



Monday 15 March 2021

What's in your Partners in Care bulletin?

This weekly bulletin provides details of training, guidance, access to past editions and lots more. There's also helpful information on the web pages dedicated to our Independent Care Provider colleagues.

[Please click here to bookmark these pages](#)

Tees, Esk and Wear Valleys
NHS Foundation Trust



Mindfulness for all Health and Care Staff

Tees, Esk and Wear Valleys NHS Foundation Trust is opening up their successful courses on Mindfulness to all health and care workers within the trust area. Mindfulness is the natural capacity we all have to bring awareness and interest to what is happening in the present moment. There is now very good evidence that becoming more mindful can support our mental health and well-being. During these difficult times, looking after ourselves as well as our residents has never been so important.



Learning mindfulness can help us to:

- Be more aware of our thoughts and feelings
- Be kinder to ourselves
- Become more accepting of how things are
- Respond more wisely to difficulties and stress

You can try a taster session (an hour and a half long) via Microsoft Teams where you will join a group led by one of the Trust's Mindfulness teachers. There will be information on what mindfulness is, some mindfulness practice and an exploration of ways that you could practice mindfulness to support your well-being. You can just do this taster session, or you can use it as a stepping stone to the full 9 week course. You can sign up for free and no prior experience is required. For more information, please email: tewv.mindfulness@nhs.net

To try an immediate taster of a Mindfulness of breathing practice, please follow the [link](#).

Patient Electronic Record Reminder

A reminder that discharge staff are not permitted to take screenshots of resident's electronic record. Therefore care providers will be required to accept results emailed from an NHS Mail account or included in the discharge documentation.

Quality Assurances of Discharges Group

The CCG is leading on work with system partners across North Yorkshire and York to gain assurance on safe discharge from hospital to community. It is been led by our Chief Nurse and will be required to evidence outcomes to gain assurance on of resident safety and quality of their experience. We would welcome any representation from colleagues in care homes and domiciliary care to join colleagues from the CCG, acute trust, community and local authorities in making this a success. If you would be interested in being involved in this work please contact sarah.fiori@nhs.net

Baseline Observation Training and Workbooks

As discussed at last weeks Partners in Care Virtual Forum, the CCG is available offer training and a workbook to support taking of baseline observation. Carrying out clinical observations can support clinical decision making and these valuable skills can be learnt in any care home setting.

Training on why and how to take blood pressure, pulse, temperature and oxygen levels (using pulse oximeters) is available virtually and face to face. There is also a supporting workbook which can be found through this [link](#). The workbook accompanies the practical element of the training. Following training the trainees will need to be observed as competent within the workplace. For more information regarding this training please contact kay.ford3@nhs.net or sam.varo@nhs.net.

Need to know

Updated Guidance and Resources

- [Testing for Professionals Visiting Care Homes](#)
- [LFD Testing](#). A single overarching guidance document has been published for On Site Testing for adult social care services. The document is practical guidance on conducting the LFD testing of : people who work in social care, professionals visiting a social care service for work, people getting care and support from social care services and people visiting someone who gets care and support has been updated to clarify that being on the Shielded Patient List does not prevent a care home resident from receiving visitors.
- [Visits outside the care home](#). Guidance first published 1 Dec 2020 for outward visits for working aged adults in care homes has been replaced with updated guidance to reflect the wider national easing of lockdown.
- [Testing for home care workers](#). The guidance has been updated to incorporate the testing guidance for PA/self-employed staff. [A one page guide](#) has been added on registering test kits for home care workers. Please can all regulated home care providers ensure staff receive a copy of this guide including your organisations UON where indicated.
- [Ventilation](#). General Coronavirus (COVID-19): guidance has been updated to include a short section on the importance of ventilation in reducing transmission



Project ECHO- Palliative Care Network

Care staff from across the Vale of York are invited to join the Project ECHO Palliative Care Network. This is an education network with teaching delivered by specialist staff from across palliative care, collaboration through ECHO will help learn, teach and share experiences to enhance Palliative Care skills. The curriculum is available through this [link](#) and topics covered will include advance care planning, pain, care in last days of life and verification of death. Places are still available on the network but will be closing shortly.

For more information please contact:

ProjectECHOTeam@stleonardshospice.nhs.uk or call 07741 734659



Kay Ford is Retiring

Kay Ford will be retiring from her post at the CCG at the end of March. Many providers and colleagues from across the care sector will know Kay from her support over the last 12 months and from training around Identification and Responding to Deteriorating Residents (Which was nominated for an award at last years Nursing Times Awards). Before that when she was involved in education and quality improvement projects across the Yorkshire and Humber for many years, and some people will even know her from when she was a district nurse.

We have already recieved many messages from providers who she has provided support to over the years. If you would like to contribute a message to Kay's card then please contact sam.varo@nhs.net

Training and Development Opportunities

NICE Webinar- Supporting Carers

**When: Thursday 25 March 2021
11.00-12.00**

The session is designed for professionals and others who support adult carers, this free webinar focuses on our [Supporting adult carers guideline](#) and [upcoming quality standard](#). It aims to improve the lives of carers by helping health and social care practitioners identify people who are caring for someone and give them the right information and support.

To book please follow this [link](#)

Wellbeing in the Workplace Webinars

RCS Wales are holding a series of webinars offering expert guidance to employers on how to support staff at this most challenging of times, and tips and tools for employees on looking after mental and physical wellbeing. Sessions include "Wellbeing in the Workplace", "Positive Thinking in the Workplace" and "Who will champion wellbeing in your workplace"

To book please follow this [link](#)

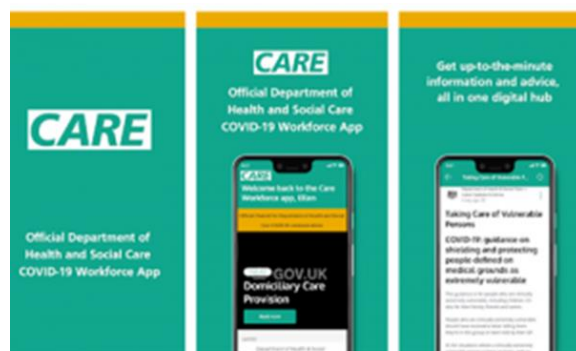
Further Information

Vacancy- Project Nurse

Working Pattern: Full Time
Pay Band: Band 6 (£31,365 to £37,890 pa)

Closing Date: Wednesday 24 March 2021

The CCG Quality and Nursing Team have a vacancy an enthusiastic and motivated Project Nurse, with proven experience and knowledge in working with Independent care providers and quality improvement. The post holder will support quality improvement programmes across Independent Care Providers within



CARE Workforce App- Your Wellbeing Matters

Wellbeing support is available through everyone working in adult social care through the CARE Workforce App. This includes free access to wellbeing resources and apps. Please follow this [link](#) which has a poster you can print off

the NHS Vale of York CCG.

Primary focus will be on supporting implementation of the Enhanced Health in Care Homes Framework and support to independent care providers across the system. The post will also support carers in the prevention, early identification and management of health conditions for clients. There will be engagement with the wider public to raise awareness and communicate strategies for the promotion of wellbeing. The post holder will be responsible for supporting the implementation of projects, delivering training to independent care providers, collating data, monitoring compliance and providing ongoing support to the projects. The post holder will provide advice, support and education to clients and their carer's.

For further information or an informal discussion please contact sarah.fiori@nhs.net or 07702 657592. The full job specification and application form can be found through this [link](#)

and display, including phone numbers and contacts for other support organisations.

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

