



Digital Nurse Network

Weekly Bulletin with Helen Crowther RN & Ann Gregory RN – Clinical Nurse Advisors at NHSX | **13th Nov 20**

Digital Nurse Network Weekly update aimed at General Practice Nurses and the wider Primary Care Team. Please Feedback what you would like to know about, future topics, webinar ideas and your digital projects.

Email: digitalnursenetwork@nhsx.nhs.uk or follow us on Twitter: **@DigitalNurseNHS**



Projects for this week

Sign up to the Future NHS platform – all our webinars, slides, guidance and other information are hosted there. You can [click here](#) and ask for access to our new **Digital Nurse Network workspace** or email us on digitalnursenetwork@nhsx.nhs.uk and we will invite you. Catch up with all the updates, blogs and COVID information and more – why not start a discussion with other members?

There is so much going on across primary care and nursing – to help you keep on top of it all we recommend signing up to these bulletins:

- CNO – Nursing & Midwifery Matter | [Click here to sign up](#)
- Primary Care Bulletin | [Click here to sign up](#)
- Vaccine update | [Click here to sign up](#)

Online events, webinars and training



The **22nd Digital Nurse Network Webinar** will take place on **Wednesday 02 December 2020 from 1-2pm**.

We will be welcoming Sarah Portway from Tollgate Medical Practice to discuss their experience with online and video consultations. Rachel Merrett from NHSX's Information Governance Team is presenting. Sam Sherrington, Head of Community Nursing will be doing an update. Finally, Gemma Stacey from the Florence Nightingale Programme letting you know what opportunities are available. As always, Helen and Ann will provide some key network updates - [click here](#) to book.

NHS^x Digital Nurse Network as part of the Digital Primary Care Team at NHSX
Email: digitalnursenetwork@nhsx.nhs.uk
Twitter: [@DigitalNurseNHS](#) | [@nursehelenc](#) | [@AnnGregoryRN](#)

The **Digital Primary Care team** at NHSX delivered a one-off-webinar about supporting care homes to order medications on behalf of their residents quickly and safely using proxy access, saving time for care homes, practice and pharmacy staff. Alison Taylor RN, Digital Transformation Manager and Digital Nurse Network member provided an overview of proxy access and demonstrated the new [published guidance](#) designed to support care homes, GP practices and pharmacies to set this up. The slides and recording are available in the Digital Primary Care Future NHS platform webinar library – [click here to view](#).

All information correct at the time of publication – see next week's update for new info

More events, webinars and training

Kings Fund Thoughtworks event: <https://www.kingsfund.org.uk/events/leading-beyond-covid-19>

Primary Care Issues and Answers: <https://www.issuesandanswers.org/conference-2020/>

UNMISSABLE VIRTUAL CONFERENCE, THREE BROADCASTS

12.00-14.00 Exhibition and networking | 14.00-18.00 Expert sessions

Nursing in Practice Festival – session recordings are available. [Click here](#) to find what interests you.

Redmoor Health – Video Group Clinic

Second One-hour webinar discussing the value of video group clinics and how this new way to review and support your patients with long term health conditions is helping to create time and build practice resilience through person centred digital transformation.

Click here to book: <https://www.eventbrite.co.uk/e/webinar-making-the-most-of-video-group-clinics-tickets-127995408713>



Making The Most of Video Group Clinics.

Date: 18th November 2020, 12:30-13:30

About this Event

Join this one-hour webinar as we discuss the value of video group clinics and how this new way to review and support your patients with long term health conditions is helping to create time and build practice resilience through person centred digital transformation.

This webinar will provide the opportunity to experience a video group clinic and explore how you might use video group clinics to help you improve quality and efficiency during COVID19 and beyond.

At this webinar, you will hear from clinicians who have made the change and learn:

- Realising up to 80% clinician time efficiency gains (review 6-8 patients in 30 minutes)
- Maintain mandated reviews like QOF and other types of follow up care, despite the challenges of social distancing.
- Support high risk groups to self manage and make lifestyle change.
- Help to alleviate and overcome loneliness and anxiety; build community and emotional resilience by connecting your vulnerable patients.
- Support retention and flexible home working for clinicians.
- Restore joy to practice; reduce line working and burn out.

• Build integrated working and practice team resilience if you are interested in accessing training to set up and run VGCs, we will also signpost you to training opportunities in your area.

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To sign up, go to: <https://bit.ly/3kPjIN3>

Scan here to book.

