

NORTH WALES PRIMARY CARE CLUSTER UPDATE

AUTUMN 2018

CLUSTER UPDATE

Welcome to the North Wales Cluster Update!

A lot has been going on in the last year, and we wanted to update you all on the positive schemes the clusters have been piloting.

Many Clusters are trialing similar schemes, as many of us have similar needs for our population. This update is highlighting only a few of schemes, that are being carried out across the Clusters.

There are 14 clusters across BCUHB which are split into East, West and Central Areas and collectively serve a population of 678,000.

SENSORY GARDEN – CANOLFAN GOFFA FFESTINIOG

Y Dref Werdd are co-ordinating the development of a sensory garden at the back of the Canolfan Goffa funded by Meirionnydd Cluster to improve the experience of patients attending the health centre.

Work will include installing raised beds suitable for wheelchair users, benches, planting of sensory plants and herbs. Work has been completed on the raised bed at the front of the centre with local volunteer.

Plants include various bulbs, winter heathers, violas and many more. Work is also underway to develop the courtyard in the centre of the building which will hopefully include a feature developed by a local artist.

SOCIAL ENTERPRISE - SUPPORTING THE COMMUNITY

Meirionnydd Cluster is working in partnership with Bro Ffestiniog Community group to co-ordinate and drive a programme of social prescribing / green prescription to offer outdoor activities encouraging those that are dependant on the health service to spend more time doing activities that could benefit their health and help improve the overall health and well-being of the local population. Y Dref Werdd aims to make itself the first point of contact for GP's when referring patients to services in the Bro Ffestiniog area and by doing this relieving the pressure on family GP's.



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DIWEDDARIAD CLWSTWR GOFAL CYCHWYNNOL GOGLEDD CYMRU

HYDREF 2018

DIWEDDARIAD CLWSTWR

Croeso i Ddiweddariad Clwstwr Gogledd Cymru!

Mae llawer wedi digwydd yn ystod y flwyddyn ddiwethaf, ac rydym am eich diweddarau am y cynlluniau cadarnhaol mae'r clystyrau wedi bod yn eu peilota.

Mae llawer o glystyrau'n treialu cynlluniau tebyg, oherwydd mae llawer ohonom ag anghenion tebyg i'n poblogaeth. Mae'r diweddariad hwn yn amlygu ychydig o gynlluniau'n unig sy'n cael eu gwneud ar draws y Clystyrau.

Mae 14 clwstwr ar draws BIPBC a rennir i ardaloedd y dwyrain, gorllewin a chanolog ac yn gwasanaethu poblogaeth o 678,000 gyda'i gilydd.

GARDD SYNHWYRAU - CANOLFAN GOFFA FFESTINIOG

Mae'r Dref Werdd yn cydlynu datblygiad gardd synhwyrâu yng nghefn y Ganolfan Goffa a ariennir gan Glwstwr Meirionnydd i wella profiad y cleifion sy'n mynychu'r ganolfan iechyd.

Bydd gwaith yn cynnwys gosod gwelyau uwch sy'n addas ar gyfer defnyddwyr cadair olwyn, meinciau, plannu planhigion a pherlysiau synhwyrâu. Cwblhawyd y gwaith ar y gwelâu uwch ar flaen y ganolfan gyda gwirfoddolwr lleol.

Mae'r planhigion yn cynnwys amrywiol fylbiau, grugoedd gaeaf, fiolas a llawer iawn mwy. Mae gwaith hefyd wedi dechrau i ddatblygu'r buarth yng nghanol yr adeilad, a gobeithir bydd yn cynnwys darn nodweddiadol a ddatblygwyd gan artist lleol.

MENTER GYMDEITHASOL - CEFNOGI'R GYMUNED

Mae Clwstwr Meirionnydd yn gweithio mewn partneriaeth a grŵp Cymuned Bro Ffestiniog i gydlynu a gyrru rhaglen o ragnodi cymdeithasol/presgripsiwn gwyrdd, i gynnig gweithgareddau awyr agored, gan annog y rhai sy'n ddibynol ar wasanaethau iechyd i dreulio mwy o amser ar weithgareddau a all fod o fudd i'w hiechyd a helpu i wella iechyd a lles cyffredinol y boblogaeth leol. Nod y Dref Werdd yw i fod yn bwynt cyswllt cyntaf i MT wrth atgyfeirio cleifion at wasanaethau yn Ardal Bro Ffestiniog, a thrwy wneud hyn, ysgafnhau'r pwysau ar feddygon teulu.



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WORKING TOGETHER

The three Wrexham Clusters have pooled budgets to tender for a social prescriber covering all practices in Wrexham. The tender value was increased through the addition of money from the Primary Care Fund, providing an initial 12 month contract opportunity.

The three Clusters also have a joint funding pot to cover collaborative meetings for all Wrexham practices. Annual events take place, with the most recent being on 11th October, where practices met for the afternoon to hear about a range of services designed to support patients in relation to their Mental Health.



South Flintshire Cluster has contracted with Open Junction to take three practices through a supported discussion on options to develop a new primary care organisation where they can work more formally together whilst maintaining their independent contractor status.

The Cluster is also exploring ways that interested practices (from across the East Area) may also wish to form a new provider organisation which can then work with the Health Board to deliver services in the community in ways that have not been possible before.

Due to the way that the contract was developed, all Clusters in North Wales have the opportunity to buy into the contract with Open Junction to hold discussions within their areas. Further information available on request.

WINTER PLANNING

Continue to improve flu immunisation uptake, North West Flintshire Cluster has funded distribution of letters to patients as well as funding staff to provide additional in hours and out of hours clinics.

