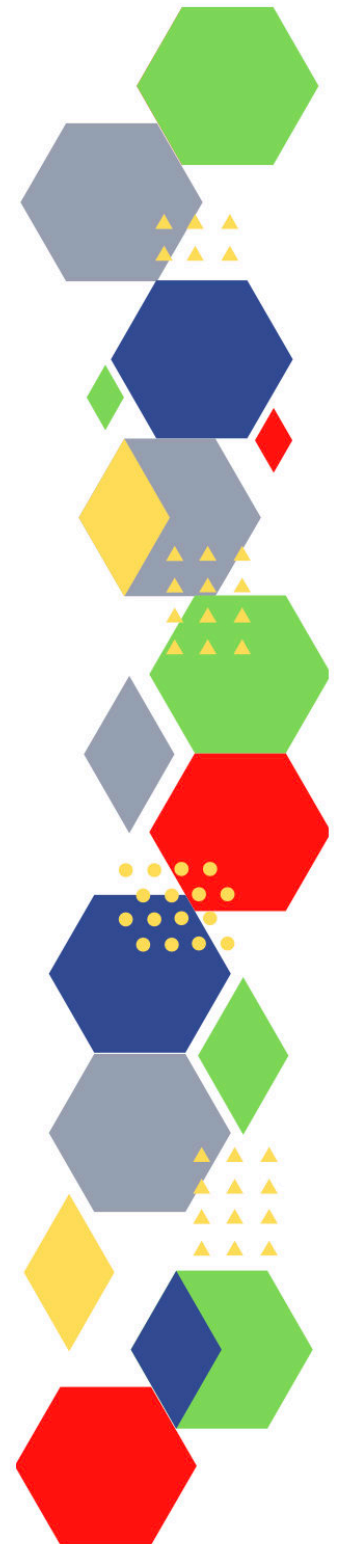
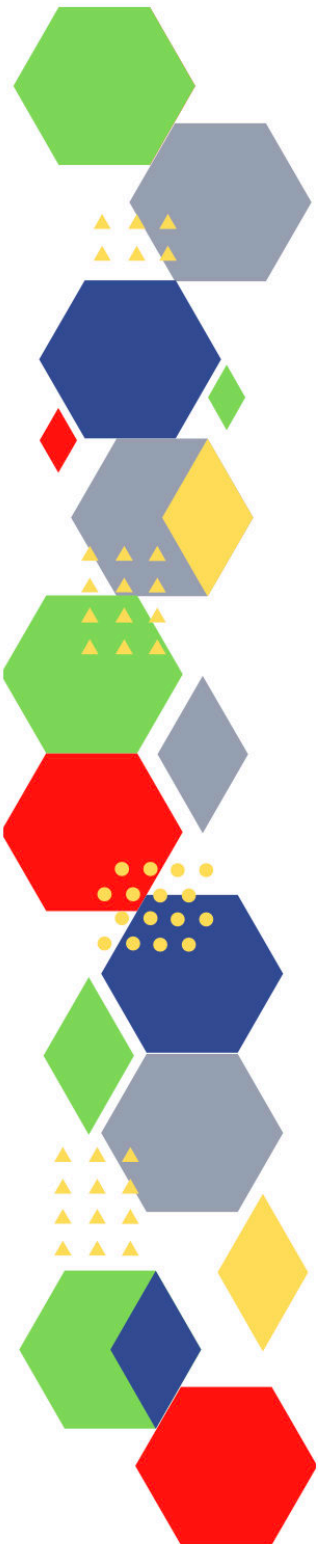




