



## **COVID -19**

# **Support, Education, Information and Useful Resources Pack for Paediatric Staff**

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All information is relevant as of the date shown above	

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### **Stay up to up to date with the latest National Guidance:**

<b>Organisation</b>	<b>Direct Web Link</b>
Public Health England	<a href="https://www.gov.uk/government/organisations/public-health-england">https://www.gov.uk/government/organisations/public-health-england</a>
Paediatric Intensive Care Society (PICS)	<a href="https://picsociety.uk/covid19/">https://picsociety.uk/covid19/</a>
Royal College of Paediatrics and Child Health (RCPCH)	<a href="https://www.rcpch.ac.uk/key-topics/covid-19">https://www.rcpch.ac.uk/key-topics/covid-19</a>
Intensive care society	<a href="https://www.ics.ac.uk/ICS/ICS/GuidelinesAndStandards/COVID19_Guidance.aspx">https://www.ics.ac.uk/ICS/ICS/GuidelinesAndStandards/COVID19_Guidance.aspx</a>

## **Introduction & Document purpose**

Never before has the NHS been faced with such a challenge. We as health care professionals are likely to experience our most testing time to date. This may require us all to work out of our normal scope of practice, but most certainly will require us to pull together in a way not experienced by many before now and support one another and our patients through the difficult time ahead.

The purpose of this document is to compile and share relevant information, documents, support materials and signposting to useful resources with EoE PCC ODN colleagues. With special thanks to those professionals/ Trusts who have kindly shared their work to improve the experience of their colleagues. (Please see the acknowledgements throughout document)

## **About COVID - 19**

According to WHO (2020) Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. A novel coronavirus is a new strain that has not been previously identified in humans. Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with comorbidity like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness and mortality. The best way to prevent and slow down the transmission of the COVID -19 virus is to be well informed on details of the disease it causes and how it spreads.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it is vital that staffs are protecting themselves and their patients by following the guidance on PPE and by washing your hands or using an alcohol based rub frequently and not touching your face.

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many on-going clinical trials evaluating potential treatments.

([https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1) as cited on 25<sup>th</sup> March 2020)

## Core Resource Links

These are the recommended links to be used by Health care professionals to maintain knowledge on the most up to date national guidance on the management of COVID – 19. Please ensure you check for any updates before using information.

Professional Organisations / Bodies	Link to guidance
Public Health England	<a href="https://www.gov.uk/government/collections/wuhan-novel-coronavirus">https://www.gov.uk/government/collections/wuhan-novel-coronavirus</a> <a href="https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance">https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance</a>
Royal Collage of Paediatrics & Child Health (RCPCH)	<a href="https://www.rcpch.ac.uk/resources/covid-19-guidance-paediatric-services">https://www.rcpch.ac.uk/resources/covid-19-guidance-paediatric-services</a>
Paediatric Intensive Care Society	<a href="https://picsociety.uk/covid19/">https://picsociety.uk/covid19/</a>
World Health Organisation (WHO)	<a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/health-workers">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/health-workers</a>
Resuscitation Council UK	<a href="https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-resources-paediatrics/?utm_source=tw_date=010420">https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-resources-paediatrics/?utm_source=tw_date=010420</a>
NHS England speciality guidelines: - Including the Management of paediatric patients	<a href="https://www.england.nhs.uk/coronavirus/publication/specialty-guides/">https://www.england.nhs.uk/coronavirus/publication/specialty-guides/</a>  Paeds Specific: <a href="https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/Specialty-guide_paediatrics-and-coronavirus_V1_17-March.pdf">https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/Specialty-guide_paediatrics-and-coronavirus_V1_17-March.pdf</a>  <a href="https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0086_Specialty-guide_-_Paediatric-critical-care-v1-26-March.pdf">https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0086_Specialty-guide_-_Paediatric-critical-care-v1-26-March.pdf</a>
Royal College of Surgeons	<a href="https://www.rcseng.ac.uk/coronavirus/joint-guidance-for-surgeons-v2/?utm_campaign=1358042_Coronavirus%20comms%2026%2F03%20to%20members&amp;utm_medium=dotmailer&amp;utm_source=emailmarketing&amp;dm_i=4D4N,T3VE,11856D,3I9U4,1">https://www.rcseng.ac.uk/coronavirus/joint-guidance-for-surgeons-v2/?utm_campaign=1358042_Coronavirus%20comms%2026%2F03%20to%20members&amp;utm_medium=dotmailer&amp;utm_source=emailmarketing&amp;dm_i=4D4N,T3VE,11856D,3I9U4,1</a>
Health Education England Free eLearning COVID -19 for all health care professionals	<a href="https://www.e-lfh.org.uk/programmes/coronavirus/">https://www.e-lfh.org.uk/programmes/coronavirus/</a>
Nursing & Midwifery Council (NMC)	<a href="https://www.nmc.org.uk/news/coronavirus/">https://www.nmc.org.uk/news/coronavirus/</a>
HEE: Covid 19 Information for trainees	<a href="https://www.hee.nhs.uk/coronavirus-information-trainees">https://www.hee.nhs.uk/coronavirus-information-trainees</a>

