

Deputy Chief Executive CONNECTS



11/11/2020

Dear Colleague,

I hope you are safe and well. Thank you for your cooperation during the 17-day firebreak lockdown. It is likely that we will see its effects in the next couple of weeks and it is now imperative that we exit the lockdown carefully and cautiously. New guidance was issued yesterday by Welsh Government which revolved around all of us playing our part and thinking about what we *should* do and not what we *can* do under the new guidance.

It is clear that, while we are able to enjoy somewhat of a return to normality, we must continue to act in a selfless way so that all of our collective hard work so far is not simply thrown away. We must continue to not meet those outside of our extended households in our homes or gardens, not share car journeys with each other, and only meet in groups of up to four people whether outdoors or in regulated pubs, cafes and restaurants. The full new guidance can be found on [the Welsh Government website](#) and I would thoroughly recommend that you take the time to familiarise yourself with it.

By continuing to act sensibly and following Welsh Government's guidance, we can help to keep each other and our loved ones safe. Washing your hands, wearing a mask and keeping a 2m distance are the three best ways to prevent catching and spreading coronavirus.

I would like to once again remind you of three important rules we should remember to keep Wales safe:

1. Wash your hands regularly with soap and warm water for at least 20 seconds and use hand sanitiser when this is not possible.
2. Always wear a face covering in indoor public spaces (such as shops or places of worship), or when keeping a distance from others is not possible
3. Keep 2 metres apart from people outside of your household (ie: those that you live with).

Martin Driscoll
Deputy Chief Executive

Leaving Dragon's Heart Hospital

Remembrance day, 11th November, is a day in which we stop to reflect on, and give thanks for, the contribution and sacrifice of the men and women in our armed forces both throughout history and today. This year, we worked incredibly closely with colleagues from the military, alongside a diverse range of other partners, in the construction of Ysbyty Calon y Ddraig, the Dragon's Heart Hospital.

Dragon's Heart Hospital, the second-largest field hospital in the UK, was constructed as part of NHS Wales' response to Covid-19, and was designed, built and delivered in just two weeks. The hospital opened on 20th April and received its first patient on 28th April. Now, after 205 days, Cardiff and Vale UHB has formally left Ysbyty Calon Y Ddraig, Dragon's Heart Hospital.

However, Dragon's Heart Hospital will leave a lasting legacy with the hospital becoming a symbol of resilience and standing steadfast in the face of adversity.

On behalf of the Health Board, I would like to say thank you to those involved in designing, building, delivering, and running the Dragon's Heart Hospital for this incredible feat and for enabling us to reassure our communities we were prepared for whatever the pandemic threw at us. The hospital, and its iconic place in the stadium, has shown us teamwork at its very best and this is true of how everyone responded – Diolch yn Fawr, thank you.

[Read more about the decommissioning of Dragon's Heart Hospital here](#), and [watch a look back of the project here](#).

When to self-isolate

I would like to remind all staff of the critically important rules around self-isolation in response to COVID-19 symptoms being displayed. Self-isolation is about protecting others and slowing down the spread of COVID-19. It is very important that anyone who has the virus, or might have been exposed to it, limits the number of people they come into contact with. This is particularly important for us in healthcare, as many of our patients are highly vulnerable and at higher risk of morbidity and mortality from Covid-19.

If you or any members of your household are feeling ill and showing Covid-19 symptoms, every member of that household must self-isolate and you should book a test as soon as possible for the person displaying symptoms.

Please remember - it is imperative that you do not attend work if you or someone you live with begins to show symptoms. In this situation, all members of the household must self-isolate, even while waiting for a test or a test result. Everyone in the household must continue to isolate until the test result is known, even if the person feeling unwell appears to have recovered. If the person with symptoms tests positive, they should isolate for 10 days after symptoms started, and everyone else should isolate for 14 days. If the person with symptoms tests negative, isolation can cease.

