

# 60 second *bulletin*

**Issue 2: December 2015**

**Welcome to the second edition of our bi monthly community partner e-bulletin**

We are well aware that our community partners lead busy lives, receiving information from a range of sources every single day and that's why we have produced the '60 second bulletin'.

The aim is provide you with a brief summary of local developments with an option to read more or watch our videos.

I hope you enjoy the read and on behalf of the CCG, I would like to take this opportunity to extend season's greetings to you and wish you all the best for 2016.

Dr Andy Seymour, Deputy Clinical Chair.

## Across the country

**Early diagnosis rates for dementia rise to over 66%**

GPs and healthcare staff across Gloucestershire are making positive strides to improve dementia care and support with over 66% of people now being diagnosed compared to 32% just six years ago.

This improvement, which is based on the estimated number of people with dementia in the county, has been made possible by good engagement between healthcare professionals and follow up on the signs and symptoms.

This means that more people with dementia and their carers are receiving early advice and support.

The CCG and its partners have produced a film with ITN productions for the NHS Alliance, which highlights the innovative work going on in Gloucestershire to improve early diagnosis, improve community support and raise community awareness.

It is estimated that there are nearly 9,000 people with dementia in Gloucestershire.

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**Developments in Eye Health – Children's Visual Screening Success**

Avoidable sight loss is being reduced and life choices for children in Gloucestershire are being enhanced thanks to changes in Children's visual screening.

The improved arrangements, for 4 and 5 year old school children, include the screening test for refractive errors and amblyopia ('lazy eye').

The new electronic system, replacing a paper based approach, uses a lap top and headphones with instructions available in different languages. The more efficient 3 minute test is easier to audit and allows additional time to measure height and weight.

The results are impressive – an audit shows that screening uptake has increased from 66% to 90% (change in parental consent to opt out rather than to opt in), false positives have reduced from 31% to 18% and true positives have increased from 5% to 12%.

The developments in eye health are a result of joint working between the CCG, NHS Trusts, school nurses, the County Council (Public Health) and Community Optometrists.

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### **Pulmonary Rehabilitation supports patients in the self-management of their respiratory disease**

Real progress is being made in providing people with COPD (Chronic Obstructive Pulmonary Disease) a structured programme of exercise and education to support them in the management of their condition.

COPD is the name for a collection of lung diseases including chronic bronchitis, emphysema and chronic obstructive airways disease. People with COPD have difficulties breathing, primarily due to the narrowing of their airways.

Pulmonary Rehabilitation provides people with information about their condition and the management of their symptoms.

The PR programme, provided by Gloucestershire Care Services NHS Trust, along with other innovative approaches such as remote monitoring of people's condition/symptoms, is supporting people to keep well in their own homes.

Information for people with COPD (including where to access services) has now been added to the ASAP App and website for the winter period as symptoms can become worse during cold spells.

The CCG is also commissioning a range of films to highlight real life stories and to provide advice on self-management of the condition.

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### **LDISS recognised as 'best practice' service– over 150 people receive support to date**

The Learning Disability Intensive Support Service (LDISS) commissioned by the CCG and County Council has been highlighted as 'best practice' by NHS England.

The service, provided by 2gether NHS Foundation Trust, offers support for children, young people and adults to prevent the need for stays in hospital and facilities outside the county.

Available 365 days a year, LDISS can provide hands on support over a 24 hour period to clients and health professionals. The team can also provide 24 hour telephone advice and support to people.

Since 1 April 2014, over 150 people have used the service, including those who were at risk of potential placement breakdown (i.e. having to move/leave current place of residence) or hospital stays.

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## **Gloucestershire's NHS secures £85k to promote good mental health in schools**

14 schools in Gloucestershire are to benefit from £85,000 worth of funding that will see them work together with local health services to improve children's mental health.

The CCG worked with partners, including Gloucestershire County Council and Together NHS Foundation Trust, to submit the county's case to government in a bid to secure the money.

It will mean schools get better support around children's mental health and easier access to local, specialist mental health services where appropriate.

Out of the 80 bids submitted from across the country, Gloucestershire's was one of 22 which were successful.

The CCG has invested an additional £50,000 in the project which will be piloted initially in the Stroud and Berkeley Vale area. The results will then be used to plan how to roll out new ways of working across the whole county.

## **Near to where you live**

### **North Cotswolds**

#### **Social Prescribing scheme underway with the support of Cotswold Friends**

A social prescribing scheme was launched in North Cotswolds in November with the aim of making a positive difference to the lives of local people.