Future Proof Health Presents

Weekly News

1st December 2022



Communication	
Communication with Patients	<ul style="list-style-type: none"> • Resources and guidance are also available to help practices communicate with patients (cmail20.com)
Communication within Teams	
Consent	<ul style="list-style-type: none"> • Gillick competency and Fraser guidelines • ReSPECT for healthcare professionals • Overview Advocacy services for adults with health and social care needs Guidance NICE
People and Personal Development	
Personal / People Development / Leadership	<ul style="list-style-type: none"> • Accountability and delegation in practice • NHS Leadership Academy (createsend1.com) • Mary Seacole (createsend1.com) • Rosalind Franklin (createsend1.com) • Register now (outlook.com) • The Confident leader programme (outlook.com) • Release your potential The King's Fund (kingsfund.org.uk)
NHS Employers / HR / NHS Pension	<ul style="list-style-type: none"> • NHS Employers • Pensions Online • Why stick with the scheme? (rcn.org.uk)
Health, Safety & Security	
	<ul style="list-style-type: none"> • NPSA • Control of Substances Hazardous to Health (COSHH) • Weekly Digest Newsletter: 17 November 2022 • HSE Stress at work ebulletin: November 2022 (govdelivery.com)
Gov UK - NHS	
CQC	<ul style="list-style-type: none"> • GP mythbusters • CQC update for adult social care providers (govdelivery.com)
MIMS	<ul style="list-style-type: none"> • Prescribing Update
Health Protection Review	
Emergency Situations	<ul style="list-style-type: none"> • Resuscitation Council UK
Drug / Device Alerts (MHRA)	<ul style="list-style-type: none"> • Drug Safety Update (mhradrugsafety.org.uk) • Consultation on how we communicate with healthcare professionals to improve medicines and medical devices safety - SocialOptic (mhra.gov.uk)

<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 • Best practice for medicines management and vaccination (practicenursing.com) • Antibiotics shown to reduce risk of aspirin-induced GI bleeding • New gout guideline summary from MIMS
<p>Antibiotic steward-ship / Anti-microbial resistance</p>	<ul style="list-style-type: none"> • Antibiotic awareness toolkit launched MIMS online • Antibiotic Amnesty and World Antimicrobial Awareness Week (who.int) • Combating antibiotic resistance (independentnurse.co.uk) • Consultation launched to combat antimicrobial resistance (independentnurse.co.uk) • Over 50,000 serious antibiotic-resistant infections in 2021, data shows (cogora.com) • Consultation launched to protect patients from silent pandemic of antimicrobial resistance - GOV.UK (www.gov.uk) • Antibiotic awareness: toolkit for healthcare professionals in England - GOV.UK (www.gov.uk) • shared learning page (outlook.com) • Antibiotic Guardian pledge (outlook.com) • Consultation launched to combat antimicrobial resistance (independentnurse.co.uk) • Antimicrobial resistance national action plan: call for evidence - GOV.UK (www.gov.uk)
<p>Infection Control / Infection Statics</p>	<ul style="list-style-type: none"> • NHS England » National infection prevention and control • Infection Prevention & Control Champions Network and Me (qni.org.uk)
<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 - Training Update November 2022
<p>Practice Policies: Practice Management / Accountability Duty of Candour</p>	

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
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 • Social prescribers to assess poor housing conditions following tragic death (cogora.com) • NHS England » Paramedics in general practice • NHS General Practice Team Campaign Resource Centre (phe.gov.uk)
Revalidation	
Personal Practice & Development	
Practice Management	<ul style="list-style-type: none"> • Institute of General Practice Management • Practice Index • NHS England » Directly bookable appointments – guidance for practices • HR Clinic Q&As – Managing conduct and the disciplinary process Explaining the NHS Pension Scheme QOF Session - Today at 12.30pm (campaign-archive.com)
EMIS / System One	
Recruitment Employment / Retirement / Legacy Nursing	

