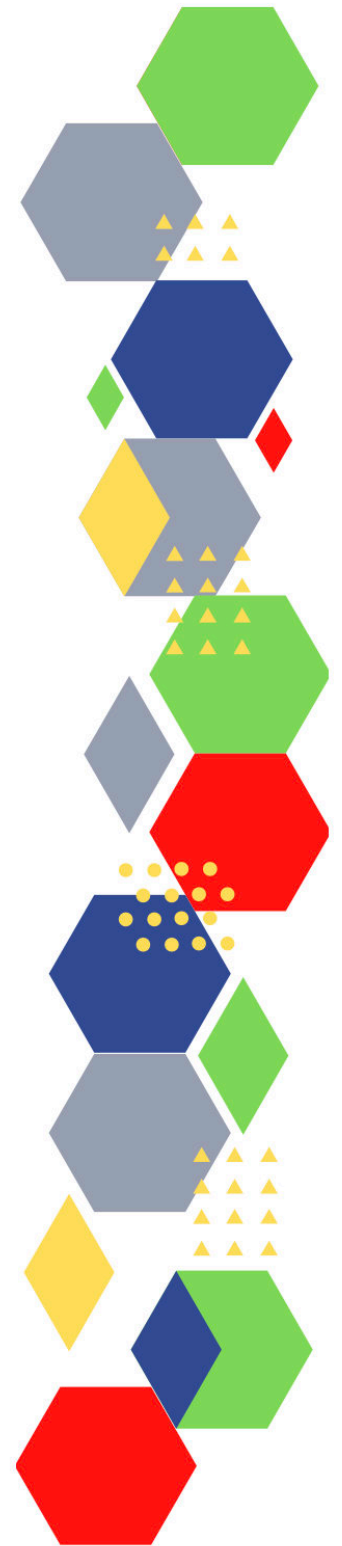
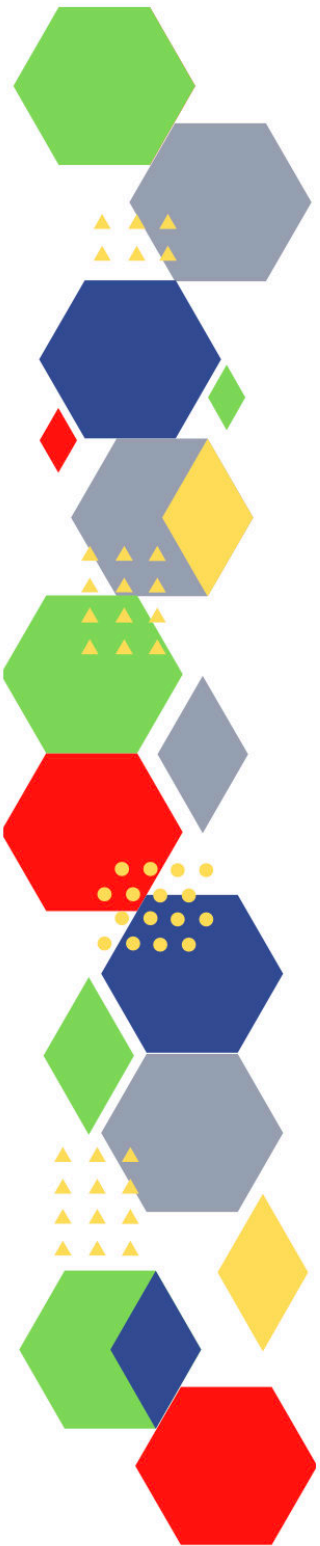




