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Practice Matters is our newsletter for nurses and health care assistants working in general practice in the south west. Welcome to our latest issue, which is packed with nursing, RCN and health news.

I hope you find it useful and enjoy it. Please do send any feedback you may have or ideas for content to swestern.region@rcn.org.uk

RCN NEWS

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Centenary CPD events

RCN South West is celebrating the RCN's centenary this year with a series of continuing professional development events, addressing the theme of nursing past, present and future.

The events for registered nurses will include a workshop on NMC revalidation and will provide a practical opportunity to produce content for your revalidation portfolios on the spot.

They will take place on 13 September in Gloucester, 11 October in St Austell, and 18 October in Bournemouth.

There will also be two events for health care assistants, on 19 July in Taunton and on 8 November in Plymouth.

These CPD events are free to RCN members.

If you are interested in attending, save the dates in your diary and keep an eye out for further information in your email inbox and online at www.rcn.org.uk/southwest.

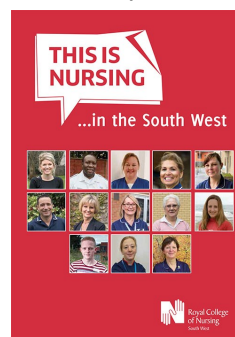


This is Nursing in the South West

From practice nurse Kate Wright features in an RCN publication showcasing inspirational nurses and celebrating the diversity of nursing in the South West. Lead leg ulcer nurse (pictured) describes setting up a 'leg club', where patients come for treatment in a social environment with tea and cakes. Frome Leg Club is based on an award-winning model founded by former district nurse Ellie Lindsay, which increases patients' compliance with their treatment plans. Evidence shows that leg clubs lead



to improved healing rates by encouraging members to become more involved in their care. Venous leg ulceration currently costs the NHS an estimated £400m a year and this innovative approach has been shown to be more cost-effective in terms of nursing resource. For further



information about leg clubs you can visit

www.legclub.org.

Order a copy of *This is Nursing in the South West* via RCN Direct (0345 772 6100—the publication code is 004 873) or download it from www.rcn.org.uk/development/publications.

New South West RCN Council member



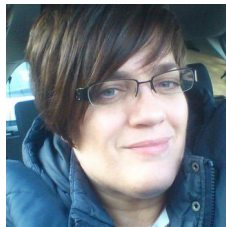
Thank you to all those who voted in the RCN Council elections. Your new South West Council member is Vicky Brotherton, an RCN accredited steward and safety representative at Derriford Hospital in Plymouth. Vicky qualified as a nurse in 1982 and has worked across a diverse range of disciplines, including care of the elderly and

learning disability nursing. Since 1989 she has worked as an ophthalmic nurse practitioner and is the nurse representative on the clinical programme group for ophthalmology in the Northern, Eastern and Western Devon CCG.

Contact Vicky via southwestern.region@rcn.org.uk

New Health Practitioner Committee member to represent the South West

Lindsay Cardwell has been elected to represent health care assistants and assistant practitioners in the South West on the RCN's national Health Practitioner Committee. She has worked in the health service for 23 years both in the public and private sectors, firstly as a senior health care assistant/ endoscopy technician and now in the community as an assistant practitioner.



New Students' Committee member



Colin Revell has been elected to represent students in the South West on the RCN's national Students' Committee. Having been assistant principal at a Gloucestershire academy, he has experienced of the education system as both a teacher and a student. He is determined to represent the student nursing voice and fight for the advancement of the role of the student nurse, including supporting and developing the RCN's stance on recruitment, retention and remuneration of student nurses to ensure a fair system for all.

Walnuts linked to diabetes prevention

People given 60g of walnuts a day saw an improvement in cholesterol levels and the strength of their blood vessel cell walls, helping prevent the onset of diabetes, according researchers at Yale University. Walnuts are rich in essential fatty acids and other nutrients such as folate and vitamin E, researchers suggested.

They studied 112 at-risk people aged between 25 to 75 over six months.

The findings were published in *BMJ Open Diabetes Research & Care*.



