

## HEE NEY COVID 19 - Bulletin No 5 – 1st April

This update covers education and training actions

HEE NEY's COVID19 response is being co-ordinated by **Professor Namita Kumar**.

**COVID 19 HEE NEY Websites:**

<https://madeinheene.hee.nhs.uk/PG-Dean/COVID-19-HEE-NE-Information>

<https://yorksandhumberdeanery.nhs.uk/covid-19-hee-yh-information>

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### EDUCATION RESOURCES

#### **Returning nurses, AHPs and doctors**

HEE e-learning for Health have various resources:

**COVID 19 update**

[Programme Home page](#)

[Clinical resources](#)

[Courses relating to the prevention and treatment relating to the Coronavirus pandemic.](#)

#### **Coronavirus (COVID-19) Awareness course (free of charge)**

The course covers, symptoms, infection prevention, investigation guidance and support.

<https://www.skillsforhealth.org.uk/covid-19-course>

**NHS Statutory and Mandatory Training** – for all staff, returners and users

<https://portal.e-lfh.org.uk/Register> - registration required to create a record to prove compliance and can be accessed with any type of email account.

**SupportTT for doctors returning to work in the pandemic** national webinar. Knowledge Refresher - Pregnancy & Respiratory – 7pm Thursday 1 April – [Register here](#).

#### **AHPs**

COVID-19: information and resources for AHPs - latest version [now available here](#).

#### **Returning GPs**

If you are a returning GP and need refresher clinical training, email [EducationSupport.NE@hee.nhs.uk](mailto:EducationSupport.NE@hee.nhs.uk)  
[www.nbmedical.com](http://www.nbmedical.com) has training available for those who register via us.

### **Top Tips for Telephone Triage & Video Consulting**

A free on demand webinar has been released. Returning GPs and other Primary Care staff can register via our homepage [www.nbmedical.com](http://www.nbmedical.com)

How to establish a remote total triage model in GP using online consultations [available here](#)

### **Acute Care**

**Training resources (webinars and details of joining live Q&A's)** commissioned from the University of Bradford [available here](#).

Topics include: Advanced Respiratory Monitoring and Support in Critical Care, Maintenance of Nutrition and Hydration Status in the Critically Ill, Advanced Cardiovascular Monitoring and Support in Critical Care, General Care of the Unconscious Patient.

**E-learning produced by the University of Huddersfield resources** [available here](#).

Topics include: Management of acute respiratory symptoms, Auscultation and respiratory assessment, Critical care skills for non-critical care nurses, End of life care, Transmission and Cross Infection)

### **Critical Care**

#### **Cross skilling**

The UK Critical Care Nursing Alliance have published guidance on induction for non-critical care staff asked to work in critical care settings during the Covid-19 outbreak. The guidance can be [found here](#).

ICNARC report on COVID-19 in critical care outcomes to 27 March 2020 is [available here](#).

Clinical guide to adult critical care during the coronavirus pandemic – staffing framework [available here](#).

### **Respiratory**

The British Thoracic Society have published Information, guidance and resources to support the respiratory community during the COVID-19 pandemic [available here](#)

A recent Lancet publication (tagged respiratory) describes the challenges faced by children and health-care professionals, and propose key strategies to address these – [available here](#).

Respiratory Care and Assessment e learning package (Gloucestershire) continues to be [available here](#).

### **Major Trauma**

Clinical guide for the management of major trauma actions during coronavirus pandemic [available here](#).

### **Mental Health**

The Mental Health, Learning Disabilities and Autism (MHLDA) Covid-19 response cell has published IAPT guide for delivering treatment remotely during the coronavirus pandemic, available on the [NHS England website](#)

### **Palliative Care**

Association for Palliative Medicine resources <https://apmonline.org/>

Clinical Guidance for the management of palliative care in hospital [available here](#).

Coronavirus and the palliative care response (European Association for Palliative Care) [available here](#).

Guidance on how to approach the conversation with the patient/family (phone/face to face) continues to be [available here](#).

### **Well being and Health**

The BMA have a number of well being services and information (free of charge) [available here](#).

Get Headspace for free, sponsored by Headspace for NHS Clinical Staff. [Join here](#).

New Psychological Self-Help Apps for all NHS Staff – [Available here](#).

### Unmind - How NHS staff can get access

- Go to [nhs.unmind.com/signup](https://nhs.unmind.com/signup)
- Sign up with your NHS email address

Download the Unmind app from your appstore – your organisation name is 'NHS'.

### Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

They are offering free access to all NHS staff with an NHS email address until 31 December.

