

West Kent Training Hub



www.westkenteducationnetwork.co.uk

Email: kmccg.wkenttraininghub@nhs.net

[@westkentWKEN](https://twitter.com/westkentWKEN)

Dear Reader,

Welcome to the West Kent Training Hub (WKEN) Newsletter.

WKEN would like to thank all those who contribute to the content of this newsletter and ask that you please share this with your staff teams. There is an array of articles and opportunities open to all, so your help to share with your teams is very much appreciated.

We would love to hear from you and share your news, so if you have suggestions for future items, including job vacancies, please send through to kmccg.wkenttraininghub@nhs.net

PLEASE NOTE: NEW JOBS SUPPLEMENT WILL BE SHARED SEPARATELY

SUPPORT FOR ALL IN PRIMARY CARE

The Training Hub is pleased to be able to support the various wellbeing offers for all staff across Primary Care, particularly during these challenging times.

We would encourage anyone struggling with their personal resilience to please reach out for support.

These are just some of the offers available:

<https://www.england.nhs.uk/supporting-our-nhs-people/>

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

<https://se.leadershipacademy.nhs.uk/development-opportunities-and-support/coaching-and-mentoring-2/coaching-in-a-crisis/>

Peer mentoring via the West Kent Training Hub is also available to all and accessible via kmccg.wkenttraininghub@nhs.net.

Our trained mentors include GPs, Practice Managers, Nurses and Admin staff and are available to support you in managing your own resilience.



RECRUIT / TRAIN / SUPPORT / RETAIN

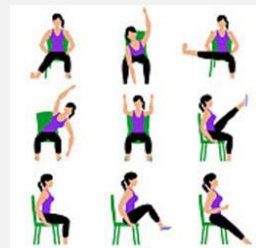


Deadline for December Newsletter – please send your items through by the **13th** for inclusion in the December edition which will be sent out earlier.

PLT DATES FOR 2022



PROTECTED
LEARNING TIME DATA



FOR YOUR WELLBEING:
Weekly Desk Based
Movements

Join us **every Tuesday** at 1pm for a gentle 10 minute stretch and move session with **Jane Taylor**

Please use the link below:

<https://us02web.zoom.us/j/87937270272?pwd=ZlNVZmJkajV4WjR0QXh2MnliK202UT09>

Non Accidental Head injury

Emerging evidence suggests that the coronavirus (COVID-19) pandemic has left babies increasingly vulnerable to non-accidental head injuries (NAHI), also referred to as abusive head trauma (AHT). It is a serious form of physical abuse causing injury to the brain. The condition may arise from shaking, impact injuries, or a combination of both. It most commonly occurs in children under the age of two, and can result in long-term disabilities or death. You may want to provide parents with this ICON website or a simple guide from NSPCC explaining why they should never shake their baby and suggesting ways babies can be soothed when they cry. <https://iconcope.org/parentsadvice/>
<https://learning.nspcc.org.uk/media/1112/handle-with-care-guide-keeping-baby-safe.pdf>

Learning from tragedies - An analysis of alcohol-related Safeguarding Adult Reviews

Alcohol dependence is a significant factor in serious case reviews. Alcohol features in over 50% of domestic homicide reviews and up to 70% of inquiries into homicides by mentally ill people. Vulnerable adults are particularly at risk. They can be deeply affected by alcohol, whether as a heavy drinker themselves or as someone who is negatively affected by another person's drinking. The overarching finding was that, perhaps unsurprisingly, most of the adults featured in these reviews had multiple complex needs in addition to alcohol misuse. In almost all cases, support services failed to cope with that complexity. Two themes emerged firstly a significant number of reviews indicated that the vulnerable adults were being exploited and abused and secondly in several cases the cause of death was related to self-neglect and refusal of care from services.

The full report on this analysis is available here <https://alcoholchange.org.uk/publication/learning-from-tragedies-an-analysis-of-alcohol-related-safeguarding-adult-reviews-published-in-2017>

A document detailing the use of legal powers to safeguard highly vulnerable dependent drinkers is available here.

<https://alcoholchange.org.uk/publication/how-to-use-legal-powers-to-safeguard-highly-vulnerable-dependent-drinkers>

Of note The Care Act 2014 applies to people with alcohol problems. Dependent drinkers with care and support needs who are, or at risk of being, abused or neglected, or being victims of self-neglect, require safeguarding by local authorities. Self-neglect (and/or living with abuse and exploitation) should never be regarded as a 'lifestyle choice'. Safeguarding alerts should be submitted to the local authority about such cases and under section 42 of the care act they have a duty to make enquiries.

