

Issue 17 – 13 November 2020

## Latest news from Torbay and South Devon

We are sending you this update to keep you informed about Trust developments. Please feel free to share these updates amongst your networks. If you wish to unsubscribe, or you have been passed this update by someone else and you would like to subscribe please email: [communications.tsdf@nhs.net](mailto:communications.tsdf@nhs.net)

We are ensuring our website has the latest information on it so please do look there for the most up-to-date information [www.torbayandsouthdevon.nhs.uk](http://www.torbayandsouthdevon.nhs.uk). You can also keep up-to-date by following us on [Twitter](#) and [Facebook](#)

## Hands – Face – Space

It is really important that everybody follows the national guidance

- Wash your hands regularly and properly for at least 20 seconds
- Wear a mask when you are indoors in public spaces
- Make sure you are at least 2 metres apart from everybody other than those you live with or are in a bubble with

It is really important that everybody follows the rules if we are to tackle infection rates. We have launched a new campaign to encourage this and explain to people how to follow the rules properly



## Visiting Patients

Whilst the prevalence of COVID-19 in the local community is lower than the England average we are caring for a relatively high number of people who have tested positive.

In view of this we have had to take the difficult decision to review our visiting policy. We know that visiting is extremely important for patient recovery and wellbeing and also very important for families. We have therefore aimed to continue some limited

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visiting as set out below and we will also support digital ways that people can keep in touch.

### General areas

- Patients in the final days of life will be able to receive visitors on compassionate grounds as agreed with the ward
- One carer who is supporting someone with a mental health issue such as dementia, a learning disability or autism, where them not being present would cause the patient to be distressed

### Paediatrics areas

- In the neonatal unit fathers / guardians can visit for one hour per day and be with the mother. There is a rota in place to support social distancing which will be monitored by the ward staff.
- On our children's ward, Louisa Cary, one parent / guardian can visit and they are swabbed so this person becomes the key parent on the ward during the stay. If there is a need to change then other parent / guardian is swabbed prior to visiting.
- Unfortunately, only one parent will be allowed into children's theatres, due to lack of space, and sadly siblings are not able to visit at this time.

### Maternity ward

In light of the Government's announcement of a national 'lockdown' that commenced on 5 November 2020, we have reviewed our current visiting restrictions.

During this time we will be able to maintain the following:

- A birthing partner will be able to stay during established labour, birth and the early postnatal period on delivery suite.
- A birth partner can join expectant Mums when they attend for induction of labour (09.00-17.00) or for assessment because they are possibly in labour.
- One nominated individual living in the same household will be allocated a 1 hour time slot each day to see mother who have given birth in our postnatal ward.

Sadly, we have had to take the decision at present to advise that all women attend for their ultrasound scan appointments **alone** for the duration of the lockdown period. This decision has not been made lightly and we know that this will be disappointing for you. However, it is important that we maintain the safety of everyone attending the maternity service and our staff.

We will aim to return to our previous approach as soon as lockdown ends on the proposed date of 2 December 2020.

For those attending maternity services there are a number of things that you can do

to support the maternity staff to keep everyone safe.

- **Hands** - ensure you wash your hands or use hand gel when entering and leaving maternity setting
- **Face** - wear a face covering for the duration of any visit or appointment, ensuring your mouth and nose are covered at all times.
- **Space** - maintain social distancing, unless receiving direct care from staff
- Do not attend if you have any symptoms of COVID-19. Please contact your midwifery team for routine appointments, or Delivery Suite on 01803 654631 for urgent or emergency issues who can advise you where to attend

We are extremely sorry that we have had to take this action, but we need to reduce the circulating virus to protect lives and maintain the services provided by the NHS. This is a very challenging time for everyone and would thank you in anticipation for your co-operation in keeping everyone safe.

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## New Government guidance to support safe care home visits during lockdown

Care homes will be encouraged and supported to provide safe visiting opportunities as new national restrictions come into effect.

- Visits should be tailored to residents and facilities and should prioritise residents and staff's safety to limit the transmission of COVID-19
- Care homes, especially those who have not allowed visits since March, will be encouraged and supported to provide safe visiting opportunities as new national restrictions come into effect
- Measures put in place should provide COVID-secure opportunities for families to meet using visiting arrangements such as floor to ceiling screens, visiting pods, and window visits

All care home residents in England should be allowed to receive visits from their family and friends in a COVID-secure way – with social distancing and PPE – following new guidance to be used while national restrictions are in place from Thursday 5 November.

The guidance will enable care home providers, families and local professionals to work together to find the right balance between the benefits of visiting on wellbeing and quality of life, and the risk of transmission of COVID-19 to social care staff and vulnerable residents.

