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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Dyfodol Clinigol
Clinical Futures

Cylchlythyr Staff

Staff Newsletter



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Message from Judith Paget, Chief Executive

Helo pawb / hello all, welcome to this week's newsletter.

It feels as though Summer has well and truly arrived, with the school holidays fast approaching, warmer temperatures and exciting sporting events such as the Euros, Lions Tour and Wimbledon. However, we also know that we are already in the midst of a 'third wave' of the COVID-19 pandemic. It's great that the vaccine seems to be helping to combat the virus, but as cases rise we know how important it is to keep taking actions to prevent the spread of the virus.

It is such a privilege to be part of the NHS and to collectively receive the George Cross from The Queen is a truly deserved accolade for every member of our staff. In the week of the 73rd birthday of the NHS I would like to thank you all for the unwavering commitment and dedication you show. Without you, we would not be the Health Board we are today.

I always feel very proud when reading this newsletter, which reminds and informs me of the excellent work and initiatives our staff are delivering to improve our care and services – always with the patient at the centre of these activities.

Cymerwch ofal a chadwch yn ddiogel/
Please take care and stay safe.

Judith

Helping patients to stay close to home

Primary Care and Community Services colleagues are launching an exciting new initiative this month.

Dr Andrew Gray and Mrs Leah MacDonald are leading a team of staff across health, GP and social care to support the introduction of the 'Direct Admission to Community Hospital Pathway'. This will build



on the existing ability for Community Resource Team (CRT) staff to directly admit patients to Ysbyty Aneurin Bevan and County Hospital – and will now formally include St Woolos.

The Division is working with the Welsh Ambulance Service to provide a daily ambulance to transport patients from their home to a community hospital. The patient will have been assessed and accepted by CRT as safe for care in a community hospital and the intention will be for a short, focused admission cared for by ward staff with support from CRT colleagues. Monnow Vale and North Rhymney Resource centre already have direct admissions via their GP team and will be part of this work.

This initiative aims to improve patient care and patient experience, and helping to deliver care closer to home for appropriate patients.

NHS Awarded the George Cross on 73rd Birthday

We are delighted that the NHS of the United Kingdom has been awarded the George Cross by Her Majesty The Queen.

The award comes in recognition of 73 years of dedicated service, which is particularly well deserved following the courageous efforts of healthcare workers across the country during the ongoing COVID-19 pandemic.

The George Cross – the highest civilian gallantry award, equivalent to the military Victoria Cross – was instituted in 1940.

It is given for acts of the greatest heroism, or of the most conspicuous courage, in circumstances of extreme danger. It has only been awarded collectively twice before, and the NHS award marks the second time it has been given collectively by Queen Elizabeth II.



Keeping Safe During The Third Wave

As we work through the third wave of the Covid-19 pandemic, staff are reminded to take appropriate actions to keep patients and colleagues safe. To prevent the spread of the virus it is crucial that we continue to follow the staff testing guidelines that we've worked so hard to adapt to:



- If you feel unwell or suspect that you may have symptoms of COVID, you and any of your household members can access quick PCR testing by calling the COVID-19 testing service line for staff on 0300 30 31 222. Make sure to inform the testing team that you are an employee of the Health Board and the team will work hard to return the result of your test within a 24-hour period. Don't wait not knowing – the sooner you make the call, the sooner we can help you.

- The Lateral Flow testing programme has allowed us to quickly identify many asymptomatic cases that without testing may have been missed. Supporting each other in the practice of taking these tests and submitting the results is one more way that we can further protect our colleagues, our patients and our community. While this testing is not mandatory, if you are feeling well then we encourage you to take part. If you require test kits please call 0300 30 31 222, or email ABB.CovidStaffTesting@wales.nhs.uk
- PCR tests must also be arranged through the 0300 30 31 222 number if you have had contact with a positive case and been contacted by our Test, Trace and Protect Service. If the contact is a colleague in the workplace, staff who have strictly followed social distancing and/or have used PPE as required are less likely to need to self-isolate.

We want thank all of our colleagues for continuing to wear face masks, maintain social distancing, ventilate, proper hand hygiene and appropriate COVID testing.

