

Welcome to the latest Residential and Nursing Home communication from Hampshire and Isle of Wight (12 August 2020)

Dear Colleagues,

Please see below for essential COVID-19 updates on:

- Health and care worker requirement to self-isolate on return to England from high-risk countries
- End of Life visiting
- Oxygen Saturation (Pulse Oximeter) monitoring
- Radox test Kits
- Pillar 1 (NHS) Local Outbreak Testing
- Colour change of Nutilis Clear Thickening 1.25g scoops
- Mountbatten Hospice Enhanced Communication Virtual training course

Health and care worker requirement to self-isolate on return to England from high-risk countries

Previously, health and care workers returning from overseas were exempt from the self-isolation/quarantine to support essential healthcare. The exemption has now been removed to bring the rules for returning health and care workers into line with the general public to protect the social care system from the spread of coronavirus from overseas, as signs of second waves begin to show in other countries.

Full information on the self-solation rules can be found [here](#).

Some countries have so called travel corridors and are exempt from these self-isolation restrictions.

The list of countries and territories with no self-isolation requirement on arrival in England is [here](#).

You can also sign up to alerts using this [link](#) to be notified when countries are added or removed from the exempt list.

Key points:

- As a health and care worker, you will need to self-isolate if you visited or made a [transit stop](#) in a country or territory that is not on the list in the 14 days before you arrive in England.
- This applies to all travel to England, by train, ferry, coach, air or any other route
- Having a negative nose/throat swab (antigen test) does not allow you to shorten the duration of self-isolation as the test is not predictive (i.e. it cannot detect COVID-19 in a person who has been exposed but is currently incubating).

End of Life visiting

End of life care visiting continues to be a concern for a number of homes. [Guidance was issued by NHS Improvement](#) which included care homes in May 2020 and may support homes in their decision-making and planning.

Key principles:

- It is important that people can visit their loved ones at the end of life
- Visitors should normally be limited to one [at a time](#) to preserve physical distancing – this does not mean only one person is allowed to visit but that only one person should be in the room at a time (unless the room is large enough to safely accommodate more people)
- Visitors should be reminded to wash their hands for 20 seconds on entering and leaving the home and catch coughs and sneezes in tissues
- Visitors should minimise contact with other residents and staff (less than 15 minutes / 2 metres apart, etc.)
- Visitors should visit the resident in their own room directly upon arrival and leave immediately after the visit
- Alternatives to in-person visiting should be explored, including the use of telephones or video, or the use of plastic or glass barriers between residents and visitors.

Oxygen Saturation (Pulse Oximeter) monitoring

As part of the national response to COVID-19, the Clinical Commissioning Groups are recommending the use of Oxygen Saturation (Pulse Oximeter) to all providers

who care for vulnerable adults. Providers will need to purchase oxygen saturation monitors and will be able to utilise the Covid-19 care home funds provided by Hampshire County Council to fund the purchasing of this equipment; this can be included in your returns.

People with COVID-19 may have low levels of oxygen in their bloodstream and this can get worse rapidly. Being able to monitor the oxygen levels in a person's bloodstream when they have COVID-19 can help you recognise more easily when they are becoming unwell and get help for them sooner. Oxygen Saturation monitors are simple to use and non-invasive.

Please use these Oxygen Saturation monitors to monitor your clients if they become unwell with COVID-19 or other conditions.