The Cluster will be funding a range of additional clinics over the winter months to improve access for patients. Clinics will vary depending on patients needs within in each GP Practice in the Cluster. Some sessions will include: additional GP Sessions, additional ANP sessions, additional practice nurse sessions etc.

OOH flu clinics will be funded again this year for the Central Wrexham , Arfon & Meirionnydd clusters, covering staff costs in order to undertake evening and weekend flu clinics aimed at increasing uptake in vaccinations.

West & Central Clusters in partnership with Public Health have delivered Flu Planning workshops for all Primary Care partners , developing a local Flu Action Plan that will be monitored at cluster meetings to try and improve uptake and partnership working.

PRIMARY CARE MENTAL HEALTH COUNSELLING SERVICE (PCMHCS)

The PCMHCS for Conwy West and Central & South Denbighshire Cluster, provides short term counselling therapy to clients who have been assessed and referred by the Primary Care Mental Health Teams, who feel one to one counselling would support clients to work through difficult life experiences, such as depression, anxiety, stress, low self-esteem and loss/grief etc. Feedback from clients has been very positive.

CYDWEITHIO

Mae'r tri Clwstwr yn Wrecsam wedi cyfuno eu cyllidebau i dendro am rhagnodwr cymdeithasol i weithredu ym mhob practis yn Wrecsam. Cynyddwyd gwerth y tendr drwy ychwanegu arian o'r Gronfa Gofal Cychwynnol, gan ddarparu cyfle am gytundeb 12 mis dechreuol.

Mae'r tri chlwstwr hefyd â chyd-gronfa cyllid i dalu am gyfarfodydd ar y cyd i holl bractisau Wrecsam. Cynhelir digwyddiadau blynyddol, gyda'r un mwyaf diweddar ar 11 Hydref, lle bu practisau'n cyfarfod am y prynhawn i glywed am ystod o wasanaethau a gynlluniwyd i gefnogi cleifion o ran eu hiechyd meddwl.



Mae Clwstwr De Sir y Fflint â chontract gyda Open Junction i hebrwng tri phractis drwy drafodaeth a gefnogir ar ddewisiadau i ddatblygu sefydliad gofal cychwynnol newydd lle byddant yn gallu cydweithio'n fwy ffurfiol, tra'n cynnal eu statws contractwyr annibynnol.

Mae'r Clystyrau hefyd yn archwilio ffyrdd i bractisau â diddordeb (ar draws Ardal y Dwyrain) i ffurfio sefydliad darparwr newydd o bosibl a all gydweithio gyda'r Bwrdd Iechyd i ddarparu gwasanaethau yn y gymuned mewn ffyrdd nad oedd yn bosibl yn y gorffennol.

Oherwydd y ffordd y datblygwyd y contract, mae cyfle i bob Clwstwr yng ngogledd Cymru brynu i mewn i'r contract gyda Open Junction i gynnal trafodaethau o fewn eu hardaloedd. Gwybodaeth bellach ar gael ar gais.

CYNLLUNIO AR GYFER Y GAEAF

Parhau i wella derbyn pigiadau fflw, mae Clwstwr Gogledd Orllewin Sir y Fflint wedi ariannu dosbarthu llythyrau i gleifion yn ogystal ag ariannu staff i ddarparu mwy o glinigau o fewn a thu allan i oriau.

Bydd y Clystyrau'n ariannu ystod o glinigau ychwanegol dros fisoedd y gaeaf i wella mynediad i gleifion. Bydd clinigau'n amrywio yn ddibynnol ar anghenion cleifion o fewn bob practis MT yn y Clwstwr. Bydd rhai sesiynau'n cynnwys: sesiynau MT ychwanegol, sesiynau ANP ychwanegol, sesiynau nyrs practis ychwanegol ayb.

Ariennir clinigau fflw OOH eto eleni ar gyfer clystyrau Canol Wrecsam, Arfon a Meirionnydd, gan ariannu costau staff er mwyn ymgymryd â chlinigau fflw gyda'r nos a phenwythnos, gan anelu ar gynyddu derbyn brechiadau.

Mae Clystyrau'r Gorllewin a Chanolog mewn partneriaeth ag Iechyd Cyhoeddus wedi darparu gweithdai Cynllunio Fflw i bob partner Gofal Cychwynnol, gan ddatblygu Cynllun Gweithredu Fflw lleol, a fydd yn cael eu monitro mewn cyfarfodydd clwstwr i geisio gwella derbyn a gwaith partneriaeth.

GWASANAETH CWNSELA IECHYD MEDDWL GOFAL CYCHWYNNOL (GCIMGC)

Mae GCIMGC Clwstwr Gorllewin Conwy a Canol a De Sir Ddinbych yn darparu therapi cwnsela tymor byr i gleientiaid sydd wedi cael eu hasesu a'u hatgyfeirio gan y Timau Iechyd Meddwl Gofal Cychwynnol, sy'n teimlo byddai cwnsela 1:1 yn cefnogi cleientiaid i weithio drwy brofiadau bywyd anodd, megis iselder, pryder, straen, hunan-barch isel a cholled/galar ayb.

Mae adborth gan gleientiaid wedi bod yn gadarnhaol iawn.

COMMUNITY NAVIGATION

Conwy West Community Navigator service provides patients with a face to face conversation during which they can learn about the possibilities and design their own personalised, holistic solutions, i.e. 'co-produce' their 'social prescription'. We enable people with psychosocial needs such as isolation, loneliness and low confidence, and may have a medical condition, to be empowered and help them find solutions, which will improve their health and well being.