## Other Useful Resource Links



COVID related  
professional advice FI



**Acknowledgements:** UCLH Medical Information services; Emily Green & Shehzana Maqsood- Last Updated: 23/03/2020 – Emily Green & Simon O’Callaghan

## Useful Links and information for Surgeons

Organisation/ Trust Details	Focus of Resource/ Link	Useful resource / Link	Acknowledgement / Source Reference
Royal College of Surgeons ENG	Where to find the most recent updates	<a href="https://www.rcseng.ac.uk/?status=Success">https://www.rcseng.ac.uk/?status=Success</a>	
Royal College of Surgeons ENG	Guidance on COVID – 19 for general surgeons	<a href="https://www.rcseng.ac.uk/coronavirus/joint-guidance-for-surgeons-v2/?utm_campaign=1358042_Coronavirus%20comms%2026%2F03%20to%20members&amp;utm_medium=dotmailer&amp;utm_source=emailmarketing&amp;dm_i=4D4N,T3VE,11856D,3I9U4,1">https://www.rcseng.ac.uk/coronavirus/joint-guidance-for-surgeons-v2/?utm_campaign=1358042_Coronavirus%20comms%2026%2F03%20to%20members&amp;utm_medium=dotmailer&amp;utm_source=emailmarketing&amp;dm_i=4D4N,T3VE,11856D,3I9U4,1</a>	
Ped Surgery Library	COVID -19 for Pediatric Surgeons	<a href="https://www.pedsurglibrary.com/apsa/view/PedSurg%20Resource/1884034/all/COVID_19_for_Pediatric_Surgeons#2">https://www.pedsurglibrary.com/apsa/view/PedSurg%20Resource/1884034/all/COVID_19_for_Pediatric_Surgeons#2</a>	
ENT UK	Guideline on Trache	<a href="https://www.entuk.org/tracheostomy-guidance-during-covid-19-pandemic">https://www.entuk.org/tracheostomy-guidance-during-covid-19-pandemic</a>	







## Infection Prevention and Control

Please check the PHE website for up to date information


Organisation/ Trust Details	Focus of Resource/ Link	Useful resource / Link	Acknowledgement / Source Reference
Public Health England	Most Up to date National guidance on IPC	<a href="https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control">https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control</a>	
Department of Health and Social Care (DHSC), Public Health Wales (PHW), Public Health Agency (PHA) Northern Ireland, Health Protection Scotland (HPS) and Public Health England	Guidance for infection prevention and control in healthcare settings; <i>Adapted from Pandemic Influenza: Guidance for Infection prevention and control in healthcare settings 2020</i>	 Infection_prevention_and_control_guidan	Issued jointly by the Department of Health and Social Care (DHSC), Public Health Wales (PHW), Public Health Agency (PHA) Northern Ireland, Health Protection Scotland (HPS) and Public Health England as official guidance.
Public Health England	Donning of PPE for Non - AGP	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875211/Putting_on_PPE_for_non-aerosol_generating_procedures_quick_guide.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875211/Putting_on_PPE_for_non-aerosol_generating_procedures_quick_guide.pdf</a>   Putting_on_PPE_for_non-aerosol_genera  <b>Video:</b> <a href="https://www.youtube.com/watch?v=eANIs-Jdi2s&amp;feature=youtu.be">https://www.youtube.com/watch?v=eANIs-Jdi2s&amp;feature=youtu.be</a>	