<p>NHS Self Care & Resilience</p>	<ul style="list-style-type: none"> • Samaritans • Mental Health at work • Calm • Supporting our NHS people • The Hub :: Black Country Healthcare NHS Foundation Trust • Flourishing in unity: Loneliness, health and nurse burnout (independentnurse.co.uk) • Read the survey (outlook.com)State of the provider sector 2022 (outlook.com) • NHS England » Supporting our NHS people through menopause: guidance for line managers and colleagues • Providers Deliver: Trusts in systems (outlook.com) • Practitioner Health • NHS England » Supporting our NHS people through menopause: guidance for line managers and colleagues • NHS England » Supporting colleagues affected by Long COVID • support lines and wellbeing apps (england.nhs.uk) • Looking After You coaching support (england.nhs.uk) • national guidance for line managers and colleagues experiencing menopause (createsend1.com)
<p>Practice Transformation / Innovation Agency</p>	<ul style="list-style-type: none"> • Health and Care Act 2022: combined impact assessments - GOV.UK (www.gov.uk) • collaborative practice webinar (createsend1.com) • Patients in England at risk as NHS and care 'gridlocked', (kingsfundmail.org.uk) • General practices to have direct access to tests to speed up cancer diagnosis (independentnurse.co.uk)
<p>Future of NHS / General Practice / NHS Recovery</p>	<ul style="list-style-type: none"> • NHS England • NHS England » Primary care • NHS mandate 2022 to 2023 • 0.Health in England - Office for National Statistics (ons.gov.uk) • Primary care premises not fit for purpose (independentnurse.co.uk) • NHS England » Creating a highly usable and accessible GP website for patients • NHS England » Ensuring new technology improves primary care access for all • NHS England » Directly bookable appointments – guidance for practices • NHS England » Latest updates • The Pritchard challenge: the next NHS efficiency drive The King's Fund (kingsfund.org.uk) • State of the provider sector 2022 (outlook.com) • Providers Deliver: Trusts in systems (outlook.com) • managing backlog and waiting times in England • Public service reform • NHS England » Ensuring new technology improves primary care access for all • NHS England » Primary care flexible staff pools • Stressed Out Burned Out: 2022 Intl Survey Primary Care Physicians Commonwealth Fund • The health and care workforce The King's Fund (kingsfund.org.uk) • NHS staffing shortages The King's Fund (kingsfund.org.uk) • The Autumn Budget 2022: what was announced and what does it mean for health and care spending? The King's Fund (kingsfund.org.uk)

ICS / ICB / ICP / PCN Commissioning	<ul style="list-style-type: none"> • Integrated care (england.nhs.uk) • Place-based partnerships explained The King's Fund (kingsfund.org.uk) • NHS England » Guidance on good governance and collaboration • Guidance (kingsfundmail.org.uk) • Place-based partnerships explained The King's Fund (kingsfund.org.uk) • Pritchard: ICBs will 'rationalise roles' to make savings (kingsfundmail.org.uk) • Details of £500 million discharge fund - GOV.UK (www.gov.uk) • Health Management and Policy Alert: 25 Noember 2022 (kingsfundmail.org.uk) • Read here (outlook.com)The King's Fund submission on progress in integrated care systems in England • Register here (outlook.com)Personal impact and influence • Health and wellbeing boards – guidance - GOV.UK (www.gov.uk)
QOF / PHOF / DES / LES / NHS Contract / CQRS / CQUIN	<ul style="list-style-type: none"> • NHS England » GP Contract • NHS England » GP Contract • NHS General Practice Team Campaign Resource Centre (phe.gov.uk) • Benefits - CSU Collaborative & CQRS • NHS England » Coding unpaid carers – SNOMED CT
Leadership / Innovation	<ul style="list-style-type: none"> • Leadership Academy
Greener NHS	<ul style="list-style-type: none"> • Greener Allied Health Professional hub (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 • Leadership for Personalised Care Newsletter • Social prescribers to assess poor housing conditions following tragic death (cogora.com) • Self Care Week: 5 min Survey (mailchi.mp)
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 • Health Equality Partnerships (HEP) Programme – Somerset - YouTube
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 • Taking Charge - Energy & Money Saving Advice for Social Care (takingchargeenergy.co.uk)
Population Health / Health Communities	<ul style="list-style-type: none"> • Joining the dots for population health The King's Fund (kingsfund.org.uk) • Creating spaces for community and patient wellbeing • Read the blog (kingsfundmail.org.uk)
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 • NHS England » Health and justice framework for integration 2022-2025: Improving lives – reducing inequality • Read the report (kingsfundmail.org.uk) • Read the report (outlook.com)
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
Voluntary / Charity	