We allow patients to articulate 'What Matters?' most to them and enable them to explore options about how they might best be supported. It is not a 'one size fits all' service but more of an adaptive model whereby Community Navigators will be free to support the psychosocial needs and deliver the best possible outcomes for the patient.

"The service I have had has been amazing. The navigator is a terrific girl and a number one person. She has helped me in so many ways, food delivered, cleaners, telephone befriending and lots of support and advice along the way. I have been very lucky with all the support I have received. It has been a really good service.

The South Wrexham Cluster are funding Allied Health Professionals for the practices including physiotherapist and pharmacist hours, which is in addition a social prescriber.

Llangollen Health Center have been working closely with community agents in the area, to allow the community agents to meet with patients and assist them with non medical issues.

Other practices are also working with community agents to replicate this across the Cluster. Cluster funding is being used to continue to develop practice websites, links with DEWIS and navigation training for practice staff.

The Cluster have a training and development fund to continue to upskill the staff within the practices

LOCAL ASSET CO-ORDINATION

Anglesey Cluster is working in partnership with Medrwn Mon and Local Authority to deliver a Social Prescribing model across the island. Cluster is funding 4 full time posts including 3 Local Asset Co-ordinators and a Community Link Officer who will be working within a team of 7 LACs all linked to GP practices. To enhance the participation of people with community care needs in community life by developing and co-ordinating support and information systems built upon the Community Hub model.

The LACs will develop opportunities and networks for people to live longer and more independently in their communities and create the opportunity for them to work to produce their own solutions through connecting with others in their communities and encouraging new ways of working with the third and statutory sectors.

WORKING TOGETHER FOR THE WELLBEING OF LLŶN

Wellbeing of Llyn meets twice a year and was set up in partnership with the Dwyfor Cluster with the main aim of bringing all key partners including statutory, private sector, 3rd sector, social enterprise and community group together to identify the needs of the residents of the Llŷn area and identifying gaps in services in order to improve and enhance the wellbeing of the local population.

The meetings are about discussing solutions and sharing information and ideas in order to avoid service duplication and to promote collaborative working with the focus on issues of well-being relevant to health areas (physical, mental and emotional) care, housing, income, leisure, training and employment, transport and the arts, which are provided from the statutory, private sector, 3rd sector agencies, social enterprises and community groups.

LLYWIO CYMUNEDOL

Mae gwasanaeth Llywio Cymunedol Gorllewin Conwy yn darparu sgwrs wyneb yn wyneb i gleifion, lle byddant yn gallu dysgu am y posibilïadau a chynllunio eu datrysiadau cyfannol personol eu hunain h.y. 'cyd-gynhyrchu' eu 'presgripsiwn cymdeithasol'. Rydym yn galluogi pobl sydd ag anghenion seicogymdeithasol megis arwahanrwydd, unigrwydd a diffyg hyder, ac efallai â chyflwr meddygol, i gael y grym a'u helpu i ddarganfod yr atebion, a fydd yn gwella eu hiechyd a lles.

Rydym yn caniatáu i gleifion leisio 'Yr hyn sy'n Cyfrif?' yn bennaf iddyn nhw eu hunain a'u galluogi i archwilio'r dewisiadau ynghylch sut gallent dderbyn y gefnogaeth orau. Nid yw'n wasanaeth 'un maint yn addas i bawb', ond mwy o fodel y gellir ei haddasu, lle bydd Llyw-wyr cymunedol yn rhydd i gefnogi'r anghenion seicogymdeithasol a darparu'r canlyniadau gorau posibl i'r cleifion.

"Roedd y gwasanaeth a gefais yn wych. Roedd y llywiwr yn ferch wych ac yn gwneud ei gorau. Mae hi wedi'n helpu mewn sawl ffordd, dosbarthu bwyd, glanhawyr, cyfeillio ar y ffôn a llawer o gefnogaeth a chynghor ar hyd y ffordd. Rydw i wedi bod yn ffodus iawn i gael yr holl gefnogaeth. Bu'n wasanaeth da iawn.

Mae Clystyrau De Wrecsam yn cyllido Staff Proffesiynol Iechyd Cysylltiol ar gyfer y practisau, gan gynnwys oriau ffisiotherapyddion a fferyllydd, yn ogystal â rhagnodwr cymdeithasol.

Mae Canolfan Iechyd Llangollen wedi bod yn gweithio'n agos gydag asiantaethau cymunedol yn yr ardal, i alluogi'r asiantaethau cymunedol i gwrdd â chleifion a'u cynorthwyo gyda materion anfeddygol.

Mae practisau eraill yn gweithio gydag asiantaethau cymuned i ddyblygu hyn ar draws y Clwstwr. Mae cyllid Clwstwr yn cael ei ddefnyddio i barhau i ddatblygu gwefannau practis, cysylltiadau â DEWIS a hyfforddiant llywio ar gyfer staff practis.

Mae gan y Clwstwr gyllideb hyfforddiant a datblygiad i barhau i wella sgiliau staff o fewn y practisau.

CYDLYNIAD ASED AU LLEOL

Mae Clwstwr Môn yn gweithio mewn partneriaeth â Medrwn Môn a'r Awdurdod Lleol i ddarparu model Rhagnodi Cymdeithasol ar draws yr ynys. Mae'r Clwstwr yn ariannu 4 swydd llawn amser, gan gynnwys 3 Cydlynnydd Asedau Lleol a Swyddog Cyswllt Cymunedol a fydd yn gweithio o fewn tîm o 7 LAC sy'n gysylltiedig â phractisau MT. Mwyafu rhan y bobl o fewn gofynion gofal cymunedol mewn bywyd cymunedol drwy ddatblygu a chydlynu cefnogaeth a systemau gwybodaeth a adeiladir ar y Model Hwb Cymunedol.

