetes • Mumoactive • The mySugr App • Foot Check • Optimising Holistic Diabetes Review in Primary Care
Respiratory	<ul style="list-style-type: none"> • Spirometry: step by step • ARTP • British Lung Foundation • The Primary Care Respiratory Society

<i>Continuation of Long Term Conditions</i>	
COPD	<ul style="list-style-type: none"> • Right Breathe
Asthma	<ul style="list-style-type: none"> • FeNO - Fractional exhaled nitric oxide - for the diagnosis and management of Asthma • Asthma UK • Asthma: diagnosis, monitoring and chronic asthma management • GINA 2021: the missing pieces in the childhood asthma puzzle • GINA: Interim Guidance About COVID-19 & Asthma • NHS drug pledge broken for asthma sufferers and smokers, report reveals
Hypertension	<ul style="list-style-type: none"> • British Heart Foundation • Blood Pressure UK • Hypertension in adults: diagnosis and management • Hypertension in adults: diagnosis and treatment
CVD/AF	<ul style="list-style-type: none"> • QRISK®3-2018 risk calculator • Heart Rhythm Alliance • CVD risk assessment and management • Health matters: preventing cardiovascular disease • NICE impact cardiovascular disease prevention
Heart Failure	<ul style="list-style-type: none"> • British Heat Foundation • British Society Guidelines • Three in four heart failure patients not getting NP test in months before diagnosis
Cancer / Oncology	<ul style="list-style-type: none"> • Surviving Thyroid Cancer • Help Us Help You - Lung Cancer Symptoms • Becca Breast Cancer Support App • Breast Cancer Now • MoleCare App • Macmillian • Bowel Cancer UK launches text-based support service for newly-diagnosed patients
Chronic Kidney Disease	<ul style="list-style-type: none"> • Kidney.Org • Kidney Quality Improvement Partnership

<i>Continuation of Long Term Conditions</i>	
Liver Disease	<ul style="list-style-type: none"> • British Liver Trust • Liver Research • BRITISH ASSOCIATION FOR THE STUDY OF THE LIVER • LIVErNORTH • LIVER DISEASE AND CIRRHOSIS
Blood Disorders	<ul style="list-style-type: none"> • Blood Cancer • Thalassaemia • ITP • Haemophilia • UK MDS Forum • Save a life. Give plasma. • Diagnosis and management of pernicious anaemia
G.I	<ul style="list-style-type: none"> • GIST Cancer UK
ENT	
G.U	
Neurological Conditions	<ul style="list-style-type: none"> • The Brain Tumour Charity • Narcolepsy.Org • ACNR
Musculoskeletal Conditions	<ul style="list-style-type: none"> • Rheumatology • National Axial Spondyloarthritis Society • Musculoskeletal health • Musculoskeletal health: 5 year prevention strategic framework • Faculty of Occupational Medicine • Guide to embedding your first contact physiotherapy service

Continuation of Long Term Conditions

<p>Endocrine Disorders / Metabolic Disorders</p>	<ul style="list-style-type: none"> • Endocrinology • Turner Syndrome Support Society • Thyroid Eye Disease • British Thyroid Foundation • Thyroid UK • Pituitary • Addisons Disease • Parathyroid UK • The Royal Osteoporosis Society • Metabolic Support UK
<p>Frailty</p>	<ul style="list-style-type: none"> • Recognising frailty • Identifying frailty • CLINICAL FRAILTY SCALE • Haloperidol (Haldol): reminder of risks when used in elderly patients for the acute treatment of delirium
<p>Dementia</p>	<ul style="list-style-type: none"> • Dementia UK • Understanding dementia • My House of Memories - NHS App • Dementia profile updates • Caring for Carers Dementia Support Group (Tuesdays) • Delirium Champions

Continuation of Long Term Conditions

Dermatology	<ul style="list-style-type: none"> • British Association of Dermatologists • Eczema • The British Skin Foundation • Acne vulgaris: management • The Primary Care Dermatology Society • Acne.org • Allergy UK • Urticaria • Hives • Sunburn • Causes of cancer and reducing your risk • What is Rosacea? • Rosecea • Herpes.org • Shingles • Fungal Skin Infection - Foot • The Psoriasis Association • Psoriasis • Melanoma • Skin Health Information • British Association of Plastic Reconstructive and Aesthetic Surgeons • Warts and verrucae
Allergy / Auto-immune / Genetic Conditions	<ul style="list-style-type: none"> • Allergy UK • Rheumatology • Addisons Disease
Obesity	<ul style="list-style-type: none"> • Obesity UK