Future Proof Health Presents

Weekly News

7th October 2022



Communication	
Communication with Patients	
Communication within Teams	
Consent	<ul style="list-style-type: none"> • Gillick competency and Fraser guidelines • ReSPECT for healthcare professionals
People and Personal Development	
Personal / People Development / Leadership	<ul style="list-style-type: none"> • Accountability and delegation in practice
NHS Employers / HR / NHS Pension	<ul style="list-style-type: none"> • NHS Employers • Pensions Online
Health, Safety & Security	
	<ul style="list-style-type: none"> • NPSA • Control of Substances Hazardous to Health (COSHH)
Gov UK - NHS	
CQC	<ul style="list-style-type: none"> • GP mythbusters • Prescribing the resolution of conflict in general practice
MIMS	<ul style="list-style-type: none"> • Prescribing Update
Antibiotic steward-ship / Anti-microbial resistance	

Drug / Device Alerts (MHRA)	<ul style="list-style-type: none"> • Drug Safety Update (mhradrugsafety.org.uk)
Emergency Situations	<ul style="list-style-type: none"> • Resuscitation Council UK
Infection Control / Infection Statics	<ul style="list-style-type: none"> • NHS England » National infection prevention and control • Group A streptococcal infections: update on seasonal activity in England, 2021 to 2022 - GOV.UK (lnks.gd)
Vaccines / Medications / Prescribing	<ul style="list-style-type: none"> • Protocol for ordering, storing and handling vaccines • A Competency Framework for all Prescribers • Non-medical prescribing • The Human Medicines Regulations 2012 • RCN - Non-medical prescribers • Royal Pharmaceutical Society • Standards for prescribing • Clinical Negligence Scheme for General Practice • Home - electronic medicines compendium (emc) • Drug shortages - live tracker MIMS online
Safe Guarding	<ul style="list-style-type: none"> • Female genital mutilation (FGM) • PREVENT • Child protection system in the UK • Safeguarding Adults • Safeguarding children: detailed information • Domestic abuse victim services, England and Wales: 2022 (www.gov.uk) • Wolverhampton only - WST Training Update - September 2022 (govdelivery.com)
Practice Policies: Practice Management / Duty of Candour	
Audit	
Information Governance / Record Keeping	<ul style="list-style-type: none"> • Guide to Data Protection • Supporting general practice – Medical record keeping

Quality & Service Improvement	
Quality, Service & Improvement	<ul style="list-style-type: none"> • The PRSB • General Practice Assessment Questionnaire (GPAQ) • Healthwatch • NHS Five Year Forward View • General Practice Forward View • NMC • Dr Jon Griffiths Blog • NHS Confed
Roles in General Practice	<ul style="list-style-type: none"> • Standards for nursing associates • GP mythbuster 57: Health Care Assistants in General Practice
Revalidation	
Personal Practice & Development	
Practice Management	<ul style="list-style-type: none"> • Institute of General Practice Management • Practice Index
Employment / Retirement / Legacy Nursing	
NHS Self Care & Resilience	<ul style="list-style-type: none"> • Samaritans • Mental Health at work • Calm • Supporting our NHS people • The Hub :: Black Country Healthcare NHS Foundation Trust
Practice Transformation / Innovation Agency	<ul style="list-style-type: none"> • NHS England » Creating a highly usable and accessible GP website for patients

Future of NHS / General Practice / NHS Recovery	<ul style="list-style-type: none"> • NHS England • NHS England » Primary care • NHS mandate 2022 to 2023
ICS / ICB / ICP / PCN Commissioning	<ul style="list-style-type: none"> • Integrated care (england.nhs.uk) • What we've heard :: Black Country ICS
QOF / PHOF / DES / LES / NHS Contract / CQRS / CQUIN	<ul style="list-style-type: none"> • Integrated care (england.nhs.uk)
Leadership / Innovation	<ul style="list-style-type: none"> • Leadership Academy
Greener NHS	
Personalised Care	
Personalised Care / Self Care / Social Prescribing / Health Coaching	<ul style="list-style-type: none"> • Self Care forum • Personalised Care Institute • Personalised care • Social Prescribing Academy • Social Prescribing Interfaces
Group consultation	
Working Differently	
Shared Decision Making	<ul style="list-style-type: none"> • Personalised Care Institute
Equality & Diversity	
Equality & Diversity	<ul style="list-style-type: none"> • Public Health Profiles
Inclusion Health	<ul style="list-style-type: none"> • Health Creation Academic Network • Inequality on the inside • If integrated care cannot tackle inclusion health, we should all be worried The King's Fund (kingsfund.org.uk)

