

Student Locality Newsletter

Welcome to the second student locality newsletter

We have had a busy few months so this newsletter will give you an update on our health priorities, campaigns, news, useful resources and training opportunities relating to student health in Leeds.

Student Locality Update

The student locality aims to support all students across Leeds West CCG with their health and wellbeing needs. Our mail base is rapidly expanding with members from GP practices, Leeds West CCG and the Universities in Leeds.

The student locality working provides a great opportunity to learn from each other and facilitates the sharing of best practice for working with students. If you, or anyone you know, would benefit from joining the student locality mail base, please ask them to contact Chloe Rankin chloe.rankin@nhs.net

Priority Areas

Sexual Health Mental Health Eating Disorders Diabetes Gender Identity

Save the date

Thank you to those who attended our educational sessions last term. We will be hosting the following free educational session at Leeds Student Medical Practice next term;

Early interventions for drug and alcohol use – 17th March, 12.30 – 2.00pm run by David Wise from Forward Leeds

Places are limited so for more information, and to book a place at this session, please contact Chloe Rankin on chloe.rankin@nhs.net



LSMP Hub Update

LSMP started opening on Saturday's on 26th November 2016 and Saturdays and Sundays from the weekend of 7th/8th January. LSMP is open 8am – 2pm with patients being seen 8.30am – 1.30pm. Initially all appointments are prebookable, with some appointments blocked for emergencies on the day. Both Doctor and Nurse appointments are available.

If anyone is interested in working at the LSMP hub, please contact Lisa-Jayne Slater on lisa-jayne.slater@nhs.net

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Campaigns last term

Pink Week – We had another successful pink week at LSMP in November. With 13 smears taken, compared to a comparable week the year before of 3.



Blue Week – Following feedback from our PPG we hosted 'Blue Week', to coincide with Movember, raising awareness of men's health issues such as prostate cancer, testicular cancer and mental health.



National HIV Testing Week leading into World Aids Day – We had a successful fortnight the 'It Starts With Me' campaign with 15 HIV tests taken over the 2 weeks.



Alcohol Awareness Week – We helped to promote safe drinking using resources provided by the Leeds City Council and Forward Leeds 'Like My Limit' campaign.



Awareness campaigns this term

Here are the campaigns we will be promoting to students over the next couple of months. We would encourage you to please help support them too!

- W/C 27th February - Eating Disorders Awareness Week
- W/C 6th March – No smoking week (for No smoking day on 9th March)

Training opportunities

SRH Essentials Course

The course covers the key information needed for practice nurses to safely raise sexual health matters in patient consultations and equips nurses with the knowledge to signpost or refer patients on for starting contraception, STI testing or emergency contraception.

LSMP will be delivering an SRH Essentials Course on Tuesday 28th March 2017 9am – 5pm. For more info and to book please email chloe.rankin@nhs.net

LARC Evening Masterclass

LSMP will be hosting a LARC masterclass on Tuesday 21st March covering topics such as the Sayana Press, Intravascular Nexplanons and a LARC Q and A session. Food is served from 6.30pm with the masterclass from 7 – 9pm. For more info and to book a place please contact chloe.rankin@nhs.net

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News and updates

Forward Leeds Update

The Forward Leeds Clinics at LSMP on Thursday afternoons had a slow start, but are now fully booked each week and are proving to be very beneficial for patients. We are continuing the trial for another term. For more info about Forward Leeds please see www.forwardleeds.co.uk



Diabetic patients with eating disorders

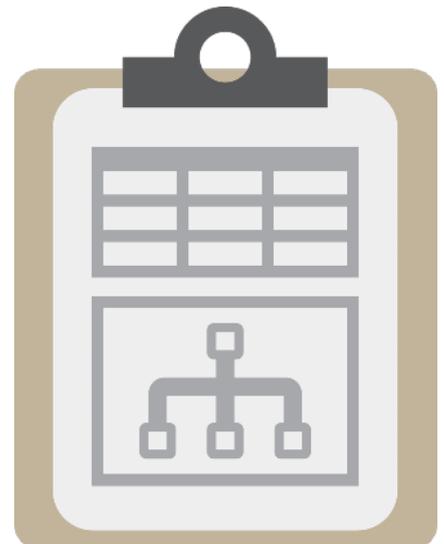
The usual YCED criteria does not apply for IDDM diabetic patients with eating disorders. You can refer IDDM diabetic patients to YCED at any time you are concerned due to the increased risk to patients.

