

Chief Executive CONNECTS



Dear Colleague,

20/07/2021

Yesterday afternoon, the Met Office issued the first ever extreme heat weather warning for parts of the UK, including south Wales. This amber weather warning means that there is an increased likelihood of adverse impacts from the severe weather. This includes adverse health effects which are likely to be experienced by those vulnerable to extreme heat and the wider population are likely to experience some adverse health effects including sunburn or heat exhaustion (dehydration, nausea, fatigue) and other heat related illnesses.

We are already seeing the effects of the hot weather translate into a dramatic increase in attendances at our Emergency Unit, which was already very busy prior to the heatwave. We have seen cases of dehydration and sun burn, as well as multiple cases of young children sustaining injury after being left unattended and falling from first storey windows. Further, we have seen incredibly serious cases of people nearly drowning.

Therefore, I must ask anyone reading this to firstly exercise extreme caution in the heat. It is vitally important that you remain hydrated by drinking plenty of water (at least 8 glasses a day) and avoid drinking excessive amounts of alcohol, tea or coffee as they can exacerbate dehydration. Try and remain indoors, especially in the hours around midday when the temperature is at its highest and avoid strenuous outdoor activities such as sport, DIY or gardening. When you are outside, use plenty of sun cream with a high SFP and UVA rating (a minimum of SPF 15 and a 4-star rating is recommended) and re-apply regularly. Full guidance on how to keep cool and safe can be found on the [Public Health Wales website](#).

Last year (2020) saw a marked increase in the number of deaths from drowning in the UK, with more happening inland from people jumping into canals, quarries and rivers etc. than at the coast. Therefore, if you fancy a swim and are planning to swim in open water, please respect the water and swim safely. I would strongly urge you to only swim at locations with lifeguards present as coastal waters can be affected by rip currents which can quickly pull you out to sea.

If you're planning a trip to a busy coastal or inland swimming location, it is absolutely vital to remember that COVID-19 has not gone away and we are seeing more and more cases. I would urge caution and ask that you continue to follow the regulations that still apply in Wales, including social distancing and wearing a mask in crowded places.

While you're enjoying the hot weather safely, please spare a thought for our staff who are still working in PPE in this scorching heat for very long periods. By following these tips and the COVID-19 regulations, you will be helping all of them by reducing the pressure on the healthcare system, which as I mentioned, is currently very intense.

Len Richards
Chief Executive

COVID-19 and operational update

You'll no doubt be aware of the changes to the COVID-19 regulations that came into effect in England yesterday (19th July) with almost all of the regulations no longer mandated by law. However, I must stress that these changes apply to England only as the COVID regulations in Wales are administered to by Welsh Government and are still very much in effect.

This includes wearing a face covering (if you are able to) in all indoor public places, observing social distancing with people you do not live with, and not meeting with anyone other than your extended household or a maximum of five other people from different households indoors in your home. [The full list of restrictions can be found here.](#)

From Saturday 7 August, Wales may move into alert level 0 if conditions allow. This would remove legal restrictions on the number of people who can meet indoors, including in private homes, public places or at events. However, people should still work from home wherever possible and face coverings will remain a legal requirement indoors, with the exception of hospitality premises. This will be kept under review.

Therefore, please do continue to wear a mask and help us to minimise the threat of COVID-19 as we continue our vaccination campaign. Unfortunately Covid cases are increasing with most positive cases now amongst the younger (under 40) population so getting your vaccination is still as important as ever. On Saturday we had 650 people not attend for their second dose. We would urge everyone to please attend for your second dose and if you cannot attend your appointment for any reason please call our booking line on 02921 841234 so we can rearrange. It is so important to have both doses for maximum protection. We appreciate that when we have weather like this people want to make the most of it but the vaccine does not take long and once you have it there is more time to spend outdoors.

We are starting to see an increase in hospital admissions for Covid and we are sadly seeing patients admitted to our ITU who are either unvaccinated or are in our younger age groups. This shows that Covid can happen to anyone and the vaccine is our best defence so please play your part to protect yourselves, your loved ones, your community and our NHS.

We have now given first doses to 355,578 people which is 83% of our adult population and 310,944 people have now received both doses which is 72% of our adult population. As much as these figures are encouraging there is still a proportion of our population we need to reach.

