



Dear Colleague,

18/07/2022

While many of us will have welcomed a dose of sunshine, the prolonged high temperatures pose very serious health risks and it's important to keep yourself well and avoid common effects of the heat including dehydration, overheating, heat exhaustion and heatstroke.

The extreme hot weather has a huge impact on services in many ways, so as we continue to experience high temperatures into this week, please familiarise yourselves with the latest advice and guidance to stay healthy and well.

While high temperatures can affect anyone our focus must be on the most vulnerable in our communities including the very young, older people aged over 75 and those with a long-term serious illness or other health conditions – they are more at risk of being negatively affected by the heat and the effects can be very dangerous.

Please look after yourselves, and please also look out for those who may fall into these categories and if you are working, please take care of each other.

For all the latest advice and guidance on keeping yourself well in hot weather, head to our [website](#) and [Facebook](#), [Twitter](#) and [Instagram](#) channels. Please take a look and share with your followers too to help us spread these important messages.

Keep yourself safe by:

- ☀ Staying hydrated by drinking water or squash
- ☀ Wearing a high UV and SPF sunscreen
- ☀ Wearing light, loose fitted clothing and a hat to protect your head and neck
- ☀ Avoiding the sun between 11am – 3pm if possible, or seek shade regularly.

For those who were working over the weekend and continue to do so through high temperatures, I'd like to say a huge thank you for your endless dedication in challenging circumstances. Together with Cardiff & Vale Health Charity we were delighted to offer free ice-creams and ice-lollies to colleagues working at the hospitals as a small gesture to keep hydrated during the extreme heat.



Last Thursday we were very pleased to welcome the Deputy Minister for Mental Health and Wellbeing, Lynne Neagle MS, who visited the Health Board to learn more about the role of co-production and peer support in mental health services. We have a lot of great work to be proud of through the Recovery & Wellbeing College and service design and it was a great opportunity to share our achievements in this field.

You may already be aware of our existing two-year partnership with the Institute for Healthcare Improvement and Improvement Cymru to deliver a national programme for safe, reliable and effective care, adopting a focus on locally driven and delivered outcomes by Health Boards and Trusts. This programme is called 'Safe Care Together'. Cardiff and Vale University Health Board was fortunate enough to receive the programme's foundational site visits over the period 7 - 8 July. These visits were multi-purpose and were to provide an in-depth understanding to help us build our future strategy, programmes, innovation and improvement agendas. I look forward to sharing more details in due course as well as our intended improvements outcomes, but I'm pleased to say that the initial debrief revealed how well you work together and praised the leadership, support and multi-disciplinary relationships shown throughout. Thank you to all colleagues who have been involved in this partnership programme so far. For more information, [click here](#).

Last week we were extremely honoured to receive the George Cross from Her Majesty The Queen together with our NHS colleagues across the UK. The George Cross is the highest civilian gallantry medal, recognising the dedicated service shown by the NHS since

its beginnings almost 75 years ago. I feel, as you do I'm sure, an enormous sense of pride in this recognition especially as we continue to respond to what continues to be a very challenging time for all working in healthcare it is good to know our efforts are valued and admired.

Thank you very much for the great work you are doing each day to help and care for patients and their families.



You're invited to join our AGM

Chair Jan Janczewski and I look forward to welcoming you at 12.30 on Tuesday 19 July for our virtual Annual General Meeting (AGM). You will hear from board members and the executive team who will share a review of the past year including our ongoing response to the COVID-19 pandemic and how we have continued to deliver healthcare services while continuing to evolve and innovate to meet the needs of our growing population, now and in the future. The meeting will be livestreamed via Microsoft Teams to allow you to see and hear our presentations. Follow [this link](#) to join us on the day.



