

## CLMC Bulletin 501 – 01/03/22

### **Update on 2022/23 GP contract negotiations**

Given the time of year, we are aware that colleagues are wondering about the 22/23 Contract. 2022/23 will be the fourth year of the five-year framework for GP contract reform agreed in 2019. National negotiations are ongoing and remain confidential until they have concluded.

The GPC England executive team have been meeting with NHSE/I frequently since early January 2022 to negotiate changes to the contract that reflect the current day pressures.

There is still no agreement with NHSE/I however negotiations are still ongoing, and GPCE will leave no stone un-turned in trying to find an agreed way forward.

Whilst the details of ongoing negotiations remain confidential for now; the following matters are in the public domain:

1. [Contract uplift](#) for 22/23
2. [Primary Care Networks](#)
3. [PCN Service requirements](#)
4. [IIF](#)
5. [Access](#)

It is the GPC intention to meet with LMCs and GPs over the coming months to seek views on a model of general practice which is fit for the future, that will enable us to care for our patients safely.

### **Lifting COVID restrictions and infection control**

As of 24 February, as part of the Government's '[Living with COVID-19](#)' plan, the COVID restrictions have been lifted in England, including the requirement to isolate after testing positive. NHSE/I has published an update following the Living with COVID-19 white paper: [Coronavirus » Living with COVID-19 white paper – update \(england.nhs.uk\)](#)

The [BMA has voiced concerns](#) that living with COVID doesn't mean ignoring its continued harm to many, and that scrapping all restrictions and allowing the infection to spread in an unmonitored and unfettered manner would be damaging to the health of millions.

The BMA are also concerned that removing the protections in healthcare settings that currently exist, such as mask wearing, would be wrong and GPC have raised this with NHSE/I, who has confirmed that the [Infection Prevention Control](#) (IPC) guidance for healthcare workers will not be changing and still advises that face masks should continue be worn by staff and patients in health care settings.

NHSE/I has published a [letter](#) to healthcare providers to update in light of the Living with COVID plan which confirms that there are no changes to IPC measures, and which also advises that healthcare staff who have tested positive for COVID-19, or who have symptoms of, should not attend work until they have had two negative LFD test results taken 24 hours apart, no earlier than day 5 after their initial positive test.

GPC have requested urgent communications to the public about IPC expectations for public in healthcare settings.

### **Check your NHS pension scheme protection**

If you have maintained enhanced protection under the 1995 or 2008 sections, be aware this will be lost when you transition to the 2015 scheme on 1 April 2022. Members should consider opting out of the NHS pension if they want to retain the enhanced or fixed protection and do so by 31 March 2022 – it is important that you ensure that PCSE effects this promptly. [Read more](#)

### **GP Fellowships**

A new two year programme is available to help newly qualified GP's gain more skills and support them as they begin their career in Tees Valley. All new GPs in a substantive (salaried or partner) post qualify, and there are benefits for your practice and of course your patients too! To find out more, take a look at the website [www.fellowshipsteesvalley.co.uk](http://www.fellowshipsteesvalley.co.uk), or email for advice on how to apply [hash.fellowships@nhs.net](mailto:hash.fellowships@nhs.net).

## **Important reminder NENC Primary Care Training Hub: Training Needs Analysis - Non-Medical General Practice Workforce**

You may recall a few weeks ago we provided information on a Training Needs Analysis being undertaken by HEE and the NENC Primary Care Training Hub to help identify the training and development needs of the non-medical general practice workforce including:

- Nursing Workforce
- Administrative
- Clerical and Management
- Multi-Professional Clinical Workforce
- Personalised Care Roles

The results will help identify areas where training is needed and will be considered to ensure the best use of funding and resources across the localities and the wider North East and North Cumbria footprint. Please share this important survey and encourage all non-medical staff to complete it as the response, to date, from Tees Valley practices has been low.