Management of Emergency Situations	
111 / Emergency Care	<ul style="list-style-type: none"> • Health inequalities: what is happening in emergency medicine • NHS 111 online campaign (outlook.com)
Management of Emergency Situations	
First Contact	<ul style="list-style-type: none"> • Supporting general practice – Common pitfalls • Paediatrics for Primary Care (and anyone else) (gppaedstips.blogspot.com) • Cognitive bias and the importance of safety netting (nbmedical.com) • Home - Nursing in Practice Reference
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 • What nurses need to know about sepsis, and how to act (independentnurse.co.uk)
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 • Vaginal atrophy: what is it and how can it be treated? (practicenursing.com)
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 • Wound management in people with dark skin tones (cogora.com) • Invited to register for Wounds Week (mahealthcareevents.co.uk) • Journal of Wound Care: Vol 31, No 11 (magonlinelibrary.com)
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 • Statistics at UKHSA - UK Health Security Agency - GOV.UK (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"> • Avian influenza (bird flu) in Europe, Russia and the UK (outlook.com) • Avian influenza in wild birds (outlook.com) • National flu and Covid-19 surveillance report: 24 November 2022 (week 47), UK Health Security Agency, 24 November 2022 (kingsfundmail.org.uk)
UK GOV - General Practice	<ul style="list-style-type: none"> • Seasonal influenza and Covid-19 vaccine uptake in frontline health care workers: monthly data 2022 to 2023, UK Health Security Agency, 24 November 2022 (kingsfundmail.org.uk) • Seasonal influenza vaccine uptake in children of school age: monthly data, 2022 to 2023 - GOV.UK (kingsfundmail.org.uk) • Seasonal influenza vaccine uptake in GP patients: monthly data, 2022 to 2023 - GOV.UK (kingsfundmail.org.uk)
UK GOV - Secondary Care	

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 4 November 2022 (outlook.com) • Deaths registered weekly in England and Wales, provisional: week ending 11 November 2022 - Office for National Statistics (kingsfundmail.org.uk) • Deaths of care home residents, England and Wales: 2021 - Office for National Statistics (kingsfundmail.org.uk) • Monthly mortality analysis, England and Wales: October 2022 - Office for National Statistics (kingsfundmail.org.uk)
UK GOV - LTC	
Surveillance / Syndromic Surveillance	<ul style="list-style-type: none"> • Syndromic surveillance: systems and analyses - GOV.UK (www.gov.uk) • Monkeypox outbreak: epidemiological overview (outlook.com)
UK GOV Infectious Disease Monitoring / NOIDS	<ul style="list-style-type: none"> • Notifiable diseases: weekly reports for 2022 - GOV.UK (outlook.com) • Notifiable diseases: last 52 weeks (outlook.com) • National norovirus and rotavirus surveillance reports: 2022 to 2023 season - GOV.UK (kingsfundmail.org.uk) • Non-statutory zoonoses: disease surveillance reports (outlook.com) • Notifications of infectious diseases (NOIDs) - GOV.UK (www.gov.uk) • National norovirus and rotavirus report, week 46 report: data up to week 44 (6 November 2022), UK Health Security Agency, 17 November 2022 (outlook.com) • Statutory notifiable diseases: cases reported in last 52 weeks (outlook.com) • Sexually transmitted infections: East of England data (outlook.com) • Notifiable diseases: causative agents reports for 2022 (outlook.com)
UK GOV - Mental Health	
Addiction/Smoking	<ul style="list-style-type: none"> • Drink Coach • Stop smoking interventions and services • Addiction and mental health • Smoking research roundup (independentnurse.co.uk) • NB BLOG - No smoke without fire? Vaping, EVALI and respiratory health (outlook.com) • NHS England » NHS opens two new gambling addiction clinics amid record referrals • Smoking research roundup (independentnurse.co.uk)

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](#)
- [check out our vaccine web pages \(england.nhs.uk\)](#)
- [New vaccine marketing campaign urges millions to boost their immunity this winter - GOV.UK \(www.gov.uk\)](#)

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 • New vaccine marketing campaign urges millions to boost their immunity this winter • The flu vaccine reimbursement guidance sets out the planned cohorts and vaccines that will be reimbursed for 2022/23 (createsend1.com) • Universal flu vaccine could prevent another pandemic (independentnurse.co.uk)
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 • Coronavirus » Next steps for the NHS COVID-19 vaccination programme planning and delivery (england.nhs.uk)
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: 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)

<i>Continuation of Immunisation / Travel Health</i>	
Travel Health	<ul style="list-style-type: none">• Travel Health Pro• Fit for Travel• Travel Health• Jane Chiodini• Corona.Help
<i>Mental Health / Learning Disability / Disability</i>	
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• Guidance (kingsfundmail.org.uk)• Addiction and mental health• 'I nearly took my life': Islington council training black barbers in mental health issues, (kingsfundmail.org.uk)• Scoping digital support for children and young people's mental health