Bydd y LAC yn datblygu cyfleoedd a rhwydweithiau i bobl fyw yn hirach ac yn fwy annibynnol yn eu cymunedau a chreu cyfleoedd iddynt weithio i greu eu datrysiadau eu hunain drwy gysylltu ag eraill yn eu cymunedau, ac annog ffyrdd newydd o weithio gyda'r trydydd sector a statudol.

CYDWEITHIO ER LLES LLŶN

Mae Lles Llŷn yn cyfarfod ddwywaith y flwyddyn, a sefydlwyd mewn partneriaeth gyda Chlwstwr Dwyfor, gyda'r prif nod o ddod â'r holl bartneriaid allweddol, gan gynnwys y sector statudol, preifat, 3ydd, mentrau cymdeithasol a grwpiau cymunedol ynghyd, i nodi anghenion preswylwyr ardal Llŷn a nodi bylchau mewn gwasanaethau er mwyn gwella a mwyafu lles y boblogaeth leol. Mae'r cyfarfodydd yn ymwneud â thrafod atebion ariannu gwybodaeth a syniadau er mwyn osgoi dyblygu gwasanaethau a hyrwyddo cydweithio, gan ganolbwyntio ar faterion lles sy'n berthnasol i feysydd iechyd (corfforol, meddyliol ac emosiynol), gofal, tai, incwm, hamdden, hyfforddiant a chyflogaeth, cludiant a'r celfyddydau. Darperir y rhain gan y sector statudol a phreifat, asiantaethau 3ydd sector, mentrau cymdeithasol a grwpiau cymunedol.

ANP INTO CARE HOMES

Central and South Denbighshire Cluster identified the need for an Advanced Practitioner role to work within the care home setting.

This unique role enables an ANP to use advanced clinical and diagnostic skills to provide safe and efficient same day care, which is supporting existing GP services. Initial evaluations have clearly demonstrated its effectiveness in terms of the role's integrated approach to supporting vulnerable patients with multiple complex conditions residing in both nursing and residential care homes.

This role is building on existing relationships and works collaboratively across GP Practices, BCU nursing home teams, specialist nurses, district nursing, Local Authority, focusing on improving the quality of care for these residents.

The Cluster area is mainly rural, consisting of 14 homes being a mixture of general and EMI residential and nursing elements. Within these homes there is a caseload of 250 clients. The homes span 23 miles which impact on resources.

Initial audits indicated certain homes were higher users of GP resources/ WASP and OOH. These particular homes were initially offered proactive virtual ward rounds on a weekly basis; all homes were offered a direct contact to the ANP to request / discuss clients that may require a crisis visit that same day. Direct referrals avoid delays in assessments and subsequent treatment.

Through support and education, staff within the homes are taught to identify if / when a client's condition and symptoms require an immediate response, therefore a Crisis call could be activated or alternatively whether the clients' condition could safely wait and be managed at the proactive routine weekly visit.

Arfon Cluster are funding a COTE GP to work with 2 Care Homes in order to improve the quality of care for the residents and completing TEPs to support the patient's wishes and reducing admissions to hospital. This role provides safe and thorough same day care for vulnerable patients with complex conditions and supports existing GP services'

CAMHS PATHWAY



Following a population needs assessment, North Denbighshire Cluster identified a demand from children, young people and families who were in need of support and guidance on a lower level than the usual CAMHS pathway currently offer. GPs felt that this cohort of patients were falling through the gap, they did not require a CAMHS referral but were in need of quick, low level support in the community.

In collaboration with the CAMHS department, the Cluster have funded a Family Well Being Practitioner (FWP), the first of its kind in North Wales. Since being in post, the FWP has worked closely with each practice, providing training on CAMHS assessment tools and creating trusting relationships with all members of the Cluster. This preventative approach means families get the support they need straight away without a waiting list which can reduce the likelihood of needing CAMHS in the future.

The FWP has made strong links with the local schools and early feedback is positive. "The Role of The Family Wellbeing Practitioner has proved to be very positive for the School, pupils and families. The feedback from pupils and parents has been positive and to be able to access the FWP at the GP surgeries has worked extremely well. The engagement of the FWP with the school has also reduced the amount of referrals to CAMHS which may have resulted in no further action".

ANP MEWN CARTREFI GOFAL

Nododd Clwstwr Canol a De Sir Ddinbych yr angen am swydd Uwch Ymarferydd i weithio o fewn lleoliadau cartrefi gofal.

Mae'r swydd unigryw hon yn galluogi ANP i ddefnyddio uwch sgiliau clinigol a diagnostig i ddarparu gofal diogel ac effeithlon yr un diwrnod, sy'n cefnogi gwasanaethau MT presennol. Mae gwerthusiadau dechreuol wedi dangos ei effeithiolrwydd yn glir o ran ymagwedd integredig y swyddogaeth i gefnogi cleifion agored i niwed gyda chyflyrau cymhleth lluosog, sy'n preswyllo mewn cartrefi nyrsio a gofal preswyl.

Mae'r swydd hon yn adeiladu ar berthnasau presennol ac yn cydweithio ar draws Practisau MT, timau cartrefi nyrsio PBC, nyrsys arbenigol, nyrsio ardal, awdurdodau lleol, gan ganolbwyntio ar wella ansawdd gofal i'r preswylwyr hyn.

