

30 DAY challenges

May 2019

Proud to care?

Tell your story and celebrate working in health and social care

CONNECTING

WITH

YOUR

VALUES


Happy International
Nurses Day!

We're celebrating nursing in health and social care

#ThankYouNurses

#teamCNO

How to contact us

Our team of NHS England (North) Care Sector Leads support the Independent Care Sector and encourage quality improvement initiatives, preventing delayed transfers of care and improving the flow of care sector clients through hospital systems. **Contact any of us to share your news highlights:**

Lancashire & South Cumbria:

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Are you GDPR ready?

You can demonstrate you are by completing the data security and protection toolkit (DSPT)

If you want to know more about it contact Liz Howarth:



DSPT Project Manager for the North region: Liz.Howarth3@nhs.net

#ThankYouNurses

#teamCNO

Between 12-18 May we are celebrating Nurses

We asked you to recognise nurses in health and social care; you want us to recognise so many in this edition that we've decided to make this a new regular feature

Send nominations for any health and social care colleagues that you think deserve a shout out for the care and service they give to people and we'll display them in our newsletter. Email gil.ramsden@nhs.net now



It's great to show you care!

Carol Mitchell is the Locality Manager (North West) at Skills for Care; she nominates **Martyn Davies who is the Owner and registered manager at Urmston Manor Care Home in Trafford** saying:

I visited Urmston Manor and was blown away by all the amazing things Martyn gets up to! At age 16, he worked in the kitchen at a care home washing dishes, moved to care and at age 25 did an access course and went on to do his nursing degree, whilst still working part time at the care home. He worked there as a nurse when he qualified, then became the registered manager. He teaches 4th Year medics from the Uni of Manchester one day per week in the home, and does all sorts of intergenerational work with local schools.

The values of the home are TLC: **Transparent, Inclusive and Compassionate**, staff are each given a paid day per year to volunteer in the local community

Brian Ruddle is the Quality & Care Governance Officer in the strategic commissioning team for Corporate, Customer and Community Services at Cumbria County Council.

He has nominated **Sam Munn** and **Lavinia Grainger** from

Court Thorn Medical Practice, High Hesket, Penrith, Cumbria. He said:

I would like to jointly nominate two nurses from a surgery who work with the care home team. They went above and beyond what one would expect. Their mantra is about delivering the best care for residents, and nothing is too much troubled for them. They keep in touch and have supported the care homes, sharing ideas with care home managers. They have been extremely flexible in their approach and have shown true professionalism and are a credit to the nursing profession.

Joan Molyneaux RGN, senior sister

leads by example, always striving for clinical excellence. She:

Encourages the team to support each other and has helped to develop an environment that oozes quality

Has an excellent knowledge base and challenges, reflects and improves the care delivered to our residents

Ensures good communications are maintained, vital if the team are to deliver high standards of quality care

Monitors standards and encourages our staff to be proud of where they work

Is committed to improve the life experiences of our residents; she has excellent relationships with their families

Relatives often comment on how secure they feel with Joan's knowledge and skills and commitment

Debbie Brown

Senior Support Officer for Children's and Joint Commissioning Services at Hartlepool Borough Council has nominated

Joan Molyneaux
from **Brierton Lodge**;
she said:



Debbie McKenna, Health Protection Specialist at Cumbria County Council wants to recognise **Fiona Mccredie, a registered general nurse and Head of Health Protection, Public Health for Cumbria County Council** for her work in the independent sector improving infection prevention and control (IPC).



Fiona has worked as a nurse for over 40 years. As Head of Health Protection she has a wide ranging remit. I witness her going the extra mile on everything she undertakes.

She puts the population of Cumbria at the centre of everything she does. She is a huge support in the development of colleagues and keen to share her wealth of knowledge and expertise. Some examples of her work include:

Implementation of a Norovirus Escalation Plan

Providing free infection prevention control training and supportive visits for the independent sector

Most recently Fiona was involved in training events promoting the 'To Dip or not to dip tool', helping to reduce urinary tract infections

This is only a small part of Fiona's remit and I could give many more examples, she is extremely deserving of recognition for all her contributions.