<p>Learning Disability</p>	<ul style="list-style-type: none"> • Learning Disabilities • Learning Disability England • Mencap • Bild • Autism • Experiences of being in hospital for people with a learning disability and autistic people - Care Quality Commission (cqc.org.uk) • Listen to the podcast (linktr.ee) • Read the blog now (medium.com) • NHS England » Sensory-friendly resource pack • Sliding doors – what can we learn from history to improve disabled people’s experiences of health and care? The King's Fund (kingsfund.org.uk)
<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 • How to improve dialogue between Disabled people and health and care services
<p>From Cradle to...</p>	
<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) • ‘Baby blindspot’: Children not protected from ongoing impact of pandemic, report finds (cogora.com) • reduction of health inequalities for children and young people. (outlook.com) • Core20PLUS5 (createsend1.com) • Scoping digital support for children and young people’s mental health • 5 ways to protect your under-5's this winter - UK Health Security Agency (blog.gov.uk) (outlook.com)

<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>Adolescent Health</p>	<ul style="list-style-type: none"> • Adolescent Health Programme • Society for Adolescent Health and Medicine • Young Minds • CPD module: Depression in young men (cogora.com) • Support for vulnerable adolescents (nao.org.uk)
<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>The Older Population</p>	<ul style="list-style-type: none"> • BGS • Ageing Better • Delirium Champions - YouTube • Lessons from the COVID-19 pandemic • Warm Home prescription trial service will heat homes of the vulnerable (independentnurse.co.uk)

Women's Health	<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 - <u>www.nhs.uk/conditions/menopause</u> • Henpicked - <u>henpicked.net</u> • The Menopause Exchange - <u>www.menopause-exchange.co.uk</u> • Women's Health Concerns - <u>www.womens-health-concern.org</u> • Menopause Matters - <u>www.menopausematters.co.uk</u> • The Daisy Network - <u>www.daisynetwork.org</u> • Dr Louise Newson's Menopause Doctor - <u>www.menopausedoctor.co.uk</u> • Manage My Menopause - <u>www.managemymenopause.co.uk/menopause-advice</u> • Menopause Support - <u>menopausesupport.co.uk</u> • Vaginal atrophy: what is it and how can it be treated? (<u>practicenursing.com</u>) • Target ovarian cancer • CPD module: Diagnosis and management of endometriosis (<u>cogora.com</u>)
Young Carers	
Complex Needs	

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 • Social care providers and integrated care systems: opportunities and challenges • Care Home News - The Latest Social Care Industry Sector News (thecareruk.com) • Adult Social Care Discharge Fund - GOV.UK (outlook.com) • Read Issue 124 of The Carer Digital Now! (ourmailsender4.com) • NHS and social care to receive boost in funding (independentnurse.co.uk) • Steve Barclay announces first details of social care discharge fund (cogora.com) • Working together to ease the gridlock • ADASS Autumn Survey Report Publication 15 November 2022.pdf (mcusercontent.com) • Strengths-based practice for adult social care enabling roles SCIE • The Carer: Read The Latest Issue Online Today! (ourmailsender4.com) • Care Home News - The Latest Social Care Industry Sector News (thecareruk.com) • Adult social care update • NHS England » Coding unpaid carers – SNOMED CT • Department of Health and Social Care gender pay gap report and data 2022, Department of Health and Social Care, 24 November 2022 (kingsfundmail.org.uk) • NHS and social care to receive boost in funding (independentnurse.co.uk)
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 • NHS England » 2022/23 community pharmacy contractual framework (CPCF) national clinical audit: Valproate audit

Sexual Health / Sexual Abuse	<ul style="list-style-type: none"> • Sexual and Reproductive Health Profiles • FSRH Education & Training • Breaking point: Securing the future of sexual health services Local Government Association
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 • New report reveals lack of diabetes education (independentnurse.co.uk) • SGLT2 inhibitors in type 2 diabetes: time to flozinate? (practicenursing.com) • Scientists uncover key cause of type 2 diabetes (cogora.com) • New blood signature detection enables early diagnosis of prediabetes, study suggests (cogora.com) • GPnotebook focus on diabetes (contains promotional information) (mailchi.mp)
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) • World COPD Day 2022 - Pulmonary rehabilitation: Changing lives for those living with a respiratory disease Respiratory Futures - working together for better lung health • Stay well this winter (engagingnetworks.app) • NB BLOG - No smoke without fire? Vaping, EVALI and respiratory health (outlook.com)
COPD	<ul style="list-style-type: none"> • Right Breathe • GOLD COPD 2022 strategy Independent professional body guideline Guidelines • CPD - In review: Coronary heart disease and COPD Nursing in Practice (cogora.com) • Ten top tips for improving patient care and outcomes in COPD (cogora.com)

