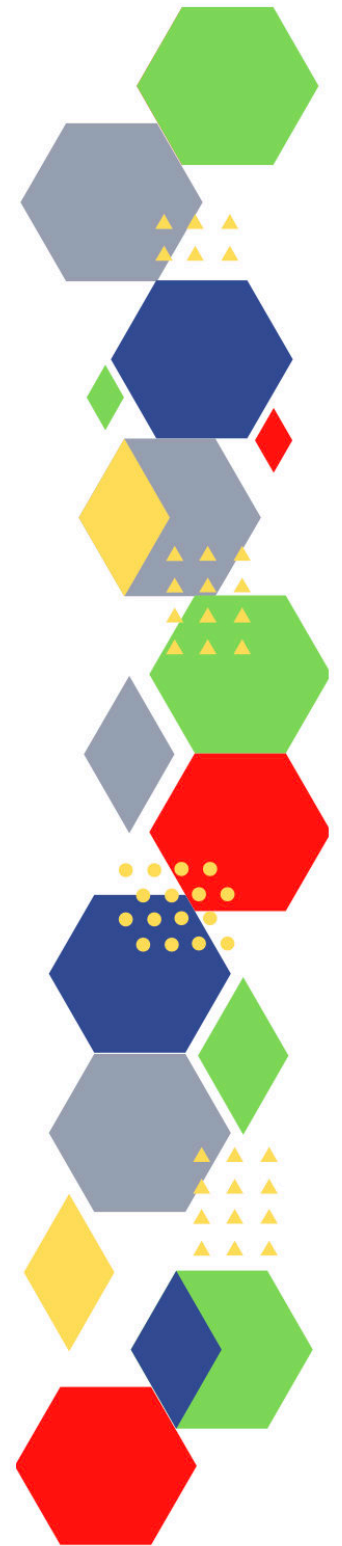




Future Proof Health Presents

Weekly News

6th January 2023



Communication	
Communication with Patients	
Communication within Teams	
Consent / Advocacy / IMCA	
People and Personal Development	
Personal / People Development / Leadership	<ul style="list-style-type: none"> • Accountability and delegation in practice • Climbing the leadership ladder: Why female nurses can struggle to reach the top
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 - NHS	
CQC	<ul style="list-style-type: none"> • GP mythbusters • YouTube - Care Quality Commission • CQC is changing (govdelivery.com) • News from the Care Quality Commission: December 2022 (govdelivery.com) • CQC update for primary medical and dental services (govdelivery.com) • Fees - Care Quality Commission (cqc.org.uk)
MIMS	<ul style="list-style-type: none"> • Prescribing Update • MIMS Clinics
Drug / Device Alerts (MHRA)	<ul style="list-style-type: none"> • Drug Safety Update (mhradrugsafety.org.uk)

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 • Home - electronic medicines compendium (emc) • Drug shortages - live tracker MIMS online • Pharmacists able to supply alternative penicillin to treat strep A - GOV.UK (www.gov.uk) • Drug Safety Update (mhradrugsafety.org.uk)
Antibiotic steward-ship / Anti-microbial resistance	<ul style="list-style-type: none"> • ESPAUR report 2022 - the latest findings on Antimicrobial Resistance - UK Health Security Agency (blog.gov.uk) • Raising awareness about AMR: toolkits for healthcare professionals - UK Health Security Agency (blog.gov.uk) • HPR volume 16 issue 12: news (12 December 2022) - GOV.UK (www.gov.uk) • Over 50,000 serious antibiotic-resistant infections in 2021, data shows
Health Protection Review	
Emergency Situations	<ul style="list-style-type: none"> • Resuscitation Council UK
Infection Control / Infection Statics	<ul style="list-style-type: none"> • NHS England » National infection prevention and control
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 • Domestic abuse victim services, England and Wales: 2022 (www.gov.uk) • Dudley Financial Abuse Alliance - September 2022 (govdelivery.com) • Wolverhampton Safeguarding Together - Training Update November 2022 • Wolverhampton - Training Update December 2022 (govdelivery.com)