Lesley Bainbridge at Newcastle Gateshead Clinical Commissioning Group wants to recognise

Juliana Thompson a nurse lecturer at Northumbria University

She said: Julie does much to champion older people's nursing with under-graduate students and in particular she does this focussing on the independent care home sector.

During her PhD she spent time in America and brought back an approach they had taken to introduce students to the independent care home sector during the last year of training. It has proven to be very popular with students and many of them on registration have gone on to begin their careers in older people's nursing.

This short film tells you much about her work.

<https://www.enhancedcare.org/student-nurse-placement>



Lorraine Weatherall at **NHS Bury Clinical Commissioning Group** has nominated **Craig Priestley, Care Home Manager at Gorseley Clough** following a recent CQC inspection, Gorseley Clough have received a rating of Good from the previous inadequate inspection 6 months ago. This is down to Craig's hard work and some very effective joint working between the CCG, LA and the providers.

Carol Barnard, Home Manager at **Brierton Lodge Care Home**, Hartlepool nominated

Jayne Parkins, a RMN working on our dementia/mental health unit:

Jayne works with her team so they understand how our residents feel and how distressing it can be living with dementia. Under her direction there is a strong team spirit and a very positive and caring rapport between residents and staff.

She maintains good communications with our resident's relatives, encouraging her team to work in partnerships with families. Jayne exhibits tact and diplomacy and spends time listening. She helps her team understand the relatives' lives have changed, and they need support too. Under Jaynes direction the staff working on our dementia unit are:-

Clear about their role

Positive about the difference they can make to those they support

Self confident in the skills they are using

Have a real sense of achievement and are recognised for their contributions



Still making the headlines!

The Capacity Tracker made the news again this month featuring in **Nursing Standard**, **Care Home Management**, **Guardian on-Line** and many others!

Look what some of them are saying...



A digital portal that helps hospital staff to find care home places is to be introduced in England to cut unnecessary delays. The **Capacity Tracker** provides a 'shop window' for vacancies, saving staff the time they would normally spend phoning around to check availability. The tool, which can be accessed on any device, will be made available to all hospitals, care homes and councils in the country following successful pilots, NHS England said



Follow us on Facebook



Or Twitter @CapacityTracker

Watch our Capacity Tracker animation [here](#)



rcni.com/capacity-tracker

LATEST NEWS

News Guardian



<http://www.newsguardian.co.uk/news/people/new-tool-to-free-up-beds-in-hospital-1-9747043>



NHS rolls out capacity tracker after pilot success



A digital portal is being introduced by the NHS and councils to reduce delayed discharge from hospital. The Capacity Tracker details care home vacancies, which will allow health and social care staff to access suitability for a placement. In 2018, around a quarter of a million hospital bed days in England were taken up by people who were medically fit enough to be discharged, but who faced delays in an appropriate care home being found, according to NHS England.

Read more on-line at:
<https://chmonline.co.uk/nhs-rolls-out-capacity-tracker-after-pilot-success/>



FINALIST

TECHNOLOGY INITIATIVE OF THE YEAR

leading healthcare awards winner

Improving Outcomes
#leadinghealthcareawards

International Longevity Centre UK

ilc...