Continuation of Long Term Conditions

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
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) • Nurse-led project launched to tackle high blood pressure in black communities (cogora.com)
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 • Cardiovascular disease in England The King's Fund (kingsfund.org.uk) • Cardiovascular disease and community mobilisation (kingsfundmail.org.uk) • Switching between anticoagulants • 100m Patients Campaign Landing Xarelto UK
Heart Failure	<ul style="list-style-type: none"> • British Heart Foundation • British Society Guidelines
Chronic Kidney Disease	<ul style="list-style-type: none"> • Kidney.Org • Kidney Quality Improvement Partnership • Practice-changing updates from GPnotebook: November 2022 (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

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 • Mouth cancer rates hit record high (kingsfundmail.org.uk) • Abdominal and Urological Symptoms of Cancer Campaign (phe.gov.uk) • National Cancer Patient Experience Survey (cmail19.com) • NHS England » NHS catching more cancers earlier than ever before • Mouth Cancer Action Month Home Oral Health Foundation (dentalhealth.org)
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 • CPD module: Bowel cancer risks, identification and management (cogora.com) • For healthcare professionals - Pancreatic Cancer UK
ENT	
G.U	

Continuation of Long Term Conditions

<p>ME / CFS / Fibromyalgia</p>	<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
<p>Neurological Conditions</p>	<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
<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 • Sarcopenia part 2: prevention, treatment and management (independentnurse.co.uk)
<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

<i>Continuation of Long Term Conditions</i>	
Frailty	<ul style="list-style-type: none"> • Recognising frailty • Identifying frailty • CLINICAL FRAILTY SCALE
Dementia / Alzheimers	<ul style="list-style-type: none"> • Dementia UK • Age UK - Understanding Dementia • Delirium Champions • Alzheimers Society
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
Allergy / Auto-immune / Genetic Conditions	<ul style="list-style-type: none"> • Allergy UK • British Society for Rheumatology • Addisons Disease

<i>Continuation of Long Term Conditions</i>	
Obesity	<ul style="list-style-type: none"> • Obesity UK
Pain Management	<ul style="list-style-type: none"> • Pain Concern
Osteoporosis / Falls	<ul style="list-style-type: none"> • General practice tool could help prevent serious falls, study shows (cogora.com)
Genomics	
Multi-Morbidity	<ul style="list-style-type: none"> • Multimorbidity • Multimorbidity / multiple long-term conditions (MLTC) • Nurse-led Projects Improve Care for People with Complex Needs – The Queen's Nursing Institute (qni.org.uk)
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 • Symptoms - Nursing in Practice Reference • Geeky Medics - YouTube • Red legs: how to differentiate between cellulitis, venous eczema and lipodermatosclerosis (practicenursing.com) • Home - Nursing in Practice Reference • Cognitive bias and the importance of safety netting (nbmedical.com)
Other / Case Studies	
Winter / Summer Pressures	<ul style="list-style-type: none"> • Stay well this winter - messaging for faith leaders (blackcountryics.org.uk) • Hand Washing Toolkit • Health and Social Care Secretary sets out key priorities ahead of winter - GOV.UK (www.gov.uk) • Trust leaders bracing for 'winter onslaught' - NHS Providers • Webinar Registration - Zoom Is the NHS ready for the winter? • Warm Home prescription trial service will heat homes of the vulnerable (independentnurse.co.uk)

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"> • Coronavirus (Covid-19) infection survey, characteristics of people testing positive for Covid-19, UK: 16 November 2022, Office for National Statistics, 16 November 2022 (outlook.com) • The SIREN Study: Our story - YouTube • BGS Lessons from the COVID-19 Pandemic.pdf • blog on the move to weekly reporting (outlook.com) • Visit the COVID-19 Dashboard (outlook.com) • You can find more information about the R value range and growth rate here. (outlook.com)
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	<ul style="list-style-type: none"> • Monkeypox virus - an overview for primary care nurses (independentnurse.co.uk) • UKHSA finds vaccination offers strong protection against monkeypox • ‘Answering questions on Monkeypox’ (outlook.com) • Monkeypox outbreak: epidemiological overview, 1 November 2022 - GOV.UK (www.gov.uk) (outlook.com)

