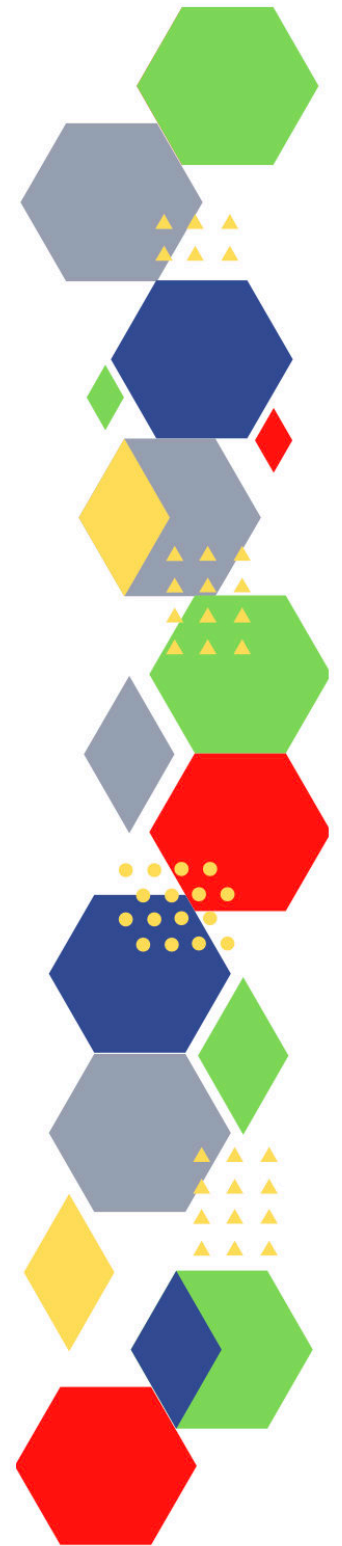




Future Proof Health Presents

Weekly News

17th February 2023



Communication	
Communication with Patients	<ul style="list-style-type: none"> • Helping health and care services manage difficult patient behaviour - GOV.UK (www.gov.uk) • NHS staff respect (createsend1.com) • The general practice team (createsend1.com)
Communication within Teams	<ul style="list-style-type: none"> • GP nurses must 'be part of the conversation' says leading nurse (cogora.com)
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 • PCC Events • Lessons in leadership: Nursing leadership in an ICB (cogora.com) • Limited spaces available for our Release your potential programme (kingsfundmail.org.uk)
NHS Employers / HR / NHS Pension	<ul style="list-style-type: none"> • NHS Employers • Pensions Online • complete a short wellbeing survey by the end of February (createsend1.com)
Health, Safety & Security	
	<ul style="list-style-type: none"> • NPSA • Control of Substances Hazardous to Health (COSHH) • Weekly Digest Newsletter: 31 January 2023 (govdelivery.com)
Gov UK - NHS	
CQC	<ul style="list-style-type: none"> • GP mythbusters • YouTube - Care Quality Commission • CQC's New Inspection Methodology – What To Expect In 2023 (mailchi.mp) • CQC update for adult social care providers (govdelivery.com) • CQC 2023 - A new regulatory approach - What? When? How? — NHS Networks • CQC update for primary medical and dental services (govdelivery.com) • GP mythbuster 90: Population groups - Care Quality Commission (cqc.org.uk)
MIMS	<ul style="list-style-type: none"> • Prescribing Update
Drug / Device Alerts (MHRA)	<ul style="list-style-type: none"> • Drug Safety Update (mhradrugsafety.org.uk) • Genetic testing can help prevent ADRs, study shows (mims.co.uk)
Antibiotic steward-ship / Anti-microbial resistance	

<p>Vaccines / Medications / Prescribing</p>	<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
<p>Health Protection Review</p>	
<p>Emergency Situations</p>	<ul style="list-style-type: none"> • Resuscitation Council UK
<p>Infection Control / Infection Statics</p>	<ul style="list-style-type: none"> • NHS England » National infection prevention and control
<p>Safe Guarding</p>	<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
<p>Practice Policies: Practice Management / Accountability Duty of Candour</p>	
<p>Audit</p>	
<p>Information Governance / Record Keeping</p>	<ul style="list-style-type: none"> • Guide to Data Protection • Supporting general practice – Medical record keeping • PRSB Newsletter: January 2023 (theprsb.org)

