

Chief Executive CONNECTS



Dear Colleague,

05/10/2021

October is Black History Month, an important occasion on the calendar when across the NHS we reflect on and acknowledge the history and experiences of black people, and celebrate black culture.

The theme for the month this year is 'proud to be', which is fitting here at Cardiff and Vale UHB given we know that there's a lot for our staff to be proud of. We know our staff are proud to be part of the NHS, and I am equally proud of the important role that all staff throughout our organisation have played in enabling our NHS to have achieved so much during this particularly challenging time.

This Black History Month we choose to celebrate and elevate the achievements and resilience of all our colleagues and our communities. As the NHS People Promise says, we all have a voice that counts - let's be proud of uniting our voices, in pursuit of delivering equality for all. To that end, at Cardiff and Vale UHB we are committed to promoting inclusivity and want every member of staff to have a sense of belonging in our organisation, recognise and value our differences, and treat one another with dignity and respect regardless of our race, sex, gender identity, disability, sexual orientation, age, religion or belief, pregnancy and maternity or marriage and civil partnership status.

Like last year, the continued restrictions imposed on us by the COVID-19 pandemic have meant that we're unable to mark the occasion as fully as we'd like to. However, despite being unable to mark the occasion in person, there will be a range of virtual events and activities taking place across the NHS, which I would strongly encourage everyone to get involved with.

Please keep your eye on our social media channels throughout Black History Month, where we'll be sharing a range of key information, facts and statistics, as well as highlighting the events and activities that will be taking place.

Prof Stuart Walker
Interim Chief Executive

Having Your Back this Back Awareness Week

Keeping Me Well is Cardiff and Vale University Health Board's dedicated, digital resource for rehabilitation and recovery, developed to support individuals to self-manage new or long-term conditions. Designed by a team of multi-disciplinary specialists, the [Keeping Me Well website](#) combines information about the condition, with a series of self-management tools and techniques to help you to stay active, manage conditions independently and get better.

As this week is Back Care Awareness Week (October 4th – October 8th), Keeping Me Well has a range of resources that can support you if you are experiencing back pain.

Back pain is a common condition experienced by many, particularly over the last eighteen months as working practices have changed. If back pain is something that you are currently experiencing, Keeping Me Well can help in the following ways:



Screening

- The screening process will ensure that your injury or pain does not require further medical intervention.

Information

- Providing information and insight on why individuals experience back pain, Keeping Me Well will discuss varying causes of pain and offer pain management and recovery advice.

Exercises

- Designed by Cardiff and Vale University Health Board's physiotherapists, exercise videos and self-management support can be found and used to aid recovery.

Self-referral

- If after 4-6 weeks of exercise and your symptoms have not improved, Keeping Me Well's self-referral page can help you to access physiotherapy in Cardiff and Vale easily and effectively.

To find out more about back pain and access these rehabilitation resources, please click the link below.

[Keeping Me Well – Back Pain](#)

Shaping Our Future Sustainable Healthcare

In line with Welsh Government, we have declared a climate emergency. Therefore, if the Health Board is to meet and exceed existing requirements, we need to take action to reduce our carbon impact.

In November 2020 we created our first Sustainability Action Plan in Cardiff and Vale UHB.

Across 8 dimensions: Energy; Waste & Food, Procurement; People; Build Environment, Green Infrastructure and Biodiversity; Transport; Clinical – we set out a number of actions to achieve. In the year since our plan was drafted some of the highlight achievements include:

- ISO14001 re-certification
- 7,000 LED lights installed, 100% renewable electricity purchased
- Zero waste sent to landfill
- Funding for water fountains in several of our sites thanks to our Health Charity
- Funding for bike maintenance thanks to our Health Charity
- Homeworking commonplace
- Average of around 33% of outpatient appointments are now virtual
- Sustainable healthcare introduced to year 2, 3, 4 and 5 medical students at Cardiff University

The action plan was challenging to us, but more of the same will not see us making the right progress towards a net zero Welsh Public Sector by 2030.

We aim to be recognised as a top 10 health system globally. Our ambitious approach to sustainability aligns to this aspiration. There is a long way to go to reach a net-zero public sector by 2030 and we've made a start.

Everyone, no matter where they sit in the Health Board has a part that they can play.

- We can all turn off a light or put an item of waste in the correct bin.
- Some of us can reduce consumption of products - something simple like printing paper
- Some of us can substitute the single use products we use for more sustainable re-usable devices or prescribing more environmentally friendly medication.