News & Views

<p>Digital News / Remote Consultations</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) • Your daily news updates from Digital Health (campaign-archive.com) • NHS England » Ensuring new technology improves primary care access for all • Your daily news updates from Digital Health (campaign-archive.com) • Your daily news updates from Digital Health (campaign-archive.com) • [Webinar] Special Networks Debate on Advanced Cyber Security Attack (mailchi.mp) • Your daily news updates from Digital Health (campaign-archive.com) • Digital Health News - 24 November 2022 (mailchi.mp) • Digital Health Digest - 25 November 2022 (mailchi.mp)
<p>Pulse / GP Online / HSJ / NB Medical</p>	<ul style="list-style-type: none"> • GP Online • HSJ • Pulse Today • LAST CHANCE: Study Group sessions on Women's Health, Safe Steroid Prescribing and More! (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 • PSNC Newsletter: 16th November (mailchi.mp) • November 2022 Price Concessions 3rd Update (mailchi.mp) • PSNC Newsletter: 23rd November (mailchi.mp) • November 2022 Price Concessions 2nd Update (mailchi.mp) • PSNC Newsletter: 18th November (mailchi.mp) • PSNC Newsletter: 25th November (mailchi.mp)

Continuation of News & Views

Primary Care Update / PCC / PPP	<ul style="list-style-type: none"> • Public Policy Projects News • Primary Care Bulletin
Proactive Care	
Health Care Leaders Newsletters	
Kings Fund	<ul style="list-style-type: none"> • The Kings Fund • New report Cardiovascular disease in England (kingsfundmail.org.uk) • Health Management and Policy Alert: 11 November 2022 (kingsfundmail.org.uk)
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 16 - Black Country Primary Care Brief (sharepoint.com)
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 • GPnotebook quick update (contains GSK brand info: It's time to save on prescribing and reduce the NHS ICS inhaler carbon footprint) (mailchi.mp)

Continuation of News & Views

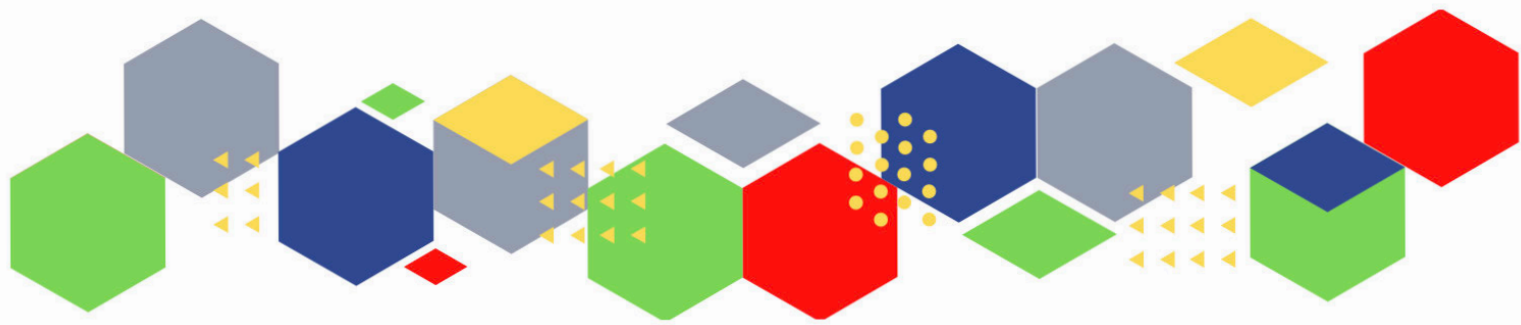
Nurse Guidelines	
The Health Care Leaders Update	<ul style="list-style-type: none"> • Health Care Leader News
The Health Foundation	<ul style="list-style-type: none"> • The Health Foundation • Newsletter: Why health and care innovation and improvement are more important than ever (healthfdn.org.uk)
Practice 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
Nursing in Practice / Nursing Standard / Independent Nurse	<ul style="list-style-type: none"> • Nursing Times • Practice Nursing - Explore our brand new website • Nursing Bulletin • Community Bulletin • Nursing Clinical Bulletin • Independent Nurse News
QNI	<ul style="list-style-type: none"> • QNI • Talk To Us © – The Queen's Nursing Institute (qni.org.uk) • QNI news: Join our team free events new publications (mailchi.mp) • Events – The Queen's Nursing Institute (qni.org.uk) • Nurse-led Projects Improve Care for People with Complex Needs – The Queen's Nursing Institute (qni.org.uk) • QNI News Support the QNI by reading a story 📖 (mailchi.mp)
NMC	<ul style="list-style-type: none"> • NMC • New standards of proficiency: what they mean for your revalidation (news-nmc.org.uk) • Fitness to practise backlog 'number one priority' at NMC council meeting (cogora.com)
CMO / CNO	