Raising the equality flag

Health inequalities among older LGBT people in the UK

Raising the equality flag: health inequalities among older LGBT people in the UK

This report highlights new findings from a recent project exploring the discrepancies in health outcomes experienced by older LGBT people. The research reveals that a lifetime of prejudice and stigma is leading to worse physical and mental health, poorer access to health and social care, as well as greater levels of social isolation and loneliness amongst older LGBT people

https://ilcuk.org.uk/wp-content/uploads/2019/05/ILC-Raising-the-equality-flag.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=10530017_NEWSL_HMP%202019-05-10&dm_i=21A8,69P0H,ND4ZRV,OQS32,1

Supporting nursing, improving care

RCN Foundation Professional Bursary Scheme

The RCN Foundation Professional Bursary Scheme offers grants of up to £5,000 per year for career development and CPD activities in the following areas:

- Primary care nursing (up to £5,000)
- Long term/chronic conditions (up to £5,000)
- History of nursing (previously the Monica Baly Bursary Scheme) (up to £1,000)
- Occupational Health Nursing in Scotland (previously the Mair Scholarship Scheme) & the rest of the UK (up to £1,000)

Applicants must be able to detail how their course will improve patient care in their field. To be eligible for a grant the following criteria must be fulfilled:

- UK Registered Nurses and Midwives
- Health care support workers working in the UK
- Nursing Associates
- Course start date must fall between 1 September 2019 and 1 September 2020

The closing date for applications is 5pm on 31 May 2019.

For more details please see:

http://www.rcnfoundation.org.uk/how_we_can_help/education_grants/rcn_foundation_professional_bursary_scheme



A rigorous annual inspection that examines care and nursing homes, to evaluate infection control ratings, has seen West Yorkshire based Czajka Care Group achieve an average overall infection control rating of more than 99% across its five homes.

Carried out by Infection Prevention, Public Health and City of Bradford Metropolitan District Council Department of Health and Wellbeing, **Currergate Nursing Home** in Steeton and **Beanlands Nursing Home** in Cross Hills, as well as at **Fairmount Nursing Home**, **Brookfield Care Home** and **Staveley Birk Leas Nursing Home**, which are all in Nab Wood near Shipley, all achieved 'excellent' ratings.

Pamela Ward, Fairmount Nursing Home's manager, said:

The team work so hard to ensure we meet the highest standards of hygiene every single day. The inspection which looks at the whole home, except the kitchen, checks everything from mattresses to bins, clinical rooms and all medical equipment. It's such a thorough inspection and we are so pleased with the results. We place a huge emphasis on cleanliness and hygiene in our homes and welcome such a rigorous testing process as it reinforces the high standards of care that our residents enjoy

Squeaky clean care home rating is infectious



Konrad Czajka,
Managing Director of
Czajka Care Group,
said:

The reports identified that infection prevention and control management is an integral part of the overall running of all the homes, and that it is always a major priority. The assessors looked at everything from general management, staff health and training, to the guidelines and policies that Czajka has in place. Examining all of the communal and private rooms, bathrooms and visitor WCs, the inspectors also assessed the laundry and linen management, food hygiene, waste management and the handling and disposal of sharp objects. All of the residential equipment was also put through its paces.

"We take infection control very seriously, and prevention is the very best course of action, which is why the whole team put such a focus on maintaining the very highest standards of cleanliness. We pride ourselves on running safe, clean homes that are a real home from home. We also have the Investors in People Accreditation, which recognises the enhanced standards of service our residents receive, and the five star Food Hygiene Rating Scheme Certificate which all five of our homes, and The Clubhouse at Fairmount Park have achieved. All five of our homes have also been awarded the prestigious Gold Standard Framework Accreditation Quality Hallmark Award which is further testament of our high standards."

Warrington CCG launch “The Hub”

Warrington Borough Council currently provide free, extensive and high quality education opportunities for care providers at their training hub at St Werburgh

The Hub training includes elements such as

Safeguarding

Mental health related issues and the mental capacity act
Dignity

Caring for people with learning disability
Undertaking investigations, and much more

However, we recognised there was a gap, as most of the sessions were funded and targeted at care home staff. This meant that our Home Care workforce, providing daily care to the most frail and vulnerable in their own homes, often with no supportive health network, receive the least training in clinical skills. Consequently that often left care givers with no option but to resort to the default of 111 or 999 and a potential acute admission. This identified a need to collaborate within Warrington.