Poverty / Homelessness	<ul style="list-style-type: none"> • Crisis • This is Poverty
Population Health / Health Communities	
Thrive Into Work	<ul style="list-style-type: none"> • Thrive into Work • Thrive into Work Referral form
Health Inequalities	<ul style="list-style-type: none"> • NHS News
Trans / Non-binary Health / LGBTQ+	<ul style="list-style-type: none"> • LGBT Foundation • Surgery staff grab sheet (squarespace.com) • Trans inclusive organisations — TransActual • TransActual - Healthcare • CliniQ
Migrant / Refugee Health	<ul style="list-style-type: none"> • THE REFUGEE & MIGRANT CENTRE
Traveller / Gypsy / Romany Health	<ul style="list-style-type: none"> • Gypsy Roma and Traveller History and Culture The Traveller Movement • Friends, Families and Travellers (gypsy-traveller.org)
Veterans Health	<ul style="list-style-type: none"> • The first call for help takes courage

Management of Emergency Situations	
Management of Emergency Situations	
111 / Emergency Care	
First Contact	<ul style="list-style-type: none"> • Supporting general practice – Common pitfalls • Paediatrics for Primary Care (and anyone else) (gppaedstips.blogspot.com)
Red Flags	
Sepsis	<ul style="list-style-type: none"> • Sepsis: recognition, diagnosis and early management • Sepsis guidance implementation advice for adults • Sepsis in Children • Sepsis Trust • quick SEPSIS RELATED ORGAN FAILURE ASSESSMENT
Therapeutic Monitoring	
OSCE	<ul style="list-style-type: none"> • Geeky Medics • Abdominal Examination - Demonstration - YouTube • Cardiovascular Examination - Demonstration - YouTube • Respiratory Examination - Demonstration - YouTube • Physical Diagnosis Skills - University of Washington School of Medicine
Role Specific	
Cervical Cytology	<ul style="list-style-type: none"> • Guide to the interim assessment • British Association for Cytopathology • Lab Tests Online
Ear Care	<ul style="list-style-type: none"> • Ear Care Centre • RNID
Wound Management	<ul style="list-style-type: none"> • Microworld • Tissue Viability Society • The BLS

Minor Surgery	
Obtaining Samples / Results	<ul style="list-style-type: none"> • Lab Tests Online
Health Promotion / Health Screening	
Health Promotion / Population Health	<ul style="list-style-type: none"> • Better Health
Health Screening	<ul style="list-style-type: none"> • PHE Screening
PHE / OHID / UKHSA	<ul style="list-style-type: none"> • Knowledge & Library Services • Campaign Resources • Public Health Profiles • Health Publications • Health Profile for England 2021 • English indices of deprivation 2019
NHS Health Check	<ul style="list-style-type: none"> • NHS Health Check
NOIDS / PHE Surveillance / Syndromic Surveillance	
UK GOV Deaths / Suicide / Palliative Care	
UK GOV Infectious Disease Monitoring	
Addiction/Smoking	<ul style="list-style-type: none"> • Drink Coach • Stop smoking interventions and services

Immunisation / Travel Health

- [Joint Committee on Vaccination and Immunisation](#)
- [Immunisation against infectious disease](#)
- [West Midlands Immunisation Service](#)
- [Vaccination of individuals with uncertain or incomplete immunisation status](#)
- [Immunisation Queries: Immunisation information for Health Care Services within the West Midlands area](#)
- [Immunisation](#)