Practice Policies: Practice Management / Accountability Duty of Candour	
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 Blog • NHS Confed • Health Quality Improvement Partnership
Roles in General Practice Including AHP	<ul style="list-style-type: none"> • Standards for nursing associates • GP mythbuster 57: Health Care Assistants in General Practice • NHS England » Allied Health Professions
Revalidation	
Personal Practice & Development	
Practice Management	<ul style="list-style-type: none"> • Institute of General Practice Management • Practice Index
EMIS / System One	

Recruitment Employment / Retirement / Legacy Nursing	
NHS Staff Self Care & Resilience	<ul style="list-style-type: none"> • Samaritans • Mental Health at work • Calm • Supporting our NHS people • The Hub :: Black Country Healthcare NHS Foundation Trust
Practice Transformation / Innovation Agency	<ul style="list-style-type: none"> • GP Patient Survey – Promote (gp-patient.co.uk)
Future of NHS / General Practice / NHS Recovery	<ul style="list-style-type: none"> • NHS England • NHS England » Primary care • NHS mandate 2022 to 2023 • Changes to NHS budget • Register with a GP Surgery • Press release CIPFA publishes interesting care report
NHS Resolution	
ICS / ICB / ICP / PCN Commissioning	<ul style="list-style-type: none"> • Shape the NHS - Forward Plan
QOF / PHOF / DES / LES / NHS Contract / CQRS / CQUIN	<ul style="list-style-type: none"> • NHS England » Network Contract Directed Enhanced Service: guidance for 2022/23 in England
Leadership / Innovation	
Greener NHS	<ul style="list-style-type: none"> • Greener Allied Health Professional hub (england.nhs.uk) • Greener NHS » Delivering a net zero NHS (england.nhs.uk)

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	
Shared Decision Making	<ul style="list-style-type: none"> • Personalised Care Institute
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 • Inequality on the inside
Poverty / Homelessness	<ul style="list-style-type: none"> • Crisis • This is Poverty
Population Health / Health Communities	
Thrive Into Work	<ul style="list-style-type: none"> • Thrive into Work • Thrive into Work Referral form
Health Inequalities	<ul style="list-style-type: none"> • NHS News • Sugar reduction – industry progress 2015 to 2020
Trans / Non-binary Health / LGBTQ+	<ul style="list-style-type: none"> • LGBT Foundation • Surgery staff grab sheet (squarespace.com) • Trans inclusive organisations – TransActual • TransActual - Healthcare • CliniQ
Migrant / Refugee Health	<ul style="list-style-type: none"> • THE REFUGEE & MIGRANT CENTRE

Traveller / Gypsy / Romany Health	<ul style="list-style-type: none"> • Gypsy Roma and Traveller History and Culture The Traveller Movement • Friends, Families and Travellers (gypsy-traveller.org)
Veterans Health	<ul style="list-style-type: none"> • The first call for help takes courage • Could you lead the way in supporting veteran patients? (cogora.com)
Voluntary / Charity	
Management of Emergency Situations	
Management of Emergency Situations	
111 / Emergency Care	<ul style="list-style-type: none"> • NHS England » NHS sees significant 111 demand as flu cases in hospitals continue to rise • NHS 111 calls up 60% in last week amid Strep A concerns (cogora.com) • NHS England » NHS campaign reminds public to use NHS 111 online ahead of the festive season
First Contact	<ul style="list-style-type: none"> • Supporting general practice – Common pitfalls • Paediatrics for Primary Care (and anyone else) (gppaedstips.blogspot.com)
Red Flags	
Sepsis	<ul style="list-style-type: none"> • Sepsis: recognition, diagnosis and early management • Sepsis guidance implementation advice for adults • Sepsis in Children • Sepsis Trust • 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
Wound Management / Compression	<ul style="list-style-type: none"> • Microworld • Tissue Viability Society • The BLS
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 • SHAPE Strategic Health Asset Planning and Evaluation (shapeatlas.net) • Health Survey for England, 2021 (outlook.com) • Childcare and early years providers survey: 2022 (outlook.com) • Behavioural insights: increasing uptake of family hub services (outlook.com) • Health Protection Report volume 16 (2022) (outlook.com) • The impact of winter pressures on adults in Great Britain: 23 November to 4 December 2022 (outlook.com)
Health Screening	<ul style="list-style-type: none"> • PHE Screening
PHE / OHID / UKHSA	<ul style="list-style-type: none"> • Knowledge & Library Services • Campaign Resources • Public Health Profiles • Health Publications • Health Profile for England 2021 • English indices of deprivation 2019
NHS Health Check	<ul style="list-style-type: none"> • NHS Health Check
UK GOV Flu / Covid / Bird Flu	<ul style="list-style-type: none"> • Investigation of SARS-CoV-2 variants of concern: variant risk assessments (outlook.com) • Influenza and other respiratory viruses pilot study: Coronavirus (COVID-19) Infection Survey Summary (outlook.com) • Bird flu (avian influenza): cases in wild birds - GOV.UK (www.gov.uk) • Monkeypox outbreak: epidemiological overview (outlook.com) • COVID-19 Health Inequalities Monitoring in England tool (CHIME) (outlook.com) • Wider impacts of COVID-19 on health monitoring tool (outlook.com)