New Surgical Same Day Emergency Care Unit opens at University Hospital of Wales

On Monday 18 July, a new surgical Same Day Emergency Care (sSDEC) unit opened at University Hospital of Wales (UHW). The multidisciplinary unit aims to speed up the process of diagnosis and treatment for patients with acute surgical problems, allowing many patients, who previously would have been admitted to hospital, to return home on the same day.

The state-of-the-art, multidisciplinary unit has been built to allow speciality teams from across General Surgery, Urology, Ear, Nose

and Throat (ENT), Maxillo-Facial surgery and Ophthalmology to receive referrals directly from GPs, NHS 111 Wales, our Emergency Unit (EU) and paramedics, avoiding the need for many of these patients to wait in EU.

To rapidly refer a patient to the sSDEC unit or to get advice about an acute surgical problem, clinicians will be able to use the Consultant Connect mobile phone app or a specific dial in number that will connect directly with an sSDEC clinician. This initial clinical conversation will determine what that patient needs and will help teams refer patients to the right place, first time.

"Any health emergency is a very uncertain and stressful experience. Feedback from our patients shows that the uncertainty of diagnosis and long waits in emergency departments are a major concern. The new Surgical Same Day Emergency Care unit will provide much quicker access to specialist assessment and intervention, and for the majority of people will allow them to avoid hospital admission and return home the same day with a clear treatment or management plan," Chris Morris, a Consultant General Surgeon and Clinical Lead for the new sSDEC unit stated.

Patients who are in a stable condition and have not been identified as having any red flag symptoms are suitable to be seen in the sSDEC unit. These patients will benefit from rapid access to diagnostic tests and assessment by senior doctors, enabling decisions about a patient's care to be made quickly. Most treatments will be undertaken on the same day and the new unit has spaces specifically designed to allow teams to undertake local anaesthetic surgical procedures, endoscopy, administer

intravenous medication and observation. If a treatment or test is not available that day, and it is safe to do so, patients will be allowed home to return within 72 hours for their test or operation, remaining under the care of the surgical team during that time.

Chris Morris, outlines the benefits of this approach; "For those people who require an emergency operation it should be possible for many more of them to have this as a day case procedure. This clearly has benefits for those patients who can receive same day emergency care but it also frees up hospital beds and resources for the most seriously ill patients who absolutely require treatment in a hospital bed."



Alongside the new sSDEC unit, a Surgical Admissions Unit is already open in UHW and scheduled operating lists have been established throughout the week to allow suitable acute patients to be "booked in" for their operation helping to avoid potentially long waits in hospital for emergency operations.

The sSDEC unit is one of the ways the Health Board is working to improve access to our surgical services by providing same day diagnosis and treatment for patients who would otherwise be admitted to hospital. This work is one of a number of projects being

supported by the Health Board's Recovery and Redesign programme, which aims to restore and improve access to services impacted by the COVID-19 pandemic, transform clinical pathways and in doing so, enhance services for patients.

South East Wales Vascular Network to transform vascular care in the region

On Monday 18th July, the way vascular services are delivered in South East Wales will change to ensure the provision of high-quality, safe and effective care is maintained for the future. The transformation will affect Aneurin Bevan University Health Board, Cardiff and Vale University Health Board, Cwm Taf Morgannwg University Health Board and Powys Teaching Health Board areas.

Vascular services in South East Wales have faced a growing number of challenges for many years, including an increasing aging population and an increase in demand for vascular services. This means services were unsustainable for the future in their existing format. The configuration has been discussed at length for many years and multiple options explored.

Vascular diseases cover any condition that affects the network of the blood vessels known as the vascular or circulatory system. The main aim of vascular services is to reconstruct, unlock or bypass arteries to restore blood flow to organs. These are often one-off procedures, mainly to reduce the risk of sudden death, prevent stroke, reduce the risk of amputation or improve function. Vascular services also provide support to patients with other problems such as kidney disease. The total number of patients likely to

need a vascular procedure in South East Wales is approximately 1,250 each year.