Flu	<ul style="list-style-type: none"> • Flu and flu vaccinations • The national influenza immunisation programme 2021 to 2022 • Flu vaccines for the 2021 to 2022 season poster • Appendix C: Flu vaccinator competency assessment tool • Healthcare assistants and flu vaccinations • NHS England » Seasonal Influenza Vaccination Programme enhanced service 2022/23: additional guidance on recording of flu vaccination events, payments and collaboration • NHS England » GP Contract
Covid Vaccine	<ul style="list-style-type: none"> • Greenbook COVID-19 chapter 14a • COVID-19 Vaccine Moderna e-learning now available • GP COVID-19 vaccine dashboard • Updates made to the COVID-19 vaccination learning programme • COVID-19 vaccines (mims.co.uk) • Autumn COVID-19 booster and flu system letter (england.nhs.uk) • Higher-risk patients eligible for COVID-19 treatments: independent advisory group report - GOV.UK (www.gov.uk) • COVID booster available to over 65s (independentnurse.co.uk) • ‘Flimsy’ Covid booster needles will not disrupt Autumn rollout (cogora.com) • Coronavirus » Transfer of COVID-19 vaccines between NHS vaccination sites (england.nhs.uk)

<i>Continuation of Immunisation / Travel Health</i>	
Children	<ul style="list-style-type: none"> • Encouraging uptake of the HPV vaccine: A guide for nurses (independentnurse.co.uk) • Quarterly vaccination coverage statistics for children aged up to 5 years in the UK (COVER programme): April to June 2022 (Inks.gd) • Low routine vaccination levels for children are 'extremely worrying' (independentnurse.co.uk) • Encouraging uptake of the HPV vaccine: A guide for nurses (independentnurse.co.uk)
Adults	<ul style="list-style-type: none"> • Immunisation patient group direction (PGD) templates • Shingles immunisation programme: introduction of Shingrix® letter
Vaccine Update	<ul style="list-style-type: none"> • Vaccine update: issue 331, August 2022 - GOV.UK (www.gov.uk) • Vaccine update: issue 329, May 2022 - GOV.UK (www.gov.uk) • Vaccine update: issue 328, May 2022, Shingrix® special edition - GOV.UK (www.gov.uk) • Vaccine update: issue 327, May 2022, SCID, TB and BCG special edition (www.gov.uk) • Vaccine update: issue 326, April 2022, HPV special edition - GOV.UK (www.gov.uk) • Vaccine update: issue 325, April 2022, flu special edition - GOV.UK (www.gov.uk)
PGD	<ul style="list-style-type: none"> • Hib/MenC: patient group direction (PGD) template - GOV.UK (www.gov.uk)
Travel Health	<ul style="list-style-type: none"> • Travel Health Pro • Fit for Travel • Travel Health • Jane Chiodini • Corona.Help

Mental Health / Learning Disability / Disability	
Mental Health	<ul style="list-style-type: none"> • Mental Health • Mental Health UK • Mind • Place2b • Rethink Mental Illness • Young Minds • Every Mind Matters • Calm • Headspace • Better Health - Every Mind Matters - Resources • ZSA Training • NHS > Mental Health
Learning Disability	<ul style="list-style-type: none"> • Learning Disabilities • Learning Disability England • Mencap • Bild • Autism
Disability (Inc. hearing and visual)	<ul style="list-style-type: none"> • Disability Rights UK • Disability Matters • RNID - National hearing loss charity • Spokzpeople
From Cradle to...	
Infant Health	<ul style="list-style-type: none"> • Tommys • First Steps Nutrition Trust • Bliss • ICON Toolkit • Routine childhood immunisation schedule (mkt6316.com)

Child Health	<ul style="list-style-type: none">• Unicef• Health Professional Academy• Premature Babies• Child and Maternal Health• Women and Child First• Child Health Information Services• Place2b• Childhood eczema• Childhood asthma• Paediatrics for Primary Care (and anyone else) (gppaedstips.blogspot.com)
Adolescent Health	<ul style="list-style-type: none">• Adolescent Health Programme• Society for Adolescent Health and Medicine• Young Minds
Mens Health	<ul style="list-style-type: none">• Mens Health Forum• Mens Health Month• Mens health.org• Mens Health UK• Men and mental health• Men's Mental Health Awareness• Prostate Cancer UK• Orchid Fighting Male Cancer• Prostate Cancer UK Facebook Page• Movember

