

Issue 26: April 2021

## Latest news from Torbay and South Devon

We are sending this update to keep you informed about what is happening in Torbay and South Devon NHS Foundation Trust as well as some more general health and care information that you might find useful. Please feel free to share this 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)

Future editions will be sent out on the third Friday of each month.

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](#)

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## COVID-19 Information Update

We are seeing COVID-19 cases continue to fall which is allowing us to reduce the capacity we have had to make for people who are unwell with the virus. We are now able to step back up more and more services. However, COVID is still in communities and we must continue to be vigilant and continue to ensure social distancing, mask wearing and good hand hygiene. Please remember this when you visiting any of our sites.

Please visit our [COVID-19 information page](#) to see the latest information. If you are having difficulty contacting a specific service or ward, or locating a family member in hospital, please contact our switchboard on 0300 456 8000.

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## Visiting restrictions eased

We are pleased to be able to safely welcome visitors back to our wards to see patients. However, it is really important that we do this in a way that keeps everyone as safe as possible.

In line with the national guidance and the easing of lockdown restrictions we will be introducing a one visitor, one patient, one hour, one day system.

Each patient will be asked to nominate a named visitor who will be able to visit once a day for one hour. Each visitor will be allocated an individual visiting time to make sure that we can safely manage the number of visitors to each ward. We appreciate

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that people's circumstances can change so please do discuss any changes or individual needs with the relevant ward manager.

We will need your continued support to get this right and keep our patients, our staff and our visitors as safe as possible.

Please help us to help you and your loved one by:

- Arriving and leaving in time with your allocated visiting time
- Washing your hands or using the hand sanitizer when you arrive and when you leave and wearing your face mask at all times when in our buildings
- Submitting your details to NHS track and trace every time you visit
- Updating your family and friends after your visit

## **Maternity visiting arrangements**

We are now able offer our pregnant women the opportunity to be supported at a range of appointments by their nominated supporter/partner in line with the latest advice and guidance.

This will be done with the help of lateral flow testing which help identify positive COVID-19 cases. Details of how to obtain a test are below.

## **Appointments**

With a COVID-19 negative result and no symptoms of COVID-19, your nominated supporter/partner will be able to accompany you to:

- Maternity Ultrasound Scans, including growth scans and rescans
- Midwifery / Consultant Appointments in Antenatal Clinic at Torbay Hospital
- Antenatal appointments within community settings – please note this may be subject to waiting space within certain settings and supporters/partners may be asked to wait in their car/outside.
- John MacPherson ward
  - Mothers admitted during the antenatal period, including induction of labour between 9am and 5pm
  - Postnatal mothers and babies between 9am and 5pm
- One supporter/partner for the duration of labour on delivery suite
- Postnatal appointments

We still require mothers attending the maternity assessment unit for Glucose Tolerance Tests and other investigations to attend alone at this present time.

## Lateral Flow Testing

We are asking all pregnant women and their nominated supporter/partner to undertake twice weekly lateral flow tests at home. When you attend for any appointment, you will be asked a number of screening questions about symptoms of COVID-19 and also asked to show evidence of your latest negative LFT result (text or email).

Lateral Flow Tests can be obtained freely. Please follow link below to show where your nearest location to collect the test pack: <https://maps.test-and-trace.nhs.uk>

Lateral flow tests are quick and simple to complete. The test strip is very similar to a pregnancy test and provides a result within 30 minutes. Each test pack comes with a set of instructions. Once you have the result, you will need to register it immediately with the Government results service. You will need to have the serial number which is written on the test strip to register the result. This can be accessed online: [www.gov.uk/report-covid19-result](http://www.gov.uk/report-covid19-result)

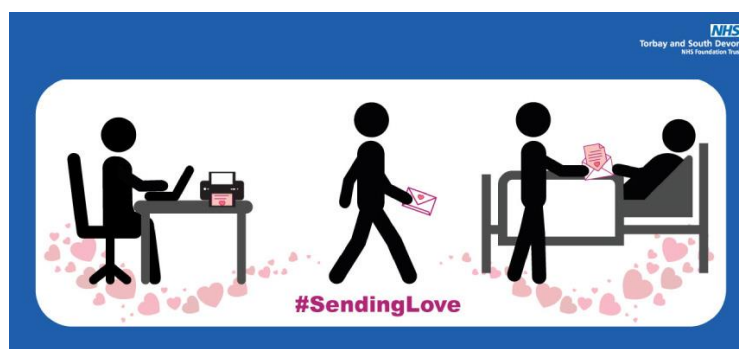
This will then generate an email and text message which provides a copy of your result that you can show when attending for appointments. Please contact your midwifery team if you do not have access to technology to enable you to register your results.

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## Sending Love

We understand that limited visiting will mean there will still be people who are unable to visit a loved one, which is why we have a service to help you stay connected.

Through our 'Sending Love' scheme, you can now send a message / letter and, if you wish, a photograph to a loved one while they are an inpatient in one of our hospitals. We will then print and hand deliver your message to your loved one to help you stay in touch. If necessary, we can also read your message out loud to your loved one.



For more information of how to send a message click [here](#)

We will continue to regularly review our visiting arrangements in line with NHS and Government guidance and local public health advice.

## Work begins on new £15million Acute Medicine Unit at Torbay Hospital

A socially distanced, ground-breaking ceremony has taken place at Torbay Hospital to mark the official start of construction on a new £15million Acute Medicine Unit (AMU). This Unit is really important in helping to ensure that patients who need care in an emergency can have it as comfortably as possible.