Public Health England	Doffing of PPE for Non- AGP	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875212/Taking_off_PPE_for_non-aerosol_generating_procedures_quick_guide.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875212/Taking_off_PPE_for_non-aerosol_generating_procedures_quick_guide.pdf</a>   Taking_off_PPE_for_non-aerosol_generati	
Public Health England	Donning of PPE for AGP	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874327/PHE_COVID-19_Donning.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874327/PHE_COVID-19_Donning.pdf</a>   PHE_COVID-19_Donning for AGP.pdf	
Public Health England	Doffing of PPE for AGP	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874326/PHE_COVID-19_Doffing_quick_guide.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874326/PHE_COVID-19_Doffing_quick_guide.pdf</a>   PHE_COVID-19_Doffing_quick_guide for /	
Public Health England	What Mask to use when?	 When_to_use_face_mask_or_FFP3.pdf  <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874411/When_to_use_face_mask_or_FFP3.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874411/When_to_use_face_mask_or_FFP3.pdf</a>	
Public Health England	Recommended PPE for secondary care inpatient clinical settings	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/877728/T1_Recommended_PPE_for_healthcare_workers_by_secondary_care_clinical_context_poster.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/877728/T1_Recommended_PPE_for_healthcare_workers_by_secondary_care_clinical_context_poster.pdf</a>	

## Stabilisation of the Acutely Ill Child, Resuscitation Guidance and Ethics (COVID – 19 and Non – COVID - 19 Patients)

Organisation/ Trust Details	Focus of Resource/ Link	Useful resource / Link	Acknowledgement / Source Reference
Children's Acute Transport Service (CATS)	This is where you can locate CATS support tools and clinical guidelines	<a href="http://site.cats.nhs.uk/">http://site.cats.nhs.uk/</a>  Go to 'In a Hurry' section for rapid access to guidelines, intubation checklist, STOPP tool, Electronic drug calculator.   cats_intubation guideline_2020-.pdf	
NTPN / CATS	Paediatric Patient transfer risk assessment tool; STOPP Tool	 STOPP Tool V10 June 2019.pdf  <b>If you already use your own version, please continue to do so.</b>	North Thames Paediatric Network
Resuscitation Council UK	Resuscitation Council UK COVID-19 CPR and resuscitation in Paediatrics guidance and flow chart	<a href="https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-resources-paediatrics/?utm_source=tw_date=010420">https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-resources-paediatrics/?utm_source=tw_date=010420</a>    Paediatric_ALS-COVID-19_FINAL_1.4.20 Guidance and Flowchart	
European Society of Paediatric and Neonatal Intensive Care (ESPNIC)	Nursing Guidance for the care of the Child with suspected or proven COVID -19 Infection	 Final ESPNIC Guidance - Nursing M	Published: 29/03/2020
PICS	UPDATED PICS guidance on management of critically ill children	 PICS-Covid-19-guidance-v4.0-14Mar2020-  <b>Includes:</b> FLOW DIAGRAM FOR MANAGEMENT OF CRITICALLY ILL CHILDREN	Last updated: 14 Mar 2020



	with Covid-19 infection	WITH CONFIRMED AND SUSPECTED COVID-19 INFECTION	
Intensive Care Online Network (ICON)	Videos and Online educational materials for a variety of ventilators inc the Draeger Oxylog 3000 and 3000 Plus	<a href="https://www.intensivecareonline.com/ClinicalResources/DeviceTutorials?FolderID=44">https://www.intensivecareonline.com/ClinicalResources/DeviceTutorials?FolderID=44</a>	You will need to register for an account to access the material via the ICON website – very easy to do and is a free resource
YouTube:	Video guide for the Pneupac® babyPAC™ Ventilator	VIDEO: <a href="https://youtu.be/Wmc6rjN-oyQ">https://youtu.be/Wmc6rjN-oyQ</a>	
Draeger & EDprocedures.com	Video Draeger Oxylog 3000 set up	 AV Training Tools.pdf VIDEO: <a href="https://youtu.be/7kRf2VGG3Fo">https://youtu.be/7kRf2VGG3Fo</a>	
YouTube: paraPAC plus - Patient Ventilation: Quick set-	paraPAC Ventilator Set up guide	VIDEO: <a href="https://www.youtube.com/watch?v=fXUVdZLoq-c">https://www.youtube.com/watch?v=fXUVdZLoq-c</a>	
YouTube: Pneupac® ventiPAC™ Ventilator	ventiPAC Ventilator Set up guide	VIDEO: <a href="https://www.youtube.com/watch?v=ebqKP3X8ymg">https://www.youtube.com/watch?v=ebqKP3X8ymg</a>	
PICS Transport Group	(PICS-ATG): Transportation of children with suspected and confirmed COVID19	<a href="https://picsociety.uk/wp-content/uploads/2020/03/PICS-ATG-COVID19-Statement-v1.0-17Mar2020.pdf">https://picsociety.uk/wp-content/uploads/2020/03/PICS-ATG-COVID19-Statement-v1.0-17Mar2020.pdf</a>	

## **Draeger Virtual Tutorials for Medical and Nursing staff:**

For departments/ Teams that use any **Draeger produced Ventilators or Equipment** and would like some live virtual training tutorial support (via web cam link), please contact via email below:

