

MANSFIELD NORTH PCN BULLETIN

NOVEMBER 2024

Welcome to the November PCN newsletter

Healthwatch Nottingham and Nottinghamshire Annual Showcase and Mid Notts Community Roadshow



In July several of our ARRS team members attended the annual healthwatch event, we had great representation from our SPLW, HWBC and LD teams. Several presentations were made including first awareness of Versus Arthritis and MySight Notts. Charitable support team Services for Empowerment and Advocacy (SEA) who have a particular focus on homeless rough sleepers or individuals with struggles in benefits, housing or healthcare. Our LD and HWBC teams had stalls this year representing their areas of expertise also.



ARRS Team Members Updates

Our Health and Wellbeing Coaches are currently running several different groups across the PCN for many different cohorts.

Anna Bennett has started a phase IV Cardiac Rehab programme in April 2024, This is to allow patients who have experienced a cardiac event, to continue exercising, confidently, in a safe environment to help manage their condition more effectively.

The Cardiac Rehab programme aims to give the support and information needed to make healthy lifestyle choices that will help to reduce risk factors and protect their heart in the future.



Anna has also began working with Triangle Community Group, a group that has been running for 35 years in Mansfield, they saw the work Oakwood Surgery and the ARRS teams put in for their diabetes open day and contacted the practice. Anna has been inviting a variety of healthcare and fitness professionals to the group to deliver exercise and wellbeing sessions.



This has included, as pictured, Carolyn Hallam, from Serco Leisure to deliver bowling sessions, our Mental Health and Wellbeing Coach to offer a Mindfulness session, Otago falls prevention exercise class, seated yoga, chair-based exercise and also our Social Prescribers to give information about the service they offer and answer questions they had.



Health and Wellbeing Coach for Mental Health, Charley Maclaren has been running a 6 week men's mental health group with Senior PCN Mental Health Practitioner Jabula Sibanda for individuals with mild-moderate anxiety and depression. They have covered topics which give the participants skills to manage their anxiety and depression, as well as an opportunity to meet like-minded individuals and also encouraged a short group walk. From the new year they will be starting the sessions again on a rolling basis so hoping to develop what they have already started.

In her role as HWBC for MH Charlie has also provided the following case study: In her role as Mental Health and Wellbeing Coach, Charley has provided the following case study; *“Lucy is a 22 year old female who at the time of referral was off work due to poor mental health, weighing 106.2 kg and not exercising. Her diet was poor and she was choosing to snack rather than eat proper meals. Lucy was initially referred for mental health support due to the stress caused by money worries and debt. She also wanted to lose some weight. We trialled several things such as journalling, writing to do lists, the 54321 grounding technique when she felt overwhelmed and the STOPP anger management method. Lucy was wanting to increase the amount of exercise she was doing but was unable to afford a gym membership. We applied for funding from the personalised healthcare budget, which was approved, and Lucy was able to obtain a 6 month gym membership. We also discussed the importance of a healthy diet and eating regular meals as Lucy was currently only eating one meal a day due to trying to lose weight. Lucy's activity levels have drastically increased, and she is now averaging around 12,000 steps a day. She is attending the gym 3-4 times a week and her confidence is improving. She has lost over a stone and a half so far and feeling a lot more comfortable in her weight and body image. She is now back at work, started a second job and enjoying it. She has a more set routine which makes her feel more in control, and her energy levels have increased. Her anger is much better managed and she can stop and take a breath before reacting to a situation. This has improved her relationships. Lucy has found her time working within the HWBC service beneficial. It has allowed her to get back to work which has reduced the stress caused by money worries. The funding from the personal health budget has made a significant difference to both her mental and physical health and she is thankful that she was able to access it. She feels proud of herself and looking forward to continuing with the positive changes she has made so far.”*

Danny Barke has been running an 8 week course on healthy living for type 2 diabetes, this includes guest speakers who are able to present options for the patients on services they may find beneficial. Danny has also presented us with a case study from one of his patients who have attended one of his groups.

“Andrea is a 62 year old woman who works full time in a sedentary job, Andrea was referred by GP for weight and her type 2 diabetes. Was 101kg at time of referral with 53 mmol/mol, trial of 1-1 sessions in October 2023 but patient struggled with fluctuating weight and although all the tools were offered it wasn't working for Andrea. In April 2024 it was agreed for her to join the 8 week group sessions, Andrea attended every week and engaged extremely well. eight reduced or stayed the same during every week of the programme. At review, her weight measured 93.7 kg, demonstrating a 7.3 kg difference (7.5% weight loss achieved). Andrea's blood sugars also reduced to 48 mmol/mol.”