Health Board staff can book a test for themselves or a household member directly through the health board. Speak to your manager for information. Members of the public should book a test online.

Attending appointments and COVID-19

With COVID-19 still in circulation in the community it is important that we all play our part in reducing the spread of infection by washing our hands, maintaining 2 metre social distancing and wearing face coverings in public places. If you have an appointment at one of our hospital sites it is important that you attend alone and do not bring family members with you, unless they have a carer's responsibility. This is to restrict the number of visitors to our sites. You must also wear a face covering at all of our sites.

It is also important to note that if you have any symptoms of Covid 19 – a high temperature, new continuous cough or a loss of taste and smell you do not attend your appointment, self-isolate and book a test online.

If you have symptoms and are unable to attend your appointment please call us to cancel and we can rearrange. This will enable us to keep running our services safely.

If someone with symptoms does attend it could affect staff members, other patients and could mean the service may have to close for a short period of time while we deep clean the areas and ensure the service is safe to continue.

The three things to remember when attending our hospitals are:

- Attend alone
- Wear a face covering
- Do not attend if you have any symptoms of Covid 19

Post-COVID syndrome and keeping well

In light of post-COVID syndrome being confirmed as a recognised condition, I'd like to remind people who are struggling in their recovery from COVID-19 about our new Keeping Me Well online rehabilitation resource.

Launched in June to support our Cardiff and Vale UHB COVID-19 Rehabilitation Model, the Keeping Me Well website features a range of information and guidance that people experiencing post-COVID syndrome, or 'Long-COVID', can access to manage elements of their own rehabilitation, including advice about dealing with lasting fatigue, breathlessness, ongoing pain and other common symptoms associated with the condition.

Visitors to the website will also find advice to support their physical and mental recovery from COVID-19, and videos demonstrating exercises and techniques that they can follow to support their recovery, plus a wealth of information for those less directly affected by COVID-19, including prehab advice for those whose treatment may have been delayed as a result of the pandemic, and public health rehabilitation information that everybody can follow to benefit their health and help keep themselves well.

The website will supplement a Long-COVID clinic that we're working to establish in the coming weeks, and is intended to become a long-term rehabilitation resource far beyond the pandemic period. You can access the Keeping Me Well website here.

Ward accreditation pilot scheme launches

We have begun preparations to introduce a Ward Accreditation & Improvement programme with the of understanding the quality of care that a ward provides and to recognise achievements by awarding a 'bronze', 'silver' or 'gold' status. We are committed to supporting wards to access information and technology that can support their accreditation journey.

This week, six wards have started to pilot the Perfect Ward application. Perfect Ward is a digital audit platform that can be downloaded onto any iOS or Android device. It enables wards to undertake audits, compare their results against other teams, quickly identify recurring themes and escalate standards that they need help to meet.

Our pilot wards are B1 , B2 south, C1, Elizabeth, Island and E18. We will be receiving feedback from these wards over the coming weeks in anticipation for wider rollout in January 2021. This work will be overseen by a Ward Accreditation & Improvement Group. The group will advise on the accreditation ratings that wards should receive, support teams to progress through the rating system and manage the questions we ask on Perfect Ward. This will be a multidisciplinary group, with representation from across inpatient services. [This animation video gives a brief overview of plans.](#)

Terror threat level raised: be alert, not alarmed

Please be aware that the UK national terrorism threat level has been raised from substantial to severe as a precautionary measure following recent events in continental Europe. This means that an attack is highly likely and staff should be alert but not be alarmed.

This is especially the case in areas of the Health Board still open to members of the public and those with high footfall. Staff in these areas should remain alert to suspicious activity and report their concerns to the UHB security team in the first instance. If there is an immediate threat, contact the police on 999.

You can also report suspicious activity by [visiting the ACT website.](#)

If you see unattended items, such as bags, on our sites, do not touch them. Instead, try to identify an owner in the immediate area and, if no one comes forward, report it to the security team on extension 3333.