Doctors have been discussing options in line with national guidance and best practice as far back as 2014. Although the Health Boards in the region have long standing relationships, the South East Wales Vascular Network was formally established to enhance collaboration and bolster plans for the future.

In early 2021, working closely with local Community Health Councils, Health Boards in the network facilitated an 8-week public engagement on the future of vascular services for South East Wales. The public were invited to learn about the prospective plans and share their views through various channels as plans were developed.

Of those of who took part in the online survey, nearly three quarters (72%) agreed with the national evidence and recommendation from the clinical option appraisal that a hub and spoke model would improve vascular services and patient outcomes. Following independent reviews of the findings, Community Health Councils and partner Health Boards supported the case to move forward and implement the proposed hub and spoke model.

The new hub and spoke model means all vascular surgery will be undertaken at the University Hospital of Wales as the hub, but the majority of care will happen closer to people's homes in spoke hospitals. Spoke hospitals will be maintained at Grange University Hospital, Royal Gwent Hospital, Royal Glamorgan Hospital and Lakeside Wing at University Hospital of Wales. Lakeside Wing at University Hospital of Wales will be a temporary spoke hospital, with plans in place to move this to University Hospital Llandough. Spoke hospitals

will provide care such as pre-operative assessments, investigations, minor procedures and recovery care.

Dr Dom Hurford, Medical Director at Cwm Taf Morgannwg University Health Board, the host organisation for the South East Wales Vascular Network, said: "The network is a fantastic venture that brings together teams from across three Health Boards to deliver high-quality care for all of our patients. Through centralising high risk and complex cases, we are bringing together expertise from across the region to share learning and further improve care. Rehabilitation locally is also key to the reorganisation of vascular services, ensuring patients can access pre-operative and follow-up care in spoke hospitals across the region. A tremendous amount of work and planning has gone into this, we are confident we now have the right model with the right support to build a robust service that is fit for the future."

The hub and spoke model is recommended by The Vascular Society of Great Britain and Ireland for the organisation of vascular services, delivering the best outcomes for patients. This model has been successfully implemented across the UK.

Jon Boyle, President of The Vascular Society of Great Britain and Ireland, said: "The society supports the development of vascular networks to provide patient-centred and time critical care, and deliver the best outcomes for vascular patients."

All patients who are currently affected have been informed and anyone receiving vascular care will be updated as part of the usual care process.

Car parking guidance for colleagues and visitors

If you are a Cardiff and Vale University Health Board or Cardiff University team member and you use the car parks at our sites, please be reminded of the regulations in place to ensure we can offer a fair number of parking spaces for staff and patients. Unfortunately, car parking across all our sites is very limited which means we cannot offer a parking space to everyone who would like one.

There are parking restrictions in place to keep our hospitals and those who visit them safe, so please familiarise yourself with the guidance on our website and remember to park responsibly if you are traveling by car.

If you are able to travel in other ways, please consider the free Park & Ride service to University Hospital of Wales and University Hospital Llandough. Park & Ride reduces the number of vehicles travelling to our busy sites and can save you time looking for a parking space. Many colleagues, patients and visitors are already using the service and finding it quicker and easier than driving.

Park & Ride is one of the ways we are reducing our overall carbon footprint while improving air quality, easing congestion and ultimately providing an easy, stress-free journey to our hospitals. Finally, please be kind and courteous to Cardiff and Vale UHB colleagues in the Parking Team who are working hard to ensure car parking is fair for all.

Cardiff and Vale Regional Partnership Board needs your help...

The RPB has drafted an Unpaid Carers Charter for our region and wants to make sure that it is relevant and meaningful to unpaid carers and young unpaid carers. The draft Charter is based on a series of engagements with unpaid carers and the people they care for. If you would like to take part, please click here to complete the [online survey](#) before 29 July.

Save the date for Pride Cymru

Save the date! Pride Cymru will be taking place in Cardiff on 27 – 28 August and we are looking forward to joining in the activities planned for this event.