UK GOV - General Practice	<ul style="list-style-type: none"> • Patients Registered at a GP Practice, December 2022 (outlook.com)
UK GOV - Secondary Care	<ul style="list-style-type: none"> • Case-mix adjusted percentage of cancers diagnosed at stages 1 and 2 by sub-ICB in England, 2020 (outlook.com)
UK GOV Deaths / Suicide / Palliative Care / Mortality / End of Life	<ul style="list-style-type: none"> • Deaths registered weekly in England and Wales, provisional: week ending 25 November 2022 (outlook.com) • Deaths registered weekly in England and Wales, provisional: week ending 2 December 2022 (outlook.com)
UK GOV - LTC - including cancer	<ul style="list-style-type: none"> • Case-mix adjusted percentage of cancers diagnosed at stages 1 and 2 by sub-ICB in England, 2020 (outlook.com)
Surveillance / Syndromic Surveillance	
Ambulance / Remote Health / 111 / Urgent Care / A&E	
UK GOV Infectious Disease Monitoring / NOIDS	<ul style="list-style-type: none"> • High consequence infectious diseases: monthly summaries (outlook.com) • Notifiable diseases: causative agents reports for 2022 (outlook.com) • Notifiable diseases: historic annual totals (outlook.com) • Notifiable diseases: annual report (outlook.com) • Notifiable diseases: last 52 weeks (outlook.com) • Notifiable diseases: weekly reports for 2022 (outlook.com) • National norovirus and rotavirus surveillance reports: 2022 to 2023 season (outlook.com) • Epizootic haemorrhagic disease in Europe (outlook.com)
UK GOV - Mental Health / Learning Difficulties	<ul style="list-style-type: none"> • Learning Disability Services Monthly Statistics, AT: November 2022, MHSDS: September 2022 Final (outlook.com) • Drug misuse in England and Wales: year ending June 2022 (outlook.com)
Addiction/Smoking	<ul style="list-style-type: none"> • Drink Coach • Stop smoking interventions and services

Immunisation / Travel Health

- [Joint Committee on Vaccination and Immunisation](#)
- [Immunisation against infectious disease](#)
- [West Midlands Immunisation Service](#)
- [Vaccination of individuals with uncertain or incomplete immunisation status](#)
- [Immunisation Queries: Immunisation information for Health Care Services within the West Midlands area](#)
- [Immunisation](#)
- [NHS England » NHS expands mental health crisis services this winter](#)