Our walk in clinics are now taking place at both Bayside MVC and Holm View Leisure Centre in Barry every day between 8.30am and 7.30pm. Here you can receive your first dose of Pfizer or Oxford Astra Zeneca or your second dose of Oxford Astra Zeneca if it has been eight weeks since your first.

So please get your vaccine and if you know any friends or family who haven't had it let them know about the walk in centres or ask them to call our booking line on 02921 841234 or [completing this form](#). This is our best chance of us all getting back to doing what we love.

Happy Eid

Eid-al-Adha is one of the highlights of the Islamic calendar and is the second in a series of annual celebrations for Muslims, marking the end of Hajj, the annual pilgrimage to Makkah. It is celebrated every year, based on the Islamic calendar. The Islamic calendar is a lunar calendar and is based on the sighting of the moon. This year, it is due to be celebrated by Muslims across the globe between the 19th and the 23rd July.

The festivities usually start in the morning through the offering of congregational prayers hosted in mosques or outdoor spaces. After prayers have been concluded, Muslims celebrate the rest of the day in accordance with the diverse range of cultures and traditions as reflected across the Muslim world. This is usually in the form of family visits, events in local parks or community centres, days out at theme parks and other similar excursions.

Rachel Gidman, Executive Director of People and Culture said: "I would like to wish all our Muslim staff a very Happy Eid ul-Adha. As the Board Executive Sponsor for the religion protected characteristic of the Equality Act, I and other Board members are totally committed to creating an inclusive working environment, in addition to delivering services that respond to people's individual needs. As a Board We are proud to be actively celebrating Eid ul-Adha and other religious and cultural festival and events to ensure that our health board truly celebrate diversity and champion inclusion at every level."

I would like to join Rachel in this sentiment and wish an Eid Mubarak to all who are celebrating.

Recovery & Redesign

I would like to extend a warm welcome to Hannah Evans who is joining us from Swansea Bay UHB as the Programmes Delivery Director for the UHB's Recovery and Redesign Portfolio.

The portfolio covers five strategic programmes of work encompassing primary & community care, mental health, unscheduled care, planned care and diagnostics. Our approach to the portfolio will be consistent with the ways of working adopted in response to the pandemic i.e. clinically-led, data-driven and risk-oriented, whilst maintaining a state of 'Covid readiness' in the UHB.

The Health Board is proud of the flexibility, resilience and pragmatism that our teams have displayed during the pandemic, which has allowed us to meet the dual demands of managing two significant waves of Covid whilst maintaining access for all essential services.

I am therefore confident that we have the right teams in place for the next stage of the journey with us which will allow us to restore and improve access to services, transform pathways and minimise harm to patients.

It is clear that the scale of the ambition will not simply happen. It is system-wide, comprehensive and a fundamental step-change in the way health services are delivered – and we need to do it at pace. This requires a programme approach with dedicated clinical leadership, programme and project support, operational capacity and analytical capability.

Look out for further updates in the coming weeks. In the meantime, staff can watch the Q&A session again with Steve Curry, Chief Operating Officer from April this year setting out the Recovery and Redesign agenda on StaffConnect.

HIV prevention drug made routinely available in Wales

Last week, I wrote about the excellent work of our Sexual Health teams. This week, I'm delighted to report that after a successful Welsh Government funded study, a pre-exposure prophylaxis HIV prevention drug combination will be routinely available to those eligible across Wales.

A three year study, launched in July 2017, into the use of pre-exposure prophylaxis (PrEP) in Wales has resulted in the HIV prevention pill being made available for those who meet the criteria, free of charge. The news comes as another milestone in the work to end HIV infections in Wales.

The study was conducted to answer questions raised by the All Wales Medicines Strategy Group (AWMSG) and gather data to understand how people would access and use PrEP. The success of the study and availability of generic PrEP led AWMSG to recommend the routine use of PrEP by NHS Wales.

This is excellent news and is a great stride forward in the fight against HIV. To get PrEP you need to attend one of the sexual health clinics in Wales. [Find out more here.](#)

Medical and Dental Staff Bank

On Monday 16 August, we will be launching a new locum bank for medical and dental workers, implemented by Medacs Healthcare, whose onsite teams currently manage all temporary staffing operations for the health board.

The new bank is expected to bring positive benefits for staff, managers and patient care, with a large, multi-skilled resource pool, efficiently managed so more vacant clinical shifts can be filled at less cost (due to less reliance on agency locums). Benefits for doctors will include the ability to use a mobile app to view and book available shifts and submit timesheets, with weekly pay and support from an onsite team to build their skills in new areas.

