NHS Lothian COVID-19 SPEED READ

For ease of access, please print and leave in staff areas for colleagues.

All Speed Reads are available on intranet in Covid Base or on the external site here

Staff Helplines
We have 3 helplines available for staff. You can find this information towards the bottom of today’s Speed Read.

ISSUED: 23 April 2020

Important Information

Resuscitation Guidance for Non-acute Areas

The NHS Lothian Resuscitation Service has developed some specific resuscitation guidance for patients who are confirmed or suspected COVID-19 positive in non-acute settings. This applies to all areas outside of the acute hospitals including mental health, learning disabilities, community hospitals and community nursing. The guidance highlights modifications to the current basic life support sequence in suspected or confirmed COVID-19 positive patients. You can find the guidance on the COVID-19 Base on the intranet.

For further information please contact Colin Murray, Lead Resuscitation Officer colin.murray@nhslothian.scot.nhs.uk

Visiting at the End of Life

In response to the developing COVID-19 pandemic, the newly established Welcoming Policy was suspended on 13th March with further restrictions on visiting on 19th March and the final suspension of all visiting on 24th March, with the exception of patients receiving end of life care, in-patient children's services and those accompanying partners during childbirth.

NHS Lothian recognises that visiting someone at the end of life is essential and are committed to supporting this to happen in a number of ways. Two guidance documents have been prepared to support clinical teams:

- Connecting Patients Families, Carers and Friends during Illness and at the End of Life throughout COVID-19
- Infection Prevention and Control advice to support visiting patients at the end of life during COVID-19 Pandemic

For further information please contact Gillian McAuley, Nurse Director Acute Services gillian.mcauley@nhslothian.scot.nhs.uk
Hibernian Proud To Announce NHS Thank You

Hibernian FC is today delighted to announce that the Club will proudly bear the words “Thank You NHS” on the front of their new home shirts when next season gets underway.

The Club decided to take the opportunity to express the thanks of the entire Hibernian and football community to our magnificent health service for the heroic, selfless and dedicated efforts during the coronavirus pandemic.

Click here to read the full story

More NHS Staff Discounts and Deals Announced

- **B&M** are offering 10% discounts for NHS staff on production of your NHS ID badge.
- **Superdrug** is offering 20% discount to NHS staff on production of your ID badge and if you have their points card.
- **NISSAN** have announced that some of their dealerships can now loan a vehicle for free to help NHS staff get to and from work. You can find more information here.

If you have information that you would like to be considered for the Speed Read, please send it to lothian.communications@nhs.net by 3.30pm each day.

Staff Health

Supporting Staff Health and Wellbeing at the Western General Hospital

A new Wellbeing Wing in the old university library on the South Corridor (follow the rainbow signs) was launched on the 8th April 2020 as part of the Western General Hospital’s Staff Wellbeing Programme. Anyone working at the hospital can use the Wellbeing Wing to recuperate and relax away from their work settings. This large, bright space, which is open 24 hours, has lots of seating in line with social distancing, relaxation chairs, wellbeing resources, refreshments and regular donations of food and treats for staff. New furniture and added extras will be coming shortly.

The WGH Staff Wellbeing Programme has been set up in recognition of the impact of COVID-19 both personally and professionally on the lives of every single member of staff. For this reason, an array of confidential support options has been put in place to ensure that everybody has someone to speak to, when needed. A member of the Staff Support Team is available every day in the Wellbeing Wing from 9am-9pm, with direct access to colleagues in Clinical Health Psychology and Liaison Psychiatry, if needed. More information can be found here.

We have developed a map outlining other wellbeing spaces across the hospital site, which are already set up or are in development.

Staying Active – Reminder

To help you stay active at home some helpful tools have been developed with lots of links to information, videos, advice and guidance. Please share this with your networks.
Stay Well, Stay Active - Getting your recommended levels of activity can be difficult during COVID-19 restrictions but taking advantage of the opportunity get out in the fresh air to do one form of exercise outside each day, for example a walk, run, or cycle (alone or with members of your household) can help reduce stress and help you feel more positive and energised.

All activity is good for you, more is better and breaking up periods inactivity is just as important as being active. Sit less, move more. Click here for some useful ideas and links.

A Reminder

This Section contains important information previously issued which is unchanged

OXYGEN MANAGEMENT DURING COVID-19 and BEYOND

Oxygen should always be prescribed, titrated and weaned appropriately. For up to date guidance go to Patient Management. NOTE: The new oxygen target ranges do not match the national guidelines. Prescribe oxygen targets on the main drug and administration chart. Circling 4 times a day will prompt oxygen saturation checks at drug rounds. Document new ranges in the SPECIAL INSTRUCTIONS box so that the NEWS score can be adjusted accordingly.

Please CONSERVE Oxygen, when not in use - turn off supply and unplug 02 flow-valves asap. This can save 15-20% of all piped oxygen.

Please do not hoard portable oxygen cylinders this puts staff and patients at risk. Estates, pharmacy and BOC are working together to ensure increased frequency of orders and runs to clinical area.

