

Chief Executive CONNECTS



27/10/2020

Dear Colleague,

I hope you are keeping well during this first week of the firebreak lockdown and on behalf of everyone working hard at Cardiff and Vale UHB I would like to thank you for sticking to the rules, staying home and helping us save lives.

Last week, I attended the Clinical Senate, a learning event for all Cardiff and Vale staff where we share important updates, initiatives and best practice. I was asked to attend to give an executive update on the UHB's position ahead of the winter period and was followed by two incredible talks from Mark Calahane, our Digital and Health Intelligence Programme Manager, about the great strides we're making in video consultation, and Dr Ceri Bygrave, a consultant haematologist, about HaemBase Cymru, which is a comprehensive data solution for Haematological Cancers in Wales. It reminded me that even in the most trying of times, we are incredible lucky that Cardiff and Vale UHB continues to be the home of innovators and inspirational leaders.

This feeling was bolstered for me this week as the Health Board treated the first patient in Wales with a revolutionary treatment for COVID-19 as part of the RECOVERY trial, which we have been one of the main contributors to since its launch in March.

You can read more about this excellent news below alongside some other updates, including very important information on how members of Cardiff and Vale UHB staff should request tests for COVID-19 which I would encourage you to read, familiarise yourself with, and share with your colleagues.

Len Richards,
Chief Executive

A COVID-19 first for Wales at UHL

You may have read earlier this week that Melanie James, from the Pontprennau area of Cardiff, recently became the first patient in Wales to receive a transfusion of monoclonal antibodies to treat COVID-19 at University Hospital Llandough.

It is the latest treatment to be added to the global RECOVERY trial, which we were the first health board in the UK to open back in March. This new arm of the trial aims to determine the effectiveness of monoclonal antibodies in preventing COVID-19 from entering the cells of patients infected with the virus, and preventing patients from becoming more severely unwell.

Melanie was breathless and receiving oxygen when she received the transfusion of the monoclonal antibodies, but I'm glad to confirm that she is now feeling better and continuing her recovery at home. Of course, it's important to remember that this arm of the trial is still in its very early stages, and the wider effectiveness of this treatment isn't yet known. I know that the team is rightly very proud of their contribution to research throughout the COVID-19 pandemic, and I'd like to thank them for their outstanding efforts. Our thanks are also due to Melanie and the many patients like her who have agreed to take part in these vital trials, helping to seek effective treatments for COVID-19.

[You can find out more about Melanie's involvement in the RECOVERY trial here.](#)

COVID-19 Testing for Healthcare Key Workers

It is important that we remain aware of the symptoms of COVID-19, how to spot them in ourselves and others, and what to do when we see them. The most common symptoms of COVID-19 are:

- A high temperature
- A new and persistent cough
- A loss or change of taste or smell

If you have any of these symptoms, you and members of your household should stay at home. **Most importantly, you must book a COVID-19 test.** As a critical workers, staff of Cardiff and Vale UHB can access testing directly via the Health Board.

Symptomatic healthcare key workers (or household members) should not book a test online. Just speak to your line manager who can arrange a test for you.

Members of the public can book a test via the Welsh Government online portal. This can be [found here](#) or by searching COVID testing online.

Please ensure that the Infection Prevention and Control team are notified if a member of staff receives a positive test result for COVID-19 by emailing IPC.CAV@wales.nhs.uk. Please also notify the Health Board's TTP team by emailing Covidstaff.Ttp@wales.nhs.uk

Staff Wellbeing during COVID-19

The COVID-19 pandemic has posed a really significant challenge to the wellbeing of our staff, but I have been proud to hear about various examples of how teams and individual members of staff have been supporting their colleagues.

One shining example that has been highlighted by the Employee Health and Wellbeing Service is Adele Watkins, a Children's Mental Health Nurse Specialist within our Child Health team.

Supporting young people can be an eye-opening roll, and Adele is often the first port of call for colleagues in the Children's Hospital who need support, information or advice related to their wellbeing.

She has been pivotal during the pandemic in checking in with people throughout the Children's Hospital, spreading the message that it's okay not to be okay, and signposting colleagues to the Employee Health and Wellbeing Service and support available externally.

Adele is a key driver behind the Time to Change Pledge at the Children's Hospital, and has recently overseen a group of 11 colleagues taking Wellbeing Champion Training with the Employee Health and Wellbeing Service, so that they can help to support their colleagues throughout the Children's Hospital.

