

# Grampian House of Care Newsletter

## Issue No 2 – December 2019

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

We are about to commence with Cohort 4 with four practices signed up to implement House of Care. Including Cohort 4 that will be 21 practices out of 71 GP practices across Grampian with an interest in delivering House of Care.

The Realistic Medicine and Supported Self-Management Conference in October was well attended. There was good feedback on the event, we also launched the twitter feed [#grampianselfmanage](#) please feel free to use this to promote any self-management events across Grampian and link your tweet to [@NHSGrampian](#) – Alison Hannan, House of Care Team

### Organisational Processes & Arrangements

Engaged, Informed, Empowered Individuals & Carers

### Care & Support Planning Conversation

Health & Care professional team committed to partnership working

### 'MORE THAN MEDICINE'

Informal and formal sources of support and care sustained by the responsive allocation of resources



### Published Articles

8 November 2019, Year of Care have published an article with the BMC Family Practice titled:

*'The Year of Care approach: developing a model and delivery programme for care and support planning in long term conditions within general practice'* Click [here](#) to view the article.

Realistic Medicine and Supported Self-Management Conference held 10 October 2019. An overview report from the conference and a short film are available on the Hi-Net Page as well as presentations from guest speakers and workshop hosts in case you missed out on the event and want to catch up please follow the link [here](#).



### Dates for the Diary

**10 December** – Glasgow improve your core skills in Musculoskeletal Care for more information please view the flyer [here](#) and /or visit [coreskillsinmsk.co.uk](#)

**13 December – 12.30pm** Year of Care live webinar session for anyone interested in learning more about Care Support Planning for people with MSK conditions and how to implement it - including clinicians, primary care teams, commissioners, general practice teams etc. To register follow the link [here](#).

**29 January 12.30-1.30pm** Peterhead Hospital – Lisa Buchan from Social Security will be delivering a staff information session on grants and benefits.

**18 February – 10-12noon** Grampian Self-Management Network, Elgin Town Hall. Registration via Eventbrite [here](#).

### A Healthier Future – Framework for the Prevention, Early Detection and Early Intervention of Type 2 Diabetes

The enhanced dietetic type 2 diabetes education and weight management services are now being delivered Grampian wide.

- The new Education Programme **'Control It'** will replace conversation maps to offer a 3 hour information session for patients newly diagnosed with type 2 diabetes.
- An enhanced **'Healthy Helpings'** programme is now being delivered by dieticians and is available for patients to self-refer to. Follow this link to the Healthy Weight website to find out more information click [here](#).
- The **'Counterweight Plus'** programme provides input for patients requiring advanced weight loss support.

In addition to the above, an initial small scale implementation of the Healthier Futures Diabetes type 2 diabetes pathway has begun prior to wider roll out across Grampian. For further information please contact Emma Darling at [emma.darling1@nhs.net](mailto:emma.darling1@nhs.net)



## House of Care Training

If you are interested in attending Care and Support Planning training, please contact Alison Hannan and find out when a nearby course is being delivered over the next quarter. Cohort 4 has the following practices signed up and training will be arranged around individual practice needs with opportunities to open up to other health care professionals and local partners already working alongside the practice. As well as any previous House of Care practices who require additional training or have new staff members requiring training.

### City

Peterculter Medical Practice

### Shire

Auchenblae Medical Practice  
Kemnay Medical Group

### Moray

Ardach Health Centre

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](mailto:dawn.ellis3@nhs.net) Tel: 01343 567312 (Ext 67312).

During 2019/2020 NHS Grampian is running the **Let's Talk about Mouth Cancer** campaign to raise awareness of mouth cancer and the importance of checking your mouth. Watch out for our social media campaign which includes a video urging the public to check their mouths and also a 2 minute video showing how easy it is to do it.

### How the GP Practice team can help

Please help support the Let's Talk about Mouth Cancer campaign by:



1. Displaying the posters and leaflets in your waiting room / reception area.
2. Playing the Mouth Cancer Check video on waiting room screens (Click [here](#) to access the website or [here](#) to view the video on YouTube)
3. Engaging patients in conversation about the risk factors associated with mouth cancer (i.e. reducing smoking and drinking)
4. Providing patients with supportive information, for example, leaflets covering the topics of smoking cessation and sensible drinking (available through the Resources Service see by telephoning 01224 558504 or online by clicking [here](#).)
5. Referring patients in if you have any cause for concern.

If you require any further information about mouth cancer or the campaign, please visit [www.LTAMC.org](http://www.LTAMC.org) or contact Karen Tosh by email at [k.tosh@nhs.net](mailto:k.tosh@nhs.net) or telephone 01224 558524.

## Grampian House of Care Training Team Update

Alison Hannan and Kirsteen Coady delivered a workshop on Care and Support Planning at the Grampian Practice Nurse Group on 12 October 2019.



On 14 November the Grampian House of Care Training Team were asked to deliver a live webinar hosted by the ALLIANCE Scotland sharing about Grampian's House of Care Journey. If you missed the live webinar you can download it [here](#).



## Scotland's Service Directory



Search NHS Inform/Services



Scotland's Service Directory (or SSD for short) is now available on the NHS Inform website: [www.nhsinform.scot](http://www.nhsinform.scot)

You're now able to search for a wide range of services, from A&Es to Sexual Health Services. It is probably most useful when searching for services that don't necessarily fit into the NHS model, NHS Inform have called these 'Health & wellbeing' services. There may be a huge number of such services depending on where the user is located, any of which might be useful for a patient or carer to engage with.

For more information on House of Care visit [Hinet](http://Hinet). Or if you would like to contribute to further editions, please contact [alison.hannan2@nhs.net](mailto:alison.hannan2@nhs.net)