

## CLMC Bulletin 504 – 05/04/22

### **GP contract 22/23 – guidance for practices**

This [NHSEI webpage now holds all the 22/23 contractual documentation](#), including various pieces of guidance as well as a practice ready reckoner/calculator and PCN information including the adjusted populations calculator.

### **GPC GP contract 22/23 Webinars**

Following a stalemate in negotiations between GPC England and NHS England, the changes laid out in [the letter](#) from NHS England published on 1 March and which come into effect from 1 April 2022, have not been agreed or endorsed by the BMA.

The GPC England Executive Team will be holding four listening events via Microsoft teams on Wednesday 6<sup>th</sup> and Thursday 7<sup>th</sup> April in the afternoon and early evening to set out their guidance on the new changes to support practices in their decision making and next steps. An exec member will give a brief presentation on the contract changes and other developments, followed by a question and answer session.

There is no need to register, but please note that the session is limited to 300 people attending. Entry to the meeting will therefore be on a first come first served basis, so in order to avoid disappointment we recommend joining as groups not individuals, as this allows more than 300 to be involved in each event.

Please join the events via these links:

Wednesday 6<sup>th</sup> April at 12.00

[Click here to join the meeting](#)

Wednesday 6<sup>th</sup> April at 16.00

[Click here to join the meeting](#)

Thursday 7<sup>th</sup> April at 13.00

[Click here to join the meeting](#)

Thursday 7<sup>th</sup> April at 17.00

[Click here to join the meeting](#)

If you have any queries, please contact [info.lmcqueries@bma.org.uk](mailto:info.lmcqueries@bma.org.uk)

### **General Practice Pay Transparency – delay until 30 April 22**

Last year the Secretary of State for Health and Social Care confirmed that the implementation of general practice pay transparency was delayed until 2022. Amendments to the GP Contract Regulations have now been laid in parliament which, subject to the will of parliament, will remove the requirement for individuals within scope of the general practice pay transparency provisions (GMS Regulation 27A, PMS Regulation 21A, AMPS Direction 7A) to make a self-declaration of their 2020/21 NHS earnings by 30 April 2022.

Individuals within scope of the pay transparency provisions should therefore not take any action ahead of 30 April 2022, and commissioners should not seek to enforce this contractual requirement.

Commissioners should also continue to not enforce the requirement for individuals within scope of the pay transparency provisions to have declared their 2019/20 earnings by 12 November 2021. These amendments implement the delay that the Secretary of State for Health and Social Care confirmed last year, and are made with the expectation that this policy will resume at a later date.

### **Reminder – Workforce Data Submission Deadline – 30 April 2022**

[Workforce data submission deadline for practices](#)

### **Compliance with the national data opt-out policy – delay until 31 July 2022**

The deadline for health and care organisations to comply with national data opt-out policy is now 31 July 2022. You can view full details [here](#)

## **Gender incongruence in primary care and statement on commissioning**

The updated [Gender incongruence in primary care](#) has been published alongside the [statement on commissioning GIC services](#) (both led on by GPC Clinical and Prescribing policy group).

The Ethical guidance [Inclusive care of trans and non-binary patients](#) has also been published, and both the Ethical guidance, GP guidance and statement on commissioning currently appear on the [BMA website homepage](#).

## **Ramadan**

Ramadan began this weekend, and many colleagues and patients will mark this holy month of fasting with introspection and prayer. Fasting plays an important role in many major religions and is a central feature in all the Abrahamic faiths. In Islam, adult Muslims who are able, are required to fast during the month of Ramadan. Ramadan lasts for 29 - 30 days and ends with the celebration of Eid-ul-Fitr, which is likely to be on Sunday 1 May.

The NHS Muslim network has developed [this guide](#) with specific advice to support managers and colleagues across the NHS to be aware of key advice relating to Muslim colleagues who may be fasting during the month of Ramadan. The British Islamic Medical Association have produced some evidence-based [clinical guidance on managing patients with chronic conditions in Ramadan](#).

The [COVID-19 vaccination Ramadan toolkit](#) has also been updated. It includes advice, resources, and links for further information to help build confidence, reduce barriers to access, and support uptake of COVID-19 vaccination among the Muslim community during the month of Ramadan. Additional resources, including translated materials, are available from the [Vaccine Equalities Connect and Exchange Hub](#).

For more information and to join other events during Ramadan, please visit the [NHS Muslim network website](#). To Muslim colleagues; a healthy and safe Ramadan Mubarak!

## **Rebuild General Practice**

This month, the campaign sprung forward with a launch that successfully grabbed the attention of national media, with coverage in all the major titles, and interviews with GPs across lots of regional media channels.

You can view a digest of all the coverage so far [here](#).