Domestic Abuse

Save DAVE is a Domestic Abuse Victim Empowerment service providing confidential advice, impartial support, and advocacy for **male victims of domestic abuse and domestic violence** including psychological, physical, sexual, financial, emotional abuse and also coercive and controlling behaviour in Kent and Medway. It supports all men; with and without children.

<https://www.dadsunltd.org.uk/services/dave/>

Kent and Medway 16 Days of Action against Domestic Abuse campaign—Know, See, Speak Out. Social media Campaign . 25 November – 10 December 2021

Use these free resources to help you and the people you know to learn about, understand, and feel empowered to speak out against domestic abuse and the devastating impact of this crime, so that everyone can get victims to safety this winter and beyond. <https://www.domesticabuseservices.org.uk/latest-news-articles-advice/know-see-speak-out-16-days/>

Dr Reshma Rajagopal - NHS CCG Kent and Medway Named GP for Safeguarding Children and Adults (West Kent)



DESK BASED MOVEMENTS - weekly 10 minute sessions

We have received some great feedback from the weekly movement sessions so keep sending in your comments. Jane Taylor has kindly set up a specific 'member area' on her website so all the recordings are available and can be easily accessed.

<https://vimeopro.com/taylormadefitness/wken-weekly-work-based-movement-sessions>

It is password protected and I have used the password: WKEN-move-more

In addition, Jane has kindly provided the below links which offer some additional recordings:

- *Additional recording (15 minutes)* - segmental movements of the spine plus a lovely shoulder exercise!
- Also, here is the link for the session last week: <https://vimeo.com/646622242/4172c42fd0>

Join us every Tuesday at 1pm - we look forward to seeing you then:

<https://us02web.zoom.us/j/87937270272?pwd=ZlNVZmJkajV4WjROQXh2MnliK202UT09>



Looking After Your Career – confidential coaching for the primary care workforce

<https://www.england.nhs.uk/looking-after-your-career>

Take control over your career – confidential coaching

If you're thinking about your career and what you want from your current role, investing some time with a coach can be a very helpful thing to do.

[Looking After Your Career](#) is a new coaching service for anyone working in primary care. Experienced coaches will support you to take practical steps over your career direction and to proactively advance it. Conversations may include:

- exploring future career pathways
- preparing for interviews and opportunities
- developing more meaning or purpose in current roles.

This offer is part of the '[Looking After You](#)' coaching series, which includes individual wellbeing support and a service for those who lead and manage teams. Book sessions at a date and time that suits you. *Thank you for looking after yourself whilst you continue to look after others.*

Communities of Practice

MAIDSTONE

Facilitated by Dr Tony Jones, the following clinical communities of practice groups are available.

Email addresses are provided as the main contact for each group, but should you require further information or would like to discuss further, please contact tony.jones@nhs.net

Paramedics working in general practice - ian.phillpott@nhs.net

Clinical pharmacists in general practice - elizabethwallis@nhs.net

Advanced nurse practitioners in general practice - vickiemehaffey@nhs.net

TUNBRIDGE WELLS – and virtually to incorporate a wider area

Facilitated by Dr Jane Roome, both the New to West Kent (for GPs who are newly qualified, new to the area or new to role) and the West Kent Sessional GP group (for any GPs who are not a partner) have WhatsApp groups and are starting virtual meetings via Zoom. Traditionally these have been Tunbridge Wells based but given we're meeting virtually now please feel free to join and gain support and knowledge from other GPs in the area wherever your base may be.

Please contact jane.roome@nhs.net for more information and to join the groups.

Dates for your diary...

Educational Opportunities open for all Primary Care and interested staff



Dear all

Please join us for the last of our meetings for 2021.

Open to all in Primary Care, delivered on Zoom and with plenty of time for questions we look forward to seeing you.

If you have any thoughts or ideas for meetings for 2022, please do get in touch jane.roome@nhs.net

Thursday 2nd December 7.30-9pm. Diagnosis and management of polymyalgia rheumatica in Primary Care

Dr Amit Saha, Consultant Rheumatologist, MTW NHS Trust

eventbrite

[Diagnosis and management of Polymyalgia Rheumatica in Primary Care](https://www.eventbrite.co.uk/e/diagnosis-and-management-of-polymyalgia-rheumatica-in-primary-care-tickets-181102060137)

Diagnosis and management of Polymyalgia Rheumatica in Primary Care

<https://www.eventbrite.co.uk/e/diagnosis-and-management-of-polymyalgia-rheumatica-in-primary-care-tickets-181102060137>

Dates for your diary...