Our Social Prescriber Link Workers have been involved in several groups within the community. As well as attending the annual healthwatch event, they also attend the Tuesday Group which continues to grow and is a fantastic peer support network for all who attend stating “*many of our regular attendees have established friendships away from the group and they continue to support each other in between sessions as well as meet up socially.*”



The groups funding has been provided by The Peaceful Trust, which in turn enables us to provide a safe, fun and supportive environment for all those who wish to attend. The funding has also allowed us to take our attendees out on day trips and fund other activities during sessions.”

Practice Updates;

Orchard Medical Practice;



Dr Dean Temple has retired from OMP, he has served at the practice for 29 years starting as a Partner, then took over as Senior Partner in 2018 when Dr Raian Sheikh retired, since then Dr Temple has been an Associate Partner. He has very much enjoyed working with patients and colleagues alike but is now going to enjoy his retirement with his wife Jane and family and would like to walk the coastal path of Isle of Wight as well as some voluntary work. Orchard would like to take the time to thank Dr Temple for all his commitment, hard work and it has been a pleasure to work with over the last 29 years. We wish him a long and happy retirement.

Acknowledgments

Congratulations to Haseeb Ullah Ammad PCN FCP, on completing his Stage 2 Roadmap, this is great news and fantastic progression for the team in the PCN.

Congratulations to Sarah Atkinson has recently been awarded the qualification of Queens Nurse- more details in spotlight below.

Congratulations to both Lillie Ramsey and Karen Parker our PCN Community Nurses on both recently completing their Non- Medical Prescribing Course and becoming NMPs, another great showcase of all the work our ARRS teams are currently pursuing.



PCN LEARNING DISABILITIES TEAM – SUPPORTING OUR LD PATIENTS



Caroline & Sarah, Learning Disability Team

Mansfield North have been leading the way in the care of our patients with a learning disability over the last 3 years when we employed Sarah Atkinson; our learning disability nurse practitioner. Following on from the success and positive feedback from this new role; we employed Caroline Ingham, a nursing associate, last year to complete our Learning Disability Team. The aim of the service is to meet the needs of those individuals who need extra reasonable adjustments to meet their health care needs. We also support with in surgeries clinics; as well as completing them at our care homes, who we have now established good relationships with. As part of

this work we try to support people by referring to or signposting them to other services; screening; flu uptake, complete ReSpect forms; and support with end-of-life care. Both Sarah and Caroline have undertaken additional training to be able to offer enhanced or extended services. Caroline can now offer ECG's, and ear syringing as required; and both have undertaken phlebotomy training; and most recently the imms and vaccs training to support with this year Flu role out and improve uptake of this in this vulnerable group.

Sarah has undertaken the enhanced clinical skills course to ensure patients are offered a thorough cardio, respiratory and abdominal examination as part of their annual health check. We liaise closely with other services within the PCN and outside of it; like regular contact with the Learning Disability nurse at Kingsmill Hospital; and those at NUH; to ensure we are aware of any patients in hospital; or following up on those who are being discharged, to ensure patients have a been journey through Primary and secondary care services. We remain in regular contact with the Intellectual Disability services and Mansfield Living well team; and Sarah's past extensive experience working with those services over the last 27 years mean we have already well-established links with those professionals and call them for support and advice; and vice versa; for the benefit of our patients.

What people may not know is the other aspects of our role; for example, we are passionate about health promotion; and believe if people are provided with accessible (easy read) information about their health, and conditions, then they are more likely to understand, and make choices about their health which in turn has a positive impact on compliance; and improves health outcomes. Sarah is regularly asked to present at conferences; and as a team we have attended events like the Health Improvement Day at Portland college for their students and their carers; or supporting the carers road show on Mansfield Marketplace; to name but a few. We have received great feedback from these; and are always a popular attraction with people being able to ask for advise; or take away resources. We are fortunate to be afforded the time to be involved in projects; like the accessible COPD Self-Management Plan, Sarah developed and created with Hiedi Swift, Respiratory Nurse Specialist, (and outpatients with a learning disability for feedback to get it right) which generated national interest as the first of its kind; and now available for use with patients.

