

**Issue 6|15 May 2020**

## **Introduction**

**As part of efforts to keep you informed, NHS Fife is issuing a weekly update dedicated to our response to the Coronavirus pandemic. This weekly briefing is circulated to NHS Fife Board members and Fife’s MPs, MSPs and local Councillors.**

##### This digital update includes information on matters including planning and resilience, operational updates, along with signposting to the latest media updates issued by NHS Fife to ensure clear, consistent and timely sharing of information. Updates are also issued on our new public facing Coronavirus micro site ([*http://coronavirus.nhsfife.org*](http://coronavirus.nhsfife.org)) which provides a hub of information and advice as well as our established, Facebook, Twitter and Instagram pages.

## **Stay in touch**

##### NHS Fife tries at all times to be open and transparent with elected members. However, we need to manage enquiries to ensure that urgent work is not disrupted. To help you and to help us we are asking that all emails are directed in the first instance to a central email address. To ensure accurate and timely responses all political enquiries - letters and emails - should be directed to the NHS Fife Chief Executive Office for response and co-ordination. Enquiries should be emailed to a dedicated email address: [**fife-uhb.chiefexecutive@nhs.net**](mailto:fife-uhb.chiefexecutive@nhs.net)

The Chief Executives’ Office will formally acknowledge receipt of all letters and emails and coordinate a response from services to ensure that all enquiries are responded to in a timely manner. Elected members are politely asked not to approach services directly for responses and instead direct all enquiries to the Chief Executive’s Office.

Also, during this busy period can we ask that you make use of the excellent public information available on NHS Inform and the Scottish Government website and only come to us if the request relates to Fife specifically. Letters/Emails sent from MPs, MSPs and Councillors or others making a complaint on behalf of an individual constituent are dealt with separately through the formal complaints procedure via Patient Relations and should be emailed to: [**Patientrelations.fife@nhs.net**](mailto:Patientrelations.fife@nhs.net)

## **Hot Topics**

**Overview of healthcare services at this point**

A significant amount of work was undertaken to prepare health and care services in the weeks leading up to the first positive cases of Covid-19. These measures ensured that as an organisation we remained resilient ahead of the anticipated increase in demand and allowed us to manage our services effectively, safely and efficiently as the impact of the pandemic workload was felt within our systems. Healthcare services in Fife have coped particularly well and this is in no small part down to the hard work and professionalism shown by healthcare staff across the length and breadth of Fife over a number of months. Crucially, while we are now likely beyond the peak of Covid-19 activity in Fife, we continue to work hard to ensure that our services remain agile to meet the urgent and emergency health needs of the people of Fife. Local people have shown great understanding as we made the necessary changes to our services, and their actions in following the Scottish Government’s guidance on physical distancing and the ‘Stay at Home’ messaging have played a significant role in slowing the spread of the virus thus far, and in turn reducing the numbers requiring admission to our hospitals. We remain vigilant and prepared as an organisation and as we move into a new phase of our Covid-19 response we, more than ever, need the people of Fife follow the national guidance on social distancing and take all necessary steps to limit the spread of the virus.

**Enhanced support in place for care homes in Fife**

A new multi-agency group is bringing a range of services together to provide enhanced support to care homes in Fife. In the face of the unprecedented challenge of COVID-19, a range of agencies are working together to provide enhanced support to care homes in Fife. As has been widely reported, care homes across the UK have been affected by outbreaks of coronavirus, and Fife is no different. Sadly, there have been 59 COVID-19 related deaths in our care homes since the start of the pandemic. To support care homes to reduce the spread of the virus, a range of measures are in place:

* A new Care Home Oversight Group has been established to oversee the provision of additional resources such as personal protective equipment (PPE), provide rapid testing where it is needed, and offer expert guidance and support to Fife’s care homes.
* The testing of individuals for COVID-19 has been extended to support care homes in limiting the spread of the virus. All of those admitted to a care home from their own home will now be tested before or on admission to a care home and will be cared for in isolation for 14 days thereafter.
* All consenting staff and residents in care homes where COVID-19 is known to be present will be tested regardless of whether or not they are displaying symptoms. A mobile COVID-19 testing team is supporting this effort and providing additional testing capacity for residents and staff. We undertake this testing based on a full risk assessment and prioritise those care homes that we think need tested first. We have had lots of correspondence about this from elected members and would like to reassure you all that we are doing this testing now in a planned and measured way to avoid any disruption to the care of our elderly residents
* The Health and Social Care Partnership’s District Nursing team is visiting residential care homes as part of their clinical duties. In addition to assessing whether homes need any additional resources such as PPE or staffing, district nurses are also supporting homes with infection prevention and control.
* Care Homes with outbreaks receive additional regular support from the Health Protection Team in Fife, often through daily contact with those care homes that have confirmed cases of and suspected cases.