[David.symonds@draeger.com](mailto:David.symonds@draeger.com)

## **E-Learning Link: Basics of Respiration and Ventilation**

[https://static.draeger.com/trainer/draeger\\_academy\\_2013/index.html?cid=lt-uk-2020-03-17-training](https://static.draeger.com/trainer/draeger_academy_2013/index.html?cid=lt-uk-2020-03-17-training)

## **Draeger quick links to Video's and recorded tutorials for ventilators and equipment**








Educational links to  
Draeger Ventilators at

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## Paediatric Staff Caring for Level 1 and 2 Paediatric Critical care in the DGH Setting

Please find below some useful resources and links that staff may find helpful when caring for critically ill patients in the children in the DGH.

Organisation/ Trust Details	Focus of Resource/ Link	Useful resource / Link	Acknowledgement / Source Reference
The Royal Brompton's Children's Long-Term Ventilation Service	Long Term Ventilation support, advice and resources for Professionals and families. Web site includes: information as well as <b>Ventilator guides and set up videos &amp; Competency frameworks and Clinical support</b>	<p><a href="http://www.ltv.services">www.ltv.services</a></p> <p>If you require any support with the care of a child on NIV/ LTV – please contact the team on the below details. They do provide outreach education also for staff and families and support with discharge processes.</p> <p><b>Phone:</b> 020 7352 8121 ext 84411</p> <p><b>Email:</b> hospitaltohomesupport@rbht.nhs.uk</p> <p>Please note that our phone service is available Monday to Friday 08:30 to 17:00.</p>	<p>Leila Holden -</p> <p>Clinical Team Lead &amp; Specialist Physiotherapist -</p> <p>Children's Long- Term Ventilation Service</p>
Great Ormond Street Children's Hospital	Tracheostomy	<a href="https://www.gosh.nhs.uk/wards-and-departments/departments/clinical-specialties/tracheostomy-information-children-parents-and-healthcare-professionals">https://www.gosh.nhs.uk/wards-and-departments/departments/clinical-specialties/tracheostomy-information-children-parents-and-healthcare-professionals</a>	
Great Ormond Street Children's Hospital	LTV/ NIV	 Non invasive ventilation clinical  Managing LT NIV quipatients a basic guide	<p>PLEAES NOTE: Guidelines are in the process of being updated. Attached still relevant in the meantime.</p>
WellChild	Information and support services for families of Children with LTV/ NIV	<a href="https://www.wellchild.org.uk/">https://www.wellchild.org.uk/</a>	

British Society for Paediatric Endocrinology and Diabetes BSPED	DKA management Guidelines & Flow Chart	<a href="https://www.bsped.org.uk/media/1722/new-dka-guideline-v7-final-no-calculator.pdf">https://www.bsped.org.uk/media/1722/new-dka-guideline-v7-final-no-calculator.pdf</a>  <a href="https://www.bsped.org.uk/media/1726/dka-flow-chart-v1.pdf">https://www.bsped.org.uk/media/1726/dka-flow-chart-v1.pdf</a>	
Children's Acute Transport Service (CATS)	Acute Severe Asthma management guidelines	 cats_asthma_2020.pdf	
Children's Acute Transport Service (CATS)	Septic Shock Management Guidelines	 cats_sepsis_2020-.pdf	
Pan London HHHFT Working group (NTPN)	HHHFT Guidelines/ Bundle	 HHHFT Combined documents.pdf	Pan London HHHFT Working group

### Paediatric Critical Care staff Caring for Adult Critical Care Patients

Organisation/ Trust Details	Focus of Resource/ Link	Useful resource / Link	Acknowledgement / Source Reference
UK Critical Care Nurse Alliance	AITU: Emergency Induction for non-critical care staff working in Critical Care to support the escalation process in times of surge.	 covid-19_non-critical_care_staff_in_critical	Published March 2020
NHS England and Improvement Coronavirus	Clinical guide for the use of acute non-invasive ventilation in adult patients hospitalised with suspected or confirmed coronavirus during the coronavirus pandemic	 clinical-guide-acute-niv-ventilation- COVID	
Critical Care Networks- National Nurse Leads	Link to CC3N website where you will find relevant documents and guidelines related to care of Adults with Covid -19  VERY USEFUL sections: - Quick Look resources - National Guidance	<a href="https://www.cc3n.org.uk/coronavirus-resources--guidance.html#">https://www.cc3n.org.uk/coronavirus-resources--guidance.html#</a>	

