



26th September 2023

Dear Colleague

Welcome to this week's edition of the LMC Express. The local updates for this week include:

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Primary Care Quality Standards (PCQS) Survey

In 2019 the Kent and Medway ICB commissioned from general practice, the Primary Care Quality Standards (PCQS).

The current PCQS contract is due to expire on 31 March 2024. With that in mind, the ICB is working in collaboration with the LMC to review the current provision within the PCQS bundle.

To fully understand the views of General Practice for the future of the PCQS bundle, the ICB and LMC invite you to complete the survey below.

<https://www.smartsurvey.co.uk/s/PCQSSurvey/>

Please be assured that the survey is not intended for gathering information for the purposes of performance management, but it is to gain the insight from practices for the next stage of developing the PCQS for the future.

Kent LMC Election: Call for Nominations

The LMC are running an election for the remaining seats for the 2023-2026 term of office.

Whether you are an experienced LMC member who knows the system well, returning to work from maternity leave or a career break, recently qualified, or a long-qualified GP with no previous experience in a medical leadership role, your expertise is welcome, and we encourage you to stand. Your perspective and ideas are valuable to your LMC. If you are a new LMC member, you will be supported by colleagues to develop your knowledge of the wider healthcare landscape.

Further details of the election will be sent to all GPs shortly under separate cover.

A copy of the application pack containing an introduction to the LMC, a copy of the job description, details of remuneration, frequency of meetings, and the election process can also be found [HERE](#).

Reinforced Autoclaved Aerated Concrete (RAAC)

The LMC has approached the ICB to propose that the ICB employ a surveyor to undertake the RAAC safety review work on behalf of all practices to ensure that as commissioners they are fully assured that the surveys have been conducted appropriately by an indemnified and accredited professional. We will update once the ICB has been able to consider our proposal.

In case it is of assistance, we have included below, the guidance from our bulletin on 23rd January 2023 about RAAC from Rosemary Jones, Invicta Chartered Surveyors, which clarifies the actions that practices need to take:

Many of you will have read the advisory note from the ICB Estates Team regarding identification of RAAC in premises. We have had a number of enquiries from concerned practices asking for advice on what to do. Hopefully this article will be of use. For any of you who are in leased premises, you should contact your Landlord to obtain confirmation or otherwise that RAAC exists. For those of you who own your premises, unfortunately there is more work to do.

RAAC was most common as a building material from 1955 to the mid-1990s and may have been used to construct the original building or in any alterations and extensions that were carried out during that period. However, Government recommendations are that checks are carried to any buildings built or altered as far back as the 1930s. RAAC typically has a useful life of 30 years but can be shorter if affected by water saturation from, eg, roof leaks. There have been reports in recent years of sudden failure of RAAC in buildings, leading to sudden roof collapse and obviously injury or worse to building occupants. It was typically used in the construction of flat and pitched roofs as well as floors, eaves, walls and cladding systems. These parts of a building may not be easily visible or accessible if hidden by suspended ceilings or plasterboard. Failure to identify its presence and any resulting damage caused by failure may well lead to a claim for negligence and it is therefore recommended that practices take action to identify whether RAAC is present or not. [This flow chart \(taken from DfE Guidance\)](#) is a helpful tool to set out what action needs to be taken: I suspect that many will not feel qualified to undertake steps to initially identify whether RAAC is present or not and, from experience, many practices may not have record drawings of the building and full plans of any alterations carried out. The recommendation therefore is to engage a suitable qualified Chartered Surveyor (www.ricsfirms.com/findasurveyor) or Structural Engineer (www.istructe.org/find-an-engineer).

Before any intrusive work is carried out, you must ensure that you have your asbestos register available for inspection. The Surveyor or Engineer will work with you, if RAAC is found, to produce a remediation strategy, risk register and management plan. This might range from physical remedial works, if the condition of the RAAC is found to be "Critical" to regular monitoring if identified as "Low Risk". If RAAC is identified in your premises, you must inform the ICB.

PSA Monitoring PCQS

The LMC have had queries from practices who have not been claiming for PSA monitoring as they have not received a template letter from secondary care. We are aware of the lack of proper communication and this has been raised with the ICB team responsible for PCQS. Practices can still claim for the work without this, a letter back from urology asking for PSA monitoring would be a sufficient transfer of care for payment.

Please code patients using the Ardens template then payments should be automatically received from Apex data. See attached FAQ and table of appropriate codes for payment.