**Resuscitation policy**

NHS Fife’s policy on resuscitation (DNA CPR) remains unchanged despite the spread of coronavirus and there are no protocols in place preventing staff from performing resuscitation on patients with COVID-19. The care we provide to all patients is person-centred, with any clinical decisions made based entirely on the individual and their particular circumstances.

**Personal Protective Equipment (PPE)**

NHS Fife continues to work round the clock with partners across the public sector to ensure patients and staff in both our acute and community hospitals remain protected and supported throughout this pandemic. We have established a hub to distribute quantities of personal protective equipment to healthcare sites across Fife. This enables NHS Fife to provide supplies of important PPE quickly and efficiently to healthcare staff working in the Kingdom’s communities and in its hospitals. We have also been inundated with donations from the public and have recently produced 3D printing specifications for small plastic clips that are both extremely useful and not subject to the same safety requirements as other items.

**Extending capacity going forward**

While we continue to deliver the most urgent and emergency non COVID-19 patient care during the peak of this pandemic, we are currently working up proposals on how to safely expand this capability, whilst at the same time being mindful of the enhanced infection and prevention measures required as a result of COVID-19. We appreciate that there is a degree of urgency to remobilise some of our services and we are working in collaboration with regional partners and the Scottish Government to ensure this process is clinically led, safe and patient centered.

## **Media**

**Video message highlighting changes to dental services**

To raise awareness around changes to dental services and urgent dental care, NHS Fife has published a short video on our social media channels. The video outlines how those with dental issues are able to access the most appropriate treatment and highlights that there are six urgent care centres operating throughout Fife for those who have an urgent issue. The video is also on YouTube and can be viewed here: <https://youtu.be/1ax_NuPcPXs>

**International Nurses Day 2020**

NHS Fife celebrated International Nurses Day 2020 on Tuesday. International Nurses Day is an annual celebration held on the birthday of nursing pioneer, Florence Nightingale. This year’s theme was ‘shine a light’ to recognise the efforts of nursing professionals around the world as they help to tackle coronavirus. In a video message from our Chief Executive, we asked the public to join with us in a show a solidarity and ‘shine a light’ from their window that night.

**Millions watch Fife’s first ventilated COVID-19 patient being discharged from hospital**

On Sunday night, NHS Fife shared a post from the daughter of Brian Herd, who spent 21 days on a ventilator at the Victoria Hospital following a diagnosis of COVID-19. We were delighted to learn that Brian had made such great progress at home and is continuing his recovery journey. Brian was the first COVID-19 patient in Fife to be successfully discharged from hospital following intubation. Our nursing team on Ward 42, where Brian spent a large portion of his time, captured the moment he left hospital and what it meant to everyone involved in his care. This video was shared on our social media and received international news coverage and has so far been watched by 92 million people.

**Message to the children who have lent us their family members during COVID-19**

On Wednesday, NHS Fife published an animated video thanking children for sharing their loved ones with us as we continue to respond to COVID-19. The video, which was shared on our social media platforms, featured a message from Chief Executive, Carol Potter, and spoke directly to youngsters in simple terms, offering hints and tips for coping physically and mentally during lockdown. The video can be viewed here: <https://youtu.be/-TjkFp2uGmc>

**Donation from Leven Rotary Club**

The Children’s Unit at the Victoria Hospital received a donation of 44 rainbow bags from the Leven branch of the Rotary Club. The rainbow bags contain a range of items to keep children busy - including games, DVDs, toiletries and other treats - and have been given to patients who are currently being cared for in isolation.

**Permanent thank you message painted at entrance to Victoria Hospital**

Cowdenbeath based company, ‘Wright Line Road Markings Ltd’, have painted a permanent thank you message – complete with rainbow – at the entrance to the Victoria Hospital. Wright Line got in touch via social media wanting to channel their expertise to create a lasting legacy of thanks at the Victoria Hospital. The area was chosen specifically so that patients and staff can enjoy the painting on their way into work and from the windows of wards. A video of its creation can be viewed on our social media channels.