You may have seen some coverage of the British Social Attitudes survey, showing that the number of people satisfied with their GP is just 38%. This will understandably be frustrating for many, but this campaign aims to turn the tide and rebuild general practice to deliver for all of you and your patients.

Following the launch last week, there will be monthly campaign briefings, monthly drop-in media training sessions, and sending monthly general email updates (alongside any special email updates such as the one last night).

With that in mind, here's some dates for your April diary:

- April campaign briefing, Thursday 7 April
- April media training, Wednesday 13 April

The Rebuilding General Practice team would like hear your stories around the campaign and how you are working to change attitudes to general practice, please email them at [hello@rebuildgp.co.uk](mailto:hello@rebuildgp.co.uk)

Remember to follow [@rebuildGP](#) on Twitter.

### **Covid Testing- NHSE Update**

From 1 April, in line with UKHSA advice, the following updated arrangements for staff and patient testing applied.

Patient facing staff should continue to test twice weekly when asymptomatic. LAMP testing (saliva tests) will no longer be available, but LFD tests for patient facing staff will continue to be available through the gov.uk portal.

All symptomatic staff should test using LFDs and continue to follow the current return to work guidance. In a change to testing policy, staff who are household contacts of a positive COVID-19 case will no longer be required to have a PCR test in order to return to work. Symptomatic staff can continue to access LFDs via the gov.uk portal.

Staff who are household contacts of a positive COVID-19 case will now be able to continue to work as normal if they remain asymptomatic and continue to test twice weekly. They will no longer be required to have a PCR test in order to return to work.

Although the general public will not be offered COVID-19 tests routinely if symptomatic, there may be some instances where a clinician will want to offer a COVID-19 test as part of a diagnostic pathway to support clinical decisions. In these cases, patients should be directed to the gov.uk website to order their tests, where they will be asked to confirm that their clinician has requested this.

High risk patients in the community identified for COVID-19 MAB / Antiviral treatment will continue to access tests from UKHSA – this will be communicated separately. Further information can be found in [the NHSE letter dated 30 March 2022](#).

### **ICB and Patient and Public Involvement – requesting feedback by Thursday 14 April**

The NHS in the North East and North Cumbria is undergoing organisational change, with an Integrated Care Board (ICB) being established to take over statutory responsibilities currently carried out by local Commissioning Groups (CCGs).

To ensure that the new structure has patient engagement and involvement at its heart, a Strategic Engagement Group made up of engagement professionals from across the area has been working together to develop a strategy or framework for involvement. [Please click here to view the independent analysis of the results of the principles of engagement survey on the North East and North Cumbria Integrated Care System website](#). The Engagement Group continues to evaluate this initial feedback.

The ICB would now like to explore what would be important to you to include in the draft framework – this [document contains information which members of the Engagement Group will be discussing at different meetings and conversations](#). You are invited to email your thoughts on engagement and involvement so the ICB can understand what is important to you. The ICB are happy to arrange a conversation if you would like the opportunity to ask questions or provide additional feedback. Please email by **Thursday 14 April** or let them know if you would like to arrange a time to talk before then.

#### **The ICB would welcome feedback based on the slides, with consideration to the following questions:**

- What you think currently works well about how local NHS organisations involve people
- What you think could be improved about how involvement currently works
- If you have any concerns about involvement at a regional level (across the North East and North Cumbria)
- What the term 'place' means to you (for example, the Tees Valley, Middlesbrough or smaller neighbourhoods and communities)
- What does good involvement look like?

This feedback will be collated across the North East and North Cumbria and will be used to further develop a framework, which will be shared for your thoughts later.

Please note that this is part of a wider involvement strategy in which there will be other opportunities to engage.

## **Validium and supportive documents April 2022**

The fourth 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.

April is a potential 'bounceback' month but changeable, filled with ups and downs in the weather – much like our stress levels. The April documents have been launched and the focus is on understanding stress and building your resilience to it:

- [Is it essential to have a sense of purpose in life? - The benefits of having a sense of purpose explained.](#)
- [5 energy boosting recipes to make you more productive - As the saying goes "you are what you eat".](#)
- [5 mindfulness techniques to make you more resilient - Simple exercises to help you better deal with stress.](#)
- [5 money mistakes that make you less financially resilient - Avoid these common mistakes when it comes to managing your finances.](#)
- [Simple ways to build resilience – how to take control of your emotions](#)

## **Latest Cameron Fund Video**

You can view the latest video in the series about the Cameron Fund and where their funding comes from [here](#)

If you have time to share this with your followers on Twitter, that would be much appreciated:  
[twitter.com/TheCameronFund/status/1508814452229120013](https://twitter.com/TheCameronFund/status/1508814452229120013)

The Cameron Fund thank all for their continued support and, if you are aware of a GP who is struggling financially, please do ask them to contact the Fund at [info@cameronfund.org.uk](mailto:info@cameronfund.org.uk).

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

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.