It will set out clear principles for how visits are conducted – with arrangements to be adapted from home to home, based on the needs of their residents and taking into consideration factors such as layout and facilities – and reiterates the importance of ensuring social distancing and proper PPE use is observed.

Options for safe care home visits in line with the guidance could include:

- visits using COVID-secure visiting areas/pods with floor to ceiling screens and windows where the visitor and resident enter through different entrances, are separated by screens and visitors do not need to enter or pass through the care home
- visits at windows, where the visitor doesn't need to come inside the care home or where the visitor remains in their car, and the resident is socially distanced
- outdoor visits with one other person – visitors can meet outside with a loved one, in areas which can be accessed without anyone going through a shared building
- further support for virtual visits, encouraging the use of video calls

Plans are currently being developed to allow specific family and friends to visit care homes supported by testing. A sector-led group is overseeing the development of these plans with trials set to begin later this month.

A new national programme for weekly testing of professionals who regularly visit care homes, including community nurses and physiotherapists, will also be rolled out in the coming weeks following a successful pilot in Cambridgeshire, Peterborough and Northamptonshire.

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## Get your flu jab!

Flu spreads easily and you could have it without any symptoms. You might think it's 'just the flu', but it kills on average 11,000 in England each year and hospitalises many more.

Adults at high risk from flu are also most at risk from coronavirus (COVID-19), and research suggests that the risk of death more than doubles for people who catch both.

So the free flu vaccine is more important than ever to help protect people in Devon from a double threat this winter and ease pressure on the NHS.

People aged 65 and over, those with long-term health conditions and pregnant women will be offered the flu vaccine first through their GP or pharmacy, along with two and three-year-old children.

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All primary school children and, for the first time, Year 7 children will be offered the flu 'nasal spray' in schools to reduce community transmission.

The flu vaccine will also be offered to household contacts of people on the NHS Shielded Patient List and all health and social care workers who have direct contact with the people they care for.

Once the most at-risk groups have had their free flu jab, the newly eligible 50 to 64 year olds will be invited to get theirs later in the season.

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## Course for Unpaid Carers

Carers Services are offering a selection of courses to unpaid Carers starting in November. If you would like to book onto any of the courses below, which are starting from next week, please ring (01803) 666620. If you would like to view the full list of courses offered please go to:

<https://www.torbayandsouthdevon.nhs.uk/services/carers-service/courses-for-carers/>

### Coaching for Carers

A 5-week course, 1 hour 30 minutes per week

Coaching creates a space where you can explore your current situation, the balance of your life and what dreams or aspirations you might like to explore. Life can get very busy, especially as a carer, so making some time for yourself is paramount.

This course will cover the following areas:

- Gaining clarity in life's busyness/the wheel of life exercise
- The 3 Principles
- How to manage your thoughts more effectively; enhancing peace and wellbeing
- Discover your true talents and create your goals
- How your values affect your choices

<b>Date</b>	Thursday 19th and 26th November, Thursday 3rd, 10th and 17th December <input type="checkbox"/>
<b>Time</b>	1pm - 2.30pm
<b>Venue</b>	Virtual (you will need a computer or a tablet with a camera)

### AROMATHERAPY

Two 1 hour sessions online

A free introductory class via Zoom; How essential oils can help you live a happier healthier lifestyle. We will be discussing the importance of good quality oils, 3 cool things about using essential oils and how to use them safely in your home. There will be plenty of opportunity within this hour to ask any questions. With an opportunity at the end to trial samples via post. Please book your place direct with the Course Tutor by emailing [rominaholistic@gmail.com](mailto:rominaholistic@gmail.com).

<b>Date and time</b>	Wednesday 18th November, 10am - 11am or Wednesday 25 November, 4pm - 5pm
<b>Venue</b>	Training is online. You will need a computer or tablet for this workshop

## Emergency First Aid

A 3-hour course

This course has been specifically designed for carers to cover key areas that family carers need to learn.

The course will be practical and give carers the chance to discuss their particular needs.

This session covers:

- Dealing with incidents
- Basic resuscitation
- Heart attacks and strokes
- Burns, scalds
- Poisoning, choking
- Shock, bleeding, fractures and management of the unconscious casualty.

<b>Date</b>	Tuesday 24 November 2020
<b>Time</b>	10am - 1pm
<b>Venue</b>	Torquay Library

# Update

Helping people stay well, supporting those in need



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NHS Foundation Trust

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## Follow the Trust on social media

Click on the icons to view our social media profiles. Please follow us to receive our latest updates in your social media news feeds. You will find personal and professional stories from our staff, our patients and news about your local services.



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