



CHIEF EXECUTIVE CONNECTS

10/11/2021

As a Health Board we are still very much living with COVID and as well as being 'COVID ready' we are dealing with some significant issues facing our health system.

Unscheduled care and operational pressures are the two significant issues that have impacted the welfare of our workforce, particularly frontline staff such as our nurses and midwives.

It's really important that our wider staff and community understand how much hard work is being done to manage the impact of these issues in a very challenging environment.

How we continue to recover services and provide scheduled care, the pressures currently felt across unscheduled care, primary, care, mental health and clinics and diagnostics is huge. As a Health Board we have detailed programmes across all of these areas to ensure we are doing everything we can provide the best patient care and health services.

There has been some fantastic transformational work already delivered by our clinical teams and non-clinical colleagues to develop an unscheduled care programme, focusing on bringing all of the key elements of recovery design and transformation and Winter

planning together through what we call, "site based leadership". This is essentially leadership focussing on UHW, UHL and our primary and community care settings but involving and working with all of our seven Clinical Boards.

While it is easy to judge health based upon the personal experience you may have received, I would just like to reiterate how hard we continue to work with, not just within our own organisation, but our partners across social care and the Welsh Ambulance Service and our GPs who are very often the trusted first line of health. There are others too who all contribute to our health care system.

This winter we are facing a unique set of circumstances and possibly the greatest challenge yet, with a much-depleted workforce. I would ask people to use our health services prudently and to consider where they go for care. Look out on our website and social media channels where you will find a lot of useful information.

I would also urge you to get your flu vaccine as early as you can, as well as your COVID booster when you are invited to do so.

(Continued)

It is with great sadness that we share the news that a second colleague passed away in the recent paddle boarding accident. Andrea Powell was a member of our Community Dental Service and also worked in various dental practices in South Wales.

Her family has shared with us that Andrea was on the organ donor register and after sadly passing away Friday morning by Saturday her heart, liver, pancreas and kidney were all matched to donors. Her heart was flown by aeroplane and transplanted successfully on Sunday morning, so she has saved 4 lives.

Andrea was a keen baker, enjoyed cooking, exercise and took part in various sporting events and has completed 1/2 marathons. She enjoyed walking their dog, reading books and spending time with her family.

Our thoughts are with the family, friends and colleagues of Andrea at this incredibly difficult time.



Professor Stuart Walker

Interim Chief Executive

Flu Vaccination Update

This winter we may see influenza and COVID-19 circulating at the same time. Influenza and COVID-19 can be life-threatening, and getting vaccinated remains the best protection from serious illness.

Our flu programme is well underway and we are working with GP surgeries, Community Pharmacies and our staff Flu Leads to ensure those who haven't yet received their flu vaccination this season are offered it in the coming weeks.

As we are preparing for potentially higher levels of influenza this winter, we are well underway with our staff flu vaccination campaign, with more than 6,000 members of staff who have now been vaccinated. We are on track to reach the Chief Medical Officer's target of 80% for all health and social care staff who have direct patient contact, but have some way to go.

If you are a health and social care worker working for Cardiff and Vale UHB, and have not received your flu vaccination, there are several ways you can get your free flu vaccine:

- Occupational Health Flu Drop-in Clinic - Denbigh House, UHW every Friday from 9am – 12pm
- Flu Champions are based in every clinical board and most clinical areas, ask your Line Manager to find out your dedicated Flu Champion.
- GPs and Community Pharmacies - staff who are in another at-risk flu priority category can access their flu vaccination via their GP practice or Community Pharmacy.
- For those based in or close to Woodland House – there will be a mop-up clinic on Thursday 11th November more details to follow.

Staff who have received their flu vaccination via GP or Community Pharmacy are encouraged to complete the electronic [Had Elsewhere form](#) so occupational health records can be updated. We would also be happy to hear about reasons why staff are declining flu vaccination – these can be noted anonymously by completing the [Decliners electronic form](#).

I would strongly urge you to get vaccinated in the coming weeks, to help booster your immunity this winter. If you are eligible and offered your flu vaccine or COVID-19 booster don't delay, please prioritise your appointment.

It's also important that we all continue to practice the government guidance. Washing hands, social distancing and mask wearing are all proven ways of reducing the spread of viruses such as influenza and COVID-19. Whether you are a staff member, a patient or a visitor to our healthcare settings, please continue to adhere to this national guidance to protect yourself and those around you.



