

This week: 8th February 2021

1. News & updates

Disposal of Lateral Flow Test (LFT) Kits

If using a LFT kit at home (domestic setting)

These can be disposed of in normal household waste - Self Test Guidance

If using an LFT kit within the care home:

- Packaging - can be placed in the domestic waste bin (Black Bag)
- Swab & Cartridge - If there is a clinical waste stream place in the clinical waste bin ... If there is no clinical waste place in offensive waste and store for 72 hours and then dispose of as per usual arrangements

Annex J: interim COVID-19 waste management measures

See sample analysis - Swab extraction

- “take out the swab while squeezing the tube and fabric end of the swab to squeeze as much fluid out as possible. Place the swab into the plastic bag provided and dispose of it in the clinical waste bin”

OFFICIAL: New Care Home Resources COVID testing pathway - Please read the following documents:

[PHE_Care_Home_Template_Resource](#)

[PHE_Care_Home_Outbreak_Testing_Pathway](#)

[Log_Request_Form](#)

[COVID-19_guidance_on_testing_and_discharge_for_hospital_inpatients_being_discharged_to_care_home](#)

- PHE NW Acute Respiratory Illness (ARI) Template Resource Pack for Care Home Version 2.0: We have developed a new look, streamlined pack to simplify the information presented and reduce duplication. Importantly, we have aimed to encourage care home staff colleagues to familiarise themselves with and work within the most recent version of the published guidance. Please localise this pack for local care home use and do encourage colleagues to sign up to receive updates for general guidance here and specific social care updates here.
- Ilog Request Form (V9): We have made some changes to make it easier for colleagues to indicate exactly which testing option is required

- PHE North West Pathway for Testing in Acute Respiratory Illness (ARI) Care Home Outbreaks SOP (v1.5) – please note that the localised ARI pack for Lancashire is also here.
- Flowchart on the application of COVID-19 guidance on testing and discharge for hospital inpatients being discharged to care homes (v2): this was previously shared on the 24/12/2020 but sharing again for information and dissemination.

Please can we ask you now to discard all previous versions of the documents above and disseminate and use these latest versions as appropriate?

Surge testing to be deployed to monitor and suppress spread of covid-19 variant- Additional testing is being made available in locations where the Covid-19 variant first identified in South Africa has been found. This will support existing extensive testing already in place, and monitor and suppress the spread of the variant. Postcodes affected are London (W7, N17, CR4); West Midlands (WS2); East of England (EN10); South East (ME15, GU21); North West (PR9). Positive cases will be sequenced for genomic data to help understand Covid-19 variants. Additional surge testing and sequencing is being deployed in a number of locations where the Covid-19 variant first identified in South Africa has been found. Testing will, in combination with following the lockdown rules and remembering hands-face-space, help to monitor and suppress the spread of the virus, while enabling a better understanding of the new variant. Extensive surveillance of Covid-19 has identified a small number of cases of the Covid-19 variant first identified in South Africa in localities across England, that cannot be traced back to international travel. All cases are now self-isolating and robust contact tracing has taken place to trace their contacts and ask them to self-isolate. Working in partnership with local authorities, enhanced testing and sequencing will be targeted within specific postcode areas. These postcodes are London (W7, N17, CR4); West Midlands (WS2); East of England (EN10); South East (ME15, GU21); North West (PR9). Every person over 16 living in these locations is strongly encouraged to take a Covid test this week, whether they are showing symptoms or not. Mobile Testing Units (MTUs) will be deployed offering PCR testing to people without symptoms who have to leave their home for work or essential reasons, with local authorities encouraging people to get tested in the area by providing additional home test kits. People with symptoms should book a test in the usual way and people without symptoms should visit their Local Authority website for more information. This additional testing will begin in these areas from Monday.

Positive tests will be sequenced to identify any further spread of the Covid-19 variant first identified in South Africa, enabling a better understanding of the variant and identifying if there are any more cases of this particular strand of the virus in the area.

In total, Public Health England has identified 105 cases of the Covid-19 variant first identified in South Africa since 22 December. All cases and their contacts have been contacted and told to self-isolate. There is currently no evidence to suggest this variant is more serious than others, or that the regulated vaccine would not protect against it.

Travel bans were already in place for countries where there is a risk of known variants. Further measures will include managed isolation in hotels for those who cannot be refused entry arriving from countries with international travel bans. Those wishing to travel out of the UK will have to declare their reason for travel in a pre-departure form. People should expect this to be checked and anyone who does not have a valid reason will be directed to return home and may face a fine.

All measures are kept under constant review.

See attached documents: Key Messages & Comms Support Pack

PL Regulated Care Provider Forum (26 01 2021) - please find attached the Pennine Lancs Regulated Care Provider Forum notes and slides.