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 • NHS England » NHS visits every care home to offer life-saving jabs ahead of Christmas
Covid Vaccine	<ul style="list-style-type: none"> • Greenbook COVID-19 chapter 14a • COVID-19 Vaccine Moderna e-learning now available • GP COVID-19 vaccine dashboard • Updates made to the COVID-19 vaccination learning programme • UK cements 10-year-partnership with Moderna in major boost for vaccines and research - GOV.UK (www.gov.uk)
Children	<ul style="list-style-type: none"> • Child Health Information Services Local Government Association
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: issue 331, August 2022 - GOV.UK (www.gov.uk) • Vaccine update: issue 329, May 2022 - GOV.UK (www.gov.uk) • Vaccine update: issue 328, May 2022, Shingrix® special edition - GOV.UK (www.gov.uk) • Vaccine update: issue 327, May 2022, SCID, TB and BCG special edition (www.gov.uk) • Vaccine update: issue 326, April 2022, HPV special edition - GOV.UK (www.gov.uk) • Vaccine update: issue 325, April 2022, flu special edition - GOV.UK (www.gov.uk)
PGD	<ul style="list-style-type: none"> • Hib/MenC: patient group direction (PGD) template - GOV.UK (www.gov.uk)
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 • Better Health - Every Mind Matters - Resources • ZSA Training • NHS > Mental Health
Learning Disability	<ul style="list-style-type: none"> • Learning Disabilities • Learning Disability England • Mencap • Bild • Autism
Disability (Inc. hearing and visual)	<ul style="list-style-type: none"> • Disability Rights UK • Disability Matters • RNID - National hearing loss charity • Spokzpeople • Sight Loss Data Tool RNIB • Accessible and easy read resources - Health Literacy - LibGuides at Health Education England-South

From Cradle to...

<p>Infant Health</p>	<ul style="list-style-type: none"> • Tommys • First Steps Nutrition Trust • Bliss • ICON Toolkit • Sandwell - BC - ICB Primary Care - 7 minute briefing
<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 • Paediatrics for Primary Care (and anyone else) (gppaedstips.blogspot.com) • Barnardos • Childrens Society • Action for Children • Strep A: School antibiotics rollout would 'reduce school nurse capacity for other vital services' (cogora.com) • Pharmacists able to supply alternative penicillin to treat strep A - GOV.UK (www.gov.uk) • Paediatric focus from GPn (contains promotional information from Nestle: Support for managing parental anxiety and infant reflux) (mailchi.mp) • NICE recommends a weekly injection for treating growth failure in children News News NICE
<p>Adolescent Health</p>	<ul style="list-style-type: none"> • Adolescent Health Programme • Society for Adolescent Health and Medicine • Young Minds

<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 • 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 • Know your Lemons • British Menopause Society - <u>www.thebms.org.uk</u> • NHS - www.nhs.uk/conditions/menopause • Henpicked - henpicked.net • The Menopause Exchange - www.menopause-exchange.co.uk • Women's Health Concerns - www.womens-health-concern.org • Menopause Matters - www.menopausematters.co.uk • The Daisy Network - www.daisynetwork.org • Dr Louise Newson's Menopause Doctor - www.menopausedoctor.co.uk • Manage My Menopause - www.managemymenopause.co.uk/menopause-advice • Menopause Support - menopausesupport.co.uk • Bourne2Care • Vaginal atrophy: what is it and how can it be treated? (practicenursing.com)

The Older Population	<ul style="list-style-type: none"> • BGS • Ageing Better • Delirium Champions - YouTube • Older people care
Carers / Social Care / Care Homes	<ul style="list-style-type: none"> • The Care Provider Alliance • Skills for Care • The Care Workers' Charity • Supporting Adult Carers • The Care UK • Adult Social Care Update • BREAKING NEWS from The Carer (ourmailsender4.com) • Read Issue 128 of The Carer Digital Now! (ourmailsender4.com)
Young Carers	
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
Sexual Health / Sexual Abuse	<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"> • Physical Activity for the Prevention and Management of Long-Term Conditions • Health A to Z
Diabetes & Pre-Diabetes	<ul style="list-style-type: none"> • Mumoactive • The mySugr App • PCDS Entry level module series - Foot Check • Type 2 diabetes in adults: management • DiabetesontheNet Online diabetes journals, education and resources for healthcare professionals.
Respiratory	<ul style="list-style-type: none"> • Spirometry: step by step • ARTP • British Lung Foundation • The Primary Care Respiratory Society • Respiratory – Respimat® patient resources Boehringer Ingelheim (boehringer-ingelheim.com) • Respiratory News & Advice (nursinginpractice.com) • Dudley pulmonary rehab - Template PI (dgft.nhs.uk) • Christmas is coming (engagingnetworks.app)
COPD	<ul style="list-style-type: none"> • Right Breathe • GOLD COPD 2022 strategy Independent professional body guideline Guidelines
Asthma	<ul style="list-style-type: none"> • Asthma UK • Asthma: diagnosis, monitoring and chronic asthma management • Global Initiative for Asthma • British guideline on the diagnosis and pharmacological management of asthma in children • British Thoracic Society guidelines for home oxygen use in adults: accredited by NICE • SIGN and BTS management of asthma in children guideline Independent professional body guideline Guidelines
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 • Hypertension: symptoms to look out for and treatment options (rcni.com)

