



2<sup>nd</sup> October 2023

Dear Colleague

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

- 2023/24 DDRB general practice salaried staff pay award
- Kent LMC Annual Conference: 5th October 2023 - It's not too late to book a place!
- Kent LMC Election: Call for Nominations
- Online Access to Notes
- GP Appointments in Kent & Medway August 2023
- KMPT/LMC Interface
- A message from the BMA : Biobank
- EROS (Electronic Referral Optimisation System)
- General Practice Alert State (GPAS) National Reporting Dashboard
- Reminder: Workforce and Wellbeing Programmes
- Looking After You: free and confidential coaching service available to everyone working in primary care
- Ukrainian Health Specification
- Useful Links
- Upcoming LMC Interface Meetings

This week we have also attached the national update from the BMA, and we particularly draw your attention to the following important announcements therein:

- Accelerated Access to Records Programme update
- DDRB Pay Award
- GP pressures – workforce data
- CNSGP indemnity guidance for general practice
- Best Practice Show, 11-12 October 2023, NEC Birmingham
- Sessional GPs Conference
- Locum Pension Processes webinar
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### **DDRB general practice salaried staff pay award**

In response to the Doctors' and Dentists' Review Body (DDRB) recommendation that Salaried GPs and **Non**-Additional Roles Reimbursement Staff (ARRS) in practices receive a 6% pay increase for 2023/24, the BMA GP committee England (GPCE) has accepted an offer from NHSE, which uplifts the staffing expenses element of GP contract funding by an additional 3.9% - this is in addition to the 2.1% already added to the **staffing expenses element of the contract** in April 2023, meaning practices will have received a total 6% uplift in 2023/24 for staffing expenses. The uplift is backdated to April 2023 and will be paid to practices in October.

Please see attached GPCE email for further information.

## Kent LMC Annual Conference: 5th October 2023 - It's not too late to book a place!

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](#)

## 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](#).

## Online Access to Notes

We held a webinar on 27<sup>th</sup> September 2023 to discuss the switch on of access to records for patients, with presenters including Dr David Wrigley from the BMA GPC, Caron Browning a practice manager at a practice that has already enabled records access and representatives from the CSU. There were a lot of questions raised in the webinar chat and we have summarised those questions and responses in the attached FAQ, which also included links to training resources and to a further webinar being held by the CSU tomorrow.

Dr Wrigley advised that the BMA continues to consult on this programme and to raise concerns with NHSE about the risks posed to practices by this switch on, particularly the concerns about increased workload and the risks to partners as data controllers of any unintended data breaches. The BMA will be providing further guidance which is anticipated will be available this week.

## GP Appointments in Kent & Medway August 2023

The LMC has updated the ' [GP Appointments in Kent & Medway](#) ' poster to help practices evidence to patients the amount of work being carried out, and the pressures faced, by general practice, and the steps patients can take to help themselves manage their care. Practices may wish to display this in their waiting rooms or add to their websites and social media sites. The data is sourced from NHS digital. The next update will be published soon after the next release of GP appointments data.

## KMPT/LMC Interface

LMC representatives met with KMPT (adult mental health) colleagues for our regular interface meeting.

We were presented an audit KMPT have undertaken which is an update of long held issues with referral rejection. The audit revealed that 18% of referrals into Community Mental Health Teams were rejected April 2022 to August 2023. There is a recognised commissioning gap which is currently being addressed with the implementation of the Community Mental Health Framework. The leads of this work presented an update, the proposed model will mean all referrals flow into one local place and are triaged and signposted to the correct service sitting under two banners – Mental Health Together and Mental Health Together plus, within this is the Community Mental Health Team for both younger and older adults, but will also be additional services which have been commissioned to address the current gap in provision between IAPT and CMHT. The aim is that referral rejection rates will fall to zero and that most importantly the patient gets the help they need first time.

The rollout is anticipated from November 23 and will occur area by area, East Kent going live first. More details will follow.

### **A message from the BMA : Biobank**

Yesterday, in a communication to practices dated 13 September requesting GPs provide Biobank UK with access to consented patient data, the BMA was listed as endorsing the programme. The chief executive of Biobank UK has written to the BMA to apologise that this communication was issued in error.

The BMA have asked him to kindly issue a redaction, correction and clarification accordingly. The position remains unchanged – the BMA appreciate the pressure many practices are under and support them, as data controllers, to take the time they feel necessary to fully consider all requests to share patient data, taking into account the need to balance these with pressing clinical priorities. This is especially pertinent given the pressures of the accelerated vaccination schedule, and the impending accelerated access to records programme.

### **EROS (Electronic Referral Optimisation System)**

The ICB has asked that we ensure all practices are aware of the upcoming Introduction of EROS, the which will Go Live initially for ENT and MSK/T&O referrals on 27 October 2023. The attached document provides more information on how to prepare for the go live with contact details for help and support.

### **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. 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](mailto: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](mailto:info@kentlmc.org)**

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

## 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](mailto: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 – 6th November and 10th November, 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.

### **Looking After You: free and confidential coaching service available to everyone working in primary care**

The NHSE programme, 'Looking After You', offers everyone working in primary care access to a free and confidential coaching service.

The programme consists of three core offers: Looking After You Too, Looking After Your Team, and Looking After Your Career as well as a Virtual Team Away Day for leaders and their teams, along with peer wellbeing sessions that provide a safe space for like-minded colleagues to connect.

The attached toolkit provides more information about the Looking after you' programme and the poster can be used to promote this offer to your teams.

### **Ukrainian Health Specification**

In June 2022, the ICB was instructed by NHS England to make available an enhanced service to GP practices to support the initial health needs of people arriving in the UK from Ukraine fleeing the conflict. Patients could arrive under the Ukraine Family or Homes for Ukraine schemes and for GP practices registering the patients an additional registration fee and provision of an initial health check fee was payable. The numbers of claims from practices has significantly diminished and NHS England have confirmed that there is no longer a commissioning need then the service should be decommissioned and so the service will be decommissioned on 31<sup>st</sup> December 2023. If any practice has any outstanding claims, then they should be submitted before 31<sup>st</sup> December 2023 using the existing invoicing route for this service. If you have any questions about the decommissioning of this service then please email [Kmicb.gpcontracting@nhs.net](mailto:Kmicb.gpcontracting@nhs.net).

### **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](mailto: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