Regulated_Care_Forum_Notes

pdf1 Virtual Forum Slides 26 01 2021 (2.10 MB)
document1 Virtual Forum Slides 26 01 2021 (2.73 MB)

Staff_Vaccinations

Top 10 Tips from Care Homes who have had outbreaks

Coffee and engagement – the results - You said we did

Covid19 Resource Pack for Care Homes - please do have a look at the Covid19 Resource Pack for Care Homes developed by Lancashire County Council (East Lancs area) and Blackburn with Darwen Council.

2. Policies and procedures

COVID19 Care Home Resource Pack V3 October 2020 (latest version)

COVID vaccinations care home consent forms

Guidance for COVID-19 vaccination in care homes that have cases and outbreaks

Version 1.0 Final 2021-01-11 Care Home Visiting Policy

3. Training opportunities

IPC – Back to basics IPC Webinar (4th February) [here](#)

Nutrition & Hydration Resources: on food fortification [here](#), [here](#) (Media release BDA endorsed resources Sep 20) [here](#) and e-learning for Community Carers - Hydration in Older People [here](#)

Discussing SLT Solutions/Swallowing Difficulties following COVID. To watch the video please [click here](#)

To watch the NACC national conference on Nutrition and CoVID. 'Can food be thy Medicine' [click here](#)

Join us for our coffee and engagement sessions – we are holding just one session, 2 – 3pm on the 10th February due to the evening session being poorly attended. The agenda is titled “Open forum - have your say. Let’s continue to support each other”. This is the MS teams link –[Click here to join the meeting](#)

You can also register for the event [here](#)

4. IPC/PPE

The UK Infection Prevention and Control guidance - agreed by the UK's four chief medical and nursing officers, has been updated to reflect the most up-to-date scientific understanding of how to prevent and control COVID-19 infection. Amendments have been made to strengthen existing messaging and provide further clarity where needed, including updates to the care pathways to recognise testing and exposure. Appendices to support the remobilisation and maintenance of dental, mental health and learning disability services have also been added. Changes to the previous version are listed on page 7 of the guidance. Following extensive clinical and scientific review, no changes to the recommendations, including PPE, have been made in response to the new variant strains at this stage, however this position will remain under constant review. Organisations who adopt practices that differ from those recommended in the national guidance are responsible for ensuring safe systems of work, including the completion of a risk assessments approved through local governance procedures.

Please follow the link to an updated (as of 4th November 2020) list of local contacts for care providers who are not on the PPE portal. Providers can get PPE through their local authority or local resilience forum.

Please also find the latest Government guidance on PPE as an illustrated guide for community and social care settings.

Please also find the CQC guidance to ensure that care settings are compliant with IPC.

5. Domiciliary Care

pdf Dom Care Weekly homecare worker testing guidance for homecare agencies (2.17 MB)

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Useful links for the domiciliary care sector (LCC) :

- External link to LCC Covid 19 Site
- External link to the LCC Covid 19 site, that is dom care specific
- External link to LCC Covid 19 webinar

General/contractual queries re dom care services and Covid 19 can be sent through to: care@lancashire.gov.uk

6. Primary Care

The latest Primary Care Bulletin for local GP practices in Pennine Lancashire (issued 8th January 2021)

For information, please check out the National guidance for post acute covid19 assessment clinics

7. Digital, IT and data

WhatsApp Peer to Peer Support Group - COVID has been a challenging for all providers. The CCG and partner colleagues are working hard to support all providers during these difficult times. However, some of the best support comes from fellow managers who have managed their organisation through a covid outbreak. We have set up a WhatsApp group for care home managers to offer peer to peer support, the greater support comes from those with experiences to share, lessons learnt, reflections and sometimes even a shoulder to cry on . This group has been amazing and those involved have found it to be beneficial. If you would like to be added to this group please email stephanie.zakrzewski@nhs.net with the following details :name, organisation, and mobile phone number:

Specific support for digital technology for the regulated care sector - can be found via the Digital Social Care website which is funded by NHSx and contains a host of valuable information.

Update NHSX free iPads to care home offer - Support for Care Homes

For technical queries and support relating to how the iPad works, including breakdowns and apps, care homes can contact the Jigsaw24 service desk on: carehomesupport@jigsaw24.com or by phone 03332 409 234. The service desk is open Monday to Friday 08:30 – 18:00 (excluding bank holidays).

'Getting started with your iPad' guidance (provided by Jigsaw24) can be found in the Books app on the iPad home screen, and a printed copy has been included in the iPad box. This guidance includes instructions for installing additional apps and using features such as Guided Access.