Survey link - [https://madeinheene.hee.nhs.uk/general\\_practice/Primary-Care-Training-Hub/Your-Future-Development-Needs](https://madeinheene.hee.nhs.uk/general_practice/Primary-Care-Training-Hub/Your-Future-Development-Needs)

## **NHS Elective Recovery Plan**

The BMA's comprehensive [summary and analysis of the new NHS Elective Recovery Plan](#) has now been published. The recovery plan sets out a range of ambitions, policies, and programmes targeted at reducing the elective care backlog in England over the next three years.

GPC England has encouraged NHSE/I to develop a support package so general practices can deliver recovery and deal with the backlog in long-term conditions. The briefing analyses the key details of the plan – read it [here](#)

## **Supporting people on waitlists – NHSE ‘My Planned Care’ public platform now live**

NHSE recognise that people waiting for elective care want to feel adequately informed and supported during this time and may contact their GP team for an update. In response, and as part of the [Elective Recovery Plan](#), NHSE have recently launched the first phase of the [My Planned Care Patient Digital Platform](#).

This site provides people waiting for a hospital appointment, operation or treatment (excluding cancer) direct access to the latest wait-time information and support for all acute trusts across England. The platform is easy to access and navigate and is designed for patients who are on an NHS wait list, as well as their relatives, carers and supporting healthcare teams, including their primary care team.

The site will also be expanded to include the latest clinical guidance and details about locally available support to help people look after their health and well-being whilst they wait. There will be a wider ‘public’ launch in a few months’ time once the majority of trusts have had the opportunity to add their supporting details.

A [communications toolkit](#) has been produced primarily for trusts to promote this service to patients, which includes a script for patient queries which GP teams may find useful.

## **Patient access to records**

GPC England recognises the immense pressure that enabling [access to records](#) in such a short timeframe would put on GPs. GPC secured a delay to the original launch date and continue to work with other stakeholders to seek a resolution to ongoing concerns. As it stands the requisite infrastructure and guidance is not yet in place to enable this to launch in an effective fashion. GPC have concerns that without this and without an adequate public education campaign, the launch of the programme will likely drive traffic to GPs from patients unable to access aspects of their record or confused about what they find, ultimately creating more harm than good due to increased demands on GPs time.

## **Ordering DWP leaflets**

A new contract for Managed Print Services with HH Global Associates Ltd (HHG) started on 21 February 2022, which provides the supply of items to DWP's external customers / partners, such as the MATB1 maternity certificate, Med 3s and Med 10s for health care professionals. Read more on [GOV.UK](#)

### **COVID-19 vaccination for all 5-11 year olds**

Following the latest [JCVI guidance on vaccinations for all 5-11 year olds](#), NHSE/I has published [guidance](#) on the actions to take to begin administering vaccinations to 5-11 year-olds from the beginning of April.

GPC also understand that the COVID-19 vaccination [enhanced service specification](#) will be extended and is being updated to align with the JCVI guidance as well as the next steps guidance (below), and will be published shortly.

### **Next steps for vaccination programme**

NHSE/I has sent out a [letter setting out the next steps of the vaccination programme](#) asking local systems to plan for the April to September period, advising that general practice should focus on delivery of core/routine services to patients, and that it is likely that PCN sites will 'hibernate' over that period whilst being prepared to stand back up if there is a surge. Provision of COVID vaccinations over that period will be through mass vaccination sites and pharmacies, although in limited circumstances, where appropriate and agreed with local systems, PCN sites might still be utilised. Read more in the [planning parameters document](#).

The letter also announced that a second booster programme will commence in Autumn 2022, which will be limited to over 75s, care home residents and severely immuno-compromised - it will not include health and care staff. The NHSE/I letter also requests local systems about preference for delivery of the further booster programme from September.

GPC will continue to engage with NHSE/I on this over the spring and summer.

### **GP pressures**

Dr Farah Jameel, chair of GPC England, has [published a letter](#) in the Daily Mail responding to the [article](#) 'What really lies behind the national crisis in GPs?'.