### Sleepio and Daylight (developed by Big Health)

**Sleepio** is an evidenced-based sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

**Daylight** is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Free access to **Sleepio** and **Daylight** for all NHS staff is available until 31 December.

### How to access Sleepio

1. Visit [sleepio.com/redeem](https://sleepio.com/redeem) on your laptop or desktop computer.
2. Enter redeem code NHS2020 and sign up for an account using your name/NHS email address.
3. Complete the sleep test.
4. Get started!

### How to access Daylight

1. Click on the following link: [daylight.com/NHSaccess](https://daylight.com/NHSaccess)
2. Answer a few short questions to tailor the programme to you.
3. Sign up for an account using your name and email address.
4. Download the Daylight smartphone app (search 'Daylight–Worry Less', for both iPhone/Android).
5. Get started!

You can [watch a short video from Prerana Issar, NHS Chief People Officer](#) outlining the importance of looking after yourself during this time.

## LATEST GUIDANCE AND STANDARDS

PPE letter from NHS England/Improvement, PHE and AoMRC [available here.](#)

Clinical guide for the management of remote consultations and remote working in secondary care during the coronavirus pandemic [available here.](#)

Reducing burden and releasing capacity at NHS providers and commissioners [available here.](#)

Self-monitoring blood pressure in pregnancy – [available here.](#)

### Guidance and Standards for clinical programmes – Nursing and AHP

Supporting the healthcare science workforce (expectations and update) [available here.](#)

### Guidance and Standards for clinical programmes – General Practice

GP preparedness update letter from NHS England and NHS Improvement [available here.](#)

Covid-19: Clinical Supervision Arrangements for GP Trainees Working in Respiratory 'Hot Hubs' [available here.](#)

### Guidance and Standards for clinical programmes – Dentistry

Contingency planning for ARCPs/RCPs for Dental Trainees– [available here](#)

### Guidance and Standards for clinical programmes – Medical

Specialty Recruitment Plans during COVID 19 [available here](#).

Guidance on Redeploying your secondary care medical workforce safely [available here](#).

Fast tracking of processes for granting interim practicing privileges to NHS consultants [available here](#).

### Guidance and Standards Patient Transfer Services

Patient transfer services – requirements and funding during COVID 19 [available here](#).

### North East and Cumbria (specific updates)

Principles and information from national guidance collated by the NENC Dental Dean – aimed at those in or applying for, Dental Core Training is [available here](#).

Latest NENC Lead Employer Trust Communications (and FAQs) [can be found here](#). (1 April version)

### **Apprenticeship hub bulletins**

The latest bulletin, (31<sup>st</sup> March) provides advice about managing apprenticeships during the COVID-19 pandemic and the impact it will have on the delivery of apprenticeships. [This can be found here](#).

### Yorkshire and Humber (specific updates)

FAQ for Dental Specialty Trainees [available here](#)

Dental foundation Training guidance [available here](#)

Wellbeing resources [https://www.yorksandhumberdeanery.nhs.uk/sites/default/files/well-being\\_resources\\_v4\\_0.pdf](https://www.yorksandhumberdeanery.nhs.uk/sites/default/files/well-being_resources_v4_0.pdf)

A specific Covid-19 guidance document is now also available

[https://www.yorksandhumberdeanery.nhs.uk/learner\\_support/supported\\_return\\_to\\_training](https://www.yorksandhumberdeanery.nhs.uk/learner_support/supported_return_to_training)

A zoom wellbeing clinic is planned for Thursday evening @ 8 pm 2nd April anyone is welcome, you need a pen and a piece of paper, there is no pressure to have webcam/microphone on during the session and it will be for 30-60 minutes. It is provided by Jaimee and Martin (Leadership Fellows) to help people have a moment to reflect and prepare for the coming months To sign up please email and we will send a Zoom invite [mbillington@doctors.org.uk](mailto:mbillington@doctors.org.uk).

### Volunteers and Returning to Practice

N East and N Cumbria - For health workers returning to practice or anyone willing to volunteer, please **use our Online Form [available here](#)**.