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
Midlands Academic Health Science Network	<ul style="list-style-type: none"> • WMAHSN Network • WMAHSN November 2022 update (mailchi.mp)
Healthwatch	<ul style="list-style-type: none"> • Healthwatch
Other	<ul style="list-style-type: none"> • Patients Association
Free Training / Webinars / Meetings / CPD	
Development / Information and Knowledge	<ul style="list-style-type: none"> • Red Whale Training • Issues & Answers • Issues & Answers - Long Covid Broadcasts • Invited to register for Wounds Week (mahealthcarevents.co.uk) • Core20PLUS5 for Children and Young People webinar (createsend1.com) • Webinar Registration - Zoom Is the NHS ready for the winter? • 2 December, 9am – 12pm. Taskforce for Lung Health Webinar: The Future of Spirometry in Primary Care • 2 December, 1pm – 2pm. GPN National Update: monthly webinar • Watch our series of General Practice webinars • Watch our series of Primary Care Network webinars • NHS ConfedExpo (createsend1.com) • 7 December, 12.30pm – 2pm. Bromley by Bow Insights Webinar - Bridging Two Worlds - This webinar will explore how primary care and personalised care professionals work with patients to support them with their long-term health conditions. • 14 December, 12.30pm – 1.30pm. The role of Multi Agency Risk Assessment Conference (MARAC) in high-risk cases • Watch our series of General Practice webinars • Watch our series of Primary Care Network webinars

Free to RCN	<ul style="list-style-type: none"> • RCNi events RCNi • RCN Shropshire AGM and learning event Event Royal College of Nursing
MIMMs Learning	
Eventbrite	<ul style="list-style-type: none"> • ECG masterclass programme - ON DEMAND Registration, Thu 15 Dec 2022 at 21:00 Eventbrite
e-Learning for Health	
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
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	
Evidence based care	
Area Bulletins	

Continuation of Free Training / Webinars / Meetings / CPD

Research	<ul style="list-style-type: none"> • Science Daily • Multimorbidity / multiple long-term conditions (MLTC) • National Institute for Health and Care Research • HRA Latest November 2022; changing the way we involve you in decision making; supporting developers to get the right approvals; keeping in touch and more (govdelivery.com) • Support for research and innovation during Horizon Europe delay – UKRI
Blogs/Vlogs	<ul style="list-style-type: none"> • Blog NB Medical • Increasing transparency in our winter statistics - UK Health Security Agency (blog.gov.uk) • ESPAUR report 2022 - the latest findings on Antimicrobial Resistance - UK Health Security Agency (blog.gov.uk) • An update on avian flu - UK Health Security Agency (blog.gov.uk) • Raising awareness about AMR: toolkits for healthcare professionals - UK Health Security Agency (blog.gov.uk) • The UK Public Health Rapid Support Team - A renewed commitment to tackling infectious diseases - UK Health Security Agency (blog.gov.uk) • Answering questions on monkeypox vaccination - UK Health Security Agency (blog.gov.uk) • 5 ways to protect your under-5's this winter - UK Health Security Agency (blog.gov.uk) • Achieving a step change in the health protection response to climate change - UK Health Security Agency (blog.gov.uk) • Health equity and the UK Health Security Agency - UK Health Security Agency (blog.gov.uk) • Get vaccinated and boost your winter protection - UK Health Security Agency (blog.gov.uk) • Getting tested for an STI: Your guide to how it works - UK Health Security Agency (blog.gov.uk) • STIs: Get tested, get treated - UK Health Security Agency (blog.gov.uk) • NB BLOG - No smoke without fire? Vaping, EVALI and respiratory health (outlook.com)
Freebies	<ul style="list-style-type: none"> • Blue Light Card
Campagne Links	
Other	



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