



Vale of York
Clinical Commissioning Group



Weekly bulletin for Care homes and care sector partners

Monday 13 August 2018



Next meeting

When - Wednesday 12 September 2018, 1.30 - 4.30pm.

Where - York Sports Club, Clifton Park, Shipton Road, York YO30 5RE.

A calendar invitation has been sent, please feel free to forward onto any colleagues who would be interested in attending. Please confirm your attendance by accepting the invitation, emailing sam.varo@nhs.net or phone 01904 551 773.



Hydration guidance relating to older people and care settings

NHS England have put together some very useful advice below to help keep older people healthy and hydrated in the recent hot weather, if you have any tips or advice of your own please let us and gil.ramsden@nhs.net at NHS England know and we will share in future Partners in Care and Care Together, Share Together bulletins.

There are no recommended guidelines for water intake, but the general rule is around 6-8 glasses (1.5 – 2 litres) per day, on top of what comes from food naturally. However, as you will be aware, it is a challenge to achieve this among older people, especially if they are frail. If you are looking after this group of people, aim for optimal hydration; this means achieving the best oral fluid intake possible under the present circumstances, even though that may not be 6-8 glasses/day. All fluid except alcohol counts, including water, tea, coffee, milk and fruit juice. The links below contain lots of guidance and Public Health England have produced the poster attached with useful guidance for home care and care home colleagues.

It is also important to recognise that Care Quality Commission Standards apply to hydration as well as nutrition and focus on identification and assessment, monitoring fluid intake and care. These include:-

- Staff identify when a person is at risk of dehydration
- Those identified as at risk have their fluid intake monitored

- Hydration requirements are identified and reviewed, and communicated
- The care plan identifies how the risks will be managed
- People we care for can be confident staff will support them to safely meet their drinking needs

Some additional sources of information:

Information Source	Brief Summary
<u>Age UK: staying cool in a heatwave</u>	Age UK outline how to stay cool in a heatwave, including skin protection, avoiding dehydration and heat stroke
<u>Food Fact Sheet: Fluid</u>	The British Dietetic Association (BDA) outlines how much fluid to drink, what kinds of fluids and how to tell when it isn't enough
<u>Hydration Tips for Seniors. Jennifer Leeftang, Partners in Care</u>	The Ageing Care newsletter outlines why seniors are at risk and includes useful information about food with a high water content
<u>The Hydrate Toolkit: Improving hydration among older people in care homes and the community</u> <u>Academic Health Science Network</u>	The AHSN packs have great list of symptoms of dehydration to watch for and goes onto advice how to include in to daily routines.
<u>Heatwave plan for England: Supporting vulnerable people before and during a heatwave – advice for care home managers and staff</u>	This factsheet uses the information detailed within the Heatwave plan. It builds on expert advice from the WHO and the EuroHEAT project in developing other national heatwave plans. It is part of a national programme to reduce the health risks by advising people what to do in the event of a heatwave, before it happens.
<u>Heatwave plan for England: Supporting vulnerable people before and during a heatwave – advice for health and social care professionals</u>	This factsheet is part of a national programme to reduce the health risks by alerting people to the dangers and encouraging them to plan in advance what to do in the event of a heatwave.



Training opportunity

What – Care Workers and Care Agencies Training Engagement Day

When - Tuesday 28 August, 9.30am – 12.30pm

Where - MEC Room 3, York Hospital

This event is sponsored by a continence products supplier. It offers an open forum for any questions and concerns. If you unable to attend but would like some information call Claire Harris 07970 484483 or email Claire.harris@hartmann.info



Patient Transport Bookings Information

Please find attached a document from Yorkshire Ambulance Service NHS Trust, outlining the process of how to make bookings as well as the questions that will asked to assess a patients eligibility to travel.

End of life care survey 2018



We are working with partners to create an end of life care strategy that strengthens our commitment to improve and develop end of life care and support services.

We are asking people to complete a questionnaire using the six ambitions (taken from Ambitions for Palliative and End of Life Care: a national framework for local action 2015-2020). From these six ambitions we have created 'I' statements to help us capture what we do well as a health and social care system, and what is still needed to realise these ambitions.

We would like to capture the experiences of anyone:

- nearing the end of their life -
<https://www.surveymonkey.co.uk/r/SX3SH5W>
- who cares for a family member, friend or neighbour at the end of their life -
<https://www.surveymonkey.co.uk/r/SXYQVYD>
- who works with people at the end of their life in a professional capacity –
<https://www.surveymonkey.co.uk/r/5CLR2LR>

We will use your responses to inform the content of the strategy and create a Citizens' Charter that reflects the needs of people across the Vale of York.

