



GLASGOW LOCAL MEDICAL COMMITTEE LIMITED

COVID PRACTICE COMMUNICATION NO 17

11th September 2020

To All GPs and GP Practices

We hope you are all well and coping with all the ongoing uncertainty and changes caused by the pandemic. Summer is behind us now and we face the challenges of the winter months ahead.

On Thursday, the First Minister announced new rules restricting gathering indoors and outdoors to a maximum of 2 households. It is perhaps a good time to remind everyone in GP practices of the need to maintain social distancing inside the workplace. Remember to keep 2m apart and limit contact to less than 15 minutes.

The [Protect Scotland app](#) has been released. Professor Jason Leitch, NCD has said that for those wearing PPE for direct patient care, you will have to disable Bluetooth whilst providing care. Re-enable Bluetooth afterwards to activate the protect.scot app.

GP Practices Virtual Zoom Meetings

It was great to see so many of you at our LMC Zoom meetings this week. We had over 200 GPs and practice managers to hear about and to discuss the flu programme, the Covid Pathway and the problem of increasing GP workload. We hope you find the meetings accessible and easy to engage with. We will be having further online meetings in the future when issues arise.

GP Practice Workload

GP and practice workload is increasing and it is not sustainable in the longer term. We have heard from many practices of high demand from patients and often unrealistic expectations about access to NHS services. Rude and unreasonable behaviour appears to be increasing too and this is significantly adding to the stress that practices are working under. This is very worrying and we have raised our concerns with the board and continue to ask for public messaging to support practices who are trying hard to deliver patient services.

Unlike many other health services, GP practices have been open over the entire pandemic including all the Easter and May public holidays. We have been providing care and services whilst adopting new ways of working, social distancing, and ensuring safety for staff and patients. The pressure on GPs and practice staff has been immense but we have coped, adapted, and kept services going despite all the challenges.

As we head into autumn, GPs and practices need the capacity to deal with winter illness and the flu programme. We need slack in the system for the inevitable staff absences due to illness or self-isolation. We know that the CACs will require additional staffing from primary care for rising numbers of cases.

We have written to the Scottish Government asking for a public information campaign to highlight-

- **That GP practices are under a high strain currently and coping with multiple challenges.**
- **The need for responsible use of GP service.**
- **Resetting the expectation from the public of what can be delivered at this time.**
- **That the practice and GP may have to say No to some requests that cannot be provided.**

We will keep you updated with any developments.

Flu Programme

The Board and HSCPs are continuing to develop the plans to deliver the Flu programme for the eligible groups. GP Practices have been asked to take on the 18-64 year at-risk cohort this year. Funding has been agreed and practice will receive payment based on the average of the last 3 years achievement.

Most practices have indicated that they will be able to deliver on the 18-64 cohort and have already started their preparations for the campaign. If the practice is not able to do the 18-64 cohort, they will contribute staff time to the HSCP's vaccination campaign. Letters detailing the number of staff sessions have been sent to all practices.

If your practice has not decided yet or has not responded to the HSCP, please do not delay because HSCPs need to know ASAP to allow adequate planning.

The local agreement is that all the other eligible cohorts will be immunised by the HSCP service. This includes all the under 18s, over 65s, carers, those in households with Shielding patients, and social carers. In addition, there is no mop up for GP practices for child nasal flu.

Covid Pathway- Community Assessment Centres

The number of patients attending the CACs is continuing to rise and this reflects the increase in Covid cases across GGC. Public health have modelled scenarios for potential patients over the winter months who will need assessment at the CACs. These scenarios all indicate that capacity, staffing and CAC sites will need to be increased from the current provision.

YouTube videos have been produced by our HSCP and CD colleagues that show the working arrangements for the CACs in [Renfrewshire](#), [Inverclyde](#), [Barr Street](#), [Clydebank](#), [East Renfrewshire](#), and [Renton](#).

If you are able to contribute GP, nursing, or admin time to the CACs, please contact: Carole.Noonan@ggc.scot.nhs.uk to enquire about shifts and being added to a database of available workforce.