<p>Women's Health</p>	<ul style="list-style-type: none"> • Womens Health Concern • Well Being of Women • Coppa Feel • Menopause Matters • The Menopause Charity • Royal College of Obstetricians and Gynaecologists - Guidelines • Pelvic Partnership • CRUK - Womens Cancer • Breast Cancer Now • Foundation for Women's Cancer • Eve Appeal • Ovarian.Org • Jo's Trust • Well Spring • Know your Lemons • British Menopause Society - <u>www.thebms.org.uk</u> • NHS - www.nhs.uk/conditions/menopause • Henpicked - henpicked.net • The Menopause Exchange - www.menopause-exchange.co.uk • Women's Health Concerns - www.womens-health-concern.org • Menopause Matters - www.menopausematters.co.uk • The Daisy Network - www.daisynetwork.org • Dr Louise Newson's Menopause Doctor - www.menopausedoctor.co.uk • Manage My Menopause - www.managemymenopause.co.uk/menopause-advice • Menopause Support - menopausesupport.co.uk • The benefits and risks of HRT and how to communicate this to women (independentnurse.co.uk)
<p>The Older Population</p>	<ul style="list-style-type: none"> • BGS • Ageing Better • Delirium Champions - YouTube

Carers / Social Care / Care Homes	<ul style="list-style-type: none"> • The Care Provider Alliance • Skills for Care • The Care Workers' Charity • Supporting Adult Carers
Young Carers	
Complex Needs	
Family Planning & Sexual Health	
Family Planning	<ul style="list-style-type: none"> • Faculty of Sexual and Reproductive Healthcare Education and Training • New MIMS table comparing levonorgestrel-releasing intrauterine systems
Reproductive	<ul style="list-style-type: none"> • Tommys
Sexual Health / Sexual Abuse	<ul style="list-style-type: none"> • Sexual and Reproductive Health Profiles • FSRH Education & Training
Maternity / Neonate health	

Care of Patients with Long Term Conditions	
LTC	<ul style="list-style-type: none"> • Physical Activity for the Prevention and Management of Long-Term Conditions
Diabetes & Pre-Diabetes	<ul style="list-style-type: none"> • Mumoactive • The mySugr App • PCDS Entry level module series - Foot Check • Type 2 diabetes in adults: management
Respiratory	<ul style="list-style-type: none"> • Spirometry: step by step • ARTP • British Lung Foundation • The Primary Care Respiratory Society • Respiratory – Respimat® patient resources Boehringer Ingelheim (boehringer-ingelheim.com) • Respiratory News & Advice (nursinginpractice.com) • Dudley pulmonary rehab - Template PI (dgft.nhs.uk)
COPD	<ul style="list-style-type: none"> • Right Breathe • GOLD COPD 2022 strategy Independent professional body guideline Guidelines
Asthma	<ul style="list-style-type: none"> • Asthma UK • Asthma: diagnosis, monitoring and chronic asthma management • Global Initiative for Asthma • British guideline on the diagnosis and pharmacological management of asthma in children
Hypertension	<ul style="list-style-type: none"> • British Heart Foundation • Blood Pressure UK • Hypertension in adults: diagnosis and management • Hypertension in adults: diagnosis and treatment • Hypertension: symptoms to look out for and treatment options (rcni.com)