<i>Continuation of Long Term Conditions</i>	
Pain Management	<ul style="list-style-type: none"> • Pain Concern • UK career framework for pain nurses
Genomics	
Multi-Morbidity	<ul style="list-style-type: none"> • Multimorbidity • Multimorbidity / multiple long-term conditions (MLTC)
Minor Illness / First Contact Assessment	
Other / Case Studies	<ul style="list-style-type: none"> • Ultra Rare Disease Disorders And Disabilities Foundation • MyCognition Home - NHS App • The Cold Weather Plan for England
End of Life Care	
End of Life Care	<ul style="list-style-type: none"> • ReSPECT for healthcare professionals • Hospice UK
Covid-19	
Covid-19	<ul style="list-style-type: none"> • Covid Live • Coronavirus Statistics
Long Covid	<ul style="list-style-type: none"> • Supporting your recovery after COVID-19 • Long Covid Toolkit • Long term effects of COVID (Long COVID) • Post-COVID Syndrome (Long COVID) • COVID-19 Yorkshire Rehabilitation Screening Tool • FOM Guidance • COVID-19 rapid guideline: managing the long-term effects of COVID-19 • Many Covid hospital patients do not feel fully recovered year later – study
Covid Response / Recovery	

News & Views	
Digital News / Remote Consultations	<ul style="list-style-type: none"> • Digital Health News Webinars • Digital Health News • Digital Health Rewired - 15th - 16th March • Driving Patient Communication and Engagement Using Accessible Digital Tools • NHS Digital
PSNC News / Pharmacy	<ul style="list-style-type: none"> • National Pharmacy Association • Royal Pharmaceutical Society • PSNC Concessions Announcement • 15th December • 17th December • 20th December
60 Second GP / Pulse / GP Online / HSJ / NB Medical	<ul style="list-style-type: none"> • 60 Second GP • GP Online • HSJ • Pulse Today
Primary Care Update / PCC / PPP	<ul style="list-style-type: none"> • Primary Care Bulletin • Public Policy Projects News
Practice Index	<ul style="list-style-type: none"> • Practice Index Weekly
Kings Fund	<ul style="list-style-type: none"> • The Kings Fund • Weekly News / Health Management and Policy Alert / Health and Well Being Bulletin / Digital Health Digest / Events Update
IHCT / CCG / STP / Healthier Futures	<ul style="list-style-type: none"> • Healthier Futures • Black Country & West Birmingham CCG • Dudley Integrated Health and Care
NHSI / NHSE	
University / Student Nurses	

<i>Continuation News & Views</i>	
Medisa / Univadis / Geeky Medics / GP Notebook / Medscape	<ul style="list-style-type: none"> • Univadis Newsletter • Univadis Nurses Headlines • Medisa • Geeky Medics • Medscape Nurses • GP Notebook • Latest UK Medical News & NHS Guidelines - Medscape UK
The Health Foundation	<ul style="list-style-type: none"> • The Health Foundation
The Health Care Leaders Update	<ul style="list-style-type: none"> • Health Care Leader News
Innovation Agency	<ul style="list-style-type: none"> • Innovation Agency Exchange
RCN	<ul style="list-style-type: none"> • RCN
Nursing in Practice / Nursing Standard / Independent Nurse	<ul style="list-style-type: none"> • Nursing Times • Nursing in Practice Clinical • Nursing in Practice Bulletin • GPN Bulletin • Independent Nurse Magazine • Practice Nursing • Practice Nursing Highlights

<i>Continuation News & Views</i>	
QNI	• QNI
NMC	• NMC
CMO / CNO	
World Health Organisation	• WHO • OpenWHO
Nice	• NICE
RCGP / BMA / The Lancet	• The Lancet • British Medical Journal • Royal College of General Practitioners • QOF QI hub • BMA Update • RCGP News Updates
Midlands Academic Health Science Network	• WMAHSN Network • The AHSN Newsletter
Healthwatch	• Healthwatch
Other	

Free Training / Webinars / Meetings / CPD	
e-Learning for Health	<ul style="list-style-type: none"> • New elearning session highlights dermatological side effects of COVID-19 • New COVID-19 community contact tracing programme now available • Staff Recovery Resources for critical care and the wider health workforce recovering from the COVID-19 pandemic • MindEd infographic highlights programme's success during COVID-19 • Long COVID elearning session available • The Changing Story of Cancer programme • Updates to the Flu Immunisation elearning programme for the 2021/22 flu season • Flu Immunisation programme - elearning • Foundation elearning programme update September 2021
YouTube	<ul style="list-style-type: none"> • NHS England
Blogs/Vlogs	
Area Bulletins	
BCWB Training Hub	<ul style="list-style-type: none"> • Black Country and West Birmingham Training Hub

