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Items marked \* **in orange** on the content list are highlighted either because of their importance or because they contain information you may not have seen elsewhere.



## HOT TOPICS

### This Month's Hot Topics

#### LMC Wellbeing Support to Continue

We are delighted to report that we have secured further funding which will enable us to continue and develop our enhanced services to support general practice in the Humber region.

The funding of £99,000, from the NHS England and Improvement General Practice Forward View, will support the continuation of our wellbeing strategy until December 2022. This will support a number of the new projects and services we have put in place to support our constituents, including additional hours for GP mentoring and further wellbeing events. You can find a short summary of our wellbeing strategy [here](#) and the latest version of the [LMC's support offer for primary care \(May 2021\) here](#).

#### Locum Working

A reminder for any colleagues undertaking locum work to ensure they have written terms and conditions agreed, as well as a clear job plan for the day so practices know what they can expect. Lots of information on this can be found on the [BMA's sessional and locum contract guidance pages](#), including the [Locum GP Handbook](#).

#### GP Appraisals

A reminder that GP appraisals remain in the reduced 2020 format which should require only 30 minutes of preparation using the recommended templates either for the MAG form, or online in the other available appraisal toolkits. More details on the [Yorkshire and the Humber Medical Appraisal site](#).

## TRAINING, EVENTS & OPPORTUNITIES

### Access Free Mentoring Via the LMC

Humberside LMC GPs, Practice Managers, Nurses and senior practice staff with leadership/decision making responsibilities are able to access eight hours of free, 1:1, mentoring support via the *GPMplus* mentoring service.

Mentoring can help you to:

- Work through any problem or potential opportunity you feel you have
- Manage transitions positively
- Build confidence
- Improve your work life balance
- Build your resilience
- Achieve your aspirations

To book, complete the [on-line contact form](#) or for further information visit [GPMplus: General Practice Mentorship plus](#).

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## Practice Manager Buddying Event

Thursday 6<sup>th</sup> May 2021, 09:30-11:00

Virtual – via Zoom

A Free Event

The third in our series of Practice Manager Buddying events. Aimed at developing peer support between Practice Managers in the Humberside area as part of the Humberside LMC Wellbeing Strategy.


In recognition of the additional ongoing pressures faced by Practice Managers during the Covid pandemic, the session will focus on:

1. Supporting colleagues (9.30am to 10.00)
2. Self-care (10.15am to 10.45)

The session provides the opportunity to review a range of wellbeing resources and to share good practice and current challenges with your peers. There will be time after the second session to discuss any other topics you wish to raise.

Book your place via <http://www.humbersidelmc.org.uk/events/12154>

We hope you'll be able to take the time to share your experiences to support one another and we look forward to seeing you.



## CLINICAL ISSUES

### New NICE Guideline on Assessment and Management of Chronic Pain Published

A [new guideline on the assessment and management of people with chronic primary and secondary pain](#), setting out the range of treatments people should be offered, has been published by NICE.

The guideline emphasises the need for shared decision making, putting patients at the centre of care, and the importance of healthcare professionals gaining an understanding of how a person's life affects their pain and how pain affects their life.

It also recommends that a care and support plan should be developed based on the effects of pain on day-to-day activities, as well as a person's preferences, abilities and goals. Any medicines prescribed should be reviewed regularly for effectiveness, adverse effects and to confirm that the benefits continue to outweigh the risks and the patient's treatment goal is being met by the medicine(s) in question.


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### GP Maternal Postnatal Checks

The universal 6-8 week postnatal check for new mothers, introduced in the update to the GP contract agreement in April 2020, is included in the services GP practices should still aim to continue throughout the pandemic (by phone or in person). To understand what is being offered across Humber, Coast and Vale, a brief survey conducted by Maternity Voices Partnerships via social media asked people birthing in 2020 if they had been offered a postnatal check appointment or if they had requested this appointment.

Overall 39% of the 656 respondents had not been offered an appointment, 34% were offered a face-to-face appointment and 11% were offered a phone appointment, with significant variation across CCG areas. 22% of women had a poor experience, 16% had a good experience and 14% were declined an appointment. These results highlight a need for all GP practices to be made aware of their contractual obligation to provide a maternal postnatal check.

Practices are required to aim to offer or make available a maternal postnatal check appointment when requested and ensure the consultation follows RCGP guidance.



