

Chief Executive CONNECTS



Dear Colleague,

11/08/2021

I'm deeply saddened that a member of our Mental Health staff, Dr Gary Jenkins, passed away last week following an attack in Bute Park. He was severely injured in the incident about which there has been a lot of press coverage.

There are many teams that have worked with Dr Jenkins and also staff in ITU that have cared for Dr Jenkins over the past few weeks who will be understandably distressed at this news. I would like to remind staff of the support you can receive through the Employee Health & Wellbeing Service and to please reach out and speak to someone if you need support.

I would also like to offer my sincere condolences to Dr Jenkins' family at this incredibly difficult time.

From Friday, there will be three condolence books for Dr Jenkins available to sign at the locations he worked. They can be accessed at Pendine CMHT on Cowbridge Road, Hamadryad CMHT in Butetown and the reception area at Hafan y Coed.

On Monday, South Wales Police issued a statement regarding Dr Jenkins' death alongside an appeal for information about the assault detailing the various ways you can contact the police should you wish to come forward with information. You can access it on their website.

As this is an ongoing and potentially high profile police investigation we would ask that staff please:

- Remember our duty of confidence, our values of respect and integrity and to consider how distressing this current time is for the individual's family, colleagues and friends
- To avoid speculation or discussing on social media which could affect the judiciary process
- To speak to the police in confidence if you have any information that could help the investigation
- To direct any press enquiries to the Communications and Engagement Team

Len Richards
Chief Executive

New Self-Isolation Guidance for staff

In light of the recent Welsh Government announcement regarding self-isolation, below you will find an update on the guidance following a potential contact with COVID-19.

The updated guidance applies to all patient/service user-facing health and social care workers who have been identified as a contact by our Test, Trace and Protect (TTP) service or notified by the NHS COVID-19 app.

From 7th August 2021, staff who have been fully vaccinated and have been in contact with someone who has tested positive for COVID-19 are no longer required to self-isolate. Fully vaccinated staff who are self-isolating due to being contact traced prior to 7th August 2021 can also be released from isolation as long as they remain asymptomatic. Both groups may return to work from 7th August subject to the following requirements.

If you are a patient/service user-facing health and social care worker, and you are identified as a contact via TTP or the NHS COVID-19 app, you will be allowed to work as long as the following is ensured:

- You are asymptomatic – symptomatic individuals must self-isolate in line with general guidance, which can be found on the Welsh Government website here.
- You have not received a positive COVID-19 PCR test result within the previous 90 days.
- You do not live with the person who has tested positive for COVID-19.
- You are fully vaccinated. This means you have received your second COVID-19 vaccination at least 14 days before the point of exposure. If you are unvaccinated, or had only one vaccination you must self-isolate in line with general guidance.
- You agree to the scheme of testing requirements, including undertaking a PCR test on the first day you are identified as a contact, and a daily Lateral Flow Device (LFD) test each day before work until 10 days from the last contact.
- You have completed the staff checklist with your Line Manager having being identified as a contact of a positive case of COVID-19.

If you have any queries regarding this guidance in the interim please contact your Line Manager who will be able to support you.

Vaccine Update

We have delivered 691,190 vaccines to our adult population and are continuing our walk-in sessions at Bayside MVC and Holm View Leisure Centre every day between 8.30am and 7.30pm.

In accordance to JCVI guidance we have begun inviting those who are nearly 18 for their first dose of the COVID-19 vaccine. If you are turning 18 between 26th July and 31st October 2021, then please call our vaccine booking line on 02921 841234 to book an appointment at one of our Mass Vaccination Centres.

We are also working on a rollout plan to deliver the vaccines to 16 and 17 year olds in Cardiff and the Vale of Glamorgan, and will be providing a further update on this cohort as soon as possible.

Getting vaccinated is still the best way to protect yourself, your loved ones and your community. So if you are eligible and have not received your vaccination please contact us by calling our vaccine booking line.

Vaccine Update - continued

We continue to see a high number of people not attending for their second dose of the vaccine, and I want to take this opportunity to reiterate how important it is to receive both doses. It's important to get your second dose for maximum protection, to reduce the risk of serious disease and hospitalisation. So if you have an appointment please attend.

There are a number of resources available for employers, including a Welsh Government toolkit to help employers to support staff in getting vaccinated, which can be found by [clicking here](#).

I would urge employers to be as flexible as possible when it's time for staff to have a vaccine. Furthermore, if you or your organisation would like to help promote our vaccination programme, we have a number of multilingual information leaflets and social media assets that can be downloaded from [our website here](#).

If you have any questions about the vaccine you can find comprehensive FAQs on our website. Together we can help keep our population safe.