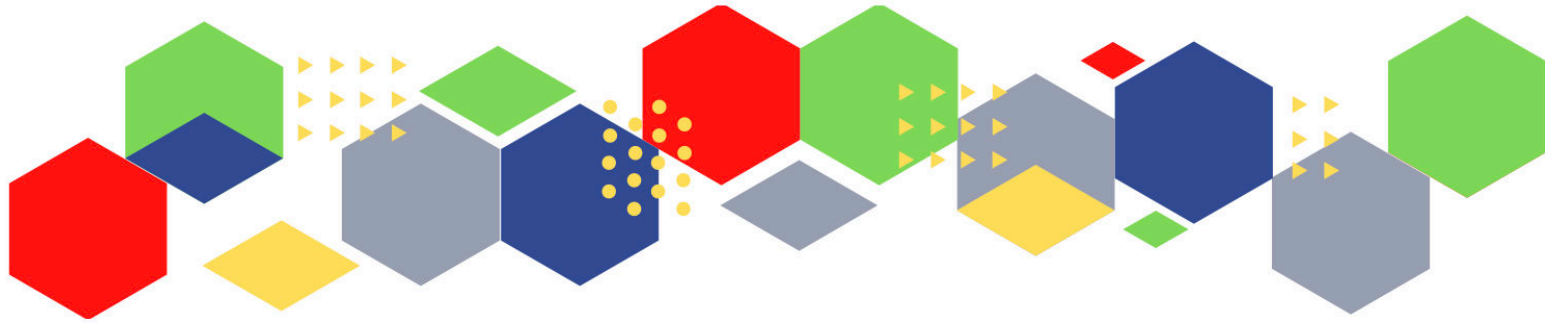
Continuation of Free Training / Webinars / Meetings / CPD

Development / Information and Knowledge

- [FutureProof Health Training & Events](#)
- [RCN Events - West Midlands](#)
- [Inaugural Broadcasts 2021](#)
- [24th March 2022 - RCN Clinical Research Nursing Conference 2022](#)
- [Menopause Training](#)
- [RCGP Learning](#)
- [Deep Dive on DPP-4 Inhibitors](#)
- [ISSUES & ANSWERS CONFERENCE SERIES 2021](#)
- [Bringing people together to share knowledge - Virtual Conferences](#)
- [ADVANCE CARE PLANNING](#)
- [IDENTIFYING & MANAGING A DYING PATIENT](#)
- [Monthly RCGP Post-Covid Syndrome \(Long Covid\) Training Session](#)
- [FREE eLearning on influenza](#)
- [Guidelines Live](#)
- [Thrive in Life: Enjoying Post Cancer Happiness - Birmingham Tickets, Multiple Dates | Eventbrite](#)
- [Senior Mental Health Lead Training](#)
- [BAEM Education Resource Master Classes Webinar November- December 2021 Tickets, Multiple Dates | Eventbrite](#)
- [Celebrating World Diabetes Day - Living with Diabetes Q&A Webinar](#)
- [Ask Marc Launch Event](#)
- [GP Notebook Study Groups](#)
- [Wessex AHSN - FeNO Learning Collaborative 2 Tickets, Tue 14 Dec 2021 at 13:00 | Eventbrite](#)
- [Time for Care Programme/Access Improvement Programme](#)

Continuation of Free Training / Webinars / Meetings / CPD

Podcasts	<ul style="list-style-type: none"> • The Nursing Handover Podcast • Nursing Standard Podcasts • What Makes a Nurse? • The MedicsPro Podcast • Nursing Matters • Welcome to the BJN Podcast • Why we care • EBN podcast • This Is Nursing • Maroon Mindset • Teach me, I'm a Nurse • Past Caring • RCGP eLearning podcast • The BMJ Podcast • Primary Care Network podcasts • The Professional Support Unit's Pandemic Podcast • How can public health nurses help deliver the Healthy Child Programme this winter? • Talking GP
Research	<ul style="list-style-type: none"> • Science Daily • Multimorbidity / multiple long-term conditions (MLTC)
Freebies	<ul style="list-style-type: none"> • Blue Light Card
Other	



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