Dr Jameel said: "While we understand the frustration of patients who have had difficulty getting appointments, the root cause lies in chronic workforce shortages and a lack of proper investment. Without a workable plan to increase staffing, freeing up the staff we have to care for patients based on clinical need and directing investment to where it's needed most, we will see no relief from the current crisis engulfing the NHS."

Read more about NHS pressures in the GPC [NHS under pressure hub](#), including GP workforce and pressures on the GPC [GP analysis page](#)

### **Fuller stocktake**

Professor Claire Fuller has been asked to lead a wide-ranging national stocktake of how primary care can best be supported within the emergent Integrated Care Systems (ICSs) to meet the health needs of people in their local areas. We encourage you to take the opportunity to input into this review. You can do this by adding comments and ideas to the [Stocktake Crowdcity page](#)

### **New NHSE Campaign – early cancer diagnosis**

NHSE has launched a new campaign – Help Us To Help You- to encourage early cancer diagnosis. You may have seen similar campaigns for early heart attack symptoms, and for mental health support.

The campaign will suggest patients see their GP with early, non-specific symptoms which could be related to cancer, and not to delay. It will include TV, print media, and social media elements, aimed at everyone over 50, especially in BAME groups and the socially deprived. The campaign will run for a month to end of March.

GPC were not informed about this campaign until a few days ago and, once aware, highlighted the potential increased workload at a time when we are already saturated, resource issues, and other unintended consequences.

GPC have asked that in future we be informed ahead of time and that GPs be given decent notice so as to be at least aware of such campaigns that will drive patients towards their doors. You may wish to prepare your administration, triage and PCN ARRS teams with links and documentation to cancer detection support/advice.

## **Validium and supportive documents March 2022**

The third month of resources for employees (and potentially useful for patients) has been released by Validium, the NENC Regional LMC commissioned provider of mental health and wellbeing services.

As the first quarter of the year closes, March provides an excellent opportunity to check your battery levels and assess the quality of your rest. The March documents have been launched with this focus and are:

- [5 Tips for switching off at the end of the day - How to unplug and calm your mind.](#)
- [Foods to make you feel more energized - What to eat to reduce mental blocks and feel less sluggish.](#)
- [Mindfulness techniques to feel more energized - Jumpstart your day or combat fatigue in the afternoon.](#)
- [6 Ways to feel less anxious about money - Change the way you think about money with these simple steps.](#)
- [How the menopausal transition affects sleep](#)
- [New parents, this is how to still prioritise yourselves](#)

## **The Cameron Fund – latest video**

We are all acutely aware of the pressures GPs are experiencing, this includes some financial pressures due in part to the impact of COVID, escalating bills/overhead costs and unachievable QOF targets. It is important we look after each other; if you are aware of a GP who is struggling financially, please do ask them to contact [info@cameronfund.org.uk](mailto:info@cameronfund.org.uk)

This short video (video 6 in a series from The Cameron Fund) explains a bit more about the Cameron Fund beginnings, how they have grown and who they help today.

CF Video 6: Our History - [www.youtube.com/watch?v=CKy-T73NAqA](http://www.youtube.com/watch?v=CKy-T73NAqA)

## **GPC GP & Sessional GP Bulletin & Informal Messaging**

Read the latest GP bulletin (England) [here](#)

Read the Sessional GPs newsletter [here](#)

Read GPC Chair twitter page: [Dr Farah Jameel \(@DrFJameel\) / Twitter](#)

Read BMA twitter page: [General Practice \(@BMA\\_GP\) / Twitter](#)

Read more about the work of the [GPC England](#)

Read practical guidance for [GP practices](#)

## **BMA COVID-19 guidance**

Read the BMA [COVID-19 toolkit for GPs and practices](#), which provides comprehensive guidance for practices to manage contractual issues and service provision during the coronavirus pandemic. You can access all the BMA guidance on COVID-19, including ethical guidance, [here](#). There is also guidance on the following topics:

