



## New Starts and Changes in Primary Care

### NHS Integrated Care Boards (ICBs) to be launched 1 July 2022

On 1 July 2022, NHS Integrated Care Boards will (subject to parliamentary approval) be legally and operationally established. Clinical Commissioning Groups (CCGs) will then become dissolved.

The Nottingham and Nottinghamshire ICB will be the new NHS body that is responsible for the planning and allocation of NHS resources. A focus being to improve health outcomes and inequalities.

If you want to find out more about how the ICB interacts with Primary Care Networks (PCNs) and Integrated Care Partnerships (ICP) - please visit the [Nottingham & Nottinghamshire ICS website](#). We are running a [session about the changes to the NHS on 14 June - book here](#).

### PCN DES and IIF Targets - updated April 2022

In April 2022, [new targets were released for the PCN workforce](#). There are a number of indicators that support the following five areas:

1. Improving prevention and tackling health inequalities
2. Supporting better patient outcomes in the community through proactive primary care
3. Supporting improved patient access to primary care services
4. Delivering better outcomes for patients on medication
5. Helping create a more sustainable NHS

Keep an eye out on our [NATH website](#) for a recording about the update and for upcoming focus groups.

### Meet our new roles!

This month meet:



**Charlotte Moran** (Health & Wellbeing Coach in Nottingham East)

*Hi, I am Charlotte Moran and I am a Health and Wellbeing Coach who works across all PCN 6 GP surgeries.*

*My role in general practice is to conduct six-week health interventions that support the development of health literacy and healthcare independence amongst individuals dealing with long-term health conditions. I have 30-minutes to work one-to-one with individuals that are at risk or already dealing with a long-term health condition. Together we identify elements of the individual's lifestyle that need developing to support their physical and mental wellbeing, such as: diet, activity status, smoking / alcohol consumption and cognitive performance. We demonstrate core observations such as weight, height, visceral fat %, oxygen saturation, blood pressure and spirometry to fundamentally understand the individual's health status.*

*The service is holistic in nature and encourages individuals to lead a healthier lifestyle to support their health condition without solely relying on medications to do the work; this is done through various coaching methods that are drawn from behaviour changing models that research supports to encourage long-term change.*

*I also work closely with in-house clinicians to retrieve clinical input to support patient care effectively as well as communicating with external weight management services to provide continued support post intervention.*