

INTEGRATED CARE ACADEMY NEWS BULLETIN – Issue No. 2, 05 October 2021



Developments and opportunities this Autumn

Four months on from “Foundation Week”, the Integrated Care Academy’s official launch, and I’m pleased to announce a range of opportunities and programmes across education, training, leadership and research. Thinking about advancing your career? Take a look at our new MBA in health and care integration. Passionate about improving health and care? Bring your ideas to one of our Autumn focus groups or join our Co-production Hub, plus a few more, all included here, in our second ICA Bulletin!



Director of the ICA, Professor Chantal Ski
Supporting best integrated care for all

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Find out more about the ICA

- Take a look at our YouTube channel to see the latest vlog and more <https://www.youtube.com/channel/UCK7oRYQ9qooqTAeF5mm8BbA/featured>
- Check out our website <https://www.uos.ac.uk/ica>
- Get in touch with us via Twitter @IntegratedCare6 or LinkedIn: <https://www.linkedin.com/company/integrated-care-academy/>
- Email us at our Programme Office ica@uos.ac.uk

1. Integrated Care Fellows now active across the East of England

Twenty-seven inaugural Fellows started work on projects last week as part of the ICA's Integrated Care Fellows Development Programme, a leadership programme sponsored by Health Education England (HEE) and aimed at primary care clinicians. The first cohorts include pharmacists, nurses, therapists and GPs from across the east of England region, marking the University of Suffolk's first postgraduate medical offer.

Said Mark Shenton, Professor of Integrated Care at the ICA:

"The Fellows are leading projects to tackle a range of issues, including frailty, palliative care and health improvement for people with serious mental illness and people with learning disabilities. It's exciting to see an extremely bright and inspirational group of professionals refining their ideas. As well as the learning that the Fellows will experience, I'm anticipating significant benefits and potential breakthroughs for our local health and care systems."



The Integrated Care Fellows Development Programme runs from September 2021 to August 2022.

For further information, please visit

https://heeo.hee.nhs.uk/general_practice/fellowships-primary-care/integrated-care-fellows-development-programme

2. Are you interested in an MBA in Integrated Care?

Starting in February and September next year, the ICA is launching a new course leading to a Master of Business Administration degree or a postgraduate diploma in health and care integration. The MBA course is offered full-time (one year) or part-time (two and a half years) basis, and the postgraduate diploma is offered part-time (one and a half years). It will develop your senior business knowledge and knowledge of local and national models of integrated care, population health management and reducing health inequalities.

The course propels you into the future of health and care, nationally and internationally, with the opportunity to develop your skills in digital and data integration, workforce transformation, cultural and behavioural change and leadership in complex systems.

Further details about the new course will be published on our website later in October. We are keen to hear from aspiring leaders who may be interested in registering. We are also keen to hear from existing leaders. We would like your feedback on the course programme.

If you are interested in hearing more, please send your contact details and a short message to ica@uos.ac.uk

3. PhD in Palliative and End of Life Care – call for applicants

National policy is well-established for guiding best practice end of life care, but it is not always the case that people and families experience a “good death”. End of life care is not always available to older people with multiple morbidities, for example. The ICA is aiming to address these gaps with *care and support towards the end of life* as one of the ICA’s three priority areas (the other two being *best quality of life as we grow older* and *optimal mental health and emotional wellbeing*.)

St Helena Hospice in Colchester is funding a PhD with the Integrated Care Academy to review current evidence, map current processes and explore potential impact of a population health management approach to end of life care. This doctorate is soon to be advertised with a start date of December 2021.

If you are interested in applying, please send your contact details and a short message to ica@uos.ac.uk

4. Helping people with Long COVID – an Optimal Health Programme

The Mental Health Alliance across Suffolk and North East Essex is funding research led by the ICA to develop an Optimal Health Programme for people with Long COVID. Currently, there is no standard treatment protocol for people with Long COVID, the first and only illness that was identified initially by people on social media. Debilitating symptoms can include fatigue, breathlessness, dizziness, brain fog, anxiety and depression.