Continuation of Long Term Conditions

CVD/AF	<ul style="list-style-type: none"> • QRISK®3-2018 risk calculator • Heart Rhythm Alliance • CVD risk assessment and management • NHS lipid management pathway NHS guideline Guidelines • INTERHEARTRISKSCORE (phri.ca)
Heart Failure	<ul style="list-style-type: none"> • British Heart Foundation • British Society Guidelines • Pharmacological management of chronic heart failure (rcni.com)
Cancer / Oncology	<ul style="list-style-type: none"> • Surviving Thyroid Cancer • Help Us Help You - Lung Cancer Symptoms • Breast Cancer Now • Macmillian • Bowel Cancer UK • Brain Trust • CRUK • Action Cancer • Foundation for Women's Cancer • NHS England » Cancer
Chronic Kidney Disease	<ul style="list-style-type: none"> • Kidney.Org • Kidney Quality Improvement Partnership
Liver Disease	<ul style="list-style-type: none"> • British Liver Trust • Liver Research • BRITISH ASSOCIATION FOR THE STUDY OF THE LIVER • LIVERNORTH • LIVER DISEASE AND CIRRHOSIS

Continuation of Long Term Conditions





Blood Disorders	<ul style="list-style-type: none"> • Blood Cancer UK • UK Thalassaemia Society • The ITP Support Association • UK-ITP Paediatric ITP Registry • The Haemophilia Society • UK MDS Forum • Pernicious Anaemia Society • Haemochromatosis UK
G.I	<ul style="list-style-type: none"> • GIST Cancer UK • Pernicious Anaemia Society
ENT	
G.U	
ME / CFS / Fibromyalgia	<ul style="list-style-type: none"> • ME Association • ME Research • Action for M.E • Fibromyalgia Action UK • Fibromyalgia UK • Home - Fibromyalgia Awareness UK (fibroawarenessuk.org) • Fibromyalgia - Symptoms, diagnosis and treatment BMJ Best Practice • Fibromyalgia - The Brain Charity
Neurological Conditions	<ul style="list-style-type: none"> • The Brain Tumour Charity • Narcolepsy.Org • ACNR • MS Society UK Information, research and support Multiple Sclerosis Society UK • Home MS Trust • Epilepsy Society • Three-minute skin swab can diagnose Parkinson's - Nursing in Practice

Continuation of Long Term Conditions

<p>Musculoskeletal Conditions</p>	<ul style="list-style-type: none"> • Rheumatology • National Axial Spondyloarthritis Society • Musculoskeletal health • Musculoskeletal health: 5 year prevention strategic framework • Faculty of Occupational Medicine • Guide to embedding your first contact physiotherapy service
<p>Endocrine Disorders / Metabolic Disorders</p>	<ul style="list-style-type: none"> • Society for Endocrinology • Turner Syndrome Support Society • Thyroid Eye Disease • British Thyroid Foundation • Thyroid UK • The Pituitary Foundation • Addisons Disease • Parathyroid UK • The Royal Osteoporosis Society • Metabolic Support UK
<p>Frailty</p>	<ul style="list-style-type: none"> • Recognising frailty • Identifying frailty • CLINICAL FRAILTY SCALE • Housing our ageing population Local Government Association • Acute Assessment & Medical Care without Hospital Transfer for Older People Tickets, Fri 7 Oct 2022 at 10:00 Eventbrite
<p>Dementia / Alzheimers</p>	<ul style="list-style-type: none"> • Dementia UK • Age UK - Understanding Dementia • Delirium Champions • Alzheimers Society • Dementia profile updates - GOV.UK (www.gov.uk)

Continuation of Long Term Conditions

Dermatology	<ul style="list-style-type: none"> • British Association of Dermatologists • Eczema • The British Skin Foundation • Acne vulgaris: management • The Primary Care Dermatology Society • Acne.org • Allergy UK • Urticaria • Hives • Sunburn • Causes of cancer and reducing your risk • What is Rosacea? • Rosecea • The Rosacea Forum • Herpes Viruses Association • Shingles • Fungal Skin Infection - Foot • The Psoriasis Association • National Psoriasis Foundation • Melanoma • Skin Health Information • British Association of Plastic Reconstructive and Aesthetic Surgeons - Procedure Guides • Warts and verrucae • MIMS Clinics
Allergy / Auto-immune / Genetic Conditions	<ul style="list-style-type: none"> • Allergy UK • British Society for Rheumatology • Addisons Disease