**Donations and offers of support**

An updated section of the NHS Fife Coronavirus micro site has been launched to outline the process for members of the general public and organisations wanting to assist NHS Fife’s response to the Coronavirus pandemic in relation to donations and offers of help - including supplying PPE. For more information, visit: [**https://coronavirus.nhsfife.org/donations-and-offers-of-help/**](https://coronavirus.nhsfife.org/donations-and-offers-of-help/)

## **Clinical updates**

**Changes to services/visiting arrangements**

The latest information around changes to services, access and visiting can be found in a new area of our new micro site: <https://coronavirus.nhsfife.org/changes-to-services/>

**Update to neonatal visiting**

Both parents are now able to visit their baby on the Neonatal Unit, providing their baby is within the green area of the unit and both parents are symptom free for COVID -19. Social distancing measures are strictly employed throughout the unit and parents are requested to discuss these with the staff caring for their baby.

**Palliative care support lines**

A number of palliative care support phone lines have been launched to support patients, families and carers and health and care professionals in Fife during COVID-19. These phone lines will augment existing arrangements for palliative care provision where care is community-based:

**24 hr Fife Palliative Care Support Line** (for rapid access to nursing or medical support) – contact details provided to patients on an individual basis.

**24 hr Fife Specialist Palliative Care Service** (for advice, assessments, reviews and the coordination of hospice admissions) – 01592 729246

**Accessible information and translation**

NHS Fife continues to provide interpreting and translation services for patients despite there being no face to face interpretation at this time. Along with nationally allocated assets, we have published a suite of COVID-19 resources in a number of formats, including:

* British Sign Language
* Easy Read translation
* Foreign language leaflets
* SMS text service for those who may be deaf, hard of hearing, or are unable to speak in the phone due to impairment.

These assets and further information can be found at <https://coronavirus.nhsfife.org/accessible-informationtranslation/>

## **Workforce updates**

**StaffLink – the new NHS Fife Staff App**

NHS Fife has launched its new staff app – StaffLink. StaffLink ensures our workforce have the important news and information they need at their fingertips, whether they are at work or at home. They can also access key guidance and documents quickly and easily to help them in their daily roles. Secure and free to use, the app is easily accessible on their work or personal smartphone, tablet and desktop, and has already been downloaded by around half of our workforce. We are extremely encouraged by the level of engagement on the app and view it as a cornerstone of the way that we will communicate with our workforce going forward.

**More staff support hubs now open across Fife**

Staff Support Hubs have opened across Fife, providing calm and welcoming spaces for all staff to take time out from work. Staff are encouraged to use them quiet spaces with no need for interaction, however, a variety of easily accessible resources are also available for use, with colleagues on hand to provide support. Refreshments are also available. They are available at:

* Maggie’s Centre, Kirkcaldy
* Queen Margaret Hospital
* Lynebank Hospital
* Whyteman’s Brae
* Stratheden Hospital
* Randolph Wemyss Memorial Hospital
* Cameron Hospital

Staff spaces are being rolled out at Glenrothes Hospital, with further healthcare sites also looked at.

**Mobile testing for staff**

Mobile testing, where the testing team visits a staff member at home to take a sample, is available Monday to Friday. It was set up to respond to requests from social care staff, many of whom do not drive. A mobile testing appointment will only be considered if:

* They meet the testing criteria set out in protocol, **and**;
* They live within Fife, **and**;
* The staff member / household member has no access to their own transport, **and**;
* They do not have a household member living with them that can drive them to a drive-through appointment

The mobile testing service will be subject to review depending on demand and capacity of the testing team but is coping well with the additional requests for mobile testing that have been received.

**Staff mindfulness sessions**

As part of NHS Fife’s ‘Going Beyond Gold’ project for staff wellbeing we are offering all staff the opportunity to take part in free 45 minute online mindfulness sessions, in the comfort of their own home or office. These sessions introduce staff to short mindful meditations and tips to help them step out of their busy mind and become more present and grounded in their body, as a way to manage health and wellbeing in these unique times.