This short [RCGP guidance document](#) offers advice on how to offer the service during the pandemic. This [Guidelines in practice article](#) gives tips on picking up perinatal mental health problems. The [RCGP Perinatal Mental Health Toolkit](#) provides resources and further guidance.

## PRACTICE MANAGEMENT

### Flu Vaccination Programme 2021/22

The BMA report they have now received confirmation from NHSEI that there will not be central procurement of flu vaccine for the coming year's scheme, but the at-risk group will be extended as it was this year. Practices should therefore, where this is possible due to the late notice, take this into account when placing orders. The annual flu reimbursement letter was updated on 1 April. A copy of the latest version can be found [here](#). The letter confirmed that those aged 50-64 year old will be included in the 21/22 flu programme and also confirmed the inclusion of a QIVr vaccine (Supemtek).

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### Extension of Temporary Changes to GP Contract under the Pandemic Regulations

The following temporary changes to the GP contract in England will continue under the pandemic regulations **until 30 June 2021**:

- A suspension of the requirement that practices report to commissioners about the Friends and Family Test returns
- A temporary suspension of the requirement for individual patient consent in certain circumstances, in order to encourage increased use of electronic repeat dispensing (eRD)
- A continuation of the temporary increase in the number of appointment slots that practices must make available for direct booking by 111 to 1 slot per 500 patients per day.

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### GP Contract Legislative Changes

The [APMS directions reflecting GMS and PMS contract changes](#) that came into force from 1 April 2021 along with the [Directed Enhanced Service Directions and the](#)



[Statement of Financial Entitlements Directions](#) have now been published.

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## QOF 2021/22

QOF has been reintroduced from April 1<sup>st</sup> 2021 based on the already agreed indicators set for 2020/21 with very limited changes. The changes are:

- A new vaccination and immunisation domain (as previously agreed in the update to the GP contract agreement) consisting of four indicators to replace the current Childhood Immunisation Directed Enhanced Service (DES). Three of these indicators focus on routine childhood vaccinations and one on incentivising the delivery of shingles vaccinations.
- The reintroduction of three indicators focused on patients with a serious mental illness to promote improved uptake in all six elements of the SMI physical health check.
- A new indicator focused on cancer care has been introduced and amendments made to the timeframe and requirements for the cancer care review indicator.
- The four flu indicators have been retired with incentives relating to flu vaccination for target groups being introduced into the Investment and Impact Fund.
- The date of diagnosis has been amended to 'on or after April 2021' for the asthma, heart failure and COPD diagnostic indicators.
- To account for the impact of the COVID-19 pandemic on care, the Learning Disabilities and Supporting Early Cancer Diagnosis Quality Improvement modules are to be repeated in their intended format (prior to amendments for the refocusing of QOF in September 2020) with some slight modifications to account for the impact of the pandemic on care.

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## EU Exit Update

Professor Keith Willet at NHS England has provided [an update on the current response to the UK leaving the EU](#). Implementation of border controls has been delayed, giving industry more time to prepare. For the NHS, the approach to supply issues outlined in the [letter of 30 December](#) will continue to apply with NHS organisations seeking to resolve supply disruption issues through business as usual procedures in the first instance. The European Commission has published its draft data adequacy decisions, setting out that the UK should be found 'adequate'. This paves the way for continued

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free flow of personal data between the UK and EU.

Practices are urged to maintain the current level of preparedness, ensuring your business continuity plans are up to date, and you are able to escalate issues whenever you need to.

## GUIDANCE & RESOURCES

### GP Career Support Hub

A new [GP Career Support Hub](#) has been launched on the [Future NHS platform](#) (log in required), containing all of the information GPs need to support them throughout their career. The GP Career Support Hub is a central information point with resources to support GPs at all stages of their career - from newly qualified doctors to those approaching the end of their career. It provides information, guidance and support on career development, learning, mentoring, appraisals, career options/flexibility, wellbeing, pay and pensions to enable GPs to realise fulfilling, rewarding and exciting careers in general practice.

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### Supporting Our NHS People: Primary Care

This is a directory just published by NHSE which brings together details of a wide variety of services, resources, and sources of help for people working in primary care. Includes counselling and talking therapies, wellbeing and self-help apps, financial support, mental health hubs, and online guides and resources. Download [Supporting Our NHS People: Primary Care](#).