Climb Wales - Successful Assessment Days

Last week I had the absolute pleasure of attending the Climb Wales assessment day in Cardiff. Prior to this day, the Climb Wales team had travelled to north and west Wales to assess applicants from across the country.

We had over 200 applications to the Climb Wales programme with over double that number downloading the application pack. This number was shortlisted to 60 people, who were invited to attend one of three assessment days last week, with a further day added due to demand taking place on the 19th August.

The applicants were asked to attend an Escape Room and following lunch were asked to complete a further exercise within their various groups. The energy and enthusiasm created at the sessions along with verbal feedback suggested that the applicants felt at ease with this very different approach to selection and they appreciated the opportunity to work collaboratively with unfamiliar groups in an informal setting.

On the day I was present, I must say that I felt this energy was palpable in the room and the calibre of applicants, who were from all levels of our health system, in my opinion was incredibly strong. I cannot wait to see how the course progresses once the final 30 participants have been selected.

I would like to take this opportunity to everyone who has worked to develop and promote the Climb Wales programme, which forms part of the All Wales Intensive Learning Academies and is hosted within Cardiff and Vale UHB by the Dragon's Heart Institute. It is extremely exciting work, which will help to establish develop a pan-Wales network of our next generation of leaders.

Only a few days left to complete our innovation survey!

We want to better understand what innovation means to the staff of Cardiff and Vale UHB, including your experience of trying to innovate and what you'd like to see going forward. Please help us by completing a short survey.

We have had a great response to date on this survey, but for a more comprehensive picture we would greatly appreciate as many colleagues as possible submitting a response.

Participants of this survey will automatically be entered into a prize draw (sponsored by the Cardiff & Vale Health Charity) to win either an Amazon voucher or spa treatment and afternoon tea for two.

The survey will close on Friday 13th August, so don't delay in submitting for a chance to win one of these great prizes!

[Complete the survey here.](#)

HealthPathways: 200 pathways now live!

I'd like to give you a reminder of one of the most revolutionary projects that is currently being worked on in Cardiff and Vale UHB and something that forms a central part of a transformation programme: Community HealthPathways.

Cardiff and Vale University Health Board has championed the use of HealthPathways in Wales for well over a year. Now the Health Board is celebrating the publication of 200 live clinical pages which consists of 179 pathways, 6 medication pages, 15 Investigation pages, together with 131 request/referral pages.

Although many people use our secondary and tertiary services, these numbers pale in comparison to the numbers of people who use our primary care services every day.

When someone visits primary care with an issue, they may be referred to specialist care in a secondary care setting. However, if this process isn't standardised, it can create variation in the pathway that patients follow and they may be referred to hospital when they could be treated in the community, or they could end up on a waiting list to see the wrong consultant.

HealthPathways gives clinicians instant access to care pathways and referral information to make sure that patients are offered the right care at the right time, and referred to specialists in secondary care settings only when appropriate.

It's the first system of its kind in Wales and a tool that we're very fortunate to have here in Cardiff and the Vale. The aim of HealthPathways is to reduce variation in patients' treatment thereby reducing delays, waiting times, and potential harm.

To date, the platform has been well used by staff across the UHB with over 150,000 views and increasing usage month on month.

The platform is constantly being maintained, updated, and added to in order that its users have access to the most up-to-date information about as many services as possible. This has especially been true during the COVID-19 pandemic with the pathways' chief writers Dr Maria Dyban, Dr Khurram Hashmi and Dr Jane Roberts having worked exceptionally hard alongside their duties as clinicians to ensure that pathways are amended or completed and then published the following day.

It's not just for GPs so I would encourage all members of our primary care team who make referrals for their patients to sign up. You can find HealthPathways on the Clinical Portal or [just follow this link.](#)

If you experience any problems or need more information, please contact healthpathways@wales.nhs.uk.

LGBTQ+ Training for Staff and Welsh Government Consultation

In response to growing requests and an increased need, we are offering basic awareness training on LGBTQ+ issues.

You can use ESR book on to our Sexualities in Healthcare session to learn more about caring for people from LGBTQ+ communities and creating an inclusive workplace for colleagues.

We are offering separate training for staff on understanding and respecting Transgender and non-binary identities, which is also available on to book onto also via ESR.

Each session is 3 hours long and held in person to encourage interaction and the opportunity to ask questions.

Please see the calendar of upcoming training sessions here.

Staff should be aware that Welsh Government have also recently published their LGBTQ+ Action Plan for Wales for consultation. The plan seeks to tackle the existing structural inequalities experienced by LGBTQ+ communities, to challenge discrimination and to create a society where LGBTQ+ people are safe to live and love authentically, openly and freely as themselves.