I'd like to share my thanks with Adele for the incredible difference that she is making, and indeed to staff across the health board who are having a similar impact.

All-Wales NHS Staff Survey

The new All-Wales NHS Staff Survey, Our Reflections, Our Decisions, Our Future, is due to launch next week. The new survey is much shorter than previous ones and comprises fewer than 20 questions. It should only take a couple of minutes of your precious time to complete and your feedback will be completely confidential.

The responses you give will help shape the future of NHS Wales and will improve the working lives of you, your team and the wider organisation, leading to better care for the patients and communities which we serve.

It doesn't matter where you work in the organisation; everyone who works for NHS Wales can take part and everyone's opinion is equally valid.

Once the survey is made live, we will share it with you and I would please urge you to join me in completing it as soon as possible. We want to take action to make our NHS better for generations to come and we need your help, and your feedback to do so. By taking part, each one of us can help create a healthier Wales.

Diabetes Network recognised at National Diabetes Awards.

I am delighted to report that our Children and Young People's Wales Diabetes Network have been recognised at the prestigious National Diabetes Awards for their Hypo Dino initiative. The Hypo Dino was created by children in order to inspire others.

It was a finalist in the Type 1 Diabetes Specialist Service category at the 2020 Quality in Care (QIC) Diabetes Awards which were held virtually on Thursday 15 October. This category recognises initiatives that deliver specialist support for children, young people and emerging adults, and adults with Type 1 Diabetes, and have demonstrated a positive impact on the diagnosis and management of type 1 diabetes and associated secondary complications.



[You can read more, including the judges' comments, here.](#)

Beat Flu

All healthcare workers are reminded of the importance of getting a flu vaccine in a timely manner in order to keep themselves and others around them safe. Our Occupational Health team are offering a phone first system, enabling you to book a flu vaccination in advance.

Please call Internal 43264 or External 02920 743264 in advance to book a slot at Occupational Health in UHW. Please note that social distancing will be controlled in order to safeguard both staff and clients. You can also contact your Clinical Board Flu Lead to check their availability and arrange a vaccination.

Each staff member who receives a flu vaccine in work is eligible to be entered into our weekly prize draw. Congratulations to Callum Lloyd (pictured) from CD&T who as our week three winner, received an Echo dot.



Other News and Events

Medicine Safety Week

Join [Yellow Card Centre Wales](#) in supporting #MedSafetyWeek from 2nd – 8th November 2020. The campaign aims to highlight the importance of reporting suspected adverse drug reactions to the Yellow Card scheme, a scheme which is helping make medicines safer across the UK. The week will also mark the receipt of the one millionth report since the Yellow Card scheme was established more than 50 years ago. Throughout the week Yellow Card Centres across the UK will be presenting a series of webinars.

WCP Smartphone App

NWIS has developed an app that enables users to access the Welsh Clinical Portal via their smartphones, giving access to a range of functionality including a dashboard, visibility of diagnostic results, patient search, and patient handover text. The app is available in the Apple App Store and Google Play Store. [You can find out more about the WCP app here.](#)

COVID Learning and Legacy

The Cardiff and Vale of Glamorgan Integrated Health and Social Care Partnership is still keen to hear your views about how organisations in Cardiff & the Vale have worked in partnership during the pandemic to meet people's health or social care needs. If you work in the sector and deliver services in partnership, you can [take part here](#).

UNISON AGM

Nominations are being invited for a range of Unison officer positions for 2021. Nominations must be made by 17th November 2020 and you can view the [available officer positions with Unison and the nomination form here](#). The elected officers will be confirmed at the 2021 Annual General Meeting for the Cardiff and Vale Unison Health Branch. You can [view the Unison AGM agenda and full schedule of meetings here](#).

Barry Hospital 25th Anniversary

On the 25th October, Barry Hospital celebrated its 25th Anniversary. Despite the COVID-19 pandemic meaning that our planned celebrations couldn't go ahead, the Health Charity still managed to celebrate with a look back on the work which they have undertaken there recently. Please join me in appreciating what they have done for staff and patients in Barry. [Read more here.](#)

Prized Pumpkin Competition

The Health Charity are hosting a pumpkin decorating competition to keep the kids entertained this half term. Submit your entry before Sunday 1st November to be in with a chance of winning. [More details on how to enter and rules can be found here.](#)