Mae ardal y Clwstwr yn wledig yn bennaf, sy'n cynnwys 14 cartref sy'n gymysgedd o elfennau cyffredinol, EMI preswyl a nyrsio. O fewn y cartrefi hyn, mae llwyth gwaith o 250 cleient. Mae'r cartrefi wedi'u gwasgaru dros 23 milltir, sy'n effeithio ar adnoddau.

Dangosodd archwiliadau dechreuol bod rhai cartrefi yn defnyddio mwy ar anodau MT/WASP ac OOH. Cafodd y cartrefi hyn gynnig rowndiau wardiau rhithwir rhagweithiol wythnosol ar y dechrau; cafodd yr holl gartrefi gynnig cyswllt uniongyrchol ag ANP i wneud cais/trafod cleientiaid a all fod angen ymweliad argyfwng yr un diwrnod. Mae atgyfeiriadau uniongyrchol yn osgoi oediadau wrth asesu a chyda thriniaethau o ganlyniad.

Drwy gefnogi ac addysg, mae staff o fewn y cartrefi yn cael eu dysgu i nodi os/pan fydd cyflwr a symptomau cleieintiad angen ymateb ar unwaith, felly gellir gweithredu galwad argyfwng, neu fel arall, a all cyflwr y cleient aros a chael ei reoli yn ystod yr ymweliad wythnosol rhagweithiol arferol.

Mae Clwstwr Arfon yn cyllido MT COTE i weithio gyda 2 gartref gofal, er mwyn gwella ansawdd gofal i'r preswylwyr a chwblhau TEP i gefnogi dymuniadau'r cleifion a lleihau derbyniadau i'r ysbyty. Mae'r swydd hon yn darparu gofal diogel a thrylwyr yr un diwrnod i gleifion agored i niwed gyda chyflyrau cymhleth ac yn cefnogi gwasanaethau presennol yr MT.

LLWYBRAU CAMHS



Yn dilyn asesiad anghenion y boblogaeth, nododd Clwstwr Gogledd Sir Ddinbych angen gan blant, pobl ifanc a theuluoedd am gefnogaeth ac arweiniad ar lefel is na'r llwybr CAMHS arferol sydd ar gael ar hyn o bryd. Teimlai MT bod y garfan hon o gleifion yn syrthio rhwng dwy stôl, nid oeddent angen atgyfeiriad CAMHS, ond roedd angen cefnogaeth sydyn, lefel isel arnynt yn y gymuned.

Mae'r Clwstwr wedi ariannu Ymarferydd Lles Teulu (YLIT) ar y cyd â'r Adran CAMHS, y cyntaf o'i fath yng ngogledd Cymru. Ers dechrau yn y swydd, mae'r YLIT wedi gweithio'n agos gyda phob practis, gan ddarparu hyfforddiant ar gyfer offer asesu CAMHS, a chreu perthnasau o ymddiriedaeth gyda holl aelodau'r clwstwr. Mae'r ymagwedd rwystrol hon yn golygu bod teuluoedd yn derbyn y gefnogaeth angenrheidiol ar unwaith, heb restr aros a all leihau'r tebygolrwydd o fod angen CAMHS i'r dyfodol.

Mae'r YLIT wedi creu cysylltiadau agos gyda'r ysgolion lleol, ac mae adborth cynnar yn gadarnhaol. "Mae swyddogaeth yr Ymarferydd Lles Teulu wedi bod yn gadarnhaol iawn i'r ysgol, disgyblion a'u teuluoedd. Mae'r adborth gan y disgyblion a'r rhieni wedi bod yn gadarnhaol ac mae'r gallu i gael mynediad at y YLIT drwy feddygfeydd wedi gweithio'n dda iawn. Mae ymgysylltiad yr YLIT mewn ysgolion hefyd wedi lleihau'r niferoedd o atgyfeiriadau i CAMHS, a chanlyniad hyn o bosibl yw dim gweithredu pellach".

MANAGEMENT OF DIABETES

Conwy West, Meirionnydd & Arfon Clusters have funded a Diabetes Specialist Nurse to work within the cluster. Focusing on providing training and support for practice staff and patients improving their knowledge, skills and confidence in diabetes management and reviewing more complex patients in joint clinics within the practices with the aim of improving outcomes for patients and care closer to home.

The DSN also provides support and education for Community Nursing teams and joint reviews of patients on their case loads and in Nursing and Residential Homes and providing education for staff in these homes.

Working closely with the Diabetes dietician for Conwy West to ensure patients have access to appropriate dietetics support. Providing Structured Education Programmes for patients, 2 hourly Newly Diagnosed session with dietician, 6 week Xpert Diabetes Structured Education and “at High Risk” Group education aiming at prevention of diabetes.



The North West Flintshire Cluster are recruiting a multi disciplinary team to run a Diabetes Specialist Support Service for patients with type 2, to include a Diabetes Specialist Nurse and a Diabetes Dietician and a Health Care Assistant. The service will improve the Primary and Community management for patients with diabetes living in the North West Flintshire Cluster. The service includes provision of training and education to enable improvements in diabetes managements for patient with type 2 diabetes. The sessions will encourage patients to make changes to their diet in order to manage their condition without the need for medication.



DAISY 'FACE TO PLACE' CENTER OF SIGN-SIGHT-SOUND (COS)



Currently communication between Deaf patients and GP surgeries requires the provision of a face to face BSL Interpreter in order for the patient to communicate their symptoms of any illness, the GP to communicate what the diagnosis is and what action/medicine needs to be taken, including any required any tests and/or follow up appointments.