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 • health and wellbeing coaches (createsend1.com) • care coordinators (createsend1.com) • workforce development framework for social prescribing link workers (createsend1.com) • NHS England website (createsend1.com) • NHS England » Workforce development framework for care co-ordinators • NHS England » Social prescribing: Reference guide and technical annex for primary care networks • NHS England » Workforce development framework for health and wellbeing coaches • PCC Events
Revalidation	
Personal Practice & Development	
Practice Management	<ul style="list-style-type: none"> • Institute of General Practice Management • Practice Index
EMIS / System One / IT	
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 • £1 million fund for fresh ideas to boost health at work - GOV.UK (www.gov.uk) • Practitioner Health Mental Wellbeing App is for any member of the primary care team (createsend1.com) • Looking After You coaching service (createsend1.com) • virtual team away day (createsend1.com) • Click here to access confidential coaching (createsend1.com)
Practice Transformation / Innovation Agency	<ul style="list-style-type: none"> • NHS Providers • Specialised services and system working: Risks and opportunities (nhsproviders.org) • Virtual Wards Clinical Summit NHS England Events • NHS England » Expansion of NHS 111 to transform patient access • Funding for trainee nurse associates in general practice — NHS Networks • Making GP practices deaf-friendly Healthwatch • Primary Care Improvers Conference 2023
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 • Click here to access the Primary Care hub (createsend1.com) • C4 News: England's NHS worse than in 2011 on 4 key measurements (channel4.com) • blueprint to help recover urgent and emergency care services (createsend1.com) • Click here for general practice latest updates (createsend1.com) • NHS England » Hundreds of thousands more patients to benefit from major NHS surgical capacity boost
NHS Resolution	
ICS / ICB / ICP / PCN Commissioning	<ul style="list-style-type: none"> • NHS crisis: Government must fix longstanding problems for integrated care systems to succeed, say MPs (bmj.com)
QOF / PHOF / DES / LES / NHS Contract / CQRS / CQUIN	
Leadership / Innovation	
Greener NHS	<ul style="list-style-type: none"> • Greener Allied Health Professional hub (england.nhs.uk)

<u>Personalised Care</u>	
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 • Self Care Forum Newsletter (mailchi.mp)
Group consultation	
Working Differently	
Shared Decision Making	<ul style="list-style-type: none"> • Personalised Care Institute
<u>Equality & Diversity</u>	
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	<ul style="list-style-type: none"> • Involving families in prison healthcare would save lives and cut crime - new report Prison Advice and Care Trust
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 • Health inequalities – from evidence to action • NHS England » Equality, diversity and health inequalities
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 • Fifteen-minute consultation: What do paediatricians need to know about child refugee and migrant health needs? (bmj.com)

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
Voluntary / Charity	<ul style="list-style-type: none"> • Working with the Voluntary, Community and Social Enterprise Sector National Voices
Management of Emergency Situations	
Management of Emergency Situations	
111 / Emergency Care	
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 • Pressure on general practice leads to lowest cervical screening rates in ten years (cogora.com) • NHS England » NHS urges women to book a cervical screening as a third don't take up vital offer
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 • JWC Masterclass • Journal of Nursing - Newsletter
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 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 • HPR volume 17 issue 1: news (30 January 2023) - GOV.UK (www.gov.uk) • UKHSA annual report and accounts: 2021/22 (outlook.com) • New UK Field Epidemiology Training Programme prospectus published (outlook.com)
NHS Health Check	<ul style="list-style-type: none"> • NHS Health Check

UK GOV Flu / Covid / Bird Flu	<ul style="list-style-type: none"> • Managing the human health risk of avian influenza in poultry and wild birds: guidance for health protection teams (outlook.com) • COVID-19 PCR testing network scaled down • coronavirus (COVID-19) vaccination programme (outlook.com)
UK GOV - General Practice / Primary Care	
UK GOV - Secondary Care	
UK GOV Deaths / Suicide / Palliative Care / Mortality / End of Life	
UK GOV - LTC - including cancer	
Surveillance / Syndromic Surveillance	<ul style="list-style-type: none"> • Syndromic surveillance: systems and analyses - GOV.UK (www.gov.uk)
Ambulance / Remote Health / 111 / Urgent Care / A&E	
UK GOV Infectious Disease Monitoring / NOIDS	<ul style="list-style-type: none"> • Group A Strep guidance • Group A Strep guidance • Group A Strep guidance • Weekly Statutory Notification of Infectious Diseases (NOIDs) Report (outlook.com) • Mpox Stakeholder and Partner Communications Pack (outlook.com) • existing guidance on managing norovirus outbreaks to help stop the spread of infection (outlook.com) • National norovirus and rotavirus report: data to week 2 (15 January 2023) (outlook.com) • Group A streptococcal infections: seventh update on seasonal activity in England (outlook.com) • Mpox (monkeypox) control: UK strategy 2022 to 2023
UK GOV - Mental Health / Learning Difficulties	
Addiction/Smoking	<ul style="list-style-type: none"> • Drink Coach • Stop smoking interventions and services • Talk to Frank • Ketamine misuse: an update for primary care British Journal of General Practice (bjgp.org) • Clinicians should accurately record patients' alcohol use, NICE advises (bmj.com) • NICE urges professionals to correctly gather information on people's alcohol drinking habits to ensure those who need help are not missed News News NICE