Communicating over the phone that a person has died’ online training resource for registered nurses

Ideally, news that a patient has died should be given to a relative face-to-face. Sadly, during the current pandemic this is not always possible and we may need to give this news over the phone. An on-line training resource for registered nurses, ‘Communicating over the phone that a person has died’ is now located in the COVID-19 Training Resources. There is also an accompanying transcript for those without speakers on their pc. This resource has been developed by Jenny Doig, Macmillan Cancer & Palliative Care Educator and includes:

- Using a six step protocol to guide the telephone conversation
- Supporting the bereaved relative over the phone
- Agreeing a plan of care with the relative.

Reassignment of Corporate Services Non-Clinical Staff

We are currently creating a central register of non-clinical staff from corporate areas who are able and willing to be reassigned from their current roles to support, on a temporary basis, areas of greatest need. A Staff Reassignment Guide has been developed to provide staff and managers with information and support. A copy of the guide can be found here

Managers of services that require additional non-clinical support can complete the non-clinical request form which can be accessed here, giving a brief description of what they require and send it to: Covid19.nonclinicalsupport@nhslothian.scot.nhs.uk.
Hospital Palliative Care Service (PCT)
The Hospital Palliative Care Service (PCT) supports patients with complex pain, symptoms or end-of-life care (with or without COVID-19).

**Referrals**
All referrals must be made through TRAK
If urgent advice review required please also bleep local team (RIE, WGH, SJH).

**Out of hours advice**
For urgent medical advice phone Consultant/Senior Doctor on 07515 199019.

**Other resources**
- COVID-19 NHS Lothian End of life care guidance
- Scottish Palliative Care Guidelines COVID-19
- NHS Lothian Palliative Care Webpages

The Lothian Guidelines are on the Covid-19 hub site under Patient Management, but if in any doubt please call and speak to your local palliative care team (RIE, WGH, SJH).

**Staff General Advice Line – Updated 22 April**

If you need information about general operational issues such as workforce guidance, testing, PPE or other general queries and can’t find what you’re looking for on NHS Inform or Health Protection Scotland websites, please call: 0131 537 8530 (Ext 88530)Staff Advice Line - 0131 537 8530 (88530)

Staff will try to assist you with your enquiry. Alternatively there is information available on the COVID-19 Base page on the intranet.

**Please Note: Changes to the Staff Advice Line opening hours. As from Monday 27 April the opening hours are Monday – Friday, 9am-5pm. We will be closed on the public holiday on Monday 4 May.**

**City Cabs – offer clarification**

City Cabs have a range of offers to support NHS and social care staff in Edinburgh. Despite initial confusion on the part of some drivers, City Cabs confirm this is open to all staff, are all working to support our COVID-19Response in one way or another. Please note - when staff book a taxi they need to quote the code ‘NHS Heroes’ for a free taxi.

- FREE taxi journeys in the local area for NHS staff (valid ID required)
- 40% OFF all taxi journeys in the local area for over 65s and carers (valid ID required)
- 30% OFF all metered fares to help you and your family to stay safe

**Services City Cabs are offering:**
- Click & collect food shopping
- Prescription pick-up and delivery
- Emergency appointments

For more information about this and their charitable fundraising efforts visit their website.
Staff Helplines

We have 3 helplines for staff:

If you need information about general operational issues such as workforce guidance, testing, PPE or other general queries, and you can’t find what you are looking for on the NHS Inform or Health Protection Scotland websites, please call 0131 537 8530 (Ext 88530) and the staff will try to help, alternatively there may be information available on the COVID-19 page on the intranet. Lines are open: Mon-Fri, 8am-6pm.

Here For You

If you are worried, anxious or stressed and need a listening ear from experienced clinicians please call our staff wellbeing helpline, Here For You. This line can also help you with practical concerns such a financial advice or information on supporting an elderly or vulnerable relative.

Call on: 0131 451 7445  Mon – Fri , 8am-6pm

If you can't call between 8am and 6pm, please email your contact details to Here4U@nhslothian.scot.nhs.uk.

Staff Listening Service

The Staff Listening Service is currently a phone-based listening service for all NHS Lothian staff. No appointment is necessary. It offers a place to explore your thoughts and feelings in a non-judgemental and safe environment. Whatever concerns you, the Staff Listening Service is there to offer confidential support from a member of the Spiritual Care team, and to signpost you to specialist services if appropriate.

To call for immediate support between 9am and 9pm, 7 days a week:

Phone: 07888 998084

The service is available for staff across NHS Lothian. Calls normally last up to 30 minutes, and you are welcome to call on more than one occasion.

Validated Statistics  as at 1400

A total of 44,799 people in Scotland have been tested.

- 35,390 confirmed negative
- 9,409 positive
- 1,120 patients who tested positive have sadly died.

Important Reminders

Please refer to these website for the latest guidance and information:

Health Protection Scotland Covid-19
This includes guidance documents for clinicians, advice for staff in other settings, etc
https://www.hps.scot.nhs.uk/a-to-z-of-topics/wuhan-novel-coronavirus/#news

World Health Organisation Covid-19
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

UK Government Covid-19 Action Plan
If you have any communication related questions please email: lothian.communications@nhs.net