GPs will be able to refer patients who require support, but do not necessarily have a medical need.

The service is provided by local charity, Cotswold Friends, who meet with patients to identify how they can improve their health and wellbeing and link them up with sources of community support (e.g. voluntary groups, activity clubs etc.) within their local area.

Social prescribing has already had a positive impact across Gloucestershire, supporting patients with issues such as coping with caring responsibilities, social isolation and living healthier lives.

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### **Cheltenham**

#### **Prescribing project for Older People gets off the ground**

Cheltenham Locality are undertaking an in depth review of medicines prescribed for patients over the age of 85 years, who live independently and are prescribed 10 or more drugs.

These patients are at increased risk of side effects and falls which can potentially lead to A&E admissions.

This 3 month pilot is being conducted by support pharmacists in 4 GP practices using evidence based guidelines.

Once the results of the pilot have been evaluated the Locality will decide if the project should be expanded to cover more GP practices and patients.

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## **Forest of Dean**

### **Workshop to promote healthy lifestyles**

Promoting healthy lifestyles in the Forest of Dean was on the agenda at a recent workshop for GPs and their teams.

The event hosted by the Forest of Dean Locality (GP) Executive Group and Forest of Dean District Council, included a range of open discussions and presentations and helped participants to:

- learn more about services that are currently commissioned to support healthy living
- identify what can be done to support people in the Forest to live healthier lives
- find out more about the new 'in practice' model for social prescribing in the Forest of Dean.

The event was well attended and plenty of worthwhile discussions took place. A working group will now consider how to take forward the ideas which will feature in future editions of the *60 second bulletin*.

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## **Stroud and Berkeley Vale**

### **Choice<sup>+</sup> comes to Stroud and Berkeley Vale**

The 121,000 patients registered with Stroud and Berkeley Vale practices are now benefitting from more choice and convenience in booking urgent requests to see a GP.

From early December, additional same day appointments became available each week at Stroud General Hospital and The Vale Hospital in Dursley.

These appointments are for people who really need to see a doctor that day. This initiative will enable the 18 GP surgeries in the area, who are involved in the Choice<sup>+</sup> pilot, to spend more time with patients who need more planned support e.g. those with long term conditions.

The initiative also offers extended hours appointments on weekday evenings with slots available at Stroud General Hospital and The Vale Hospital on Saturday mornings.

Patients can book Choice<sup>+</sup> appointments by calling their own GP surgery in the normal way.

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## **South Cotswolds**

### **Local GPs and community partners set sights on support closer to home**

Bringing care closer to home is a key focus of local GP's, to reduce the distances travelled for patients and their carers'.

The locality has started to analyse information available for cardiology outpatient attendances and are exploring how viable it would be to make certain diagnostic equipment available in the eight locality GP practices.

GPs and staff from the South Cotswold locality are also working with <sup>2</sup>gether NHS Foundation Trust Mental Health services to hold an event in January 2016 to improve awareness of community support for patients and their carers’.

The event will host a ‘marketplace’ of organisations who can offer support and guidance. If your organisation would like to be there, please contact [zaheera.nanabawa@nhs.net](mailto:zaheera.nanabawa@nhs.net)

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## **Gloucester**

### **Social Prescribing scheme goes from strength to strength**

Three new hub co-ordinators and an admin worker have joined the social prescribing team in the Gloucester City Council offices.

The scheme has had over 180 referrals to date, with many successful outcomes for clients being referred into agencies who provide them with advice, guidance and support.

Social prescribing schemes support people who go to their GP surgery, but who do not necessarily require medical care.

As a result of close partnership working between the NHS, local councils and a range of voluntary and community organisations, patients are now being supported to connect to services and groups that can help improve their well-being and meet their wider needs.

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## **Tewkesbury**

### **Exciting plans for new Mythe Health Centre coming to fruition**

Building work is now underway on the Mythe Health Centre next to Tewkesbury Hospital, which will provide a high quality care environment for local patients.

Mythe Medical Practice formed from the merger of Watledge Surgery and Jesmond House Practice and this development will house all facilities on one site.

The work is expected to take approximately twelve months to complete, with Mythe Medical Practice on the first floor and Church Street Surgery on the ground floor.

The Centre could also offer a range of other services for local patients such as a pharmacy, counselling services, phlebotomy and additional consultant rooms.