COVID Update

The COVID-19 incidence for the Health Board area has now risen to 71.2 cases per 100,000, with increasing prevalence of community transmission rates, particularly in the under 30 age group. While we are now in the third wave of the pandemic, the impact on inpatient admissions remains low.



Up to 1st July 431,177 first doses and 331,701 second doses of the Covid-19 vaccine have been given across the Health Board area.

Health Board Website Made More Accessible

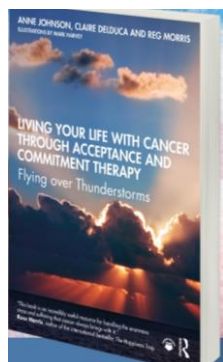
A new feature has been launched on the Health Board's website (<https://abuhb.nhs.wales/>) to make it more accessible to support the needs of each individual user.



The 'Recite Me' cloud-based assistive technology toolbar allows people to tailor our website according to their specific needs – for example disabled, visually impaired, Dyslexic, have learning disabilities, speak English as a second language, or can't read or write.

Recite Me assistive technology provides our audiences with all the functions they need to understand and engage with the Health Board's information and services. The unique 'Recite Me' web accessibility toolbar allows for adjustments to all elements of the page, including text, graphics, language, and navigation. A screen reader is also available to read website text aloud and a translation function compatible with more than 100 languages.

Health Board Psychologists Release Cancer Self-Help Book



Our Health Board's Lead for Paediatric Psychology, Anne Johnson, and Senior Clinical Psychologist in Critical Care, Claire Delduca, have worked together to publish a book, entitled 'Living Your Life With Cancer Through Acceptance and Commitment Therapy'.

The uplifting book is aimed at providing emotional support for those living with cancer, and includes a foreword written by the CEO of Macmillan Cancer Support, as well as being clinically endorsed by an array of highly acclaimed clinicians and cancer experts.

Lead for Paediatric Psychology, Anne, who has an extensive background in Psychology within Cancer Services said: "Claire and I are passionate about the book and are keen that it helps the people that it was designed to support. It was a true co-produced book with the Patient Advisory Group at Velindre Cancer Centre heavily involved in feedback, and it was also used as a clinical tool in a research project that is due to come out in a few months."

Copies of the book are available at: https://www.amazon.co.uk/Living-through-Acceptance-Commitment-Therapy/dp/0367549247/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr

Helping Smokers To Quit

The Health Board would like to thank the local 'Help Me Quit' Team who have helped an increased number of people wanting to give up smoking during the pandemic.



Help Me Quit (NHS Wales' smoking cessation system) successfully adapted to the pressures imposed by the pandemic, and has supported large numbers of smokers throughout. In the most turbulent of years, the service has seen:

- An increase of 48% in the number of smokers contacting the service via www.helpmequit.com (compared to previous year)
- A 50% increase in the number of smokers being supported, and who report that they had quit at 4 weeks (a well-established measure)
- An increase of almost a third in the proportion of online contacts who enrolled in Help Me Quit support programme
- A fantastic 74% of referrals to Help Me Quit receiving a first call within 2 days

Staff are encourage to put any smokers in touch with Help Me Quit by asking them to call 0800 085 2219, or to visit www.helpmequit.wales



Continuing to shine a Spotlight on our Services

As part of the Clinical Futures Communications and Engagement Plan, the month of June has focused on Cancer Services. After covering preventative measures and advice on how to look out for cancer symptoms, we ended the month by focusing on positive patient stories and the Chemotherapy Bell. You can view all of Cancer Services' content on our website:

<https://abuhb.nhs.wales/clinical-futures/spotlight-on/cancer-services/>

This month we will be focusing on Cardiology services. We will begin by highlighting ways to lead a healthy lifestyle and to prevent heart disease, and will then move on to the cardiology treatments available across the Health Board for different stages of cardiology care. If there is a particular aspect of these services that you feel should be featured, please send an email to the Communications and Engagement Team at ABB.CommsAndEngagement@wales.nhs.uk



If you have any ideas for this fortnightly newsletter, please send an e-mail to ABB.CommsAndEngagement@wales.nhs.uk



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