Triple National Award Win for Eye Care Team

Cardiff and Vale UHB has celebrated three wins at the UK Building Better Healthcare Awards for its work on developing service for eye care which will now be rolled out across Wales in primary care, optometry services and hospital eye care services. The awards were Best Use of Technology – Primary Community Care, Best Use of Technology – Acute Care and Patient Choice Award for the team's development of an electronic patient record system that will ensure seamless care across all eye care services and will allow patients to be treated closer to home.

Dr Fiona Jenkins said: "This wouldn't have happened without a great lead from primary care optometry, Sharon Beatty, and the technical expertise provided by Gareth Bulpin. We are delighted to win these awards, but equally thrilled that this model of care will be available across all of Wales as we roll out the digital eye record and develop our primary care services."



Have Your Say and Help Shape Mental Health Services

Cardiff & Vale Action for Mental Health is hosting an open session for service users, people who have used services and carers to offer feedback on their experiences of mental health services in Cardiff and the Vale of Glamorgan. Staff with an interest in service design are also welcome to attend.

Cardiff and Vale University Health Board would like to know what we are getting right, what you think we can do better and what you think our priorities should be over the next three years. I would encourage people to attend and contribute to this session. Co-production is a vital part of the development of our services.

There are two sessions available:

- Wednesday 10th November 2021, 11:30am
- Monday 22nd November 2021, 12:30pm.

[Find the joining details here.](#)



Recovery and Redesign Update – Eating Disorder Specialist Outpatient Treatment Team

In Cardiff and Vale UHB we have sadly seen in rise in cases of eating disorders as a result of the COVID-19 pandemic, as individuals have struggled to cope with the stress of a pandemic and the associated social isolation. The Health Boards Eating Disorder Specialist Outpatient Treatment Team (EDSOTT) has therefore seen a high increase in referrals to the service which has seen an increase in waiting times to access appropriate support.

The EDSOTT works with GPs across Cardiff and the Vale of Glamorgan and our Community Mental Health teams to provide psychological, dietetic and other treatments to individuals with eating disorders. To enable the service to meet the demand we are increasing capacity within the service through the creation of a number of psychological therapy and dietetic posts who have a specialist experience of working with people with eating disorders. This will mean the team can assess and support more patients and ensure they receive appropriate and timely treatment for their needs.

By recruiting staff that have specialist experience of working with people with eating disorders, these roles will support the service by enabling more patients to be seen with the aim to reduce waiting times with the EDSOTT to pre-pandemic levels.

If you or someone you know is affected by an eating disorder then there is information, help and support available online at the following sites:

- www.beateatingdisorders.org.uk
- www.eatingdisorderscardiff.co.uk
- www.selfhelpguides.nthw.nhs.uk/cardiff/leaflets/selfhelp/Eating%20Disorders.pdf

Reduction of the Use of Nitrous Oxide

We have made clinical developments in reducing the use of nitrous oxide, a greenhouse gas commonly used in anaesthesia. With 265 times the global warming potential of CO₂, our aim is to reduce our usage of this gas as part of our ongoing work in reaching the Welsh public sector target of becoming carbon neutral by 2030.

The Healthcare Without Harm Report showed 5.6% of UK emissions are from healthcare and the NHS Wales Decarbonisation plan also includes anaesthetic gases reduction.

Earlier this year, our colleague Dr Amarantha Fennell-Wells presented at the Green Health Wales Conference on a project which queried the supply of nitrous oxide vs use, resulting in the possibility of 'leaks' or loss of this gas from the manifold supply.

Taking this project forward, a group has been established to explore how nitrous oxide can be delivered via small cylinders and eliminate the use of the manifold system. The MDT group includes anaesthetists, ODPs, nursing, estates, pharmacy, and clinical engineering – ensuring all stakeholders are involved.

This project will save around 1 million litres of nitrous oxide per year, equivalent of 535 tonnes of CO₂. This is excellent work and our aim is to spread this across Wales and ensure a culture shift away from nitrous oxide use.



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Gofal Iechyd Cynaliadwy
i'r Dyfodol
Shaping Our Future
Sustainable Healthcare

Arts Programme

Rose Drop Jewellery

Rose Drop Jewellery are donating 25% from every sale to the Arts for Health and Wellbeing Programme during the run up to Christmas. To make a purchase please visit: www.rosedropjewellery.com



Growing Flowers Down in Barry Docks

The Arts for Health and Wellbeing Team within Cardiff & Vale Health Charity was delighted to commission an innovative, arts project designed by artist Haf Weighton, delivered virtually to pupils at Ysgol Gyfun Gymraeg Bro Morgannwg in Barry this year. [Learn more.](#)

