

# Grampian House of Care Newsletter

## Issue No 3 – March 2020

Welcome to the third 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 promoting Cohort 5 for later this year, if there are any practices interested in implementing House of Care please contact Alison Hannan Email: [alison.hannan2@nhs.net](mailto:alison.hannan2@nhs.net). If you would prefer a digital copy of this newsletter, where you can access all links included in the newsletter, please contact Alison.



### Published Articles

Year of Care Year of Care have recently published their latest Journal on House of Care please follow the link.

Dr Lisa Kidd (Reader in Supported Self-Management, University of Glasgow and Associate Editor for Evidence Based Nursing), and a regular attendee of the Grampian House of Care Evaluation Working Group, has produced a blog exploring the growing evidence for supported self-management in people with LTCs and ideas about 'where next?' for researchers. Lisa's blog can be found [here](#).

Kirsteen Coady QN, Nurse Consultant Ardach Health Centre, ANP and NES Educational Advisor and Supervisor, has recently had an article published in the GPN winter newsletter 2019. The article shares the story of a patient and a partnership approach within the primary care team providing care and support planning out in the community.



### Dates for the Diary

**12 March - 12-3pm** Self-Management and Welfare Event at Fraserburgh Hospital Conference Room Come along and meet the local support groups and NHS services within Fraserburgh. Teas and coffees will be provided.

**13 March - 9-1.30pm** 'It's A Risky Business' The AHP Careers Fellowship introducing the Risk Enablement Toolkit and sharing the work with the National Personal Outcomes Network at The Sanctuary, Mannofield Church Aberdeen, AB10 6UZ. Registration on [Eventbrite](#).

**28 April** – Launching on 28 April 2020, [My Condition My Life](#) is the first International Long Term Condition(s) Awareness Day, led by The Health and Social Care Alliance Scotland.

**7 May** – 'Sharing the Pain', A multidisciplinary meeting with updates on current acute pain management in the peri-operative setting, including the more complex patient. [Click here](#) to see the poster for further details.

**3 June - 9.45-12noon** Grampian Self-Management Network, Garioch Heritage Centre, Inverurie. Registration on [Eventbrite](#).

### House of Care Results Letters for Non-English Speaking Patients

The House of Care Results Letters with help from the NHS Grampian Equality and Diversity Team, have been translated into several different languages along with an explanation on medical terminology referred within the results letter. If you are a practice that would like to pilot these letters please make contact with Alison Hannan Email: [alison.hannan2@nhs.net](mailto:alison.hannan2@nhs.net)

### Director of Public Health Report

This year's DPH Report 2018/19 'Obesity It's Time To Talk' places particular emphasis on obesity and the importance of creating a culture that supports eating well, staying active and being healthy. It discusses the complex factors that impact on an individual's ability to make healthy choices while living in an obesogenic environment. You can find a full copy of the DPH Report by [clicking here](#).

In addition to the above DPH report we have worked with partners to produce 'A healthier and more active future for the North East of Scotland' strategy which sets out the aims, priorities and action required, please [click here](#).



## House of Care Training

If you are interested in Care and Support Planning training, the next training sessions will be held at the Aberdeen Curl. Wednesday 22nd April and Tuesday 19th May, both will include a networking lunch from 12.30-1.30pm with training starting at 1.30pm aiming to finish around 4.30pm each day. Please contact Shona Proudfoot to register your attendance, Email: [shona.proudfoot@nhs.net](mailto:shona.proudfoot@nhs.net)

**Wednesday 22nd April (Part A)** This session covers an introductory overview on House of Care in the context of the national and local Self-Management agenda. It will cover topics such as the 'case for change', philosophy and introduction to Care and Support Planning. This session would be aimed for both admin and healthcare professionals including link workers.

**Tuesday 19th May (Part B)** This session focuses on developing the skills to have a different conversation with patients. This session would be aimed at primarily healthcare professionals, plus any link workers and partners involved in working with patients. However admin/practice managers would be welcome to attend if they wanted 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](mailto:dawn.ellis3@nhs.net) Tel: 01343 567312 (Ext 67312).

### Other Training for Continuous Personal Development

**Weight Management - Small Talk, Big Difference** - This is an e-learning platform designed to equip you with the skills and tools to build your confidence when it comes to raising the issue of weight management with your patients with Type 2 Diabetes and referring them on to a weight management programme. It consists of a 1-hour e-learning module, patient leaflet, discussion tool and implementation checklist.

**Physical Activity - Moving Medicine** – The ultimate step-by-step guide to having conversations with patients about physical activity. Created in partnership with professional organisations, disease experts and patients, all handily packaged into structured conversations based on the time that you have available. For further information on how to support your patients to get active, please [click here](#).

**Emotional Support - Diabetes and emotional health** - Talking to patients about their emotional health is not easy. The Diabetes UK 'Diabetes and emotional health' guide offers strategies and tools to help recognise and have conversations about emotional problems.



### Healthpoint

NHS Grampian Public Health Healthpoint provides a variety of self-management based support, including managing healthy eating, stopping smoking and advice on local services and information that can be used to better support self-management.

Opening times:

Health Village Healthpoint - 9am-5pm Monday to Friday

ARI Foyer 9am - 5pm Monday – Friday

Dr Gray's 9am – 5pm Monday – Friday

Our free Healthline number is 08085 202030 –or E-mail: [healthpoint@nhs.net](mailto:healthpoint@nhs.net)

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)