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### Medicine Supply Issues Update April 2021

This is the regular report produced by the Department of Health and Social Care (DHSC) Medicine Supply Team. This information is confidential to the NHS; please do not upload to websites in the public domain. Please do share with relevant colleagues and networks. There are various attachments for individual notifications:

- [Medicine Supply Issues Update April 2021](#)
  - [Clinigen Erwinase Update](#)
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- 



- [Jazz Erwinase Notification](#)
- [Oral Contraceptive Tablets update](#)
- [Irbesartan Tablets update](#)
- [H2 Antagonists Notification](#)
- [Ranitidine Notification](#)
- [Enalapril Notification](#)
- [Voriconazole Notification](#)
- [Pioglitazone Notification](#)
- [Chloral Hyrdate Notification](#)
- [Rifinah Notification](#)

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## Vaccinations and Immunisations Guidance

The [BMA has published guidance](#) about the recent changes to the [provision of routine vaccination and immunisation in general practice](#) which came into place from 1 April 2021. The changes include:

- The provision of V&I services becoming an essential service for all routine NHS-funded vaccinations with the exception of childhood and adult seasonal flu and COVID-19 vaccinations.
- The introduction of five core contractual standards to underpin the delivery of immunisation services.
- A single item of service fee for all doses delivered in vaccination programmes funded through the GMS contract
- The Childhood Immunisation DES with its 70% and 90% targets was retired on 31 March 2021 and a new V&I domain in the Quality and Outcomes Framework introduced for 2021/22.

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## Network Contract DES 2021/22 and Improving General Practice Appointment Data

NHSE/I has published a suite of documents to support the updated [Network Contract DES 2021/22](#) from 1 April. These documents implement the changes set out in the [NHSE/I letter of 21 January 2021](#), and include a [cover note outlining the key changes](#), the updated Network Contract DES specification and guidance, and other supporting guidance, including a set of FAQs.

They have also published [guidance for practices on standard national general practice](#)



[appointment categories](#) to support the mapping of local appointment slots to these new categories. This follows joint NHSE/I and GPC England guidance published in August 2020, which introduced an agreed definition of general practice appointment. There is also new guidance on PCNs implementing the [Investment and Impact Fund](#) for their practices as per the requirements set out in the Network Contract DES.

Access all the guidance on the NHSE website [here](#).

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## Improving General Practice Appointment Data (GPAD) Webinars and Demos

Guidance for practices on standard national general practice appointment categories [has been published](#) to support the mapping of local appointment slots for these new categories. This follows from guidance published in August 2020 jointly GPC England and NHSE/I, which introduced an agreed definition of a general practice appointment. Recording all appointments in this way will help us to more clearly demonstrate the increased workload pressures and activity of general practice.

NHS Digital are hosting [several webinars](#) to supplement this guidance and the categorisation. There are also some short demonstrations that cover how best to carry out the national mapping exercise:

- EMIS WEB users: [GP Appointments Data \(GPAD\) - HowbeckHow2](#)
- TPP SystemOne users: [GPAD Mapping - TPP Demo](#)


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## Updated Guidance for HGV Medicals

Due to added pressures caused by the pandemic, a decision was taken by DVLA in April 2020 to waive the medical requirement for a D4 licence renewal application for those aged 45 and over. Applicants were instead issued with a single, one-year licence.

After talks with the DVLA, the BMA has agreed to aim to accommodate D4 medical appointments for working drivers to make sure that drivers are available to the transport industry. Practices are encouraged to enable working drivers to have this medical examination when necessary as much as public health guidelines and individual priorities allow. This excludes car driving licence renewals with small lorry (C1, C1E (107)) and minibus (D1 (101) and D1 (101,119)) entitlements issued before 1997 where these entitlements are used for driving large recreational vehicles rather than for working in

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the transport sector.

Further information and guidance on this can be found on the [DVLA website](#).

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## DWP Forms

The Department for Work and Pensions publishes a list of all relevant GP forms prior to their publication on the [HCP pages of Gov.UK](#). This lists the forms DWP may ask healthcare professionals to complete and whether there is a charge for doing so.

# GENERAL NEWS

## LMC Committee Members 2021-24

Following the recent election our newly elected committee members have taken up their posts on Hull and East Yorkshire LMC and North and North East Lincolnshire LMC.