Emergencies in Primary Care Simulation session. Saturday 27th November from 9am – 2pm, Tunbridge Wells Hospital

There are a very limited number of places available for this fully funded session around different emergencies that can occur in Primary Care.

Open to all but please sign-up ASAP using the Event Brite link below if you'd like to join us for this unique course.

*"This was the best course I have EVER been on"
Previous attendee's feedback.*

eventbrite

[Emergencies in Primary Care simulation session](#)

Emergencies in Primary Care simulation session

www.eventbrite.co.uk

Items of Interest...



Tissue Viability Workshop – 13th January 2022

Following the success of the Virtual Tissue Viability workshops held recently, another date has been made available.

For more information and to book a place on the 13th January 2022 please follow link below:

<https://www.canterbury.ac.uk/medicine-health-and-social-care/continuing-professional-development/tissue-viability-workshop.aspx>

The cost is £80 per delegate and those eligible can utilise their CPD money to cover this cost.

**MACMILLAN
CANCER SUPPORT**

NHS
Kent and Medway
Cancer Alliance

Macmillan Cancer Education Survey

The Macmillan Primary Care Facilitator Team would like to offer some **face to face cancer awareness education for Primary Care Nurses, Nursing Associates, Advanced Nurse Practitioners and Health Care Support Workers** next year. The topics covered within the events will explore cancer prevention, screening, signs and symptoms of cancer, supporting people who have being diagnosed with cancer and what Macmillan has to offer Patients as part of this support. Before we plan the size of venues and times we would very much like your input on whether you would like to attend this type of event. We would be very grateful if you could complete this short questionnaire:

<https://www.surveymonkey.co.uk/r/GDWR2W>

If you have any questions about future training, please contact kmccg.macmillanprimarycare@nhs.net



Leadership without Authority Masterclass

Tuesday, 7th December 10:00am - 11:30am

This virtual workshop provides some protected 'headspace; and 'thinking time' **for busy practice managers, primary care practitioners and other key primary care colleagues** to consider:

- * What are the differences between leading in a hierarchical context and influencing across networks?
- * Which aspects of my work are best achieved through a conventional management approach and which aspects require a more networked approach to leadership?
- * What are my key challenges in influencing beyond my sphere of authority?
- * How do I apply this learning to my everyday work as a leader in primary care?

For more information and how to register, [please visit our website here](#).



The South East Region Designated Health Professionals for Looked after Children and Care Leavers are delighted to invite you to a series of webinars focusing on what makes a difference to the children and young people in our care.

Thursday, 9th December: Dr Sharon Kefford, GP children's safeguarding and designated doctor for looked after children Surrey Countywide.

Over the past 12-18 months Dr Kefford has been working in partnership with her counterpart Dr Tamsin Robinson in Ealing. Also a GP, named GP and designated doctor for looked after children. They have produced professional guidance tools for GPs and GP practices highlighting their roles and responsibilities with regards to looked after children and care leavers. The project was a joint venture between health and social care professionals in Surrey and Ealing.

Two short practical guidance videos were produced by the Primary Care Safeguarding Forum for GPs, in collaboration with care experienced young people in Surrey and foster carers in Ealing. The first video provides practical guidance related to providing primary care services for looked after children and the second for care leavers.

The event is open to all health and social care colleagues, so please feel free to share with your colleagues. Below is a flyer detailing the daily events and joining instructions and links to the webinars will be distributed in due course

[Flyer - Looked After Children and Care Leavers Week - Commencing 6th December.docx](#)

HEE SE Funding and Commissioning Process for Trainee ACP with Sarah Goodhew



Health Education England

A session aimed at ACP Leads, employers, service managers and all interested stakeholders to help understand the HEE SE application process for funding ACP education and training.

If you would like to attend this webinar, please complete the short registration form which can be found [HERE](#) by no later than **Tuesday 30th November**.

A Team's invite for the webinar will be sent to the email address you provide on this form.

Please also find below dates and times of future webinars for 2021-2022.