Having been a military wife for 22 years.... 10 houses, 2 children, pets and many jobs later, I decided it was time to focus on something I wanted to do! I have always had a passion for looking after others, and always dreamt of becoming a nurse, so I decided to take a leap into health care. Towards the end of the covid lock downs, I began my NHS journey as a Health care assistant on an orthopaedic ward which became respiratory for a time, to see if this is something I really wanted to do. I thoroughly enjoyed the job learning so many new skills and being able to provide patient centred care. After four months as a HCA, I convinced myself I needed a new challenge and that you are never too old to achieve my dreams so decided to apply for the Trainee Nursing Associate role, and was fortunate to secure a place at Nottingham Trent University in January 2022. I started the course whilst at Nottingham University Hospitals in the gynaecology speciality and was lucky to have varied placements within the 4 areas of nursing allowing me to enhance my skills, confidence, and knowledge in many areas of nursing enabling me to be able to deliver high quality, patient centred care.

When starting to think about next steps once qualified, I stumbled across the opportunity of becoming a nursing associate working alongside the Learning Disability Nurse Practitioner for Mansfield North PCN, this sounded like the perfect role for me as I am enthusiastic and have a passion for supporting People with Learning Disabilities. I transferred successfully to PICS to become the first Learning Disability Nursing Associate to work within Primary Care, supporting Sarah and the GPs to complete Learning Disability Annual Health Checks, providing holistic examinations ensuring health issues are identified early and support provided in a timely manner. I qualified in January 2024 and continue to thoroughly enjoy this new and evolving role. I am delighted to be able to support the needs of our patients with a learning disability within the PCN, and continue develop my personal and professional development to become more effective as my role as a nursing Associate.

“All our dreams can come true, if we have the courage to pursue them” Walt Disney.

Sarah Atkinson

I always knew I wanted to work with people with a learning disability; but was not sure what direction this would take me. I came across an advert in the local newspaper that simply said “have you ever thought about being a learning disability nurse?” and I called the number sited for the School of Nursing in Mansfield (yes I am THAT old!). 2 weeks later a had an interview and started my journey into nursing. I qualified as a RNLD in 1997; up until my current role my career had been working for Notts Health Care Trust in a wide variety of roles, including long stay unit, day centre, vulnerable children’s service, an all-male forensic unit, community nursing, and Primary Care Liaison...to name a few.

I have always had an interest and passion for the physical health care for the individuals I have cared for over the years; having experienced the barriers individuals and their families faced accessing health care services; and how the inequalities in this care lead to poor health outcomes; and avoidable deaths. I had a dream that one day we would see Learning Disability Nurses employed directly by Primary Care; but my campaigning for this fell on deaf ears for many years, and I started to think it would not happen in my career lifetime. It was a big change; but an easy decision, to move away from secondary care services after so many years; but the best one I have ever made. I feel very lucky that the 2 PCN’s in Mansfield took a leap of faith; and took a chance on having a learning disability nurse; and entrusted me with establishing this new service within the PCN.

I am so grateful to have been given the responsibility to forge this new career for LD nurses in Primary Care, and hope that other PCN’s across the country will follow suit. I am very grateful to Mansfield North for their forward thinking and commitment to provide specialist support for people with a learning disability, and for accepting me so readily within the surgeries; but for also investing into this service, and with the arrival of Caroline last year we can now offer a comprehensive, holistic service to meet the health care needs of the most vulnerable patients on our lists.

Career highlights for me include winning the Nursing Times Award for Learning Disability Nursing in 2020 for a project I completed on Domestic Violence and abuse and people with a learning disability; and having an article on this published; I am also proud to share with you all that I have just found out I have been awarded the title of Queens Nurse this year.

I am proud to be part of Mansfield North PCN; and how we are leading the way nationally in our approach to the care of people with a learning disability. Not many people get to see their vision become a reality; I absolutely love my role in the PCN and pinch myself every day that I have been given the opportunity to develop this role. I would like to take the opportunity, on behalf of myself; people with a Learning Disability, and their families and carers; to thank everyone in the PCN who has welcomed, accepted, and supported this new service; together we are making a real difference to the care of this vulnerable patient group.

Sarah has been recently awarded the title of ‘Queen’s Nurse’ This title was brought back in 2007 after a gap of 40 years. Sarah showcased her amazing experience and skills within her Nursing career with support from several members within the PCN and was accepted by the Queens Nursing Institute. The QN title is a formal recognition that you are part of a professional network of nurses committed to delivering and leading outstanding care in the community.
Congratulations Sarah, we are so proud of your achievement.



Finally we would like to wish you all a Merry Christmas and a Happy New Year and thank you all for your support and hard work throughout this past year, we are extremely thankful to have such professional, proactive and hardworking teams and colleagues and we wish you all the very best for a successful and happy 2025.



We hope you enjoy reading this bulletin and find it useful. If you have any information, articles or events that you would like including in the next edition, which you think may be of interest, please email

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