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LMC Meeting - 9th September 2024

The LMC discussed a range of issues, in addition to the subjects mentioned in this newsletter, including: Estates Funding, Diabetic Specialist Nurses, Workload Transfer Audit, LTC/Case Management Proposals (we are trying our best to get this sorted out as quickly as possible) and Commissioning for Eating Disorders and a new funded shared care agreement for Methylphenidate prescribing.

GP Collective Action Seminar - 23 October 2024

Protect Your Practices, Protect Your Patients

Wednesday, 23rd October 2024 · 7:00pm - 8:30pm

Kiveton Park Medical Practice

Chapel Way, Kiveton Park. S26 6QU

Free local event open to all GPs and Practice Managers in Rotherham

Free refreshments will be provided from 6.45pm.

**Join us to meet face to face with the LMC Executive Team
Dr Julie Eversden, Dr Richard Fulbrook & Dr Neil Thorman**

We want to discuss with GP Practices how Collective Action is going, what we could focus on together, what is working well, what challenges you are facing and how the LMC and BMA can support you.

LMC Meetings

GP constituents are always welcome to attend meetings of the LMC as observers. Meetings are currently held online via Microsoft Teams until further notice. Please contact the LMC office if you wish to attend

NEXT LMC MEETING:

14th October 2024

From 7.30 PM

LMC Officers

*Chair,
Dr Julie Eversden
julie.eversden@nhs.net*

*Vice-Chair,
Dr Richard Fulbrook
r.fulbrook@nhs.net*

*Medical Secretary
Dr Neil Thorman
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LMC Office

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Disclaimer

The content of this newsletter is confidential and intended solely for GPs and Practice Managers in Rotherham.

Introducing a Respiratory Syncytial Virus (RSV) vaccination programme for those aged 75 and over and pregnant people

Last year the Joint Committee on Vaccination and Immunisation (JCVI) advised that a national RSV vaccination programme should be introduced for infants and older adults to help reduce the number of hospitalizations caused by the disease.

'We note a new RSV vaccination is available from September this year to vaccinate:

- Pregnant women over 28 weeks to help protect their newborn babies
- Adults turning 75 years old on or after 1st September 2024 - routine cohort
- Adults already 75 to 79 years on 1st September 2024 - catch-up cohort (Adults remain eligible until the day before their 80th birthday (unless they turn 80y before the end of August 2025 in which case they are eligible until 31/8/25).

We understand that the Ardens template will update all patients notes as they become eligible.

Please see <https://www.gov.uk/government/publications/respiratory-syncytial-virus-rsv-vaccination-programmes-letter>.

Currently we believe this to be opportunistic or on request only and paid via IOS only.

FREE access to the Daylight App for Generalised Anxiety Disorder

Raz, at Medicines Optimisation Team (MOT) writes:

South Yorkshire ICB is part of a trial and so ALL patients have got FREE access to a CBT App for anxiety. Daylight is a free, evidence based digital app treatment for anxiety and worry. It has been developed by Big Health who are the makers of "Sleepio" an app to treat insomnia. Daylight has been rolled out and used to benefit patients in Scotland for some time and is now being provided to South Yorkshire.

Daylight delivers CBT, the NICE 1st line recommended treatment for anxiety, via a smartphone app that patients (18+) can access instantly, in their own time and at no cost.

Patients do not need to be referred, they simply need to visit www.trydaylight.com/nhs to get started (and will get 12m free access). For healthcare professionals, it provides them with another non-drug option when considering whether to start patients on medications.

If you would like to look at the resource pack materials, you can do so at: [Resources \(bighealth.co.uk\)](http://Resources(bighealth.co.uk)) – also zip file attached for you

There's also information videos available below:

- [Video on Daylight for Health Professionals can be found here.](#)
- [Information/video on Daylight for Patients can be found here.](#)

Medics Social - 10th October 2024

Ms. Radhika Gosakan, Consultant Obstetrician and Gynaecologist, RFT writes:

The Medics Social is a great evening to socialise with colleagues outside work. Held at Hellaby Hall on Friday 11 October, from 7pm.