4.3.1 Record Keeping

As part of good record keeping, there is an expectation that appropriate SNOMED Code will be used, to record activities for these patients, see table:

	Item	SNOMED Code and Description
Search Population	Enhanced Services Administration	Access to general medical services enhanced services administration – 166241000000103
To add patient to practice register		PSA (prostate specific antigen) monitored in primary care – 11822111000006103
To remove patient from the register		Referral to urologist – 306318004
For payment	Practice remuneration of £50 per patient per annum for a maximum of two follow ups. Payment will be made after initial follow up.	Prostate-specific antigen monitoring - 395155002 This code will trigger the payment

NOTE: The Ardens PSA localised template is the best way to code your activity as it includes all the codes required to generate a payment.

For payment, please ensure that the following is ticked:

- Access to general medical services enhanced services administration
- PSA (prostate specific antigen) monitored in primary care
- Prostate-specific antigen monitoring

Providers must comply fully with the General Data Protection Regulation (GDPR).

Records must be maintained in the lifelong record for the period laid down for all patient medical records.

Private Transgender Prescribing-Template letter

Practices have raised concerns about private transgender clinics requesting ongoing prescriptions and monitoring for patients and lack of assurance regarding these services. Please find attached a template letter for practices to use if patients under private providers request ongoing monitoring or treatment.

A Message from the Kent & Medway Primary Care Training Hub: Emergencies in Primary Care Simulation Training

The Kent and Medway Primary Care Training Hub are delighted to offer clinical colleagues across Kent and Medway the opportunity to attend an emergencies in primary care simulation session facilitated by members of the Kent Surrey and Sussex Primary Care simulation faculty.

Please see attached flyer for more information and to register onto Eventbrite.

Places are strictly limited to allow for everyone to take part in a scenario in a safe, supported environment. Please book asap to guarantee a place.

For queries (including if you may need flexibility on timing or any access issues) please email Dr Jane Roome at: jane.roome@nhs.net

K&M Primary Care Reverse Pitching Event October 11th 3pm-5pm @Discovery Park
Sandwich

NHS Kent & Medway are hosting its first ever 'Reverse Pitching' Event as part of our launch of the K&M Innovation Hub with an audience of Health Tech Entrepreneurs, Academics and Industry on October the 11th 3pm-5pm at the 220 acre site of Discovery Park in Sandwich. There will be excellent networking opportunities to meet face to face with those keen to make a difference to real world problems in Primary Care. We are also looking for volunteers from Primary Care to pitch a wicked problem that you would like to solve by teaming up with industry and academia to do it. There is a very limited number of slots available to pitch so if you do want to take part or have any questions then please do contact:

kmicb.digital@nhs.net

Alternatively, if you want to observe & network with like-minded individuals then do come along and enjoy the event by registering here:

<https://www.eventbrite.co.uk/e/nhs-kent-medway-innovation-hub-primary-care-reverse-pitching-event-tickets-721145163597?aff=oddtcreator>

General Practice Alert State (GPAS) National Reporting Dashboard

The national GPAS reporting dashboard has been published and shows the pressure general practice is under. Kent & Medway practices continue to report the highest alert level, Opel 4, consistent with the county having the lowest level of GPs per head of population in England.

Currently, 40 LMCs are collecting GPAS data from their practices and 20 more are rolling out the system. 60% are reporting red or black alerts indicating unsustainable pressure and 80% are reporting levels of patient contacts roughly double or more the level general practice is funded to deliver.

Thank you to practices that continue to provide input into GPAS on a weekly basis. The information you provide is invaluable in evidencing the pressure general practice is operating under. The GPAS information from the national dashboard will be used by the BMA and feed into contract negotiations.

Submissions continue to be completely anonymised. The LMC is not able to identify individual practices from the submissions. The only data that is shared with either the ICB or other stakeholders is aggregated at HCP or Kent and Medway level. The more practices that take part in GPAS, the more robust the evidence will be. **Collecting this data is assisting the LMC in illustrating operational pressures in general practice. The report takes less than 5 minutes to complete each week.**

We would encourage every practice to submit a report on weekly basis and to also provide comments and feedback.

The LMC is able to assist with getting practices started on reporting. Information can be found on our website at [Kent LMC - General Practice Alert State \(GPAS\)](#) or please email the LMC at info@kentlmc.org

Furthermore, if you are experiencing acute operational pressures please do get in touch. **If your GPAS contact person changes or leaves the practice, please update us with the new contact person at info@kentlmc.org**

To view the latest GPAS SitRep please [click here](#)

Message from NHSE South East Appraisal & Revalidation

We are currently recruiting for some new GP appraisers in the **South East**. We are particularly keen to increase appraiser numbers in Kent & Medway, North Hampshire & the Isle of Wight.