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](#)
- [Vaccinations and infections](#)
- [JCVI interim recommendations to government on COVID-19 vaccination in 2023 \[summary\] \(outlook.com\)](#)
- [Most parents would support routine chickenpox vaccination for their children \(cogora.com\)](#)

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
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
Children	<ul style="list-style-type: none"> • Child Health Information Services Local Government Association • Childhood vaccines: parental attitudes survey 2022 (outlook.com) • Cover of vaccination evaluated rapidly (COVER) programme: annual data - GOV.UK (outlook.com) • HPR volume 17 issue 1: news (30 January 2023) - GOV.UK (www.gov.uk)
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 332, October 2022, flu special edition - GOV.UK (www.gov.uk) • Vaccine update: issue 333, December 2022 - GOV.UK (www.gov.uk) • Vaccine update: issue 334, January 2023 (outlook.com)
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

<p>Mental Health</p>	<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 • Almost 20 million adults never speak about mental health – and it's set to get worse due to the cost-of-living crisis (kingsfundmail.org.uk) • Centre for Mental Health Briefing: Connected - Remote technology in Mental Health Services • download the resource pack from the Time to Talk website (createsend1.com) • mental health support from NHS England (createsend1.com) • Looking After You coaching service (createsend1.com) • Practitioner Health Mental Wellbeing App is for any member of the primary care team (createsend1.com) • Digital therapy and mental health video games for children recommended by NICE (cogora.com)
<p>Learning Disability</p>	<ul style="list-style-type: none"> • Learning Disabilities • Learning Disability England • Mencap • Bild • Autism • NHS England » Dynamic support register and Care (Education) and Treatment Review policy and guide
<p>Disability (Inc. hearing and visual)</p>	<ul style="list-style-type: none"> • Disability Rights UK • Disability Matters • RNID - National hearing loss charity • Spokzpeople • Sight Loss Data Tool RNIB • Making GP practices deaf-friendly Healthwatch

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 • Breastfeeding at 6 to 8 weeks after birth, October to December 2022 (kingsfundmail.org.uk)
<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 • Most parents would support routine chickenpox vaccination for their children (cogora.com) • Laboratory surveillance of paediatric bloodstream infections and antimicrobial resistance in England: 2017 to 2021 • Outdoor playtime for children could reduce the harmful effects of screen time by almost 20% (cogora.com)
<p>Adolescent Health</p>	<ul style="list-style-type: none"> • Adolescent Health Programme • Society for Adolescent Health and Medicine • Young Minds • Digital therapy and mental health video games for children recommended by NICE (cogora.com)
<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 • Chromosomal test for prostate cancer could be more accurate than PSA, researchers say (cogora.com) • Diagnosis of prostate cancer in primary care: navigating updated clinical guidance (bjgp.org)

Women's Health

- [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 - www.thebms.org.uk](#)
- [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? \(practicenursing.com\)](#)
- [How to manage genitourinary symptoms of menopause \(cogora.com\)](#)
- [Overview | Menopause: diagnosis and management | Guidance | NICE](#)
- [GPnotebook focus on women's health \(contains promotional information\) \(mailchi.mp\)](#)
- [Women's Health Strategy \(www.gov.uk\)](#)
- [self-care factsheet \(selfcareforum.org\)](#)
- [HRT supply issues continue \(mims.co.uk\)](#)