Said Hiyam Al-Jabr, Research Associate at the ICA:

“We have seen success with other chronic conditions with the Optimal Health Programme, but this is especially challenging as Long COVID symptoms can vary significantly for each individual. Our research aims to improve the physical and emotional wellbeing of patients through this innovative holistic approach.”

This study is a randomised controlled trial that compares outcomes of a personalised five-week programme for Long COVID patients at the East Suffolk and North Essex NHS Foundation Trust (ESNEFT) Long COVID clinic. The study will be conducted over twelve months commencing in November 2021.

If you are interested in joining the study’s management group, you are 18 years old or older and you have been experiencing symptoms of Long COVID for 12 weeks or longer, send your contact details and a short message to ica@uos.ac.uk

To find out more, read our article in the British Journal of General Practice
<https://bjgp.life.com/2021/09/17/long-covid-supporting-people-through-the-quagmire/>

Visit our You Tube channel

<https://www.youtube.com/watch?v=mwqUubD4lag>

Visit the ICA website and click the research button

<https://www.uos.ac.uk/ica>

5. Leading for Care Integration – the big collaboration

We were excited to take part last week in “the big collaboration” on Leading for Care Integration. Chantal Ski, Director of the Integrated Care Academy showcased the ICA’s work as one of a series of workshops organised by the NHS Leadership Academy and the Eastern Academic Health Sciences Network. Delivered virtually over three sessions, the big collaboration will explore collective innovation and the leadership skills and behaviours for successful care integration.

For further information on the big collaboration, please visit

<https://www.easternahsn.org/leading-for-care-info/>

6. Co-designing the core curriculum for integrated care

By September 2023, the University of Suffolk (UoS) aims to have integrated care embedded across all pre-registration health courses, so that all UoS graduates understand integrated care systems and what it takes to deliver best practice integrated care.

We would like to learn from people who have experienced integrated care in the last year, either as a service user or a family carer. We would like to gain insights from local practitioners and to know what health and care leaders think is the best way to equip our future integrated care workforce.

We invite you to bring your ideas to one of the following three online focus group sessions:

Thursday, 4 November at 2pm-3pm
Friday, 12 November at 10am-11am
Monday, 15 November at 10am-11am

If you are interested in joining one of the focus groups listed above, please send your contact details and a short message to ica@uos.ac.uk

7. Would you like to work with others to improve health and care? Join our Co-production Hub

The Integrated Care Academy is for people from all walks of life. If you have ideas for improving joined-up health and care, or you would just like to be part of realising the vision, come and join our Co-production Hub.

The ICA Co-production Hub is a membership network for anyone with an interest in improving integrated care, particularly in the areas of mental health, end of life and care for older people.

There are two levels of membership. We are recruiting “Associates” to work with us on projects locally, regionally, nationally and internationally. Our aim is to develop a resource of people with diverse experience and skills, including service users, carers, professionals and community and health and care leaders. Or you could simply register as a member to stay up to date with latest developments at the ICA, access opportunities to promote your ideas and take part in research projects, for example.

More information about our Co-production Hub will follow, published via our ICA website. **If you would like to receive updates and notifications of opportunities to take part, please send your contact details and a short message to ica@uos.ac.uk**

8. Inspiring Women

During the ICA's Foundation Week in May 2021, women leaders from across health and care in Suffolk and North East Essex came together to share stories and build a united network. Led by Kate Vaughton, Director of Integration with the West Suffolk Alliance, the conversation continues, with responses from men and women alike.

The ICA is delighted to support this growing network and its innovative work, such as their focus on 'the next generation' and reverse mentoring engaging students at West Suffolk College and key leaders nationally and across the region to raise awareness of women's health and to promote local opportunities.

If you would like further information, or you are interested in joining the network, please contact our ICA programme manager, Nicole Smith at ica@uos.ac.uk



Kate Vaughton
Director of Integration, West Suffolk Alliance and lead for *Inspiring Women*

Find out more about the ICA

Take a look at our YouTube channel to see the latest vlog and more

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Email us at our Programme Office ica@uos.ac.uk



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