Thank you for taking the time to complete this questionnaire. Please ensure that we receive your completed survey by Friday 7 September 2018.

To request this document in a different language or format, or for any more information please email voycg.engagement@nhs.net.



Pressure ulcer prevention

Attached is the August edition of the React to Red newsletter.

Well done to the nine homes in our area that have completed React to Red training, and the further 26 also working their way through.

Special congratulations to Highfield, The Hall, Lake and Orchard and Lime Tree House who are the latest homes to become 100% trained up.

Action

To get involved in the programme contact h.degnan1@nhs.net or christopher.pomfrett@nhs.net

To read the further editions of the React to Red Newsletter and to find out more information, the website can be found through [this link](#).



Our health heroes awards 2018

The National Skills Academy for Health are launching their "Our Health Heroes" awards for 2018. If you have a member of staff or colleague who you think deserves recognition and qualifies for any of the categories below, then please get nominating.

- Operational Services Support Worker of the Year
- Clinical Support Worker of the Year
- Apprentice of the Year
- Workforce Planning Team of the Year
- Integrated Team of the Year
- Staff Retention and Well-Being Employer of the Year
- Lifetime Achievement Award

The process for nominations opens on 10 August 2018 and closes on 16 September 2018, with the ceremony taking place on Friday 23 November 2018 at London's OXO Tower.

Action

To nominate please visit: www.skillsforhealth.org.uk/ohh-2018-pre-launch and send a copy of your nomination to Carly McIntyre, at Health Education Yorkshire at carly.mcintyre@hey.nhs.uk



Free workshop: Greater resilience, better care

Developing the resilience of your workers is one of the key ways to retain workers with the right values and behaviours. Skills for Care in partnership with Vale of York CCG are hosting a one day workshop on how you can develop resilience in your workplace. The training will take place from 10am -4pm on Tuesday 18 September, at West Offices in York.

Action

All spaces on this session have been taken. However applications to join the waiting list can be made at

<https://events.skillsforcare.org.uk/skillsforcare/461/home>



DBS checks on temporary or agency staff

Please find attached a letter of advice from City of York Safeguarding Adults Board regarding the use of temporary or agency staff in settings with vulnerable patients or residents.



Delerium Pathways

As part of our work, the CCG would be very interested in hearing from any homes who have a delirium pathway or care plan in place.

Action:

Please contact sarah.fiori@nhs.net and sarah.kocinski@nhs.net if you would be willing to share your pathway with us



Capacity Tracker

Care home bed state tool update

Please note we are updating advice for homes where bed capacity has not changed. If homes where this is the case could log in once a week and press save on “save these spare capacities button”, this will show that capacity has been updated even though the figures have remained the same. This will give assurance to care partners that your figures are up to date, and will remove the need for calls to check.

A reminder North Yorkshire County Council are now halting ring round calls for all homes in their area that have updated figures in the last 7 days. The Care Home Bed State Tool will become the primary mechanism for them to establish available bed numbers. However homes with figures that have not been updated within 7 days will still receive calls, so all users are encouraged to log in and update figures once a week even if bed numbers have not changed.

Action

To register go to <https://carehomes.necsu.nhs.uk/> or contact sam.varo@nhs.net and sarah.fiori@nhs.net



Red Bag Working Group

As discussed at the last Partners in Care meeting, more scoping work with homes and partners is required to determine what a Red Bag Scheme for transporting documents could look like, to make it sustainable and practical.

Action

Do you have any thoughts you would like share on what you would like to see from this scheme? If so please email sarah.fiori@nhs.net



Quality in Care Homes Task Force

Alison Redhead, Registered Manager at Minster Grange led a powerful discussion at the last Partners in Care on perceptions of care homes, and what can be done to change them.

Action

Would you like to work with other partners to highlight best practice within care homes and to strive to increase pride in the sector? If so contact Alison at manager.minstergrange@lifestylecare.co.uk



Care Together, Share Together

Please find attached the July newsletter from the Independent Care Sector Leads at NHS England.



Continuing Healthcare (CHC) questions and answers

Do you have any burning questions for the CHC team? Let us know and we will feature the answers in next week's edition.

This bulletin is produced by NHS Vale of York Clinical Commissioning Group.

Do you have.....

- thoughts or comments to share?
- news that you would like to feature in the bulletin?
- items to be discussed at the next Partners in Care Meeting?

If so please contact sarah.fiori@nhs.net or sam.varo@nhs.net