- [Model terms of engagement for a GP providing temporary COVID-19 services](#)
- [Terms and conditions for sessional GPs](#)
- [Risk assessments](#)

## **Mental health and wellbeing – looking after you and your practice team**

### **Primary care coaching - communications toolkit**

In these pressured times it is absolutely critical you look after yourself and your teams. NHSE/I have launched their new communications toolkit, supporting promotion of the NHS England and NHS Improvement Looking After You national coaching service: <https://drive.google.com/drive/folders/1aS8-sTH1W9qv49d9Tq3hhwg9jJZZ5MFs>

Within the toolkit you will find social media images, banners, bulletin copy, website copy and quotes from those who have used the free services. There has been some excellent feedback from those who have accessed coaching, but we are aware there are still many colleagues who are not aware of this available support. It remains a difficult time for the workforce, so we would appreciate any help you are able to give to share these offers.

A member of their team would also be happy to come to meetings or events within regions and systems to talk about the offers: [england.lookingafteryou@nhs.net](mailto:england.lookingafteryou@nhs.net)

A coaching landing page hosts all three offers: [www.england.nhs.uk/lookingafteryou](http://www.england.nhs.uk/lookingafteryou) . Recognising that frontline primary care colleagues involved in the delivery of primary care services, both clinical and non-clinical, continue to face many challenges, NHSE have developed three coaching offers for the workforce:

- 1) Looking After You Too – coaching about you and your wellbeing
- 2) Looking After Your Team – coaching about you and your team
- 3) Looking After Your Career - coaching about you and your career

The coaches are highly skilled and experienced, and all coaching is free and confidential. The sessions are delivered virtually, preferably via a video platform, but telephone appointments are also available. Thousands of people have booked sessions and given positive feedback on their experience.

**GP appraisal leads and GP tutors offer of telephone support conversations** remain for any GP who feels they would like to talk through any aspect of their professional/personal life that has been affected by Covid. To organise a telephone support conversation, either with the appraisal lead or with a GP tutor, please contact the appraisal team, or email [di.jelley@nhs.net](mailto:di.jelley@nhs.net)

**Crisis Coaching & Mentoring:** [Coaching and mentoring sessions are available now](#) for all NHS and Health and Social Care leaders. Delivered by The Centre for Army Leadership and Meyler Campbell Coaching, these sessions are designed to support with the huge pressure on the ability of the NHS to deliver safe, high-quality care, sharpen focus on meeting the core needs of staff, ensuring wellbeing and sustained motivation to deal with this rapidly changing situation. The intervention will give leaders an understanding of crisis leadership that goes beyond what is necessary and focused on engagement and motivation through Covid19. Further information and how to register [see link here](#)

CLMC continue to offer [wellbeing services via Validium](#) for **ALL working in general practice within Tees** (including locums). We understand that a number of staff have accessed this confidential service and it has been well received.

The BMA's [report on the mental health and wellbeing of the medical workforce](#) which sets out ten recommendations to be addressed to protect staff during the pandemic and in the future. The BMA is here for you and offers supportive [wellbeing services](#) which include face-to-face counselling. You can access one-off support or, after triage, a structured course of up to six face-to-face counselling sessions. Call 0330 123 1245 today or [visit the website](#) for more information.

For all other support, speak to a BMA adviser on [0300 123 1233](tel:03001231233) or email [support@bma.org.uk](mailto:support@bma.org.uk)

[Read more about doctors' wellbeing during the pandemic](#) and on Twitter [@TheBMA](https://twitter.com/TheBMA)

There is also a wealth of [ICS provided support through their North East Support Hub](#) Telephone: 0191 223 2030 or Email: [Hubstheword@cntw.nhs.uk](mailto:Hubstheword@cntw.nhs.uk) or via online form on the website

NHSEI have recently developed a new [communications toolkit](#) and resources to help promote their offers to the workforce. The toolkit has an overview of each offer, including bulletin, email and social media copy, and links to some case studies and posters.