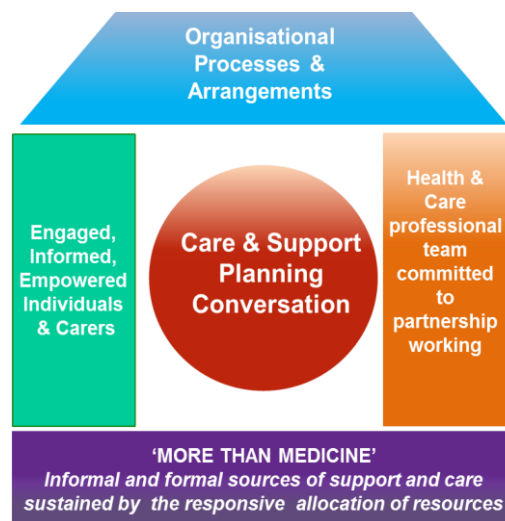


Grampian House of Care Newsletter

Issue No 1 – September 2019

Welcome to the first Grampian House of Care Newsletter, we aim to produce a quarterly newsletter on latest House of Care news and updates from across Grampian.

House of Care in Grampian launched in January 2018 with two Cohorts over the summer 2018. There are currently six GP practices across Grampian that have successfully gone live with House of Care. A further six practices have completed the training and due to implement. Cohort 3 was launched in April this year with four practices from the City, and three from the Shire. Overall there are eighteen GP Practices that have signed up and implemented or about to implement House of Care. – Alison Hannan, House of Care Team



Published Articles

Dr Graham Kramer (Clinical Lead for Scotland's House of Care) forwarded information on an article published in the BJGP recently on goal setting and action planning.

<https://bjgp.org/content/69/684/e479-0>



MSP Visit to Kincorth and Cove Medical Practice

A visit from Ms Jeane Freeman Cabinet Secretary for Health & Sport (centre) was held over the summer and was well received. Lead Practice Nurse Debbie Foreman (4th left) delivered a presentation on House of Care and insights from patients Ian Matheson and Trevor Wylie. Huge thanks to the practice for hosting this visit and well done Debbie!

Dates for the Diary

25 Sep – Diabetes MCN Conference at Pittodrie Football Stadium, House of Care Team present and delivering workshop.

10 Oct – Realistic Medicine and Supported Self-Management Conference – 'Assembling the Jigsaw Together' at Pittodrie Football Stadium Keynote Speaker Dr Catherine Calderwood CMO. To register [Click Here](#), registration will close 5pm on Monday 23 September



Assembling the Jigsaw Together



12 Oct – (Saturday morning 9am-1pm) Grampian Practice Nurse Group (GPNG) will be looking at Care and Support Planning for more information please contact Kirsteen Coady email: kirsteen.coady@nhs.net

The Healthier Futures Diabetes Framework was launched in July 2018 with an aim to establish and implement approaches to support the prevention and early detection of type 2 diabetes.

[CLICK HERE](#) this link for more information.

The Healthier Futures Diabetes team have been working hard to improve education and weight management services for people with a new diagnosis of type 2 diabetes or those at risk of developing diabetes (prediabetes/gestational diabetes) in line with existing developments around weight management services.

We invite you to attend an update on the type 2 diabetes pathway and to learn more about the Healthier Futures Diabetes team's ongoing developments at the Grampian Diabetes Conference, 25th September, Pittodrie Stadium. If you would like any further information please contact Emma Darling at emma.darling1@nhs.net. Thank you.



Macduff Medical Practice

Over the summer Kirsteen Coady Advance Nurse Practitioner from Macduff Medical Practice submitted an article to the General Practice Nursing Newsletter. The article shares Kirsteen's story becoming a House of Care trainer. The article can be found on the Grampian House of Care webpage on the Hi-Net site.

<https://www.hi-netgrampian.org/house-of-care/publications-newsletters/>



Cohort 3

Launched with Cohort 3 in April and currently in the middle of delivering training and providing support with the following GP Practices:

Aberdeen City
Carden Medical Practice
Garthdee Medical Practice
Whinhill Medical Practice
Calsayseat Medical Practice

Aberdeenshire
Alford Medical Practice
Torphins Medical Practice
Deveron Medical Practice

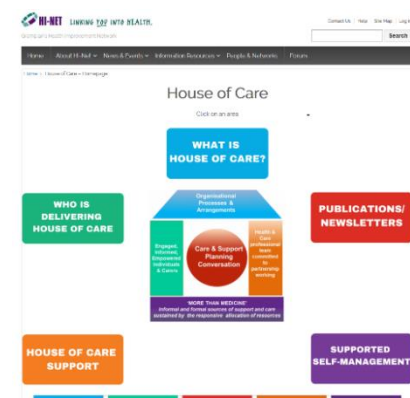
Cohort 4

If there are any GP practices interested in implementing House of Care we are opening up Cohort 4 with a deadline for applications **1Nov19**.
Included: Care and Support Planning Training - Resources Packs and Templates - IT and Project Management Support - £1,000 Bursary for Start-up Costs. [CLICK HERE FOR THE APPLICATION](#)

Grampian House of Care Evaluation

The House of Care Evaluation Team have published an interim six month evaluation report on the first House of Care adopter sites. The team are also currently working on a British Journal General Practice submission for later this year.
[CLICK HERE FOR REPORT](#)

Grampian House of Care Webpage



Over the past few months we have been working on the House of Care webpages held within the Hi-Net website (NHS Grampian Health Improvement website). There are interactive buttons on the homepage. Under the House of Care Support button are links to secure pages with one specifically for registered Grampian House of Care practices.

<https://www.hi-netgrampian.org/house-of-care/>

Update on House of Care Training

Over the past year, we have listened to feedback received from the training and introduced greater flexibility to how the training and support for practices is delivered to meet with the practice daily demands and challenges. Cohort 3 saw the introduction of GP Linkworkers within the City attending the training which was really beneficial for both the link workers and the GP practices. A massive thanks goes to Dawn Ellis - E-Health facilitator, who has played a pivotal role in delivering multi-practice group training as well as bespoke training either with a practice visit or dial in meetings. Dawn is available to offer support and help even if you have already gone through the training programme. Dawn can be contacted via email dawn.ellis3@nhs.net Tel: 01343 567312 (Ext 67312). Future House of Care training dates are:

4 Sep – 1-4.30pm Overview on House of Care for Cohort 3 practices and AHP's.

5 Sep – 1-4.30pm Part 2 training for Whinhill and Calsayseat Medical Practices.

31 Oct – 1-4.30pm Part 1 training Alford Medical Practice.

For more information on House of Care, or if you would like to contribute to further editions, please contact alison.hannan2@nhs.net