### Hull and East Yorkshire LMC

#### East Yorkshire Principals

Dr Shashikant Bhasme

Dr Simon Carruthers (Chair)

Dr Gina Palumbo

Dr Anjali Saxena

Dr Daniel Thompson

#### Wolds & Coast Principals

Dr Kah Wai Lee

Dr Hisham Nobeebaccus (Vice Chair)

Dr Gary Scott

East Hull Principals

Dr Rajeev Raut

#### West Hull Principals

Dr Ramzan Awan

Dr Monisha Singh

#### Hull & East Yorkshire Sessionals



Dr Paul Caldwell  
Dr Ciaran Kelly  
Dr Stephanie Lomax  
Dr Stephen Opare-Sakyi  
Dr Victoria Thompson

### Co-opted Members

Dr Rebecca Harrington (GP Registrar)

### Observers

Dr Kieran Sharrock (GPC Representative)  
Amalia Booker (Practice Manager Representative)  
Dr Anne Jeffreys (ERY CCG)  
Dr Dan Roper (Hull CCG)

### North and North East Lincolnshire LMC

#### North Lincolnshire Principals

Dr Andrea Fraser  
Dr Manish Khandelwal (Chair)  
Dr Salim Modan

#### North East Lincolnshire Principals

Dr Pranab Ray

#### North & North East Lincolnshire Sessionals

Dr Abdur-Rauff Mahroof  
Dr Siddesh Shambhu  
Dr Sanjedah Zaro

### Observers

Dr Kieran Sharrock (GPC Representative)  
Nick Sutton (Practice Manager Representative)  
Dr Faisal Baig (NL CCG)

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## Racism and Discrimination Report Published

We have just published the report [Racism and Discrimination – the experience of primary care professionals in the Humberside region](#), based on the recent survey of



clinical staff, managers and administrators working in general practice in the Humber region.

The report highlights discrimination faced by staff and patients from Black and Ethnic Minority backgrounds in general practice and calls for a zero tolerance approach to tackle racism in all its forms.

The survey is part of a Humberside-wide strategy, supported by the four CCGs in the region, to address racial inequalities and barriers, and provide support for all those staff from ethnic minority backgrounds working in primary care.

238 people responded to the survey distributed by Humberside LMCs, the highest response rate for any consultation we have conducted. The responses highlight respondents' experiences of discrimination in areas including training, working patterns, and complaints.

For example, 22% of Black and Minority Ethnic respondents reported that their ability to train in their careers was affected by racism or discrimination. One respondent commented:

“Comments were made throughout my career that I was an inferior doctor...rather than seeing the positives - awareness of different cultures, languages and attitudes. My background was seen as a negative.”

The report has been compiled by a working group made up of representatives from general practice and led by Dr Zoe Norris, Medical Director at Humberside LMCs. She says:

“The report is not an easy read, and starkly illustrates the challenges our colleagues and patients are encountering every day due to racism and discrimination.”

“It's based on the lived experience of both clinical and non-clinical staff working in primary care across the Humber region, and we're incredibly grateful to all the staff who shared what are clearly very difficult experiences with us.”

“Despite the problems highlighted we hope that, through shining a light on these issues, this will be the beginning of a conversation between all of us working in primary care to tackle discrimination. I would value your feedback and hope this is the beginning of a

conversation between all of us working in primary care to tackle these issues.”

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## Invitation to Participate in the Humber Primary Care Collaborative

The development of our Integrated Care System (ICS) over the next 12 months will bring significant change to how healthcare is commissioned and organised in the Humber region. This will bring about changes to primary care and will impact on all of those providing care.

Humberside LMC believe that primary care must have a strong voice and influence in how the ICS will be structured, and in the role of primary care leadership going forward. In conjunction with our GP constituents we have developed a proposal and agreed a mandate to create a new Primary Care Collaborative body, joining together all primary care stakeholders at a Humber level (East Riding, Hull, North Lincolnshire, North East Lincolnshire), including GPs, Federations, primary care providers, pharmacy, optometrists, dentistry, and community services to be this voice.


We believe the collaborative would be stronger with a broad base of primary care representation and we're inviting nominations from primary care to provide representation for one of the available roles.

Our [project document](#) provides further information including the matrix of representation on page 9. The [member role requirements](#) sets out what you will be asked for and how to nominate yourself as a representative. Please note the closing date for nominations is **Friday 14 May 2021**.

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