The new bank will also free up time for rota coordinators, with more efficient booking and payroll processes. Management information reports will be shared with the clinical board in due course, showing how the bank is performing, with detailed insights to drive continuous improvement, cost savings and more efficient management of both bank and agency workforces.

All medical and dental staff will be automatically enrolled on the bank, with communications sent directly to all in the coming weeks, giving them the option to 'opt out' of the bank if they wish. They will also be encouraged to download and login to the new Envoy app to view and book their shifts.

A week left to apply for the Spread and Scale Academy

Applications for the next Spread and Scale Academy will close next Wednesday (28th July) at midnight. We are delighted that the Spread and Scale Academy is returning for autumn 2021 and we are anticipating that it will be held in person in Cardiff (pending the COVID-19 situation at the time of the event).

The Spread and Scale Academy is designed for teams who have a successful project in one area but want the tools to widen its reach to lead adoption at scale across your organisation, region, Wales or beyond. Previous delegates have called the 3-day programme “the best thing I have attended in my career by a long way” and “one of the most valuable courses I have ever attended.”

Following their attendance at the 2019 Spread and Scale academy, the tracheostomy team at Cardiff and Vale University Health Board accelerated the spread of their project across Wales leading to the launch of a Challenge Fund worth around £400,000 with the Cardiff Capital Region deal and SBRI Centre for Excellence for a new tracheostomy training programme for staff.

Paul Twose, a Consultant Therapist and the clinical lead for the challenge, ascribes his team's recent momentum to what they learnt when taking part in the academy, saying, “Without the academy, it would have taken a whole career to get to where we are, but it has taken two years instead.”

Ruth Jordan, our Assistant Director of Improvement, Implementation and Spread recently published a blog about her experience of both attending and establishing the Spread and Scale Academy in Wales, it's a fascinating read and gives an insight into what you'll learn by attending. I would recommend you read it here.

To apply to the Spread and Scale Academy, you need:

- A developed small-scale project
- A team of 3 – 6 members
- The motivation to unleash your project at scale
- The desire to be a leader for change.

When completing an application, you will be asked for you and your team members' details including any accessibility requirements and details about your project, specifically:

- A brief description of your successful small-scale improvement or innovation project and the problem it was trying to solve
- Any links your project has to NHS Wales' strategic priorities.
- An account of when and when your project was tested or implemented.
- A summary of what your team intends to achieve through the spread and scale of this project.

Previous Academies have received overwhelming demand for places so we advise that you submit your application as soon as possible.

For more information and to apply, visit the Spread and Scale Academy page on the [Dragon's Heart Institute website.](#)



Buvidal: GP Shared Care Team first in UK to prescribe this life-changing medication

Described as a transformative, life changing treatment, Buvidal is a long acting weekly/monthly injectable form of Buprenorphine and the missing link to recovery for many addicted to opioids.

Most people addicted to opioids (Heroin, Tramadol, Fentanyl etc.) have turned to them in part to self-medicate for numerous traumas and then found the addiction blights their lives, leading to numerous maladaptive coping strategies. Being on Buvidal – with its reduced craving and anxiety and slow stable monthly dose release – allows many of them to move on with their lives. Dramatic recoveries are seen regularly now in many who have sometimes been falling in and out of treatment for decades.

Buvidal, as an opiate substitute treatment, was approved for use in Wales in September 2019. It significantly improves the quality of life measures for people seeking treatment for heroin addiction (more so than Methadone and Buprenorphine orally), with patients reporting reduced craving and anxiety.

As part of the expansion of provision of Buvidal in Cardiff and the Vale, our GPs in the Substance Misuse Shared Care scheme have recently begun prescribing Buvidal. This is the first time Buvidal has been prescribed in primary care anywhere in the UK (and to our knowledge Europe). There is already great enthusiasm amongst the GPs and it will mean that more people now have access to this life changing treatment through their local GP Practice, allowing them to return to living normal, productive lives.

The huge potential of Buvidal to transform the lives of people addicted to heroin, was recognized in Cardiff and Vale in November 2019. Cardiff and Vale Area Planning Board funded the extension of a treatment pilot for people in the Criminal Justice System and the Rapid Access (homeless) Prescribing Service. As substance misuse services sought to respond to COVID 19, Clinical services in Cardiff and the Vale have led the way with a rapid expansion of the prescribing of Buvidal in Wales and the UK. A total of 288 people in Cardiff and Vale commenced Buvidal treatment last year, with over 850 now being prescribed it in Wales.