White vegetables prevent cancer



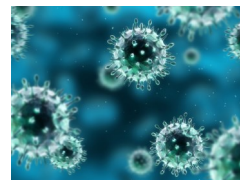
People who eat large amounts of white vegetables such as potatoes, cauliflower and onions were a third less likely to develop stomach cancer, according to Chinese

scientists. The key nutrient is thought to be vitamin C, which acts as an antioxidant to cut down cellular stress in the stomach as well as fighting a bacterium widely blamed for causing gastric cancer.

Researchers found that beer, spirits, salt and preserved food raises the risk, while fruit and green-yellow vegetables such as cabbage, kale and celery also seemed to have a protective effect.



New test to help antibiotic resistance



Researchers in the US have developed a blood test to determine if respiratory infections are caused by viruses or bacteria. The test could prove crucial in the fight against antibiotic resistance.

The blood test, 87% accurate in the study, would enable doctors to determine within an hour whether the infection was bacterial or viral, and therefore whether they should prescribe antibiotics or not.

New e-form for incident reporting

Reporting patient safety incidents to the NHS's national patient safety incident database has just got easier with the introduction of a new e-form for general practice. Of the 1.5 million annual reports received, most are from secondary care, despite 360 million consultations occurring in primary care. Please report all patient safety incidents, including near misses, whether they cause actual harm or not. When you report incidents you will receive a template for appraisal and revalidation and which can also be used as evidence for CQC inspections.

Visit www.england.nhs.uk/ourwork/patientsafety/general-practice/ for more information.

Free practice nursing conference

Better Together, the second joint NHS/RCN conference for practice and community nursing, will take place in Cornwall at Sands Resort, Newquay on [21 April](#) and in Devon at Dartington Hall, Totnes on [9 May](#). Delegates will receive useful clinical updates and hear from keynote and national speakers about issues relevant to the nursing profession. Book your free place via www.devoncornwallpn.co.uk.

RCN centenary survey

Our survey aims to discover how nursing staff feel about their nursing careers, the health service and the future of the profession. The results will be used in media stories to celebrate the RCN's 100th anniversary throughout the year. Please complete and share it with your nursing colleagues and friends to help us build a true picture of the profession: www.smartsurvey.co.uk/s/centenarysurvey

RCN-accredited shingles e-learning

Sanofi Pasteur MSD has developed an e-learning module to provide practice nurses with information about shingles and the shingles vaccine Zostavax® [shingles (herpes zoster) vaccine (live)], which is recommended by the Department of Health for the national shingles immunisation programme. Participants will gain knowledge about the varicella-zoster virus, the diseases it causes, and information about shingles and its complications.

To register for this e-Learning programme, visit <https://shingleslearn.co.uk/gateway/>

The RCN indemnity scheme and you

We get a lot of questions from practice nurses about our indemnity scheme, which provides cover for clinical negligence claims.

The RCN indemnity scheme is exactly the same for practice nurses as it is for any other employed member.

We now have a new leaflet and some more detailed guides which explain exactly when you are covered.

Our indemnity scheme extends worldwide (except for the USA and Canada) and is worth up to £3 million per claim. It means you can have peace of mind if you take part in education placements, voluntary, good Samaritan or charitable nursing work. Cover does not include work undertaken as part of a member's contract of employment, in which case their employer is liable.

Find out more on the [RCN website](#): www.rcn.org.uk/indemnity where you can download our [leaflet](#) and other more detailed guides.



Other publications

[Nurses employed by GPs. RCN guidance on good employment practice](#)

A framework to support practice nurses and their managers. Includes the essential elements of good employment practice.

[Immunisation knowledge and skills competence assessment tool](#)

This aims to support the training and assessment of those with a role in immunisations.

[Pain knowledge and skills framework](#)

A great tool for producing revalidation evidence.

RCNXtra just got better



The RCN members' discount scheme RCNXtra has fantastic offers from over 3,000 of the UK's top retailers including Sky TV, John Lewis, Expedia and thetrainline.com.

Visit <https://www.rcn.org.uk/membership/member-discounts> to take advantage of your discounts.