The current AMU has 26 assessment spaces for patients, whereas the new facility will see this increase to 52 assessment spaces. The new unit will ensure that patients receive timely, high quality care, in the right place.

The exciting project will see the hospital receive a modern and fit-for-purpose AMU which will be split over two levels. This will allow for patients with different levels of care to be treated in the most appropriate setting.

Kier (the appointed contractors) are now onsite with the building works anticipated to last for 12 months.

During the construction there will be temporary changes regarding access to the Outpatients Department on Level 2. New signage is in place to help direct patients and staff, and volunteer Wayfinders will be on hand to assist with directions. Patient letters have been adjusted to reflect the changes.

For more information on the changes for accessing Outpatients, please visit our website: [www.torbayandsouthdevon.nhs.uk](http://www.torbayandsouthdevon.nhs.uk)

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## Dr Cathryn Edwards appointed as the first female registrar by the Royal College of Physicians

We are proud to share with you that Dr Cathryn Edwards, consultant physician and gastroenterologist who joined Torbay Hospital in 2002 has been announced as the first female registrar for the Royal College of Physicians – the first woman to hold the post in over 500 years.

The role of registrar at the Royal College of Physicians is a key leadership position and one of national importance in healthcare.

This is not the first time that Dr Edwards has been a trailblazer in terms of gender equality in medicine, having been the first female secretary of the British Society of Gastroenterology and its second only female president.



## Not yet vaccinated against COVID-19?

We, in collaboration with University Hospitals Plymouth, will be running a COVID-19 vaccine study which will open soon.

The study needs volunteers over 18 who have not yet been offered a COVID-19 vaccine and are willing to travel to Plymouth to take part. To find out more or register your interest please email [plh-tr.contactvaccinestudy@nhs.net](mailto:plh-tr.contactvaccinestudy@nhs.net)

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## People aged 45 to 49 are now encouraged to book a COVID-19 vaccine

Due to the incredible efforts of vaccination teams across the country, including here in Devon, the government has confirmed that everyone in priority groups one to nine (those aged 50 and over, health and care workers and clinically vulnerable) have now been offered a vaccine.

The latest figures show that more than 650,000 people in Devon have been given their first dose of the vaccine, which includes 90 per cent of all adults aged over 50 years old.

Anyone aged 45 to 49 years old can book an appointment through the [NHS booking service](#).

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## Free rapid COVID-19 tests

Alongside the vaccination rollout, regular testing of people without symptoms of coronavirus is at the heart of easing restrictions and reopening society and the economy safely.

It's so as many positive cases as possible can be found and isolated to stop the virus spreading, particularly as one in three people don't know they've got it as they don't have any symptoms so could be passing it on without realising.

That's why every adult in England is being encouraged to take a free rapid COVID-19 test (known as a lateral flow device (LFD) test) twice a week. They are easy, quick and convenient, and the results are usually available to you within the hour.

There are a range of locations across our area where you can get tested or collect a home testing kit.

For more information about testing in Torbay check [here](#) and for the Devon County Council are check [here](#)

You can also [order home-testing kits from the NHS by post](#) or collect home-testing kits from [NHS testing locations, and any of the 133 pharmacies that are part of the Pharmacy Collect scheme so far.](#)

If the test is negative, you can carry on with your day while still following the public health guidance about social distancing, hand washing and wearing face coverings. If the test is positive, you need to self-isolate immediately and [arrange a confirmatory PCR test via the NHS.](#)

These rapid lateral flow tests are to be taken regularly if you do not have any symptoms of coronavirus. If you do develop any symptoms, you should immediately self-isolate and [arrange a PCR test via the NHS.](#)

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## COVID-19 restrictions - what can I do now?

We are now able to do a little bit more as COVID-19 restrictions continue to ease [in line with the government's roadmap.](#)

Residents across Devon have been visiting local high streets, getting back to the gym, enjoying beer gardens and sorting out lockdown locks with long awaited haircuts.

However, many restrictions remain in place, and are underpinned by law.

You must not socialise indoors with anyone you do not live with, unless you have formed a support bubble with them, or another exemption applies. Stick to meeting outdoors for now, in groups of up to six people or two households of any size.

[Find out more about what you can and cannot do at the moment on the government website.](#)

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## Think 111 First

We know it can be difficult to know what to do and how to get the best help and treatment when you or a loved one are feeling unwell or suffered and injury. But if it is not a life-threatening emergency please do call 111 or got [www.111.nhs.uk](http://www.111.nhs.uk) first where you can get quick expert advice.



## CLICK OR CALL 111 FIRST

**Feeling ill or injured, but it's not life-threatening?  
Not sure where to turn?**

If you think you need to go to A&E, call 111 first or visit [111.nhs.uk](https://111.nhs.uk)  
Get the care you need 24 hours a day, 7 days a week

**Protect others, protect the NHS, think 111 first**



### What would you like covered?

Originally the aim of this Update was to bring you the latest information relating to our COVID-19 response so that you could be aware and share with others the latest information. While that certainly has not gone away as the Government's roadmap unfolds we are hopefully moving to more settled times.

We will continue to keep you up to date with developments and changes in our health and care services and we also want to engage you more on our vision and how we want to work with local people to achieve this. But we want to ensure that this Update is as useful for you as is possible. What would you like to know more about? What are we missing? And, of course, are there things that you don't want to hear about that we are currently including.

Please do email [communications.tsdf@nhs.net](mailto:communications.tsdf@nhs.net) and let us know what you think.  
Thank you.

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# Update

*Working with you, for you*



**Torbay and South Devon**  
NHS Foundation Trust

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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 and working with us opportunities.



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