Conwy West Cluster has agreed a 2-year pilot to test the DAISY system within two surgeries in North Wales.

This system involves remote access to British Sign Language (BSL) / English communication support and interpreting service, the first of its kind in Wales. Using skype for business, DAISY 'Face to Place' facilitates quick and cost efficient access to vital communication support via a BSL/English interpreter for D/deaf people and a lipspeaker and or/notetaker for people with hearing loss.

Skype is approved by and compatible with the Welsh NHS existing IT systems. It is easily accessible and confidential and requires no additional software to be purchased.

RHEOLI DIABETES

Mae Clystyrau Gorllewin Conwy, Meirionnydd ac Arfon wedi ariannu Nyrs Arbenigol Diabetes i weithio o fewn y clwstwr. Mae'n canolbwyntio ar ddarparu hyfforddiant a chefnogaeth i staff y practis a'r cleifion i wella eu gwybodaeth, sgiliau a hyder i reoli diabetes ac adolygu cleifion mwy cymhleth mewn cyd-glinigau o fewn y practisau gyda'r nod o wella canlyniadau i gleifion a gofal yn agosach i'r cartref.

Mae'r NAD hefyd yn darparu cefnogaeth ac addysg i dimau nyrsio cymunedol a chyd-adolygiadau o gleifion ar eu llwyth gwaith mewn cartrefi nyrsio a phreswyl, gan ddarparu addysg i staff yn y cartrefi hyn.

Bydd yn gweithio'n agos gyda dietegydd diabetes yng Ngorllewin Conwy i sicrhau bod cleifion â mynediad at gefnogaeth dieteteg briodol. Bydd yn darparu rhaglenni addysg strwythuredig i gleifion, sesiynau 2 awr i gleifion newydd gael diagnosis gyda dietegydd, addysg strwythuredig Xpert Diabetes 6 wythnos ac addysg grŵp mewn "risg uchel" gyda'r nod o rwystro diabetes.



Mae Clwstwr Gogledd Orllewin Sir y Fflint yn recriwtio tîm amlddisgyblaethol i gynnal Gwasanaeth Cefnogi Diabetes Arbenigol i gleifion gyda math 2, i gynnwys Nyrs Arbenigol Diabetes a Dietegydd Diabetes a Chymhorthydd Gofal Iechyd.

Bydd y gwasanaeth yn gwella rheolaeth Gychwynnol a Chymunedol i gleifion gyda diabetes sy'n byw yng Nghlwestwr Gogledd Orllewin Sir y Fflint. Mae'r gwasanaeth yn cynnwys darparu hyfforddiant ac addysg i alluogi gwelliannau mewn rheoli diabetes i gleifion gyda diabetes math 2. Bydd y sesiynau'n annog cleifion i wneud newidiadau i'w diet er mwyn rheoli eu cyflwr heb yr angen am feddyginiaeth.



DAISY 'FACE TO PLACE' CANOLFAN ARWYDD-GOLWG-SAIN (COS)



Ar hyn o bryd, mae cyfathrebu rhwng cleifion byddar a meddygfeydd MT angen darpariaeth cyfieithydd BSL wyneb yn wyneb, er mwyn i'r claf allu cyfathrebu symptomau unrhyw salwch, i'r MT gyfathrebu'r diagnosis a'r hyn a ddylid ei wneud/pa feddyginiaethau i'w cymryd, gan gynnwys unrhyw brofion sydd eu hangen a/neu apwyntiadau dilyn i fyny.

Mae Clwstwr Gorllewin Conwy wedi cytuno i beilot 2 flynedd i brofi'r system DAISY mewn dwy feddygfa yng ngogledd Cymru.

Mae'r system hon yn cynnwys cyrchiad pell at wasanaeth cefnogi cyfathrebu a dehongli Iaith Arwyddion Prydeinig (BSL)/Saesneg, y cyntaf o'i fath yng Nghymru. Gan ddefnyddio Skype for Business, mae DAISY 'Face to Place' yn hwyluso mynediad sydyn a chost effeithiol at gefnogaeth cyfathrebu hanfodol drwy gyfieithydd BSL/Saesneg ar gyfer pobl B/byddar a siaradwr gwefusau a/neu rywun sy'n cymryd nodiadau i bobl sydd wedi colli clyw.

Cymeradwyir Skype ac mae'n gydnaws â systemau TG presennol GIG Cymru. Mae'n hygyrch iawn a chyfrinachol ac nid oes angen prynu meddalwedd ychwanegol.

ACTIVE MONITORING

The Active Monitoring service is being funded with MIND by North & West Wrexham, North West Flintshire,, Arfon & Meirionnydd Clusters, for tier 0/1 patients who have anxiety, low self-esteem or depression. This new service is due to start at the end of October 2018. Practitioners will be based within practices in the cluster to meet with patients for assessment; if the patient is suitable for the service, they will be offered a short course of appointments. The procurement of the Active Monitoring service has been undertaken so that any cluster in North Wales can buy into the service through the same contract.