Care homes can access a range of support materials on the Digital Social Care website here. This webpage includes the below resources, and will be updated regularly as more resources are published:

- Weekly support webinars on iPad set-up and troubleshooting. Webinars can be accessed through Teams on Wednesdays, 2-3 pm here. Webinars run through the set up process and guide care homes through using NHSmail, MS Teams and downloading apps. There is also a Q&A opportunity. We would be grateful for your support in promoting the support webinars to care homes.
- Tips and advice on what care homes can use their iPad for, including useful apps.
- iPad case studies
- Safety and security while using the iPad, including information about completion of the Data Security and Protection Toolkit (DSPT) and the Better Security, Better Care programme.
- Guidance on using NHSmail and MS Teams with iPads. General guidance can also be found here.
- Information about NHSX's other offers for care providers, including connectivity deals for care homes.
- Newsletter sign-up – so care homes can keep updated on new support materials as soon as they are available

Barclays Digital Eagles Support for Care Homes - NHSX has been in contact with Barclays about their Digital Eagles skills support for care homes, which includes an offer of free digital skills training delivered through remote training sessions. The Barclays Digital Eagles team is already working with a number of care homes across the country.

Please see the attached flyer for more information. If this is something you would like to find out more about for care homes in your area, please contact the Digital Eagles team directly at: digitaleagleshq@barclays.com

NHS MAIL WEBINARS - The webinars are designed to advise how to register, set up and how to use your new NHSmail account. Any Care Providers using NHSmail are encouraged to join the training webinars, these are live sessions, so you'll have the opportunity to ask questions throughout. Webinar format:

- Registering for NHSmail
- Welcome email
- Logging in for the first time
- Resetting your password
- NHSmail hints and tips
- Opening a shared mailbox
- Microsoft Teams overview
- Webinars run every Tuesday, 2.00pm – 3.00pm. - Join Microsoft Teams Meeting

Data Security Protection Toolkit (DSPT) Important Update - The DSPT should be completed every year, usually by 31st March. However, due to COVID-19, the deadline for 2020/21 has been extended to 30th June 2021. This means that, if you have a continuing healthcare contract or you already use systems that access NHS patient data, to remain compliant you will need to complete the 2020/21 DSPT by 30th June 2021. Other services should aim to complete it by June 2021 for residential and nursing homes, and by October 2021 for other services.

Will Entry Level be continuing?

Reflecting the need for adult social care services to operate in a way which meets the national data security standards, the option of publishing at entry level is a temporary arrangement and will be removed on 19 February 2021.

A new Approaching Standards level will be introduced in early 2021. If you have done most of the DSPT but have a bit more work left to do, you'll be able to get credit for the progress you have made by publishing at "Approaching Standards." To do this, you'll need to submit an action plan saying how and when you will complete the remaining items.

Our advice for providers in Pennine Lancashire is to aim to complete the Standards Met. There is lots of guidance and support available online.

8. Key dates and information

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HealthWatch Covid-19 Fatigue Survey - please have a go and share the link with colleagues, residents, families, and friends.

HealthWatch Residential care staff survey - please circulate to staff and encourage everyone to respond to this important survey.

Virtual Coffee Chats Survey - the CCG Regulated Care Sector Team has been holding virtual coffee chats with colleagues from care homes. We understand that it is hard for everyone to make these (more to be announced!) So, we have created a survey that we would like you to complete. It is a way of helping you tell us what is important for you and your care home or service, and what sort of issues you have that we may be able to help deal with or respond to.

9. Spotlight on: our feature about you, your residents, staff and settings!

We have opened a new section which we are calling "Spotlight on". This is an opportunity for you to tell us about what you are doing, news and information about the work you are doing and news or interesting items about you, your residents, staff or settings! Please email us via the email address below. We need items to be received by the Friday before each edition which is published on Mondays!

10. Health and Wellbeing (New section by popular demand)

Our NHS People has an amazing range of support, guidance and information for staff health and wellbeing – please do check it out.

Lancashire and South Cumbria Resilience Hub – this is intended as a support resources for all public sector workers and volunteers who have worked through the Covid-19 pandemic and their families. This includes everyone from those who work in the NHS, local authorities and councils, ambulance service staff, care home workers, those working in social care and community workers.

CCG Yoga before Work – did you know that you and your staff are welcome to join the CCG's free Yoga Before Work classes? Run by trained yoga teacher and staff member David Rogers, they start at 8 am and run to 8.45 am every week day morning. They are free and ideal for beginners. David says you can just join by clicking on the MS teams link: Click [here](#) to join the meeting or if you have questions you can email him at david.rogers10@nhs.net

We are checking out other staff members who offer staff support in a variety of ways to invite care home staff to their sessions too so watch this space!

And finally:

Queries? Contact elccg.regulatedcareprogramme@nhs.net

Questions? Go to: <https://eastlancscg.nhs.uk/>

Facebook us: @PennineLancashireRegulatedCareProviders Community group