Continuation of Long Term Conditions

CVD/AF	<ul style="list-style-type: none"> • QRISK®3-2018 risk calculator • Heart Rhythm Alliance • CVD risk assessment and management • NHS lipid management pathway NHS guideline Guidelines
Heart Failure	<ul style="list-style-type: none"> • British Heart Foundation • British Society Guidelines • Home - Pumping Marvellous • Heart Failure UK Guidelines
Cancer / Oncology	<ul style="list-style-type: none"> • Surviving Thyroid Cancer • Help Us Help You - Lung Cancer Symptoms • Breast Cancer Now • Macmillian • Bowel Cancer UK • Brain Trust • CRUK • Action Cancer • Foundation for Women's Cancer • NHS England » Cancer • CPD learning module: risk, assessment and management of prostate cancer (cogora.com) • Statistics on the percentage of cancers diagnosed at early stages published today: statistical press release - NDRS (digital.nhs.uk)
Chronic Kidney Disease	<ul style="list-style-type: none"> • Kidney.Org • Kidney Quality Improvement Partnership • Invitation to join webinar organised and funded by GSK: American Society of Nephrology (ASN) Kidney Week: Reflections for UK practice (mailchi.mp) • GPnotebook focus on renal medicine (contains promotional information) (mailchi.mp)
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

Continuation of Long Term Conditions




Blood Disorders	<ul style="list-style-type: none"> • Blood Cancer UK • UK Thalassaemia Society • The ITP Support Association • UK-ITP Paediatric ITP Registry • The Haemophilia Society • UK MDS Forum • Pernicious Anaemia Society • Haemochromatosis UK
G.I	<ul style="list-style-type: none"> • GIST Cancer UK • Pernicious Anaemia Society • Antibiotics shown to reduce risk of aspirin-induced GI bleeding • You are invited to attend the 10th Annual National Gastrointestinal Nursing Conference (mahealthcareevents.co.uk)
ENT	
G.U	
ME / CFS / Fibromyalgia	<ul style="list-style-type: none"> • ME Association • ME Research • Action for M.E • Fibromyalgia Action UK • Fibromyalgia UK • Home - Fibromyalgia Awareness UK (fibroawarenessuk.org) • Fibromyalgia - Symptoms, diagnosis and treatment BMJ Best Practice • Fibromyalgia - The Brain Charity
Neurological Conditions	<ul style="list-style-type: none"> • The Brain Tumour Charity • Narcolepsy.Org • ACNR • MS Society UK Information, research and support Multiple Sclerosis Society UK • Home MS Trust • Government delivers on pledge for £50 million motor neurone disease research funding - GOV.UK (www.gov.uk)

Continuation of Long Term Conditions

<p>Musculoskeletal Conditions</p>	<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
<p>Endocrine Disorders / Metabolic Disorders</p>	<ul style="list-style-type: none"> • Society for Endocrinology • Turner Syndrome Support Society • Thyroid Eye Disease • British Thyroid Foundation • Thyroid UK • The Pituitary Foundation • 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
<p>Dementia / Alzheimers</p>	<ul style="list-style-type: none"> • Dementia UK • Age UK - Understanding Dementia • Delirium Champions • Alzheimers Society