EAR WAX REMOVAL

Ear wax removal services are an essential part of primary and community health services as stated in national guidance and as identified by local service users. The cluster identified a need and opportunity to develop and improve wax removal services in Conwy East Cluster providing for a more accessible, safe and efficient service

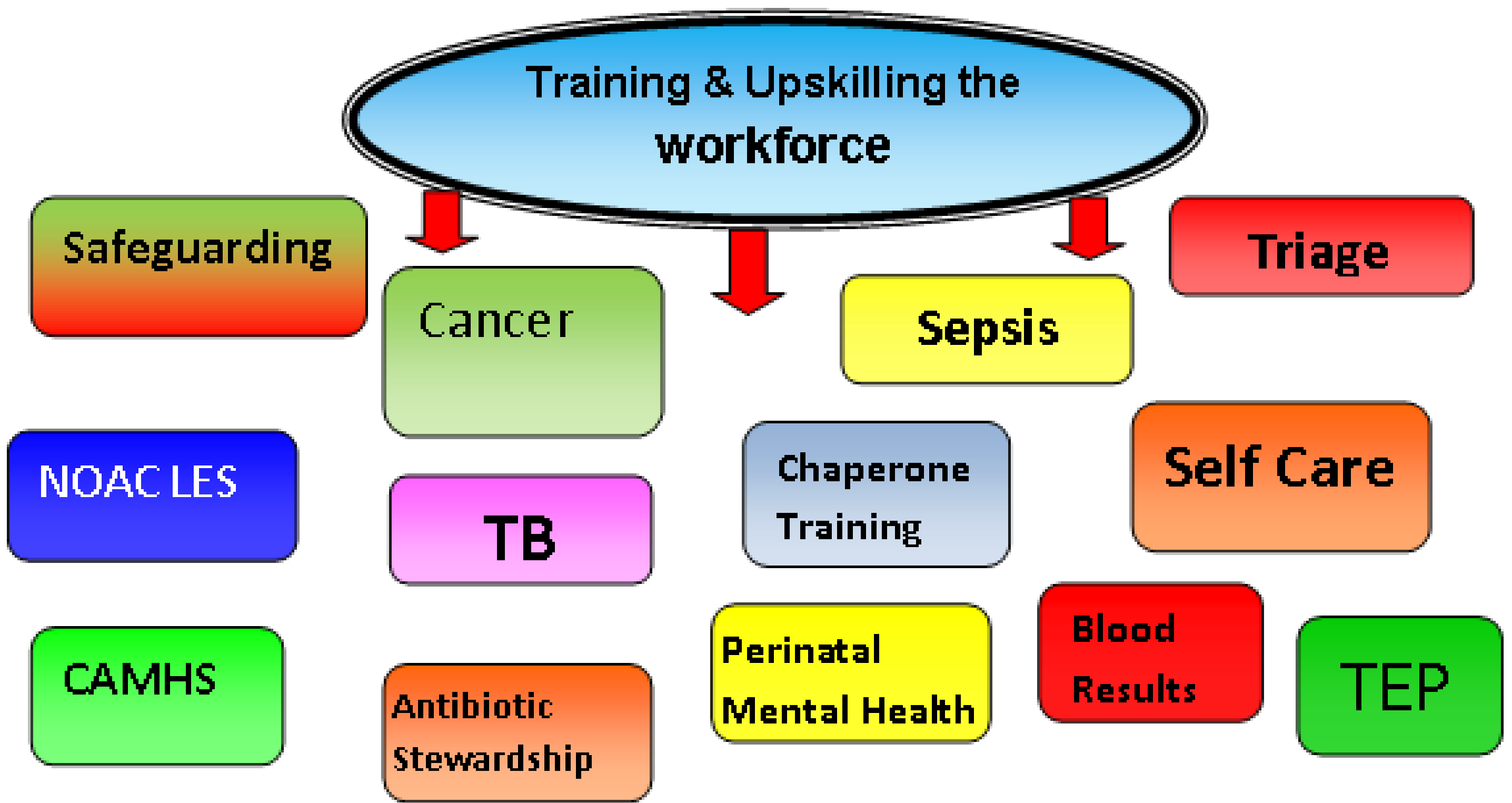
In collaboration with Audiology, the cluster have produced an ear care pathway for patients who require wax removal through microsuction. . The scheme will also provide advice and guidance on measures to prevent the build up of ear wax and to avoid accidental self-harm to ears. The clinics will be held in each practice within the Cluster, providing care closer to home.

IMPROVING ACCESS

North East Flintshire, Arfon & Meirionnydd Clusters have made improving access a priority across their Clusters. A wide range of clinicians are working in practices to address issues affecting access. Practices are sharing approaches which include creating additional capacity, improving skill mix and creating additional clinical consultations.

In addition to providing extra nursing and GP sessions for example, the Bevan Exemplar “Quay to Wellbeing” work focusses on a population with psychological trauma, including Post- Traumatic Stress Disorder (PTSD) and Medically unexplained physical symptoms (MUPS).

TRAINING PROGRAM FOR WEST CLUSTERS



MONITRO GWEITHREDOL

Mae'r gwasanaeth Monitro Gweithredol yn cael ei ariannu gyda MIND gan Glystyrau Gogledd a Gorllewin Wrecsam, Gogledd Orllewin Sir y Fflint, Arfon a Meirionnydd, ar gyfer cleifion haen O/1 sydd â phryder, hunan hyder isel neu iselder. Bydd y gwasanaeth hwn yn dechrau ddiwedd Hydref 2018. Bydd ymarferwyr wedi'u lleoli o fewn practisau yn y clwstwr i gwrdd â chleifion ar gyfer eu hasesu; os yw'r claf yn addas ar gyfer y gwasanaeth, bydd yn cael cynnig cwrs byr o apwyntiadau. Mae prynu'r gwasanaeth Monitro Gweithredol wedi'i wneud fel bod unrhyw glwstwr yng ngogledd Cymru yn gallu prynu i mewn i'r gwasanaeth drwy'r un contract.



