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## Cylchlythyr Staff

## Staff Newsletter



**ISSUE 12** 15<sup>th</sup> September 2021



### Message from Judith Paget, Chief Executive

Helo pawb / hello all, welcome to this week's newsletter. Well the schools are back open and now we prepare for a busy Winter. Although Covid-19 restrictions have been lifted and the vaccine is helping to protect most people from seriously unwell; we should continue with social distancing, hand washing, wearing face masks, meeting colleagues and friends outdoors, and avoiding large gatherings or indoor social events where distancing cannot be maintained.

It was a pleasure to be back hosting the Long Service Recognition Awards (albiet virtually) these events really are a highlight of my calendar and I really enjoyed hearing the stories of where careers have taken our staff members over the past 25 – 44 years! Thank you again to these staff for their dedication and hard work. Cymerwch ofal a chadwch yn ddiogel/ Please take care and stay safe.

**Judith**

## Staying COVID Safe

You will all be aware that despite Wales moving to ALERT level 0, community transmission is exceptionally high, and continues to rise. Many within our communities show no signs or symptoms of COVID-19. Nevertheless, asymptomatic cases are a potential source of substantial spread within our communities.

After a very difficult 20 months with the unrelenting pressure of working in a Global Pandemic, many of us will be looking forward to meeting more with family and friends. As restrictions ease and with the festive season fast approaching, there will no doubt be more social gatherings. It is vital that we do all we can to keep ourselves, family, our patients and the general public safe by continuing to take all necessary precautions.

We therefore ask our staff to:

- Ensure you are fully vaccinated.
- Ensure you undertake LFD testing twice weekly.
- Ensure you have a PCR test if showing any signs of COVID-19 - booking via 0300 30 31 222.
- Ensure you do not attend work if you have any signs or symptoms of COVID-19
- Ensure you undertake a LFD test prior to and after attending a social gathering.
- Ensure Hands, Face, Space, Ventilate

Social connections are very beneficial to our wellbeing, but please remember that we must continue to do everything we can to stay safe and protect one another.

Thank you for your on-going support and dedication in these difficult times.

## Long Service Awards – September 2021

Staff who have shown great dedication to the NHS for more than 25 years were recognised at a special event this week.

The Long Service Recognition event, held virtually via MS Teams for the first time, brought together staff from all areas of our Health Board. Each staff member recognised at the event will receive a long service certificate and pin badge to recognise their many years of service.



Attendees of the event had at least 25 years service, with one individual having a massive 44 years of NHS service!

The event was hosted by Chief Executive Judith Paget and Ann Lloyd, Chair of the Health Board.

## Greener Respiratory Healthcare: Making the right choice for patients and the planet

As healthcare professionals we can all do our bit to support greener respiratory healthcare.

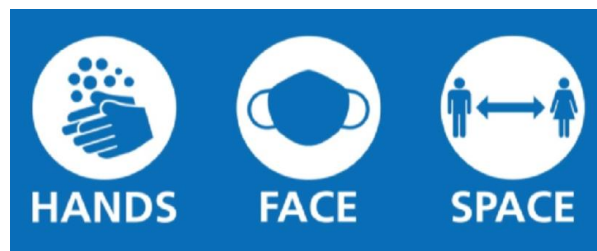
Key principles are:

- **Know the correct inhaler technique** for the different types of devices <https://www.rightbreathe.com/>
- **Choose the right device for the right patient.** For a DPI device a deep forceful inspiration over 2-3 seconds is needed whereas an MDI device requires a slow and gentle inspiration over 4-5 secs. The very old, very young and very sick may not be able to generate enough inspiratory effort for a DPI device so may need an MDI which should always be used with a spacer. If both types of device can be used correctly then a DPI device should be the preferred choice.
- **Reduce reliever over-reliance** and optimise preventer use. Did you know, in asthma using a reliever inhaler more than three times per week could be a sign of poor asthma control and if this occurs on a regular basis you should arrange an asthma review?
- **Reduce waste**, advise patients to avoid stockpiling and only order what they need
- **Support safe disposal.** Until we have inhaler recycling schemes encourage patients to take used inhalers back to the Pharmacy rather than disposing in household waste. Pharmacy waste is incinerated which deactivates harmful propellants making it safer for the environment.

An important point to note is the greenest inhaler is the device a patient CAN and WILL use. You can also support your patients by telling them about the free self-management Apps <https://healthhub.wales/astmahub/>  
<https://healthhub.wales/astmahub-for-parents/>  
<https://healthhub.wales/copdhub/>

## COVID Update

Community COVID-19 case incidence rates continue to rise across the Health Board, with 2,865 cases in the last 7 days in the ABUHB area which is an incidence of 482.2/100, 000, up 84.7/100,000 on the previous 7 days.