The Older Population	<ul style="list-style-type: none"> • BGS • Ageing Better • Delirium Champions - YouTube
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 • BREAKING NEWS from The Carer (ourmailsender4.com) • UK Care Week • Read Issue 133 of The Carer Digital Now! (ourmailsender4.com) • BREAKING NEWS from The Carer (ourmailsender4.com) • Read Issue 134 of The Carer Digital Now! (ourmailsender4.com) • BREAKING NEWS from The Carer (ourmailsender4.com) • Join Us At The Alzheimer's Dementia & Care Show (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 • Contraception after the age of 40: A guide for nurses (independentnurse.co.uk)
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 • Syphilis – don't miss it! (cogora.com) • At home HIV screening and community vaccinations rolled out to boost sexual health outreach (cogora.com) • Government funds 14 projects to reduce sexual health inequalities in UK (independentnurse.co.uk)
Maternity / Neonate health	<ul style="list-style-type: none"> • Vaginal candidiasis in pregnant women: A guide for nurses (independentnurse.co.uk) • Midwifery union warns government of deepening maternity crisis (cogora.com)

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 • Restoring and extending secondary prevention (bmj.com)
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. • Gestational diabetes better predicted using specific fat measurement rather than BMI for obese women (cogora.com) • Focus on: Ramadan GPnotebook Resources
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)
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 • CPD: Conducting a comprehensive asthma review (cogora.com)
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) • Ten top tips: Hypertension diagnosis and management • Blood pressure medication at night compared with the morning (gpnotebook.com) • Pandemic delayed initiation of antihypertensives, study suggests (outlook.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 • Socioeconomic deprivation and post-stroke care in the community (bjgp.org) • Bayer plc: X-IMPACT • Aspirin should not be offered for primary cardiovascular prevention, confirms NICE (mims.co.uk)
Heart Failure	<ul style="list-style-type: none"> • British Heart Foundation • British Society Guidelines • Home - Pumping Marvellous • Heart Failure UK Guidelines • Second SGLT2 inhibitor for heart failure rejected in draft NICE guidance (mims.co.uk) • NICE proposes to veto blanket use of empagliflozin in chronic heart failure (mims.co.uk) • Warning over switching thiazide-like diuretic (outlook.com)
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 • Macmillan Cancer animations - What is cancer?
Chronic Kidney Disease	<ul style="list-style-type: none"> • Kidney.Org • Kidney Quality Improvement Partnership
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 • Crohns and Colitis
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




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 • Home - Hyperhidrosis UK
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 • Weight management enhanced service SNOMED codes — NHS Networks
Pain Management	<ul style="list-style-type: none"> • Pain Concern • Review questions use of antidepressants for analgesia (outlook.com)
Osteoporosis / Falls	

Continuation of Long Term Conditions

Genomics / Genetics	<ul style="list-style-type: none"> • NHS England » Whole genome sequencing for children – An information guide for parents, carers and families • UK landmark genomic partnership with Thailand to unite against health threats - GOV.UK (www.gov.uk) • NHS England » NHS to offer licensed cannabis-based medicine to treat rare genetic condition
Loneliness	<ul style="list-style-type: none"> • Better Health Every Mind Matters Loneliness Better Health Every Mind Matters Campaign Resource Centre (dhsc.gov.uk)
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 • The Febrile Child (cogora.com) • COUGH IN CHILDREN (cogora.com) • SORE THROAT (cogora.com) • EARACHE (cogora.com) • Scarlet fever more commonly searched for than tonsillitis on NHS website last year (cogora.com)
Other / Case Studies	<ul style="list-style-type: none"> • Topical testosterone: warn patients about risk of accidental transfer, says MHRA (outlook.com)
Winter / Summer Pressures	

End of Life Care	
End of Life Care / Bereavement	<ul style="list-style-type: none"> • ReSPECT for healthcare professionals • Hospice UK • Palliative and End of Life Care Profiles - OHID (phe.org.uk) • NHS England » Service specifications for palliative and end of life care: Adults • NHS England » Service specifications for palliative and end of life care: Children and young people (CYP)
Flu / Covid-19 / Monkeypox	
Covid-19	<ul style="list-style-type: none"> • NICE rejects COVID-19 preventative drug in draft guidance (mims.co.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 • Digital Health Digest (kingsfundmail.org.uk) • Highlight speaking sessions at The Digital Healthcare Show 2023 revealed! • Digital playbooks - Key tools and information - NHS Transformation Directorate (createsend1.com) • Workforce playbook (createsend1.com) • Open source playbook (createsend1.com)
<p>PSNC News / Pharmacy</p>	<ul style="list-style-type: none"> • National Pharmacy Association • Royal Pharmaceutical Society • Medicines Learning Portal • Specialist Pharmacy Service • January 2023 Price Concessions 4th Update (mailchi.mp) • National Voices: Summary of roundtable event looking at the future of community pharmacy • PSNC Newsletter: 30th January (mailchi.mp) • PSNC News Alert: Launch of 2023 Pharmacy Pressures Survey (mailchi.mp) • PSNC Newsletter: 1st February (mailchi.mp) • Pharmacy pressures survey — NHS Networks • PSNC Newsletter: 8th February (mailchi.mp)
<p>Pulse / GP Online / HSJ / NB Medical</p>	<ul style="list-style-type: none"> • GP Online • HSJ • Pulse Today
<p>Primary Care Update / PCC / PPP</p>	<ul style="list-style-type: none"> • Public Policy Projects News • Primary Care Bulletin • Insight February 2023 • Primary Care Improvement Community Newsletter