TYNNU CWYR CLUSTIAU

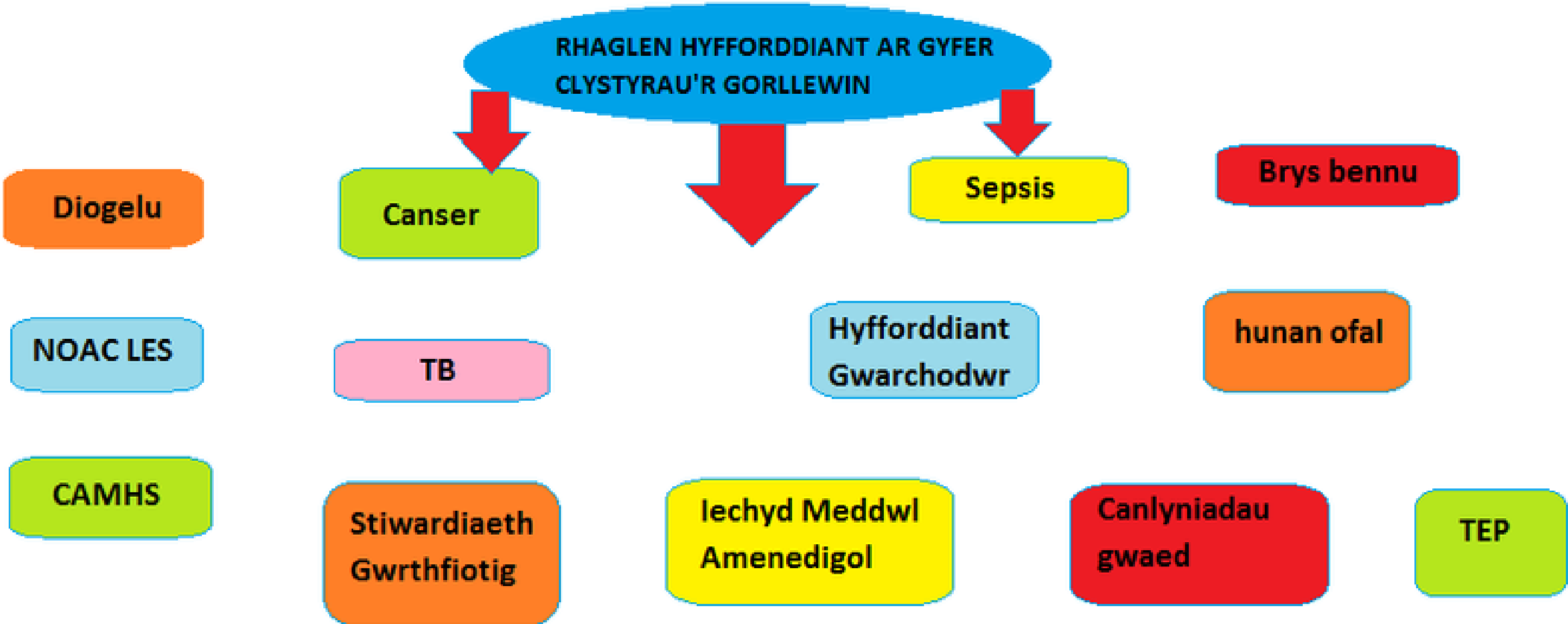
Mae gwasanaeth tynnu cwyr clustiau yn rhan hanfodol o wasanaethau iechyd cychwynnol a chymunedol mewn canllawiau cenedlaethol ac fel y nodir gan ddefnyddwyr gwasanaeth lleol. Nododd y clwstwr angen a chyfle i ddatblygu a gwella gwasanaethau tynnu cwyr yng Nghlwrstwr Dwyrain Conwy, gan ddarparu gwasanaeth mwy hygyrch, diogel ac effeithiol. Mae'r Clwstwr wedi cynhyrchu llwybr gofal clustiau ar y cyd ag Awdioleg ar gyfer cleifion sydd angen tynnu cwyr drwy ficrosugniad. Bydd y cynllun hefyd yn darparu cyngor ac arweiniad ar fesurau i rwystro cymaint o gwyr clustiau i gasglu ac i osgoi hunan-anafiad damweiniol i glustiau. Cynhelir y clinigau ym mhob practis o fewn y Clwstwr, gan ddarparu gofal yn agosach i'r cartref.

GWELLA MYNEDIAD

Mae Clystyrau Gogledd Dwyrain Sir y Fflint, Arfon a Meirionnydd wedi gwneud gwella mynediad yn flaenoriaeth ar draws eu clystyrau. Mae ystod eang o glinigwyr yn gweithio mewn practisau i fynd i'r afael â materion sy'n effeithio ar fynediad. Mae practisau'n rhannu ymagweddau sy'n cynnwys creu gallu ychwanegol, gwella cymysgedd sgiliau a chreu ymgynghoriadau clinigol ychwanegol.

Yn ogystal â darparu mwy o sesiynau nyrsio a MT, e.e. mae gwaith Patrwm Bevan, "Quay to Wellbeing" yn canolbwyntio ar boblogaeth gyda thrawma seicolegol, gan gynnwys Anhwylder Straen Ôl-drawmatig (PTSD) a symptomau corfforol meddygol heb esboniad (MUPS).

RHAGLEN HYFFORDDIANT AR GYFER CLYSTYRAU'R GORLLEWIN



PROSIECTAU A ARIENNIR GAN GLYSTYRAU YNG NGOGLEDD CYMRU

Yn cael ei ddatblygu

[illegible]

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		 New to post

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