DATE	TIME	TITLE	DESCRIPTION	LED BY
Tuesday 8 th Feb 2022	1:30pm	Effective supervision for advanced practice	For ACP leads, employers, supervisors, trainee ACPs and anyone interested in how to achieve effective, good quality supervision for advanced practice.	Heather Nisbet
Thursday 17 th March 2022	3pm	Supporting the trainee ACP in difficulty	Aimed towards informing ACP leads, supervisors and employers on the support pathways and mechanisms for helping trainees who run into difficulties with their training.	Emmie Baker-Larner
Tuesday 10 th May 2022	3:30pm	How to grow an ACP	For service managers, ACP leads and employers who want to understand more about the workforce planning and strategic processes for developing advanced practice roles within their services and organisations.	Sarah Goodhew
Friday 8 th July 2022	9:30am	Preparing your portfolio	For trainee ACP, ACP and ACP leads to understand the HEE directory and portfolio requirements.	Emmie Baker-Larner
Wednesday 7 th Sept 2022	3:30pm	Good governance for advanced practice	Aimed at service managers, ACP leads, employers and all those who want to understand more about good governance for advanced practice.	Heather Nisbet

SAVE THE DATE – Webinar Focused On Paramedics and Prescribing...

Kent and Medway Training Hubs are pleased to advise a date has been agreed for a Kent & Medway-wide Webinar focused on Paramedics and Prescribing:

Monday, 10th January 2022 from 1:00pm – 2:00pm

More details to follow in due course but in the meantime, please add this date in your diary so you don't miss it!

Items of Interest...

APPRENTICESHIPS AVAILABLE: Business Admin, Leadership & Clinical pathways

The West Kent Training Hub (WKEN) can now support you to access Levy Funding through a generous offer from Maidstone and Tunbridge Wells NHS Trust. *The Levy Funding covers course fees* for a multitude of apprenticeships, including Business and Administration, Clinical pathways, Leadership and many more. The funding does not however cover salary support although there is limited funding available for some nursing apprenticeships. Please see below for guidance and should you wish to discuss or express an interest in an apprenticeship, please contact Karen via:

Apprenticeship Roles (Approximately 80% of time is workplace learning and 20% theory)	Course Funding by Levy	HEE Funding for 21/22 (22/23 not yet confirmed)
Trainee Nurse Associate (2 years)	Yes	£8000 over 2 years
Associate Practitioner to Nurse Associate (2 years)	Yes	£8300 per year
Registered Nurse Apprenticeship (4 years)	Yes	£8300 per year
Any apprenticeship – business admin, leadership, HCA, ACP can now attract levy funding via MTW	Yes	Not as yet

kmccg.wkenttraininghub@nhs.net

Building Clinical Placement Capacity Funding Offer

General Practice in West Kent has the lowest number of Practices offering Nurse Placements in Kent and Medway and this proposal aims to support the increase of Practice Assessors/ Supervisors to facilitate student placements. Current pressures on student placements include:

- Development of a more diverse multidisciplinary workforce primarily due to ARR roles required multi-disciplinary placements (e.g. Pharmacists; Paramedics; Physiotherapists)
- Higher Education Institutions (HEIs) have a backlog of placement hours due to Covid and are now offering year 3 student placements in Primary and Community Care
- West Kent has a higher ratio of patients to nurses, with workload restricting time available for Nurses to supervise/assess students

Funding offer: WKEN Training Hub Board has agreed for 2021 – 2022 to make funding available to Practices/ PCNs across West Kent to cover additional nursing/clinical hours for training to become Practice Assessors (2 day course/Clinical Supervisors (half day course)).

✚ Practice Assessor

£300 (to cover 2 days training)

✚ Clinical Supervisors

£ 75 (to cover half day online training)

If your Practice/PCN would be interested in supporting placements and increasing the number of Practice Assessors/Clinical Supervisors please complete the application below and return to:

kmccg.wkenttraininghub@nhs.net



WKPlacementFunding.Oct21Final.docx

A DAY IN THE LIFE OF... A GP Trainee

Hi everybody, my name is Yewku and I'm a first-year GP trainee. I am currently coming to the end of my first four-month rotation, where I have been working at Bearsted Medical Practice in Maidstone. This has been an exciting new chapter and I'll share with you my experience of working in primary care.

For a little bit of background, I began working in Maidstone and Tunbridge Wells, after completing five years of medical school at St Georges University of London and two years of foundation training in Colchester. I wanted to pursue general practice, as I enjoyed my rotations there, and I was placed in Maidstone to do this.