For details of the post and person spec please click [HERE](#)

Please note that the closing date for the advertisement is 30th September 2023.

Reminder: Workforce and Wellbeing Programmes

We would like to outline 2 separate offers the LMC working with the training hub have released this week for practices. The intention is that the offers enable practices to achieve the 'Workforce and Wellbeing Points Thresholds' in QOF: The contractor can demonstrate continuous quality improvement activity focused upon workforce and wellbeing as specified in the QOF guidance. The overarching aim of this QI module is to evidence support for improvements in wellbeing, resilience, and minimising the risk of workforce burnout.

The 2 programmes we are offering to practices are:

Manage Your Mind programme: these are in person, 1 day events, on the dates and locations found below. These are available to **GPs and all practice and PCN staff**. Sessions will focus on improving mental and emotional health using powerful breathing exercises and mindfulness techniques. The cost of attendance is £80 but the LMC will share the costs with practices, reducing the **cost per participant to £40**, this includes a delicious lunch at the venue and refreshments throughout the day.

Manage Your Mind offers individuals an opportunity to invest in themselves, to rest, to re-centre, to re-focus and to re-energise. Participants are likely to benefit from learning new skills, breathing techniques, guided meditations and processes that help calm the mind. Studies have shown that when practiced regularly, they help improve sleep, reduce stress, depression and anxiety and improve the quality of life. This is a great opportunity to connect with colleagues. There are no limits to numbers of staff registering per practice, but please be aware each event has a limit of 45 participants, and you can register to attend at the most convenient location to you.

Click on the required date to take you to the booking page:

Friday 20 October. Riverside Church, Thanet Way, Whitstable
Friday 10 November. Eastgate, 141 Springhead Parkway, Northfleet
Friday 17 November. Aylesford Priory, The Friars, Aylesford

Please note you can attend an event in area and not restricted to the event in your HCP area. If you have any questions about the programme then please email:

Manage.yourmind@nhs.net

Mental Health First Aid (MHFA) – is a national training programme, which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

You'll learn to recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone while keeping yourself safe. You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through routes such as their school or place of work, online self-referral, support groups, and more. By becoming an MHFAider® you'll have access to continuous support – well beyond your initial certification – so you are confident, empowered and

motivated to carry out your role. You will get three years' access to MHFAider® support and benefits which includes 24/7 digital support through the MHFAider Support App®. From there, you will find exclusive resources, ongoing learning opportunities and the benefit of joining England's largest community of trained MHFAiders®. The qualification is endorsed by the Royal Society For Public Health.

Our ambition is to have one Mental Health First Aider per practice, ideally this would not be a GP or staff member who has a HR role, but another approachable member of the team (clinical or non clinical) who is interested. We can then form a local peer network to share learning.

This offer is fully funded. To book a free place please follow the link:
<https://invictahealth.learningpool.com/course/view.php?id=1074>

Course dates – 29th September, 16th and 23rd October, whole days 9-5pm, virtually delivered. A course manual will be sent to participants prior. Each cohort has 8-16 participants, further dates will be rolled out as we fill up the course.

As you can see the courses offer separate benefits and we hope that you find them useful.

Kent LMC Annual Conference: 5th October 2023

We would like to invite you to join us on the afternoon of Thursday 5th October for our Annual Conference, which is FREE to attend and open to all GPs and Practice Managers across Kent & Medway. We are delighted to announce Dr Rachel Morris, Executive and Team Coach, Specialist in Resilience at Work, GP, and Host of the You Are Not A Frog podcast will be joining us as a Keynote speaker, and we will also be covering topics on Digital Innovation, Next Generation GP & Mid Career GP Opportunities, KMMS Medical Students, Wellbeing and Primary to Secondary Care interface.

For more information and to book a place click [HERE](#)

Useful Links

[Subscribe to Kent & Medway ICB General Practice Updates](#)
[Previous issues of the General Practice Update available online](#)
[Subscribe to NHSE Primary Care Bulletin](#)
[Email Newsletters from CQC](#)
[Kent and Medway Primary Care Training Hub](#)
[Sign up to Primary Care News](#)

Upcoming LMC Interface Meetings

The following meetings are taking place over the next couple of weeks. If you have any issues that you would like us to raise please email info@kentlmc.org with the title of the meeting and details of your request.

Patient Online Access to Records Webinar – Wednesday 27 September
Maidstone & Tunbridge Wells Trust (MTW) Interface Mtg – Tuesday 3 October
Kent LMC Annual Conference Innovation In Practice – Thursday 5 October

Kind regards
Kent Local Medical Committee