Beat flu: staff vaccination update

We have now entered the fifth week of the staff flu vaccination campaign and I am delighted to report that more than 56% of health board staff have now received their flu vaccination (Figure based on data up to 23.10.2020). It has been a great start to our campaign with high numbers of staff coming forward to Occupational Health and Flu Champion sessions to be vaccinated.

Please see the headlines below:

- A total of 8327 staff members have received their flu vaccination
- 56.1% of frontline staff members have been vaccinated (compared to 15.7% this time last year)
- Two Clinical Boards (CD&T and Specialist) have already exceed 65% uptake. Other Clinical Boards are following closely behind.
- Children and Women Clinical Board has already exceeded their uptake obtained during last season
- 235 Flu Champions are registered and working across the UHB and they have been busy vaccinating a total of 7072 work colleagues.

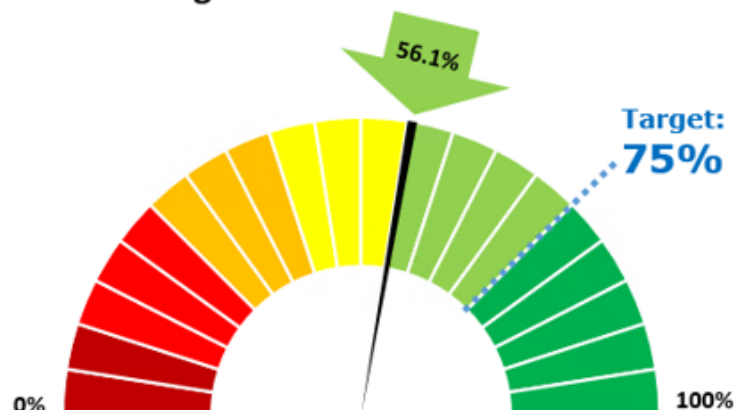
Flu Leads will be working hard to ensure as many staff members who haven't yet received their flu vaccination are offered it in the coming weeks.

I would like to thank all of our staff members involved in the flu vaccination programme and all of those who have been proactive in arranging their vaccinations and helped to make our flu sessions a success.

Our Occupational Health team continue to offer a phone first system, enabling staff 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 member of staff receiving a flu vaccine in work is eligible to be entered into our weekly prize draw. Congratulations to Rachel McWilliams from Surgery clinical board – our week five winner who will receive a National Trust voucher.

56.1% of frontline staff in Cardiff and Vale UHB have been vaccinated against influenza so far this season



Other News and Events

Complete the staff survey

The all-Wales NHS staff survey launched last week and remains live for the next two weeks. It only takes a few minutes to complete and is totally confidential. Make sure you complete it and have your voice heard on our future as soon as possible. [Click here to access the survey.](#)

New Recovery & Wellbeing College courses added

Due to excellent demand from our services users, carers and mental health workers in the Health Board, Local Authority and charitable sector – our Recovery & Wellbeing College has added some extra dates to the autumn term timetable. [See the updated Course Information booklet here.](#)

Join StaffConnect today

If you haven't already done so, please sign up to our new app, StaffConnect. We've recently undertaken some work to refresh the app's appearance, including creating separate news and COVID-19 feeds so it's easy to find what matters to you. [Sign up here today!](#)

Patient and Clothing Drop Off Service to Re-launch

The Patient Experience team will be relaunching the Patient Clothing Collection and Drop off Service. Due to the feedback received from staff and relatives there have been some amendments to the service in University Hospital Llandough and amended staff and relative information has been circulated. If you need any further information please contact the Patient Experience Team on 029 2074 5692.

Thank you, Stagecoach!

A huge thank you to customers of Stagecoach in south Wales for raised over £14,000 for our Health Charity. [Read more on the charity's website.](#)

Staff lottery winners October 2020

[Find out who won the Staff Lottery in October.](#) Don't forget, there's only a few weeks to go until the £20,000 SuperMegaDraw.