Typically, I get into the practice at 8.30 am and I look through the notes of patients I've been allocated to see during that day, so I can start to think of important questions to ask and formulate potential management plans. Due to the pandemic, we have a greater proportion of telephone consultations, which allows us to decide whether a patient's complaints can be handled remotely, or whether we need to bring them in for further examination. As a trainee, I have longer 20-minute consultations compared to my fully qualified colleagues. In a typical morning, I will call 10 patients, and I have time to bring them in and see them if required. I have a wonderful team of partners at the practice, who are very warm and approachable, and I can ask any of them if I have any questions regarding patient care.

The morning session finishes at 1 pm, and, if I've finished seeing patients, writing notes and sending referrals, I go upstairs to eat my packed lunch with the rest of the practice staff in the meeting room. This is where we can blow off steam and chat about our lives or any issues we faced in the morning sessions. We begin our afternoon surgery at 2 pm. Usually I will have another afternoon session of seeing patients, where I will see another eight or nine patients and deal with any queries or concerns. However, on one day a week I have a tutorial. This is three or four hours put aside with my GP tutor, Dr Mortimer, and this is led by me. This time that has been set aside allows me to ask questions based on interesting patients I've seen, or learn about topics that feature heavily in GP, for example skin and paediatric conditions, or common things seen in primary care, such as contraception and HRT. We can also do case-based discussions which contribute towards my portfolio; an extensive volume of evidence which show the GP program directors that I am learning every day and not wasting my time. The portfolio features lots of case reviews, where I write up my experiences of patients I've seen and reflect upon them. After looking at letters and test results, I usually finish my day at around 5.30 pm before I drive back home.

During my GP placement, I am based at my practice three days a week. On Wednesday, I have self-development time to work on my portfolio or specific GPST1 teaching. In the afternoon I attend ST3 teaching, which shows what will be required of me as a final year trainee. On Tuesday afternoons, I attend a group called CLIC, which stands for Clinical Leadership in Integrate Care. This is run by a retired GP trainer named Tony Jones, who has taught us, with the help of guest speakers, about the health and social care system in this country, as well as leadership, team working and facilitation skills. I have found the sessions very beneficial, as I have learnt more about the structure of the NHS, from a national to a regional level, and how I can utilise this in my practice, in other words making use of social prescribers. On Tuesday mornings, we have a chance to work on projects related to healthcare and a topic of interest. After liaising with Tony, I decided to become the CLIC group representative for the West Kent Education Network (WKEN). This is the team responsible for the training, education and retention of healthcare staff across the West Kent region. I have spent the Tuesday mornings of my rotation liaising with their members of staff, to try and provide the opinion of a GP trainee, and to bring improvements in their education alongside the standard training programme.

I am about to move onto a four-month rotation in Obstetrics and Gynaecology at Tunbridge Wells Hospital. I have enjoyed my time at my GP Practice, in addition to liaising with the training hub and learning in my CLIC group. I will be back in primary care as part of my training and if you see me... say hello!





Please see below for the latest list of courses available:



Upcoming courses
with space available -

How to book:

Please login to your Invicta Health Learning account <http://invictahealth.learningpool.com>
to book a place or email learning@invictahealth.co.uk for more information!

Visits to Care Homes

Did you know anyone entering a care home has to be provide evidence that they have been double vaccinated?

All professionals visiting care homes must be either fully vaccinated, or exempt. The Department of Health and Social Care has written a [letter to visiting professionals](#) regarding this. This means that care home providers must see evidence of double vaccination (unless they have an exemption or there is an emergency). The Care Quality Commission is monitoring that the Registered Manager comply with the Regulations (more details of CQC's role can be found [here.](#)) The proof of vaccination should be via the following three routes:

The NHS App / The NHS website – NHS.uk The NHS COVID Pass letter

Pia Rathje-Burton, Locality Manager (London and South East)

Contact: 07815 429173



PCN Diabetes Champions

***An exciting opportunity
to recruit 9 PCN
Multi Professional
Diabetes Champions
(1 per PCN) across
West Kent***

WKEN are looking for enthusiastic candidates who will have the responsibility to advocate for change and champion quality care within each PCN

**ARE YOU PASSIONATE ABOUT DIABETES?
IF YOU ARE CURRENTLY WORKING IN THE FOLLOWING PCNs:**

The Ridge, Weald, Malling or Maidstone Central

WE WANT TO HEAR FROM YOU!

kmccg.wkenttraininghub@nhs.net

This role is being offered by the West Kent Training Hub as part of a training and education initiative to standardise the delivery of diabetes care in West Kent