New Meningitis Guidelines

Here is the latest guidance on the prevention and management of meningococcal meningitis and septicaemia in higher education institutions:

<https://www.gov.uk/government/publications/meningitis-and-septicaemia-prevention-and-management-in-higher-education-institutions>.

The guidance covers; understanding invasive meningococcal disease and why freshers are at increased risk, raising awareness of the signs and symptoms of meningitis, encouraging all first time university entrants up to 25 years old to have the MenACWY vaccination, planning ahead for possible case or cluster of cases of meningitis and sourcing resources to support awareness of immunisation.



Meningitis Awareness

While meningococcal infection is a rare illness, it can be serious so we need to be aware of the signs and symptoms. These can include; a severe headache, a high temperature and/or vomiting, stiff neck, aching limbs or joints, a dislike of bright light (photophobia), drowsiness or confusion, muscle pains - especially in the legs, a fine purple rash which does not fade when pressed with a glass. Not all symptoms will be present in all cases.

People with meningococcal infection can become seriously ill very quickly, so we recommend that any patients who have symptoms seek help immediately.

Meningitis does NOT spread easily from person to person. The meningococcal germ is very fragile and dies rapidly outside the body, so very close contact (for example kissing) is necessary before there is a risk of becoming infected. We recommend that any person with overnight contact with a suspected case is also offered an antibiotic as a preventative measure.

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News and updates continued

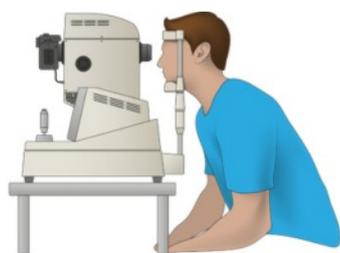
Liaison Diabetes Clinic

There is a Liaison Diabetes Clinic at the LGI on Monday mornings for all diabetic patients with any enduring mental illness (including eating disorders).

This is run by Dr Rajini Mulukulta (used to be run by Dr Trigwell). To refer patients, a referral letter needs to be sent to Dr Rajini Mulukulta: Department of Liaison Psychiatry, Rose Garden Offices, Leeds General Infirmary, Great George Street, Leeds, LS1 3EX.

Ice templates for patients with eating disorders

We are in discussion with ICE to have a new GP panel made to support blood testing for patients with eating disorders. This will include a template for the tests required the first time a patient is seen regarding anorexia/bulimia and then follow up templates for reviews. We will keep you updated.



Retinal Screening Update

From April 2017 the contract to deliver retinal screening clinics has been awarded to Wakefield not Leeds. It might be difficult for some patients to travel to Wakefield so we are in discussion with the Retinal Screening Service to host clinics on site at LSMP. The plan is to provide clinics during the week and at the weekend. We will keep you updated.

ATPS (Advanced Training Practice Scheme)

The ATPS offers practices the chance to support student nurses for placements during their time at University and future proof our workforce. Each placement is a minimum of 30 days and practices receive a fixed day rate per student for this.

If you do not already take students and would like to, please contact Laura Scott ATPS administrator for Leeds: lsmp.atphub@nhs.net

MARSIPAN

LSMP attends the Marsipan meetings in Leeds (Management of Really Sick Patients with Anorexia Nervosa). This involves multiple stakeholders across the city regarding patients with eating disorders. They consider the physical and mental health needs of patients and the processes for patients who require medical admission, tube feeding or psychiatric admission.

If you have any feedback regarding support for patients with eating disorders, please contact Chloe on chloe.rankin@nhs.net and we can raise this in the next meeting.

Please keep in touch!

If you would like further information about anything in this newsletter or have something to include in the next newsletter then please don't hesitate to get in contact by emailing chloe.rankin@nhs.net