Child Protection Pathway

You may be aware that there is significant concern regarding the impact of lockdown on children and young people and their ability to access help and support in situations of abuse or neglect. The NSPCC has issued a briefing on the impact of the coronavirus pandemic on child welfare particularly with regard to sexual abuse. The briefing can be found here;

<https://learning.nspcc.org.uk/research-resources/2020/coronavirus-insight-briefing-sexual-abuse>

Also please note that the [GGC Child Protection Referral Pathway](#) and [SCI Template](#) have been updated. These can be found at the in the LMC Document Highlight list below.

Live Active and Physical Activity

Healthy weight and physical activity have never been more important and the risk of severe Covid-19 has been a stark reminder to us all about this. In GGC, the Live Active service is open and taking referrals. The service sent a communication to practices in June- [link here](#).

Live Active has continued to operate since March although all the support is virtual (calls, emails, texts, video calls, etc.), the advisors have been supporting patients in their physical activity and readjusting their goal to reflect home workouts and outdoor options.

Live Active will gradually be moving back into the leisure centres once centres open (this is being phased at the moment over the next month) but will continue to do a blended approach i.e. continue to offer a virtual support package for those who don't want to or can't come into the centre, as well as offering face to face support (following all appropriate guidelines).

The full range of Physical Activity services available in GGC can be accessed here- <https://www.nhsggc.org.uk/about-us/professional-support-sites/physical-activity/>

Wellbeing

We want to remind everyone of the importance of wellbeing and the need to look after ourselves and each other. Here are some links to resources-

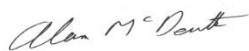
[Silver Cloud is an online wellbeing platform](#) providing mental health programmes and support for people in Scotland. It is free to access for everyone. The online programme includes modules for stress, resilience, and sleep.

[PROMIS](#) (the national H&SC wellbeing hub) is for everyone working in Health and Social Care in Scotland. The aim is making it easier for people (either for themselves or for them as managers) to find practical advice and tips to help them cope with information about what support is available across the country and by profession.

[The Cameron Fund](#) is the GPs' own charity and the only medical charity which solely supports NHS General Practitioners. This includes GP Trainees, working GPs, retired GPs, as well as dependants of GPs. The Fund helps GPs and their families who are suffering financial hardship, whether through physical or mental ill-health, disability, bereavement or loss of employment and can help with money advice assessments and career coaching for those who may no longer be able to continue to work as a GP.

With warm regards and all best wishes to you all.

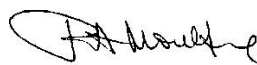
Yours sincerely,



Dr Alan McDevitt C.B.E.
Chair



Dr John Ip
Medical Director



Dr Patricia Moultrie
Medical Director



Mary Fingland
Business. Coordinator

LMC Document Highlight List

Please be aware that this is NOT a comprehensive list of all the available guidance that has been sent to GPs. These are the current key documents which we feel are important to GP practices. Please make sure that your practice's generic NHSmail box is monitored daily.

From Week Beginning 31st August 2020

Shingles Immunisation 2020/21

- [SGHDCMO\(2020\) 21 - Immunisation Programmes – Shingles.pdf](#)
- [gp-template-shingles-letter 31082020](#)
- [Protect yourself against the pain of shingles A3 Poster Sep 2020 English](#)
- [Protect yourself against the pain of shingles booklet-September2020-En](#)

NES Webinar invite “A Day in the Life of a Busy General Practice” 24th September 2pm

- [A Day in the Life - Professor Leitch webinar.pdf](#)

From Week Beginning 7th September 2020

GGC letter on GP Appraisal

- [Restarting Appraisal 3rd September 2020](#)

Near Me Guidance and Webinar Invite 17th Sep

- [Near Me video consulting Letter](#)
- [Near-Me-Primary-Care-Guidance](#)

Alert- Corticosteroids in the treatment of suspected or conformed Covid-19

- [CEM CMO 2020 033](#)

NES General Practice Covid-19 Spotlight- flu programme

- [NES GP Covid 19 Spotlight Issue 2](#)

GP Child Protection Pathways

- [GP Child Protection Pathways July 2020](#)
- [GGC NOC Child Protection Protocol 280820](#)