Yorkshire and Humber Volunteers, please email us: [PostgraduateDeansOffice.yh@hee.nhs.uk](mailto:PostgraduateDeansOffice.yh@hee.nhs.uk)  
(please include name, clinical role, previous grade, preferred area of work, preferred trust/area)

For overarching concerns use [Quality.NE@hee.nhs](mailto:Quality.NE@hee.nhs) For specific issues please contact:

Yorkshire and Humber [PostgraduateDeansOffice.yh@hee.nhs.uk](mailto:PostgraduateDeansOffice.yh@hee.nhs.uk)

North East and Cumbria [Quality.NE@hee.nhs.uk](mailto:Quality.NE@hee.nhs.uk)

### **This document has been shared with the following groups - feel free to tweet or share further**

DME's, Medical Directors, Education Managers, Multi-professional trust contacts, HEE NEY Dean's Management Teams and Exec Meetings for Quality, All HEE NEY staff, NE LET staff, Heads of School, TPDs, GP TPDs, HEI's including Medical Schools, QSG network and COVID command group, lay and patient representatives, North Clinical Teams, Skills for Health, ICS and all trainees. **Request to Education Centre Managers** – please cascade this to all consultants and SAS doctors. Bulletin also added to the HEE NE COVID site

# COVID-19

## Don't Bring It Home...

Content courtesy of Arzo Mehdavi, RN BSN



@ArzoMehdavi



@NurseArzo

### Uniform

Wear basic scrubs at work  
Tie up and cover your hair  
Keep nails short  
No jewellery  
Shower at work if possible  
Change after work  
Sanitise shoes



### Handwashing

Wash hands throughout your shift  
Use hand sanitiser  
At the end of your shift, wash from hand up to elbows



### Wallets/Purses

Don't take your wallet/purse to work  
Put your driver's licence/card in a ziplock/food bag or keep in badge carrier



### Food & Drink

Avoid eating in communal places  
Do not bring food & drink onto the ward or unit  
Bring food & drink in washable containers/bags



### Items you use

Phone/bleep: wipe down often  
Pen: wipe often, leave at work  
Stethoscope: if you need to use one, fully sanitise it after each patient  
Computers: wipe down often



### When going home...

Put dirty clothes in a bag  
Wash hands to elbows  
Leave work via a 'clean exit'  
Leave shoes outside or in your car  
Shower immediately  
Hot wash all clothes



**Wear appropriate PPE in line with up to date PHE guidance  
Do not take this lightly**

@MADEinHEENE

#TeamNHS

Icons made by Freepik from www.flaticon.com

## Useful on-line resources

[HEE Education and Training Digest – 30 March](#)

### Resources for Acute Care Cross Training

<https://icmanaesthesiacovid-19.org/cross-skill-training-for-pandemic-covid-19>

### HEE's national update page:

<https://www.hee.nhs.uk/coronavirus-information-trainees>

### HEE NE's update page

<https://madeinheene.hee.nhs.uk/PG-Dean/COVID-19-HEE-NE-Information>

### HEE YH's update page

<https://yorksandhumberdeanery.nhs.uk/covid-19-hee-yh-information>

### The Lancet – COVID 19 Resource Centre - Clinical Information open access

<https://www.thelancet.com/coronavirus>

### BMJ Resources

[BMJ Guidance on how to manage a remote consultation](#)

[BMJ COVID 19 best practice guidance \(free access\)](#)

### UK Government

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

### Current Gov/PH England

Advice on clinical staff self-isolation can be [found here](#).

### General Medical Council

<https://www.gmc-uk.org/news/news-archive/guidance-regarding-medical-education-and-training-supporting-the-covid-19-response>

### General Medical Council

<https://www.gmc-uk.org/news/news-archive/coronavirus-information-and-advice>

### General Dental Council

<https://www.gdc-uk.org/information-standards-guidance/covid-19-latest-guidance>

### Heath and Care Professions Council

<https://www.hcpc-uk.org/registrants/updates/2020/how-we-will-continue-to-regulate-in-light-of-novel-coronavirus/>

### NICE guidance (updated regularly)

<https://www.nice.org.uk/covid-19>

### NICE Critical Care Guidance

<https://www.nice.org.uk/guidance/ng159>

### Nursing and Midwifery Council

<https://www.nmc.org.uk/news/news-and-updates/how-we-will-continue-to-regulate-in-light-of-novel-coronavirus/>

### PPE demonstrations (with and without aerosol) (Calderdale and Huddersfield NHS FT)

With aerosol: <https://youtu.be/KMMDi56KMaI>

Without aerosol: <https://youtu.be/vP7EeEIK3hk>

### Royal College / Professional Body Resource

Collated Resources from Royal Colleges and other professional bodies on COVID-19 [available here](#).

### RCGP links

<https://www.rcgp.org.uk/policy/rcgp-policy-areas/covid-19-coronavirus.aspx>

<https://elearning.rcgp.org.uk/course/view.php?id=373>

### Simulation

<https://stel.bmj.com/content/early/2020/03/11/bmjstel-2020-000609/>

### World Health Organisation

COVID-19 Online training and simulation

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/training/>

<https://openwho.org/courses/>