We will be launching our Shaping Our Future Sustainable Healthcare website towards the end of this week. This website will be an engagement hub for our Sustainability Action Plan, and the implementation of sustainability in healthcare delivery. Keep an eye out for the launch of this new website which will sit within the Shaping Our Future Wellbeing brand. It is an exciting time for the Health Board as we continue to take action to becoming more environmentally friendly and sustainable, on Welsh Government's quest for the public sector to reach net zero carbon by 2030.

We'd love to hear about any of your ideas and quality improvement projects that will positively contribute to our sustainability agenda, as well as any innovations you may have heard of for sustainability in healthcare delivery.

With regards to sustainable travel, there are many ways in which we are supporting staff and visitors to travel sustainably to our sites. Our Cycle to Work scheme is open to all staff from 1 to 31 October, to find out more and to sign up, click [here](#). All of our sites are accessible by bus or rail, including a regular Cardiff Bus service between UHL and UHW.



Emergency and Acute Medicine Transformation Programme Launch for Staff: 11th - 15th October

Emergency and Acute Medicine are looking to transform patient and staff experience.

To mark the transformation programme launch, the team is holding a series of events and workshops next week, from Monday 11 October – Friday 15 October. Topics covered include streaming, clinical pathways, transformation work in the Paediatric Emergency Department, a spotlight on MEACU plus lots more.

Some are exclusively for staff who work in the Emergency Unit and Assessment Unit (these are marked as 'internal') and some are open to all Health Board staff (these are marked as 'external'). There is at least one event or workshop running each day, with some days hosting two-three sessions. For more information about the events and how to register, please visit this [webpage](#).



New Patient at Risk Team to Improve Outcomes for Most Sick Patients

This month our new Patient at Risk Team (PaRT) started work on all adult wards at UHW and UHL to support staff who care for our most acutely unwell, adult patients.

The team is a first for UHL and is designed to support those patients by offering specialist clinical expertise to improve their outcomes and experiences by identifying acutely deteriorating ward patients and providing timely treatment.

The team can also facilitate safe discharge from Critical Care by patient follow up.

PaRT practitioners will also run training and education events to staff including medical and nursing students as well as healthcare professionals.

The team is based in the H@N office on the ground floor in A block at UHW and H@N, site manager's room on the ground floor at UHL. PaRT practitioners in UHW are contactable via bleep 5344, and UHL bleep 4892.

The team is available for support 12 days a day, seven days a week but it is intended that the service becomes 24-hours in late 2022.

The PaRT team will be totally patient focused and improving their safety and experience is at the forefront of every intervention. Feedback, data collection and analysis, research and both national and local drivers will shape the future development of the team and the service provision.

Dr Paul Frost, Clinical Lead for PaRT said: *"This service will make a significant, positive change to the way we manage acutely unwell patients. Seeing the passion that the team brings to this service and the pace that this has been developed is truly inspiring. We are really grateful to have the investment to support the development and education of these highly skilled practitioners to deliver this service to the entire UHB".*

Jane Morris, Senior Nurse, said: *"I am so honoured to be part of such a highly motivated and experienced team that is solely driven by the opportunity to improve the outcome and experience of our patients. We are all eager and excited to provide support to the patients and staff of Cardiff and Vale UHB."*

Newly Refurbished Rainbow Ward Opens at Children's Hospital for Wales

Thanks to £1.4 million in funding from children's cancer charity, LATCH, Rainbow Ward at the Children's Hospital for Wales has recently undergone a major refurbishment.

Rainbow Ward is the lead centre for paediatric oncology in South and West Wales, caring for children and young people with cancer and leukaemia.



It is an extremely important place, with specialist doctors, nurses and LATCH support workers building close relationships with children and their families spending long lengths of time on the unit, months at a time in many cases.

The generous funding from LATCH has allowed much needed upgrades to be completed, creating a comfortable space for patients and their families.

LATCH has a long standing relationship with Rainbow Ward, providing support for children and families across Wales who are receiving treatment for cancer and leukaemia at the Children's Hospital for Wales.

The ward, which has been enhanced in a number of ways to enhance patient care, successfully opened to patients last week.

We gave 16 year old Kiera and her mum Andrea special access to have a look around ahead of the opening. Kiera is currently receiving treatment for leukaemia and has spent a lot of time on Rainbow Ward at the Children's Hospital for Wales. See what Kiera and her mum thought of the refurbished Rainbow Ward [here](#).