### Weekly Education webinars held by European Society of Intensive Care Medicine:

[https://esicm-tv.org/covid19?utm\\_source=ESICM+Members&utm\\_campaign=7a18eacf0d-EMAIL\\_CAMPAIGN\\_2020\\_03\\_27\\_11\\_40\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_7e1776959d-7a18eacf0d-234298025](https://esicm-tv.org/covid19?utm_source=ESICM+Members&utm_campaign=7a18eacf0d-EMAIL_CAMPAIGN_2020_03_27_11_40_COPY_01&utm_medium=email&utm_term=0_7e1776959d-7a18eacf0d-234298025)

### Research



[https://www.cochrane.org/coronavirus-covid-19-cochrane-resources-and-news?fbclid=IwAR23f\\_K2vitKTW876RckpTe79FE\\_gM21cTW1Q752rh6JEs\\_9mntPGGNAE](https://www.cochrane.org/coronavirus-covid-19-cochrane-resources-and-news?fbclid=IwAR23f_K2vitKTW876RckpTe79FE_gM21cTW1Q752rh6JEs_9mntPGGNAE)

### Paediatric staff caring for Adult Patients – General Care

Organisation/ Trust Details	Focus of Resource/ Link	Useful resource / Link	Acknowledgement / Source Reference
NHS England	General Practice Nursing Induction Framework	<a href="https://www.qni.org.uk/resources/gpn-induction-template/">https://www.qni.org.uk/resources/gpn-induction-template/</a>	
Clinical Skills.net ; best practice at your fingertips	<p>This is a really great resource for practical clinical skills.</p> <p>It contains</p> <ul style="list-style-type: none"> <li>- Practical guides, written by clinical experts</li> <li>- Step by step Pictures Illustrations</li> <li>- Information</li> <li>- CPD tests</li> <li>- Portfolio</li> </ul>	<p><a href="https://www.clinicalskills.net/">https://www.clinicalskills.net/</a></p> <p>You will need to register or you can access free with your open Athens account log in details.</p> <p>It contains lots of skill crib sheets that can be downloaded and printed off.</p>	This resource has sections for Nurses in both Adult and Paediatric care as well as for HCSW.
Elsevier Clinical Skills	<p>Clinical Skills online resource</p> <p>Subscription required</p>	<p><a href="https://www.elsevierclinicalskills.co.uk/userlogin">https://www.elsevierclinicalskills.co.uk/userlogin</a></p> <p><a href="https://www.elsevierclinicalskills.co.uk/sampleskills">https://www.elsevierclinicalskills.co.uk/sampleskills</a></p>	
Royal College Of Nursing - First Steps	Basic Clinical Skills for Adult Nursing	<a href="https://rcni.com/hosted-content/rcn/first-steps/clinical-skills">https://rcni.com/hosted-content/rcn/first-steps/clinical-skills</a>	

**Psychological Support and Staff wellbeing resources and information for all healthcare professionals caring for Patients during this COVID - 19 outbreak**

It is so important for health care professionals to look after their mental wellbeing as well as their physical wellbeing, especially in times of crisis such as COVID – 19. It is normal to feel anxious and worried in uncertain times, however for some these feelings and thoughts may start to interrupt your normal daily life. Please do seek help and talk to someone if you are experiencing this. We have provided some useful resources below, please utilise them to help you manage your anxieties and stresses.

Organisation/ Trust Details	Focus of Resource/ Link	Useful resource / Link	Acknowledgement / Source Reference
Mental Health Foundation		<a href="https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak">https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak</a>	
Intensive Care Society	Poster and information of sustaining wellbeing around COVID -19 to support staff	 poster_am_i_ok_a4_digi (1).pdf  Sustaining wellbeing COVID19 (1).pdf	
Headspace	<ul style="list-style-type: none"> <li>• 1000+ hours of mindfulness and sleep content</li> <li>• Mini exercises for busy schedules</li> </ul>	<a href="https://work.headspace.com/nhs-clinical/member-enroll">https://work.headspace.com/nhs-clinical/member-enroll</a> <b>NHS staff have access to Headspace for free until Dec 31, 2020</b> <i>Proven to reduce stress in just 10 days</i>	
NHS Employers (part of the NHS Confederation) have also published	Guidance on supporting the physical and mental wellbeing of staff.	<a href="https://www.nhsemployers.org/covid19/health-safety-and-wellbeing">https://www.nhsemployers.org/covid19/health-safety-and-wellbeing</a>	
Intensive Care Society	Resources and links for staff to Manage their stress and wellbeing	<a href="https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c">https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c</a>	

With thanks to the North Thames Network for their contribution to this document. Please ensure you are accessing the website links to get the most up to date information.