<i>Continuation of Long Term Conditions</i>	
Obesity	<ul style="list-style-type: none"> • Obesity UK • Understanding obesity and addressing stigma: the role of healthcare professionals (rcni.com)
Pain Management	<ul style="list-style-type: none"> • Pain Concern
Genomics	
Multi-Morbidity	<ul style="list-style-type: none"> • Multimorbidity • Multimorbidity / multiple long-term conditions (MLTC)
Minor Illness / First Contact Assessment / OSCE	<ul style="list-style-type: none"> • Fact Sheets - Self Care Forum • OSCE Checklists  (mlsend.com) • OSCE Flashcards  (mlsend.com) • 600+ OSCE Stations  (mlsend.com) • Anatomy Flashcards  (mlsend.com)
Other / Case Studies	
End of Life Care	
End of Life Care	<ul style="list-style-type: none"> • ReSPECT for healthcare professionals • Hospice UK
Flu / Covid-19 / Monkeypox	
Covid-19	<ul style="list-style-type: none"> • Covid Live
Flu / Avian Flu	
Long Covid	<ul style="list-style-type: none"> • Supporting your recovery after COVID-19 • Long Covid Toolkit • Long term effects of COVID (Long COVID) • Post-COVID Syndrome (Long COVID) • COVID-19 Yorkshire Rehabilitation Screening Tool • FOM Guidance
Monkeypox	

News & Views	
Digital News / Remote Consultations	<ul style="list-style-type: none"> • Digital Health News Webinars • Digital Health News • NHS Digital • DigiHealthWell • Public Sector Events, Conferences and Training - Inside Government • Digital Transformation
PSNC News / Pharmacy	<ul style="list-style-type: none"> • National Pharmacy Association • Royal Pharmaceutical Society • Medicines Learning Portal • Specialist Pharmacy Service
Pulse / GP Online / HSJ / NB Medical	<ul style="list-style-type: none"> • GP Online • HSJ • Pulse Today
Primary Care Update / PCC / PPP	<ul style="list-style-type: none"> • Public Policy Projects News • Primary Care Bulletin
Health Care Leaders Newsletters	

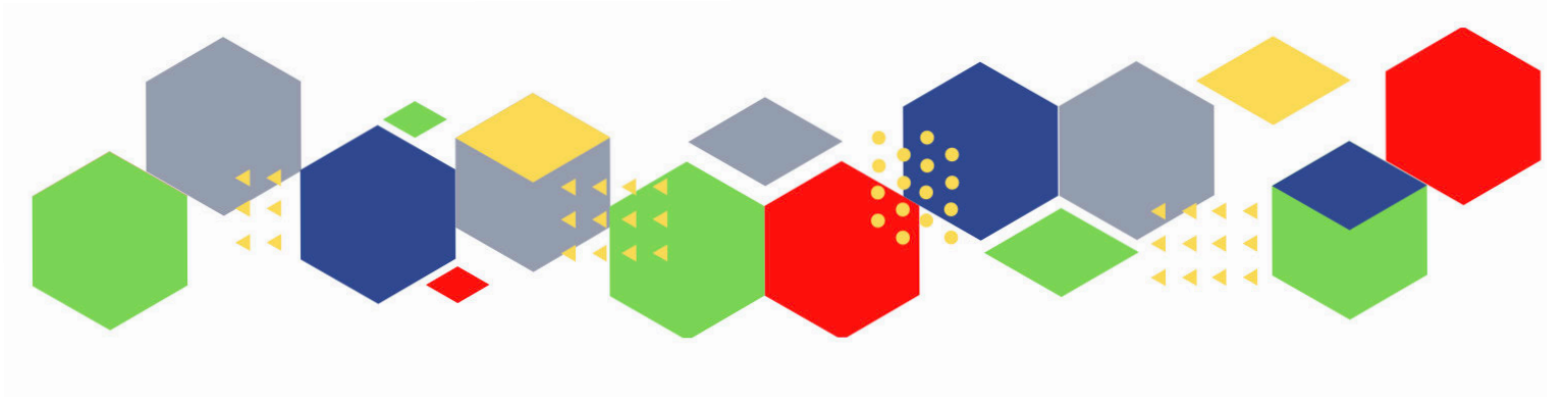
<i>Continuation of News & Views</i>	
Kings Fund	<ul style="list-style-type: none"> • The Kings Fund
World Health Organisation	<ul style="list-style-type: none"> • WHO • OpenWHO
IHCT / CCG / STP / Healthier Futures	<ul style="list-style-type: none"> • Black Country & West Birmingham CCG • Dudley Integrated Health and Care • Home :: Black Country Healthcare NHS Foundation Trust • Issue 11 - Black Country Primary Care Brief (sharepoint.com) • Issue 10 - Black Country Primary Care Brief (sharepoint.com) • Issue 09 - Black Country primary Care Brief (sharepoint.com) • Staff News
NHSI / NHSE	
University / Student Nurses	
Medisa / Univadis / Geeky Medics / GP Notebook / Medscape	<ul style="list-style-type: none"> • Medisa • Geeky Medics • Medscape Nurses • GP Notebook
Nurse Guidelines	
The Health Foundation	<ul style="list-style-type: none"> • The Health Foundation
The Health Care Leaders Update	<ul style="list-style-type: none"> • Health Care Leader News