**Recruitment area on coronavirus micro site**

As part of ongoing Covid-19 resilience, NHS Fife is recruiting additional staff to complement its existing workforce. Details on how we are recruiting to these additional roles can be found on our dedicated Coronavirus micro site at [**https://coronavirus.nhsfife.org/opportunities/**](https://coronavirus.nhsfife.org/opportunities/)

**Public Health Update**

**Covid-19 local data**

There have been a lot of enquiries about Covid-19 data and what is available at a Fife level. Most of the data published on Covid-19 is published at a Scottish level, but there is some local data published and updated daily.  You can find the number of confirmed cases, people in hospital and ICU in Fife here: <https://www.gov.scot/publications/coronavirus-covid-19-daily-data-for-scotland/>

Local information around deaths is published weekly by National Records Scotland at 12 noon on a Wednesday; this includes a breakdown by setting, and is sourced from all death registrations. This data can be found at: <https://www.nrscotland.gov.uk/covid19stats>

We have produced a handy info graphic that we publish every week on the Know Fife website summarising the above data: <https://know.fife.scot/2020/05/14/covid-19-weekly-data-update-13th-may-2020/>

**Test trace isolate support programme (TTIS)**

This is the name of the Scottish approach to introduce widespread community testing and early identification of people at risk of transmitting the virus to others in their households, during their commutes, at workplaces, and leisure locations. This is the next critical public health approach as we look towards a phased easing of the current population lockdown situation. The Scottish Government laid out the approach on 4th May in [TTIS-a public health approach to maintaining low levels of community transmission of COVID\_19 in Scotland](https://www.gov.scot/publications/coronavirus-covid-19-test-trace-isolate-support/). Each step – Testing, Tracing, Isolation and Support for those who need it whilst in isolation is crucial. Fife along with two other Health Board areas has been chosen to test the details of the processes required to deliver this programme. It is hoped that the service will be up and running in all Health Boards by the end of May and will gradually build up over June as the need for the service increases. This programme will initially involve Public Health staff contacting Fife residents whose COVID-19 tests report as positive, identifying those with whom they have been in close contact and then following up those named contacts to advise them to self isolate. The programme will increase in scope over following weeks and we will update you each week on its progress.

**Covid-19 surveillance work**

In order to help us understand more about COVID-19, NHS Fife is participating in a Health Protection Scotland (HPS) strategy to gather information. This will enable HPS to measure how effective public health interventions are, such as lock down, social distancing and shielding. It will also help HPS understand how well Scotland is flattening the curve of the pandemic. This will help prevent illness and save lives. There are several programmes coming on stream to help HPS gather information. The first to launch is the Community Programme, which is an adaptation of the routine GP Influenza surveillance scheme. This will gather 1000 samples every week from across Scotland from people who have COVID-19 like illness. HPS aims to gather 500 samples from people who have attended clinical assessment centres, and 500 samples from people who have been triaged by the COVID-19 telephone triage hubs. You can find out more about this programme here:

<https://www.hps.scot.nhs.uk/web-resources-container/enhanced-surveillance-of-covid-19-in-scotland-community-surveillance-protocol/>

## **National Guidance**

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| **Health Protection Scotland Guidance**  Available at:  [www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19](http://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19) |
| **Information and Guidance for Non-Healthcare Settings**  <https://hpspubsrepo.blob.core.windows.net/hps-website/nss/2973/documents/1_COVID-19-Guidance-for-non-healthcare-settings.pdf> |
| **Information and guidance for social or community care residential settings**  [www.hps.scot.nhs.uk/web-resources-container/covid-19-information-and-guidance-for-social-or-community-care-residential-settings/](http://www.hps.scot.nhs.uk/web-resources-container/covid-19-information-and-guidance-for-social-or-community-care-residential-settings/) |
| **Ready Scotland Information**  <https://www.readyscotland.org/coronavirus/> |
| **NHS Inform**  [www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19) |
| **NHS Inform Covid-19 translated materials**  NHS Inform has created a toolkit of accessible versions and translated Coronavirus information.  [Download the Coronavirus (COVID-19) communication toolkit (ZIP, 20 MB)](https://www.nhsinform.scot/media/3011/coronavirus-communication-toolkit-18032020.zip)  [Download translated versions of our COVID-19 posters (ZIP, 22MB)](https://www.nhsinform.scot/media/3021/coronavirus-covid-19-posters_-7_-languages19032020.zip) |
| **Free Helpline for those who do not have symptoms**  A free helpline has been set up for those who do not have symptoms but are looking for general health advice Tel: 0800 028 2816. |
| **Helpline for small businesses**  A helpline providing businesses across Scotland with advice and guidance on COVID-19 is open Monday to Friday, between 8.30am to 5.30pm.  Tel: 0300 303 0660. |

*Issued by NHS Fife Communications, information correct at: 15/05/2020*