Please come along to support each other and the charity's Tiny Toes appeal. Tickets cost £50, which includes a three-course meal. The charity team will be there with a raffle too. We have a great live band (in house talent), 2 fantastic after dinner speakers (our own consultants) and a DJ for dance after.

I really hope to see you there! Please share this invitation with your colleagues and invite them along too. Everyone is welcome, whether you're a trainee starting out in your career or a seasoned consultant.

To pay for your ticket, you simply need to email the charity on trft.rhcc@nhs.net or call 01709 426821 to tell them know you'd like to attend.

RMBF London Marathon 2025

Catherine Kiernan, Fundraising Officer, The Royal Medical Benevolent Fund (RMBF) writes

*The RMBF has an exciting opportunity. Join us at the **London Marathon 2025** for the chance of a lifetime, on the most iconic running challenge yet! Run to change the lives of doctors and medical students. Apply here: <https://rmbf.org/london-marathon-2025/>*

For any questions please contact: info@rmbf.org

BMA GP Safe Working Guidance Handbook

Following the overwhelming [YES vote in our ballot](#) over the summer, practices are starting to take action as part of our '[Protect your Patients and Protect your Practice](#)' campaign.

GPC England have published a 'Safe working guidance' handbook to help GPs and practices in the delivery of safe, high-quality care for their patients and communities. The profession wants to provide care without risking harm to others or ourselves.

At a time of unprecedented pressures, we must make changes to our workload to preserve patient care in the face of a shrinking workforce and rising demand. This will help to protect the sustainability and future of general practice.

We recommend you do this by focusing on the delivery of General Medical Services, in line with the needs of your patients and practice, and deprioritising work and activities that fall outside of your core contractual requirements. This guidance reflects the [contractual changes](#) imposed by NHS England in April 2024. We offer ways of doing this that still enable you to stay within the terms of your GMS/PMS.

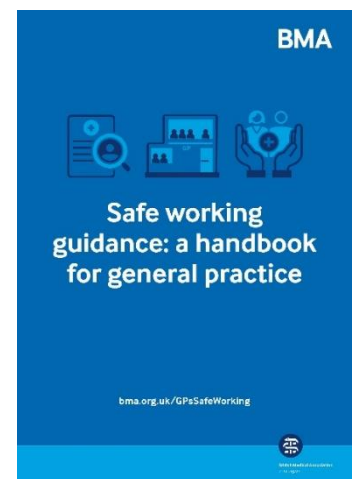
The guidance outlines how to manage workload effectively, setting safe limits of 25 patient consultations per day in line with UEMO recommendations, and encouraging practices to adopt systems that protect both patients and staff.

The BMA handbook can be downloaded and saved from the website: www.bma.org.uk/GPsSafeWorking.

Further guidance and resources such webinars and FAQs can also be accessed, with patient information posters and social media graphics to download and share.

We cannot care for our patients if we do not care for ourselves and our colleagues.

Manage workload to protect your patients and protect your practice.



Take Action to Save General Practice

Following the overwhelming [YES vote in our ballot](#) over the summer, practices are starting to take action. Each action is safe, effective, sustainable and clear, and it is up to each practice to choose which actions to take. We would encourage you to find out more about how to take part in the toolkit menu on the [BMA website](#). Your LMC will also provide you with additional advice, tailored to local arrangements.

Visit our [GP campaign page](#) for more information about taking part in the campaign, the actions and how to order campaign materials and patient resources.

Please note that most campaign resources are back in stock, with more lanyards being available very soon. If you are [ordering](#) for a wider group of people or practices, please make sure you are not double ordering.

Read the [guidance for salaried GPs and locum GPs during collective action](#) and the [collective action FAQs for GP Registrars](#)

Rollout of Medical Examiner System

In England, the statutory implementation of the medical examiner system will take place on **9 September 2024**. This will mean that independent scrutiny by a medical examiner will become a statutory requirement prior to the registration of all non-coronial deaths from this date. Information from the [Department of Health and Social Care is here](#). If you need any support please contact the Rotherham ME Office on 01709 424465 . For more wider information on the medical examiner system please [contact the BMA](#).