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 • The Rosacea Forum • Herpes Viruses Association • Shingles • Fungal Skin Infection - Foot • The Psoriasis Association • National Psoriasis Foundation • Melanoma • Skin Health Information • British Association of Plastic Reconstructive and Aesthetic Surgeons - Procedure Guides • Warts and verrucae • Dermatology
Allergy / Auto-immune / Genetic Conditions	<ul style="list-style-type: none"> • Allergy UK • British Society for Rheumatology • Addisons Disease
Obesity	<ul style="list-style-type: none"> • Obesity UK • Quarter of adults in England are obese, new survey of public health shows: statistical press release - NDRS (digital.nhs.uk)
Pain Management	<ul style="list-style-type: none"> • Pain Concern
Osteoporosis / Falls	

<i>Continuation of Long Term Conditions</i>	
Genomics	<ul style="list-style-type: none"> • Over 175 million for cutting edge geonomics research
Loneliness	<ul style="list-style-type: none"> • The Cares Family Strategy
Multi-Morbidity	<ul style="list-style-type: none"> • Multimorbidity • Multimorbidity / multiple long-term conditions (MLTC)
Minor Illness / First Contact Assessment / OSCE	<ul style="list-style-type: none"> • Fact Sheets - Self Care Forum • OSCE Checklists  (mlsend.com) • OSCE Flashcards  (mlsend.com) • 600+ OSCE Stations ✨ (mlsend.com) • Anatomy Flashcards  (mlsend.com) • Health A to Z • #EM3: East Midlands Emergency Medicine Educational Media • Pharmacists able to supply alternative penicillin to treat strep A - GOV.UK (www.gov.uk) • A must-read guide to Strep A for general practice nurses (cogora.com)
Other / Case Studies	
Winter / Summer Pressures	<ul style="list-style-type: none"> • NHS England » Supporting general practice, primary care networks and their teams through winter and beyond • NHS England » Two thirds increase in hospital flu cases amid rising staff absences and pressure on NHS 111

End of Life Care	
End of Life Care / Bereavement	<ul style="list-style-type: none"> • ReSPECT for healthcare professionals • Hospice UK
Flu / Covid-19 / Monkeypox	
Covid-19	<ul style="list-style-type: none"> • Mask and outbreak guidance updated in care settings - GOV.UK (www.gov.uk)
Flu	
Long covid	<ul style="list-style-type: none"> • Your Covid Recovery • Long Term Effects of Covid • Post Covid Syndrome - Long Covid • COVID-19 Yorkshire Rehabilitation Screening Tool • FOM Guidance • Long Covid Toolkit • Caring for People with Long Covid (qni.org.uk)
MONKEY POX	

News & Views

<p>Digital News / Remote Consultations / AI</p>	<ul style="list-style-type: none"> • Digital Health News Webinars • Digital Health News • NHS Digital • DigiHealthWell • Public Sector Events, Conferences and Training - Inside Government • Digital Transformation • Your daily news updates from Digital Health (campaign-archive.com) • Your daily news updates from Digital Health (campaign-archive.com) • NHS App messaging promotional materials - NHS Digital • Digital Health News - 22 December 2022 (mailchi.mp) • Digital Health Digest - 23 December 2022 (mailchi.mp)
<p>PSNC News / Pharmacy</p>	<ul style="list-style-type: none"> • National Pharmacy Association • Royal Pharmaceutical Society • Medicines Learning Portal • Specialist Pharmacy Service • December 2022 Price Concessions 1st Update (mailchi.mp) • PSNC Newsletter: 19th December (mailchi.mp) • December 2022 Price Concessions 2nd Update (mailchi.mp) • PSNC Newsletter: 21st December (mailchi.mp) • A Vision for Pharmacy Professional Practice in England.pdf (rpharms.com) • December 2022 Price Concessions 4th Update (mailchi.mp) • PSNC Newsletter: 23rd December (mailchi.mp) • Contraception service spec published - PSNC Website
<p>Pulse / GP Online / HSJ / NB Medical</p>	<ul style="list-style-type: none"> • GP Online • HSJ • Pulse Today