Clinical Staff from our Community Addictions Unit (CAU) have been pivotal in working with Welsh Government to promote the benefits of Buvidal, and to secure funding through the Covid19 period to support the prescribing of Buvidal across Wales. CAU staff have also completed a review of the impact of Buvidal which will add to the evidence base to support the continuation of funding as services recover. We continue to work to enable all people who would benefit from Buvidal to be able to access it, and to work to improve access to psychological treatment for those who now feel ready to deal with their underlying trauma.

This is excellent work – well done and thank you to all involved, especially Jan Melichar and Mel Bagshaw who were key to the project's success.

Learning Lessons from COVID-19 in perioperative care

Dr Abrie Theron, a Clinical Director at the UHB and member of the Royal College of Anaesthetists' Council recently wrote an excellent piece for their website in which he reflects on how the pandemic was initially managed by our surgical teams.

Recently, I wrote in CEO Connects about the Protected Elective Surgery Unit (PESU) and the success of the MDT in setting it up.

Dr Theron's piece gives some more insight into this process as well as the ways things were done differently during the pandemic's very early stages.

[Please read it here.](#)

14,000 Voices – First sessions tomorrow!

There is only one day left until the first 14,000 Voices sessions (which were unfortunately postponed from last week).

The three, hour-long, sessions will be held between 2pm and 5pm on Wednesday 21st July at the Academic Centre in the University Hospital Llandough and chaired by Rachel Gidman, the Executive Director of People and Culture.

Cardiff and Vale UHB has committed to support the driving forward of the best ideas and suggestions from the sessions and will report back on their progress regularly.

Although the first of the three sessions is sold out, there are a handful of places left available in the 3pm and 4pm sessions, which you can book onto using [this Eventbrite page.](#)

Vale of Glamorgan Public Services Board well-being survey

The Vale Public Services Board is undertaking a range of engagement activities over the next few months to inform a Well-being Assessment which will be published in May 2022. The assessment is an important part of the PSB's work as it covers issues relating to social, economic, cultural and environmental well-being. Through gaining an understanding of these issues in the Vale, the assessment will inform the development of a Well-being Plan which must be published in 2023 in accordance with the Well-being of Future Generations Act. The Plan sets out how the PSB will work to improve the well-being for our communities and brings the work of public and third sector organisations together to focus on making a difference.

As part of this work they have developed a survey and are keen to hear from as many members of the public as possible about life in the Vale. Further engagement will be undertaken through the year to inform the assessment and shape priorities but would appreciate it if you complete the survey.

We want as many Vale residents as possible to complete the survey which should only take about 15 minutes and all questions are optional.

The survey can be accessed in English and Welsh [on the PSB website](#)

New Click and Collect/delivery service for staff

The Capital Estates and Facilities Service Board are excited to announce the impending launch of a new food and beverage delivery and collection service at UHL that allows staff to place and pay for Aroma Café orders via a website on their mobile phone or computer.

This means that if staff are unable to leave their area of work or have limited break time, they can have Aroma based hot and cold snacks and drinks delivered to wards and departments or they can beat the queues by collecting their orders from a central pick up point at designated times. By using this service, staff will also be social distancing from areas where customers congregate in numbers at peak times.

This service will only be available to staff at UHL during the initial trial period.

Dependent upon a review of the trial period at UHL, consideration will be given to providing a similar service at the UHW site.

Staff can access this service by visiting www.menupick.com.

A full guide on how to use the service is available on the intranet and StaffConnect app.

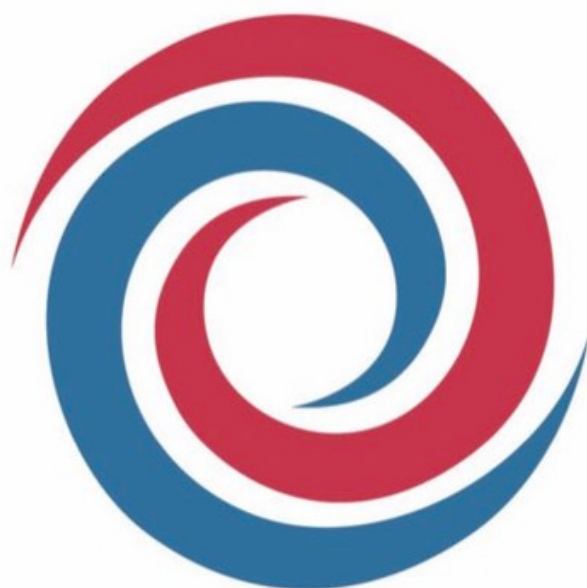
The setting up of this service is supported by the Wellbeing Strategic Group and is fortunate to have received funding from charitable donations.