Normal levels of oxygen in the blood stream:

Most people will have oxygen saturations of 96% or more. You should call a healthcare professional urgently if your client has oxygen saturations less than 93%. To support you using your Oxygen saturation monitor and to recognise possible deterioration of a client, a series of short videos offering guidance on detection and escalation of deterioration is available [here](#):

Visit Health Education England's [Managing deterioration using NEWS](#) playlist on YouTube for films on the following:

[Introduction to sepsis and serious illness](#)

[Measuring the level of alertness](#)

[Preventing the spread of infection](#)

[How to measure temperature](#)

[Soft signs of deterioration](#)

[Structured communications and escalation](#)

[Measuring the respiratory rate](#)

[Recognising deterioration in people with learning disabilities](#)

[Measuring oxygen saturation](#)

Homes can also use [RESTORE2™ mini](#). This tool encourages staff to recognise the very early signs that a person may be becoming unwell so that you can get help early. It also includes an easy communication tool called SBARD to help you communicate effectively with healthcare professionals. More information on the use and training on RESTORE2™ is available from

<https://westhampshireccg.nhs.uk/restore2/restore2-training-and-resources/>

Copies of RESTORE2™ and RESTORE2™ Mini can be downloaded from West Hampshire CCG website at: <https://westhampshireccg.nhs.uk/restore2/> or via these links: [RESTORE2™](#) and [RESTORE2™ mini](#)

If you want support or training on either Oxygen Saturation monitors or RESTORE2™ *mini*, or you would like to start measuring other vital signs like heart rate, breathing rate (respiratory rate), blood pressure, temperature and level of alertness, please contact your local CCG for support.

Radox test Kits

A message from DHSC:

On July 16 we wrote to all care homes who had received Radox test kits from NHS Test and Trace, instructing them to immediately cease using these kits for testing.

This pause in the use of Radox test kits was a precautionary measure while we investigated a potential safety issue that we had been made aware of. In our communication, we asked all care homes to keep their test kits in a secure location and ensure they are not used.

The Medical Health products Regulatory Agency have taken the decision to recall Radox test kits as a precautionary measure. For the full recall statement please visit:

<https://www.gov.uk/government/news/update-on-radox-test-kits--2>

Anyone who is in possession of Radox test kits should follow the instructions on how to return kits to Radox. We will be in contact with you next week to support you with labelling your kits and booking your courier.

This only affects care homes with Radox test kits, which are clearly marked with the words “Radox Laboratories”.

In the meantime, if you have any further questions please join our regular webinars or contact the 119 helpdesk.

Sign up to attend a webinar

<https://event.on24.com/wcc/r/2375949/724EF6345473A192F6B9C19334699A29/1077953>

Pillar 1 (NHS) Local Outbreak Testing

Local outbreak testing for COVID-19 is supplied through pillar 1 (NHS) testing, delivered by the Community Testing Service. We are aware that having to test staff and residents at short notice due to a suspected outbreak is very time-consuming for homes.

Homes can now split this testing over 2-3 days if this makes the process more manageable. The Community Testing Service will drop swabs to the home and will pick them up over several days as directed by the home.

Colour change of Nutilis Clear Thickening 1.25g scoops

A new 1.25g purple scoop will replace the current 1.25g green scoop. As the capacity of the scoop remains unchanged, there will be no change to the dosage guidelines and so no change to patients' prescriptions is needed. Only the colour of the scoop is changing.

This is as a result of a change in scoop supplier to ensure continuity of supply and quality moving forward.

The manufacturer will be adding the sticker below to the lids of tins containing the new scoop:



NutriciaHCP.com has a number of useful Dysphagia resources for HCP use and resources for use with your residents. It can be accessed at the following link https://www.nutriciahcp.com/adult/resource_centre/.

Mountbatten Hospice Enhanced Communication Virtual training course

The hospice have some remaining places on their **Enhanced Communication Virtual training course on the 17th August at 2-4pm**

Aim: To enable learners to gain knowledge and skills in communication and difficult conversations at end of life.

Participants: Suitable for everyone working in health and social care settings.

Learning Outcomes:

Learners will be able to:

- Identify key communication skills and how to apply them in practice
- Discuss potential barriers to good communication in end of life care and ways to meet these
- Develop skills to enable confidence to undertake difficult conversations with residents/relatives/carers and strategies to manage these.
- Enable learners to consider their own self awareness and the impact on end of life care.

If you wish to join please book via their website www.hampshire-mountbatten.org.uk or contact the education team on 02382548881