Primary Care Update / PCC / PPP	<ul style="list-style-type: none"> • Public Policy Projects News • Primary Care Bulletin
Proactive Care	
Kings Fund	<ul style="list-style-type: none"> • The Kings Fund • Health Management and Policy Alert: 16 December 2022 (kingsfundmail.org.uk) • How can the NHS bring down waiting times? (kingsfundmail.org.uk) • Health and Wellbeing Bulletin (kingsfundmail.org.uk) • Health Management and Policy Alert: 20 December 2022 (kingsfundmail.org.uk) • New podcast: health inequalities and climate change (kingsfundmail.org.uk) • Can we tackle climate change without widening health inequalities? (kingsfundmail.org.uk)
Health Care Leaders Newsletters	
World Health Organisation	<ul style="list-style-type: none"> • WHO • OpenWHO
IHCT / CCG / STP / Healthier Futures	<ul style="list-style-type: none"> • Black Country & West Birmingham CCG • Dudley Integrated Health and Care • Home :: Black Country Healthcare NHS Foundation Trust • Issue 24 - Black Country Primary Care Brief (sharepoint.com) • Message from Mark Axcell & Staff News (22 December 2022) • Issue 23 - Black Country Primary Care Brief (sharepoint.com) • Message from Mark Axcell & Staff News (08 December 2022) (sharepoint.com) • Message from Mark Axcell & Staff News (24 November 2022) (sharepoint.com) • Message from Axcell & Staff News (01 December 2022) (sharepoint.com) • Message from Mark Axcell & Staff News (17 November 2022) (sharepoint.com) • Issue 22 - Black Country Primary Care Brief (sharepoint.com) • Issue 21 - Black Country Primary Care Brief (sharepoint.com) • Issue 20 - Black Country Primary Care Brief (sharepoint.com)

Continuation of News & Views

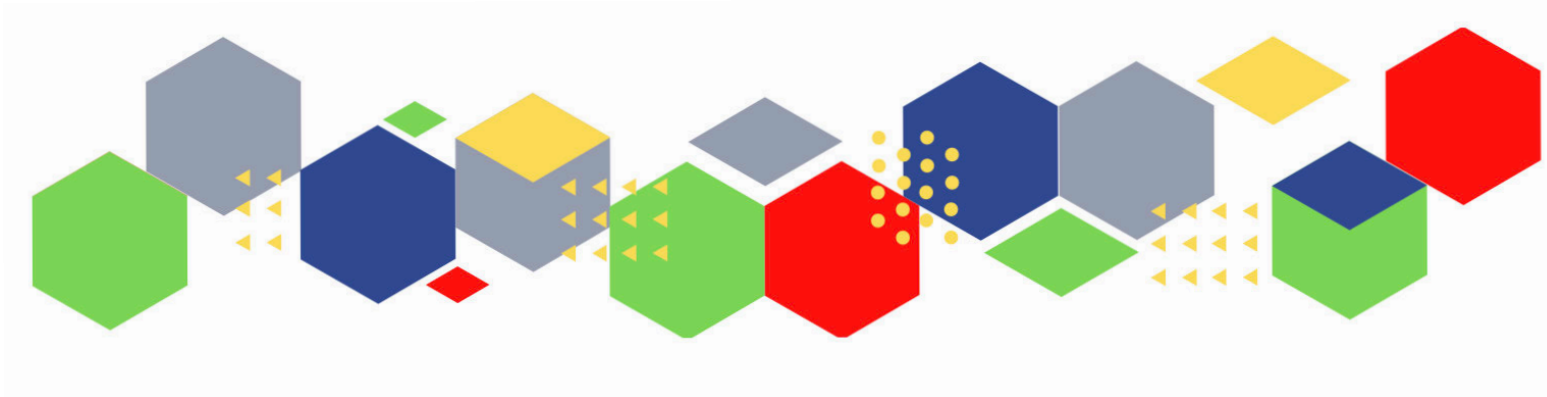
NHSI / NHSE	
University / Student Nurses	
Medisa / Univadis / Geeky Medics / GP Notebook / Medscape	<ul style="list-style-type: none"> • Medisa • Geeky Medics • Medscape Nurses • GP Notebook • Geeky Medics - YouTube • Guidelines (medscape.com) • GPnotebook quick update (mailchi.mp) • Latest podcast episodes from GPnotebook (mailchi.mp) • GPnotebook quick update (contains GSK brand info: Could your SABA inhaler prescribing be more carbon conscious?) (mailchi.mp)
Nurse Guidelines	
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
Practice Index	
Innovation Agency	<ul style="list-style-type: none"> • Innovation Agency Exchange
RCN	<ul style="list-style-type: none"> • RCN • RCN Magazines Royal College of Nursing • RCN Bulletin Winter 2022 RCN Magazines Royal College of Nursing
Cavell Trust	<ul style="list-style-type: none"> • December News

