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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. The summer holidays are now here and they definitely brought the sun with them. As this warm weather continues it is so important to be aware of the signs of heat exhaustion and heatstroke and ensure we all keep hydrated. Although more restrictions were lifted this weekend we all know COVID-19 is still circulating widely and it is important that we all keep taking actions to prevent the spread of the virus.

I always look forward to reading this newsletter and have really enjoyed the spotlight on cardiology and the fantastic news that we can now offer cardiac MRI scans to our patients here without travel.

I'd like to highlight the offer of free support to all staff who would like to give up smoking, it is so difficult to quit so please use this support if you want to. Cymerwch ofal a chadwch yn ddiogel/ Please take care and stay safe. Judith

Judith

Thank you

The last 18 months have probably been the most challenging in our careers and the pressure we have experienced has been unprecedented. I am also aware that it does not feel as though it will ease any time soon. We are seeing a significant increase in the demand for our services and even though this is being experienced across the rest of Wales and in fact the UK, the pressure does feel relentless. It is so important that we all recognise this and the impact this is having on our health and well-being.

You have all been truly amazing and I couldn't be more proud of the way you have kept our services going through the pandemic and the opening of the Grange. I know for some it is quite distressing seeing negative comments on social media but these are as a result of the pressure on our services and not a reflection of you. It is important to remember that we also receive a significant number of positive comments on social media and directly into the Health Board. Your well-being is an absolute priority for us so please if you are feeling overwhelmed or struggling, speak to your line manager, a colleague or contact our well-being service. Please keep an eye on your colleagues who may not even recognise that they are struggling and offer some support. It is important that we all look after each other and be kind to each other. Please don't be afraid to say you need some support.

Thank you for everything you do and for providing the best care you can for the residents in our Health Board area.

Attend Anywhere

TEC Cymru want to hear from NHS Wales users of Attend Anywhere.

TEC Cymru has recently published the Phase 2 Evaluation - NHS Wales Video Consultation Service. This All Wales study which has focused upon 'benefits, challenges & sustainability' has revealed some remarkable insights about the way that patients and clinicians have used and adapted to digital transformation in the NHS.



As a follow up, we would like to invite you to our focus groups where we will present these findings to you and be seeking to:

- Discuss the findings in more-depth & validate the outcomes/conclusions
- Learn more about the use, value, benefits & challenges ...what potential new measures and data should we capture e.g. 'reaching hard to reach families'
- Understanding more about those who 'don't' use VC & the reasons for this.
- Explore unknown areas, e.g., clinical outcomes, DNAs, waiting times and more.

To sign up to the focus group, visit: <https://www.eventbrite.co.uk/e/phase-2-data-follow-up-groups-tickets-159459861739>

Cardiac MRI Scans Now Offered to Health Board Patients at The Grange University Hospital

Cardiac MRI Scans are deemed one of the best investigations for looking at the tissue, structure, texture, size and volume of the heart in great detail, as well as being able to detect any swelling or inflammation. However, as the Health Board were previously unable to offer this service internally, patients requiring this procedure often travelled to Bristol for their Cardiac MRI Scans, costing the Health Board hundreds of pounds to do so.



Now, the Health Board utilises existing equipment and staff members, but uses them in a different way in order to conduct in-house Cardiac MRI scans. As the heart is a moving muscle, staff must be specially trained to perform this procedure and work as part of a highly complex, highly skilled multidisciplinary team.

Cardiac MRI scans offer many benefits, including being recommended by all Associations, not involving ionising radiation, yielding fantastic information that is non-invasive, and improving diagnostic quality. The scan can also determine whether a patient has suffered a heart attack, along with diagnosing other issues with the heart, which allows patients to receive more information about their condition before their discharge.

Being able to offer this service internally offers enormous financial savings for the Health Board, as well as avoiding lengthy travel or waiting times for patients and allowing them to have this expert diagnostics closer to their home.



Patient Pathway Signs

Large monolith signs have recently been installed in the grounds of The Grange University Hospital. They are positioned on the approach road to the Hospital, on the footpath leading to the Emergency Department, and at the entrance to the Emergency Department car park. These are in addition to new vinyl graphics displayed at the entrances to the Emergency Department. The messaging asks people to stop and think if they are in the right place and highlight the fact that the Emergency Department is for life threatening illnesses and serious injuries. The signs offer information for an alternative patient pathway to the Minor Injury Units for less serious injuries, and encourage the use of the 111 service.

The new signs and graphics back up an ongoing campaign encouraging people to use the right healthcare service.

C.difficile

Over the past four years, the Health Board has risen to the serious challenge of Healthcare Associated Infection (HACI) however there is a need to alert you to a recent rise in C.difficile and remind all frontline workers of the crucial infection control interventions needed to prevent this debilitating and life threatening infection.

- Hand hygiene
- Bare Below the Elbow
- Prudent antibiotic prescribing
- Environmental Cleanliness
- Rapid Isolation
- Personal Protective Equipment
- Staff Education& Training

Your vigilance in keeping this pathogen at bay is appreciated.

Staff are also reminded that there is training available via Microsoft Teams for any staff to access every Tuesday & Thursday afternoon at 2:00pm.

To book a slot & receive a TEAMS invite, please email amelia.roberts@wales.nhs.uk

COVID Update

The COVID-19 incidence rate for the Health Board area has risen to 155.5/100,000 with 2.4% of tests coming back positive compared to 177.3/100,000 and 2.6% positive for Wales as a whole. The case incidence rate for Wales is lower than the rate for England.

Uptake of the COVID-19 vaccination continues to be amongst the highest in Wales and the Gwent Test, Trace and Protect (TTP) Service continues to reach over 90% of cases and contacts.

We are offering FREE support to all ABUHB Staff who would like to give up smoking

We understand how difficult it is to quit smoking and want all our staff who smoke to know that there is help easily available to you from home and during working hours. All staff have access to our free friendly NHS Stop Smoking Service Help Me Quit, which offers

- 1 assessment session
- 6 behaviour change support sessions
- 12 weeks of FREE Nicotine Replacement Therapy (NRT) with a choice of products to suit you

Staff members can self-refer by contacting HMQ directly on:

www.helpmequit.wales or text HMQ to 80818 or call 0800 085 2219

The Aneurin Bevan Smoke-Free Environment Policy bans smoking or vaping on all hospital sites, including doorways, shelters, benches, car parks and inside cars parked in the car park. On 1st March a new Welsh Government law came into force. This means that smoking in one of these spaces could result in £100 fine.

Thank you to all staff for abiding by our Policy and keeping our hospital grounds clean and smoke-free places for all those who use them.

Continuing to shine a Spotlight on our Services

As part of the Clinical Futures Communications and Engagement Plan, we have focussed on Heart Health throughout July. We have covered different stages of cardiology services, from messages about keeping the heart healthy, to the difference between a cardiac arrest and a heart attack, and the importance of having knowledge of emergency CPR. You can view this month's content so far on our website: <https://abuhb.nhs.wales/clinical-futures/spotlight-on/heart-health/>

Next month, we'll be taking an in-depth look at Diabetes. If there are any particular aspects of Diabetes that you think members of the public should know more about, please send your suggestions to

ABB.CommsandEngagement@wales.nhs.uk and we'll do our best to cover as much as we can throughout the month.



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



Aneurin Bevan University Health Board



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