If anyone has any questions or problems using the website they can contact Kate Crossman by email or on UHL ext 25246

Improvement Practitioner Programme

The Improvement and Implementation team are accepting applications onto their Improvement Practitioner programme. This programme is for individuals whose current or future job responsibilities include leading on or supporting improvement projects in their place of work and will provide you with the skills and background knowledge to enable you to lead on and support the delivery of improvement in your place of work. The programme comprises live, virtual workshops using web conferencing software, blended with self-directed learning and assignments.

[You can read more and apply for this course here](#) by using the password: I&I Course



Electronic Test Requesting boosts patient safety

From Monday 2nd August ETR (Electronic Test Requesting), will be the sole method of requesting Blood Sciences, Microbiology and Virology tests for in-patient settings in Cardiff and the Vale of Glamorgan. Paper requests will no longer be accepted, except in pre-agreed circumstances or in the event of Welsh Clinical Portal (WCP) downtime. This change does not apply to Mental Health settings.

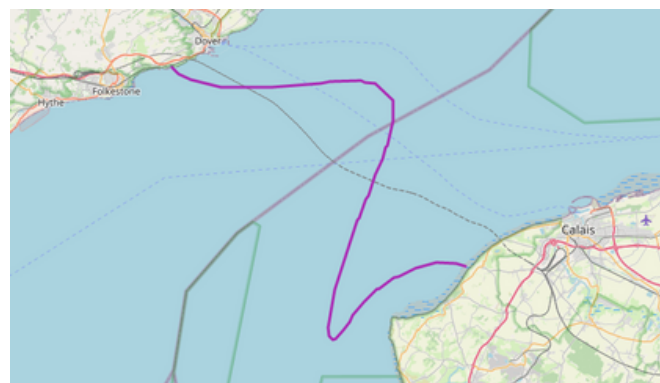
An extensive assessment has revealed that most areas are either using ETR exclusively or request the majority of tests this way. Should you feel your area requires support in readiness for this please contact the team by emailing: WCP.Project.CAV@Wales.nhs.uk. Staff can access online training via the following link: [WCP On Screen Training](#)

Please also endeavour to use ETR in other settings such as out-patient clinics where available, as the Health Board will be moving to full ETR in the near future. Thank you to all our staff for their ongoing support in the roll-out of ETR, which is helping ensure our patients receive the best care possible with improvements to test turnaround times and a reduction in surplus samples.

Congratulations to Chris Waygood for swimming the Channel!

Chris Waygood from our Finance team recently swam the English Channel to raise money for the RNLI. After training in a 3x2m pool in his garden during lockdown, he swam a total of 38 miles in choppy seas and landed in France after 16 hours and 34 minutes of swimming! Chris would like to thank all of his colleagues from the Finance team for their support, donations and encouragement.

Over £4,500 has been raised so far and there's still time to donate at www.justgiving.com/chriswimstofrance



Other news and events

Health Hero Awards

Nominate your Cardiff and Vale University Health Board staff Superhero for a Health Hero award

[Read more](#)

In for a penny

Have you joined the In for a Penny Scheme? Find out more about how you can donate the pennies at the end of your pay each month to help the Health Charity.

[Read more](#)

Barry Hospital newsletter

[Read the latest edition of the Barry Newsletter here.](#)

St David's Hospital newsletter

[Read the latest edition of the St David's hospital Newsletter here.](#)

Have ewe seen the sheep yet?

The Arts for Health and Wellbeing Team are proud to exhibit a new sculpture at the main entrance of the University Hospital of Wales created by Artist Candice Bees

[Read more.](#)

Art donation from Sam Burns

Sam Burns, Senior Specialist Biomedical Scientist in Blood Transfusion at Cardiff and Vale University Health Board has kindly donated two pieces of his artwork to the Arts for Health and Wellbeing Team.

[See his work here.](#)