There are currently 95 admitted patients reported as COVID-19 positive or suspected and 75 patients as recovering from COVID-19 within ABUHB hospitals with currently 6 COVID-19 patients in ITU.

Our hospitals remain extremely busy and additional capacity for Covid-19 patients is being created.

## Quality Improvement Course

**“Hope is not a plan”** (Don Berwick). If you're looking to improve your service in the lead up to the winter season, PocEd QI is an ideal introduction or refresher course, appropriate for all staff groups (ABUHB), to learn about the fundamentals of Quality Improvement.



Delivered virtually via Microsoft Teams over two-half day sessions, this interactive offering will introduce you to the fundamentals of Quality Improvement covering:

- Key improvement theory and tools to help you explore what is happening now
- Understanding your problem
- Developing measures to progress towards your aim
- Use creativity to develop change ideas and test if these work in practice.

Gain the knowledge and confidence to develop your QI capability now!

### How to sign up

Follow the link to the ABCi Eventbrite page and book your place on part 1 and 2 of the course using your NHS email address.

Link to ABCi Eventbrite page: [Aneurin Bevan Continuous Improvement Events | Eventbrite](#)



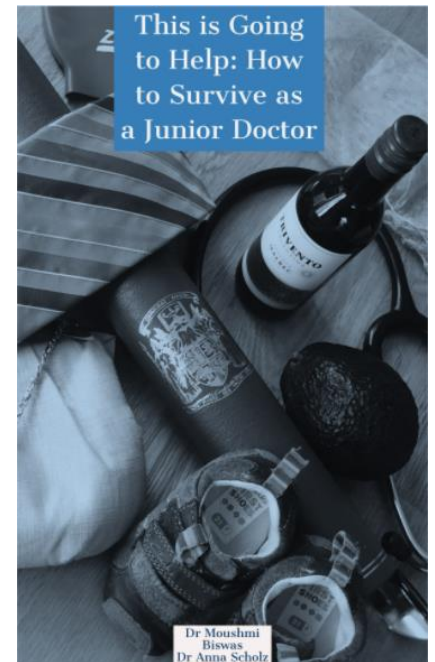
## Consultant Physician publishes successful guide for Junior Doctors

We are pleased to share that our Consultant Physician, Dr Moushumi Biswas in collaboration with Dr Anna Scholz, have published a successful guide for Junior Doctors. 'This is Going to Help: How to Survive as a Junior Doctor' is designed to help Medical students and Junior Doctors who will work in the NHS.

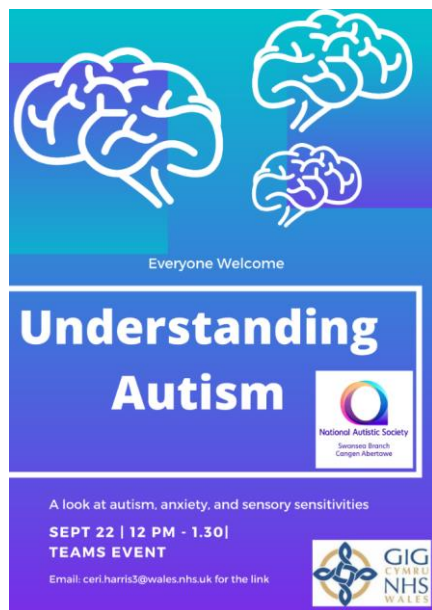
The book provides useful tips on how to:

- become more efficient
- achieve a good work-life balance
- look after your physical and mental health
- make smart career choices and meaningful life choices

The book does not just describe the challenges Junior Doctors might face, but it also provides the readers with the tools to deal with them.



We are very proud of Dr Biswas for producing such a fantastic and insightful piece of work. 'This is Going to Help: How to Survive as a Junior Doctor' is available on [Amazon](#). The proceeds from the book will be donated to the Mental Health charity [MIND](#).



## Understanding Autism

Anthony Quinn-Flipping and Louise Quinn-Flipping are husband and wife who have two autistic children, a 10-year-old who is severely autistic, nonverbal with learning difficulties, and an 8-year-old with moderate ASD, extreme anxiety, and Global Development Delay (GDD). On the 22<sup>nd</sup> September, they are inviting staff to a talk focusing on a brief look at autism, anxiety, and sensory sensitivities and discuss a lot of their personal experiences when looking at the different topics during the talk.

To book a space, email [ceri.harris3@wales.nhs.uk](mailto:ceri.harris3@wales.nhs.uk)

You can find out more about what is going on around the Health Board in our Equality, Diversity and Inclusion Update here: [Aneurin Bevan University Health Board | Equality, Diversity and Inclusion weekly update \(wales.nhs.uk\)](#)

**If you have any ideas for this fortnightly newsletter, please send an e-mail to [ABB.CommsAndEngagement@wales.nhs.uk](mailto:ABB.CommsAndEngagement@wales.nhs.uk)**



Aneurin Bevan University Health Board



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