Redmoor Health
ELC Partnership

General Practice Bulletin

Nikki Kanani and Ed Waller share information on [COVID vaccination programme](#), a new [General Practice Covid Capacity Expansion Fund](#), the addition of nursing associate and trainee nursing associate roles to the Additional Roles Reimbursement Scheme under the [Network Contract DES](#) from 1 October, the [ARRS claim form](#) has been updated to allow PCNs to claim reimbursement for these roles.

Cervical screening tips for communicating with patients - a [blog and short film](#) has been developed by Jo's Trust in collaboration with NHS England and NHS Improvement and Public Health England colleagues. For any queries, please contact england.phs7apmo@nhs.net.

Primary Care Bulletin - [Click here to view bulletin in full](#).

Self Care Week

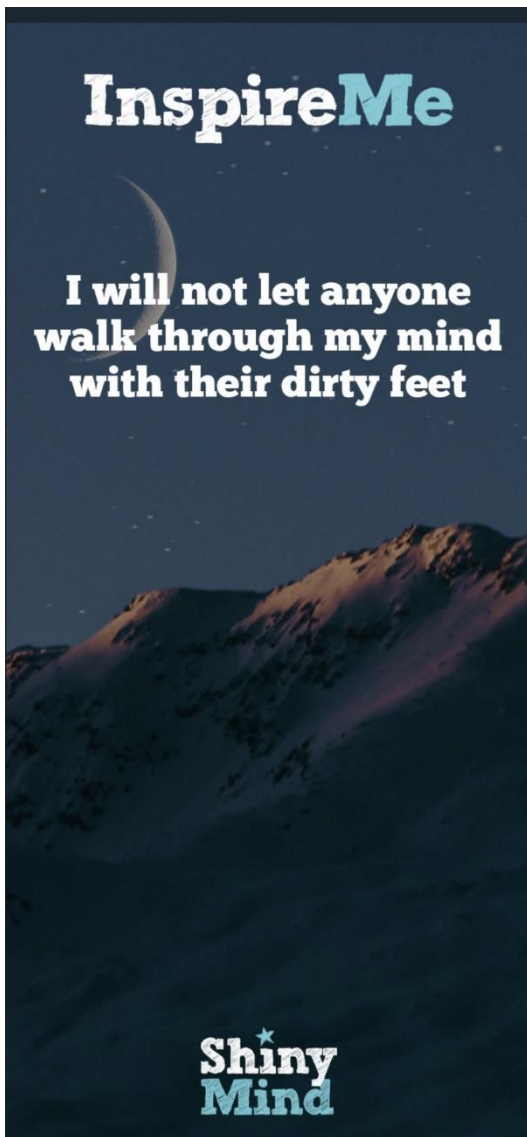
When: 16 – 22 November

Self Care Week is an opportunity to promote self care messages and help people to 'live self care for life'. We are encouraging community pharmacies across the country to support their communities to take care of their health and wellbeing through self care. The Self Care Forum has [provided resources for download](#) which include posters, fact sheets, leaflets and a '[last minute activity guide for pharmacists](#)'.

NHS Volunteer Responder Programme

NHS Volunteer Responder programme update webinars. Fortnightly webinars are being held to provide regular updates on the [NHS Volunteer Responder](#) programme.

- **Thursday 12 November, 10.30 - 11.30am** - [Join Microsoft Teams Meeting](#)
- **Thursday 26 November, 10.30 - 11.30am** - [Join Microsoft Teams Meeting](#)
- **Thursday 10 December, 10.30 - 11.30am** - [Join Microsoft Teams Meeting](#)



Shiny Mind

Remember your Mind is Precious - each of us should have Mental Wealth not just Mental Health

So here are some things we can tell ourselves to look after our mind and our thoughts when things are difficult, and we feel discouraged.

- 1 - This is Tough - but so am I.
- 2 - I may not be able to control this situation. But I am in Charge of how I respond.
- 3 - I haven't figured this out.....YET and that's OK.
- 4 - This challenge is here... to teach me something.
- 5 - All I need to do is take it one small step at a time and BREATHE, that is enough.

It is now more important than ever that we look out for each other, to help support your colleagues and friends and create a community of support for all of you, email hello@shinymind.co.uk to find out how the ShinyMind App can help you, just like it is helping this NHS nurse support her colleagues through COVID who sent us in this feedback.

"I like to be able to send messages to colleagues who are also really tired to tell them what a great job they are doing. The ShinyMind app positivity posts are such a great idea to keep us connected and show our appreciation at this really hard time.

Shiny Mind Community

For more daily inspiration, join our 'ShinyMind Community' on Facebook!
Website www.shinymind.co.uk Twitter: @shinymindcoach