I would encourage you to respond to the consultation, which you can do via the Welsh Government website, ahead of the deadline on the 22nd October 2021.

NHS Virtual Pride week – 23-27 August

Next Week is Virtual Pride, an event that is open to all colleagues throughout the NHS in Wales. The week-long event offers a great opportunity to reaffirm our commitment to supporting the LGBTQ+ community within the NHS, with various activities taking place throughout the week.

I am determined that here at Cardiff and Vale UHB we will increasingly embed an environment within which our LGBTQ+ colleagues can feel comfortable being their authentic selves at work. An important part of that is everyone taking a personal responsibility to improve their understanding of the issues faced by the LGBTQ+ colleagues so that they can become better allies, and taking part in Virtual Pride week is a great opportunity to do just that.

It promises to be a really fun and insightful week of activities and I hope that as many people as possible take the opportunity to get involved. You can view the programme of activities here, and book onto events by emailing: lgbt.historymonth@wales.nhs.uk.



University Hospital of Wales trials new test to improve sepsis care

We are delighted that the University Hospital of Wales has been selected as one of twenty hospitals trialling a new process that could cut down the use of unnecessary antibiotics in suspected sepsis patients, save lives and minimise the risks of antimicrobial resistance. Funded by the NIHR-HTA programme (NIHR funding ref 17/136/13) and sponsored by the University of Liverpool, Dr Jonathan Underwood is the lead for PRONTO (Procalcitonin and NEWS2 for Timely Identification of Sepsis and Optimal Use of Antibiotics in the Emergency Department), a randomised controlled trial taking place in the UHW Emergency Unit. The trial is fully co-ordinated by the Centre for Trials Research at Cardiff University.

The aim is to optimise the use of antibiotics in patients with suspected sepsis with point of care testing at triage. We hope it will lead to an improvement in sepsis care at the front door generally and improve outcomes for everyone by improving awareness and management of patients with suspected sepsis, a common, potentially life-threatening complication of infection.

Procalcitonin (PCT) is a blood test that helps to distinguish between bacterial and viral infections. They initially present in similar ways, but antibiotics are only useful in bacterial infections.

Throughout the trial, adult patients with suspected sepsis will be randomly assigned to current standard of care or PCT-supported triage.

This will allow us to assess whether PCT-supported assessment reduces prescriptions of antibiotics by decreasing uncertainty in patients who may not need IV antibiotics urgently, or may not need antibiotics at all.

If the study shows that PCT-supported assessment is superior to current practice, it will lead to more efficient sepsis treatment and a reduction in inappropriate antibiotics prescriptions, resulting in better outcomes for suspected sepsis patients across the NHS.

Cardiff and Vale Health and Wellbeing Festival

From Wednesday 11th to Sunday 15th August we'll be launching an online virtual Health & Wellbeing Festival. Over the five days we'll be sharing information and advice to help you look after your health and wellbeing this summer.

The line-up includes:

Your Mental Health and Wellbeing

Information and resources to support your mental health and wellbeing.

Using Our Services

A quick guide to some of our services and things to keep in mind when out and about this summer.

Staying Active

Why you should keep active and give your physical health a boost this summer.

Healthy Living

Healthy eating and nutritional advice.

A Greener Cardiff and Vale

Information about some of the steps we're taking towards sustainability and how you can help.

Keep an eye out on our social media channels this week to learn more and get involved or visit <https://cavuhb.nhs.wales/health-wellbeing-festival/>

Other news and events

Digital Team Newsletter

Read the latest news from the Digital and Health Intelligence Team [on Microsoft Sway](#).

Bike Health Check sessions

Following the success of the previous Bike Health Check Sessions, more FREE sessions for staff will be offered throughout September and October 2021. Now including additional Health Board sites! To book your FREE place please [visit our website](#).

Staff Lottery Bids - July 2021

Read about how Cardiff & Vale Health Charity has supported staff and services with some stories about the successful Staff Lottery Bids in July 2021

[Read more](#)

Cardiff Bay 10k

Fancy taking on a challenge and raising money for Cardiff & Vale Health Charity? The Cardiff Bay Run will be taking place on Sunday 26th September 2021 and the Health Charity has a number of FREE spaces available for staff. To find out more and register please email fundraising.cav@wales.nhs.uk

10 years of the Health Charity - 2015

In December 2020, Cardiff & Vale Health Charity celebrated 10 years of making things better for patients, visitors, staff and the wider community. This month we'll be taking a look back at events and activities that took place with our fantastic fundraisers in 2015.

[Read more.](#)