Continuation of News & Views

Nursing in Practice / Nursing Standard / Independent Nurse	<ul style="list-style-type: none"> • Nursing Times • JCN Newsletter • GPN Bulletin • Nursing in Practice Bulletin
QNI	<ul style="list-style-type: none"> • QNI • Talk To Us @ – The Queen's Nursing Institute (qni.org.uk) • Queen's Nurse Update November 2022 (mailchi.mp)
NMC	<ul style="list-style-type: none"> • NMC • Thank you (news-nmc.org.uk)
CMO / CNO	<ul style="list-style-type: none"> • Nursing and Midwifery Bulletin
Nice	<ul style="list-style-type: none"> • NICE • NICE News for Health and Social Care December 2022 (mailchi.mp) • Reminder: NICE News for Health and Social Care December 2022 (mailchi.mp)
RCGP / BMA / The Lancet	<ul style="list-style-type: none"> • The Lancet • British Medical Journal • Royal College of General Practitioners
Nuffield Health	<ul style="list-style-type: none"> • The costs of Brexit make severe challenges even harder for the NHS and social care The Nuffield Trust
Midlands Academic Health Science Network	<ul style="list-style-type: none"> • WMAHSN Network • Polypharmacy - WMAHSN • WMAHSN December 2022 update (mailchi.mp)
Healthwatch	<ul style="list-style-type: none"> • Healthwatch
Other	<ul style="list-style-type: none"> • Patients Association • Innovation Hub

Free Training / Webinars / Meetings / CPD	
Development / Information and Knowledge	<ul style="list-style-type: none"> • Red Whale Training • Issues & Answers • Invitation to join webinar organised and funded by GSK: American Society of Nephrology (ASN) Kidney Week: Reflections for UK practice (mailchi.mp) • You are invited to attend the 10th Annual National Gastrointestinal Nursing Conference (mahealthcarevents.co.uk) • Preventing Falls in Older People - Inside Government
Free to RCN	<ul style="list-style-type: none"> • RCNi events RCNi
MIMMs Learning	
Eventbrite	
e-Learning for Health	
YouTube	<ul style="list-style-type: none"> • NHS England • Black Country Healthcare - YouTube
Future Proof Health Training	<ul style="list-style-type: none"> • Training
BCWB Training Hub	<ul style="list-style-type: none"> • Latest news from the Black Country Training Hub (campaign-archive.com) • Cuppa and Catch-up for Practice Nurses, ANPs, Nursing Associates and HCAs - all welcome!-20221201_123443-Meeting Recording • Wolverhampton Place – Clinical Education Event Tickets, Wed 8 Feb 2023 at 12:00 Eventbrite •
Evidence based care	

Podcasts	<ul style="list-style-type: none"> • The Nursing Handover Podcast • Nursing Standard Podcasts • Nursing Matters • Welcome to the BJN Podcast • Cygnet Health Care Podcast • EBN podcast • This Is Nursing • 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 • The Next GenCast
Apps	
Area Bulletins	
Research	<ul style="list-style-type: none"> • Science Daily • Multimorbidity / multiple long-term conditions (MLTC) • National Institute for Health and Care Research
Blogs/Vlogs	<ul style="list-style-type: none"> • Blog NB Medical
Freebies	<ul style="list-style-type: none"> • Blue Light Card
Campagne Links	
Other	



Thank you for reading Future Proof Health's weekly news!

If you missed past issues, please click [here](#) to view them

More information can be found on our website, [here](#)

Don't forget to like us on [Facebook](#) & Follow us on [Twitter](#)