Proactive Care	
Kings Fund	<ul style="list-style-type: none"> • The Kings Fund • Library services The King's Fund (kingsfund.org.uk) • Health Management and Policy Alert: 31 January 2023 (kingsfundmail.org.uk) • Your events update February 2023 (kingsfundmail.org.uk) • How can we reduce waiting times and restore emergency services? (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 • SharePoint • Message from Mark Axcell & Staff News (02 February 2023) (sharepoint.com) • Message from Mark Axcell & Staff News (19 January 2023) (sharepoint.com) • Message from Mark Axcell & Staff News (26 January 2023) (sharepoint.com) • Message from Mark Axcell & Staff News (12 January 2023) (sharepoint.com) • Issue 30 - Black Country Primary Care Brief (sharepoint.com) • Issue 29 - Black Country Primary Care Brief (sharepoint.com) • Issue 28 - Black Country Primary Care Brief (sharepoint.com) • Issue 27 - Black Country Primary Care Brief (sharepoint.com) • Issue 26: Black Country Primary Care Brief (sharepoint.com)
NHSI / NHSE	<ul style="list-style-type: none"> • NHS England • NHS England » NHS Digital merges with NHS England
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 • GPnotebook focus on women's health (contains promotional information) (mailchi.mp)
Nurse Guidelines	

Continuation of News & Views

The Health Foundation	<ul style="list-style-type: none"> • The Health Foundation • New podcast: Low life expectancy in the north east (healthfdn.org.uk)
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 • It's the February 2023 newsletter! (mailchi.mp)
RCN	<ul style="list-style-type: none"> • RCN
Cavell Trust	<ul style="list-style-type: none"> • December News
Nursing in Practice / Nursing Standard / Independent Nurse	<ul style="list-style-type: none"> • Nursing Times • JCN Newsletter • Nursing in Practice Bulletin • Independent Nurse • Nursing in Practice - Clinical • Most parents would support routine chickenpox vaccination for their children Nursing in Practice (cogora.com)
QNI	<ul style="list-style-type: none"> • QNI • Talk To Us @ – The Queen's Nursing Institute (qni.org.uk) • William Rathbone OBE (1936-2022) – The Queen's Nursing Institute (qni.org.uk)
NMC	<ul style="list-style-type: none"> • NMC
CMO / CNO	
HRA	<ul style="list-style-type: none"> • HRA Latest
Nice	<ul style="list-style-type: none"> • NICE
RCGP / BMA / The Lancet	<ul style="list-style-type: none"> • The Lancet • British Medical Journal • Royal College of General Practitioners • British Journal of General Practice

Continuation of News & Views

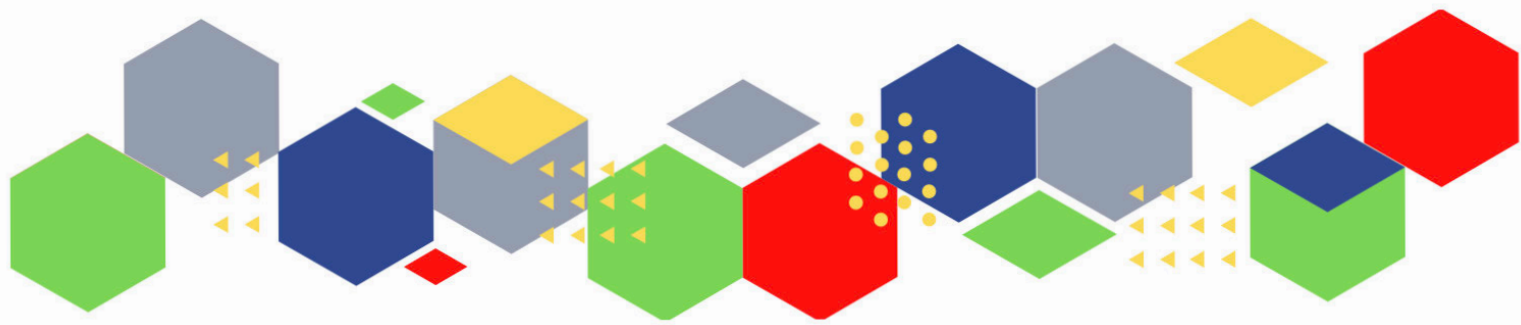
Nuffield Health	• Home The Nuffield Trust
Midlands Academic Health Science Network	• WMAHSN Network
Healthwatch	• Healthwatch
CPD News	• CPD News
Inside Government	
NHS Resolution	• NHS Resolution Newsletter (cmail19.com)
Other	• Patients Association