<i>Continuation of News & Views</i>	
Practice Index	
Innovation Agency	<ul style="list-style-type: none"> • Innovation Agency Exchange
RCN	<ul style="list-style-type: none"> • RCN
Nursing in Practice / Nursing Standard / Independent Nurse	<ul style="list-style-type: none"> • Nursing Times • Practice Nursing - Explore our brand new website • Journal of General Practice Nursing
QNI	<ul style="list-style-type: none"> • QNI • Talk To Us © – The Queen's Nursing Institute (qni.org.uk)
NMC	<ul style="list-style-type: none"> • NMC
CMO / CNO	
Nice	<ul style="list-style-type: none"> • NICE
RCGP / BMA / The Lancet	<ul style="list-style-type: none"> • The Lancet • British Medical Journal • Royal College of General Practitioners
Midlands Academic Health Science Network	<ul style="list-style-type: none"> • WMAHSN Network
Healthwatch	<ul style="list-style-type: none"> • Healthwatch
Other	<ul style="list-style-type: none"> • Patients Association
Free Training / Webinars / Meetings / CPD	
Development / Information and Knowledge	<ul style="list-style-type: none"> • Red Whale Training • Issues & Answers • Issues & Answers - Long Covid Broadcasts
Free to RCN	<ul style="list-style-type: none"> • RCNi events RCNi

Continuation of Free Training / Webinars / Meetings / CPD

MIMMs Learning	
Eventbrite	
e-Learning for Health	
Podcasts	<ul style="list-style-type: none"> • The Nursing Handover Podcast • Nursing Standard Podcasts • Nursing Matters • Welcome to the BJN Podcast • Cynet Health Care Podcast • EBN podcast • This Is Nursing • Teach me, I'm a Nurse • Past Caring • RCGP eLearning podcast • The BMJ Podcast • Primary Care Network podcasts • The Professional Support Unit's Pandemic Podcast • The Next GenCast
Future Proof Health Training	<ul style="list-style-type: none"> • Training
YouTube	<ul style="list-style-type: none"> • NHS England • Black Country Healthcare - YouTube
Blogs/Vlogs	

<i>Continuation of Free Training / Webinars / Meetings / CPD</i>	
BCWB Training Hub	
Evidence based care	
Area Bulletins	
Research	<ul style="list-style-type: none">• Science Daily• Multimorbidity / multiple long-term conditions (MLTC)• National Institute for Health and Care Research
Freebies	<ul style="list-style-type: none">• Blue Light Card
Other	



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