Free Training / Webinars / Meetings / CPD

Development / Information and Knowledge	<ul style="list-style-type: none"> • Red Whale Training • Issues & Answers • Your personal invitation to Best Practice London 2023 (bestpracticeshow.co.uk) • UK Care Week - Wednesday 22nd March 2023 Thursday 23rd March 2023 NEC, Birmingham • Early bird tickets now available (kingsfundmail.org.uk) - Navigating the evolving role in primary care in communities • Nursing in Practice Virtual: Chronic Conditions (outlook.com)21 February 2023 • Nursing in Practice Virtual: Respiratory (outlook.com) 4 April 2023 • Nursing in Practice Virtual: Public Health & Immunisations (outlook.com)13 June 2023 • The Tech Innovation Framework Expo 2023 (createsend1.com)14 – 28 February • Acute Respiratory Infection (ARI) hubs - Communities of Practice (createsend1.com)21 February, 12pm – 1pm • Equally Well: Physical health checks for people living with severe mental illness in primary care (createsend1.com)22 February, 12pm – 1pm • New statutory guidance on working with people and communities (createsend1.com)22 February, 3pm – 4pm • Listening well - how you can contribute to improving NHS colleagues' working experience (createsend1.com)23 February, 2pm – 3pm. • BMJ Leader Live event (createsend1.com)24 February • Primary Care Review: What should be included in the Learning Disability Annual Health Check? (createsend1.com)2 March 1pm – 2.30pm. • Watch our series of General Practice webinars (createsend1.com) • Watch our series of Primary Care Network webinars (createsend1.com)
---	--

Free to RCN	<ul style="list-style-type: none"> • RCNi events RCNi
MIMMs Learning	
Eventbrite	<ul style="list-style-type: none"> • Part 2 - Hyperkalaemia in Heart Failure Registration, Mon 6 Mar 2023 at 20:00 Eventbrite • Part 3 - Case studies in hyperkalaemia Registration, Mon 27 Mar 2023 at 20:00 Eventbrite
e-Learning for Health	<ul style="list-style-type: none"> • Health Inequalities - elearning for healthcare (e-lfh.org.uk)
Skills for Health	<ul style="list-style-type: none"> • Specialist eLearning for health and care professionals (mailchi.mp)
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)
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	<ul style="list-style-type: none"> • Nursing In Practice Reference – Apps on Google Play • Nursing In Practice Reference on the App Store (apple.com) • Practitioner Health Mental Wellbeing App is for any member of the primary care team (createsend1.com)
Area Bulletins	
Research	<ul style="list-style-type: none"> • Science Daily • Multimorbidity / multiple long-term conditions (MLTC) • National Institute for Health and Care Research • HRA Latest
Blogs/Vlogs	<ul style="list-style-type: none"> • Blog NB Medical • PIF Blog: Translated health information is essential in tackling health inequalities (pifonline.org.uk) • Making progress on the global mission to develop pandemic-fighting tools within 100 days - UK Health Security Agency (blog.gov.uk) (outlook.com) • Changes to the way we report on COVID-19 deaths - UK Health Security Agency (blog.gov.uk) (outlook.com) • COVID-19 testing for people arriving from China - UK Health Security Agency (blog.gov.uk) (outlook.com) • Back to school - 5 things to do to help manage winter illness - UK Health Security Agency (blog.gov.uk) (outlook.com) • Group A Strep - What you need to know - UK Health Security Agency (blog.gov.uk) (outlook.com)
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](#)