We identified a need to provide appropriate skills to unqualified care providers, with a view to reducing unnecessary use of acute services and to improve service user and carer experience by increasing the chance they will receive the right care at the right time, in the best place for them

It was proposed a clinical skills hub should be developed in Warrington, for access by third sector health and social care providers. We agreed we will share education, helping to improve recognition and management of common situations which if undiagnosed often result in an A&E visit or admission.

Common themes will be covered on a rolling programme of training, including

Recognition of the deteriorating patient
End of life care
Urinary tract infections
Ear care

PEG tube
stoma and catheter care
Prevention of constipation
pressure area care

There will also be opportunities to deliver bespoke education as the need arises, such as

Venepuncture
Core care skills
Introduction to catheters, pegs or stomas
Syringe driver training for nurses
Basic understanding session for care staff, including performing and understanding observ.
Record keeping

Care planning
Verification of death for nurses
Diabetes
Delegated tasks, such as administering drops and patches
Catheterisation and catheter care
Simple wound closure
Spinal injury management

The project will also help develop and sustain a workforce capable of caring safely for the most frail and / or elderly members of the population for years to come, and it will support the transition programme to community based care.

Funding decisions need more consideration; going forward providers will contribute to the cost, but this means they will have

unlimited access to the most appropriate training for their workforce on a rolling programme throughout the year

The first months sessions are already booked up!

Worried about secure communication? Get NHS Mail!

Our DSPT Webex and Roadshows have been a huge hit so we're doing more right across the North region!

What happens on a Webex?

Watch a presentation showing how to complete your Data Security Protection Toolkit and learn about the benefits of NHS Mail

What happens at a Roadshow?

Bring your laptop and work with colleagues to get started on the Data Security and Protection Toolkit

Have you signed up for our DSPT Webex and Roadshows yet?

Sign up below

Webex		Roadshows	
5 th June 2019	9.30 – 10.30am 1.30 - 3.00pm	3 rd June from 10:00am	Morecambe
6 th June 2019	9.30 – 10.30am 1.30 – 3.00pm	18 th June from 09:30am	Blackburn & Darwen
19 th June 2019	9.30 – 10.30am 1.30 – 3.00pm	21 st June from 09:30am	Wakefield
20 th June 2019	9.30 – 10.30am 1.30 – 3.00pm	26 th June from 10:00am	East Lancashire

Want to host events in your Home, CCG or LA? We like visiting!
Please contact Liz.Howarth3@nhs.net to discuss arrangements

Meet our team!



Liz



Peter



Angela

Integration and Better Care Fund



Managing Discharge Better: Putting People First

The Better Care Support team will be hosting two events in June entitled, **Managing Discharge Better: Putting People First**. The event will discuss key challenges and recommendations for sustainably reducing delays in transfers of care.

Speakers from the British Red Cross and Newton will present their findings from work into improving patient flow from hospital to home through collaborative working across the health and social care system, and partnerships with the voluntary sector. Local speakers will also be discussing their integration journey and sharing their learning from managing discharge in their health and care system.

This event is aimed at both health and social care commissioners and operational colleagues and will provide an opportunity to ask questions and network with colleagues through workshops and panel sessions.

Click to book your place: [Leeds – 11 June 2019](#) or [London – 18 June 2019](#)

Teaming up with the voluntary sector to transform care

Partnership working between the voluntary sector, local government and the NHS is crucial to improving care for people and communities. But how can health and care systems make sure they involve local charities and social enterprises in the most effective way?

This new podcast explores the answer, featuring a trio of perspectives and a range of examples of how joined-up working is making a difference to patients, communities and staff. With voluntary sector organisations often having an impact well beyond what statutory services alone can achieve, this podcast provides useful insights into how to maximise local assets to transform care.

[Listen to the podcast.](#)

The Better Care Fund is a partnership between NHS England, the Department of Health and Social Care, Ministry of Housing, Communities and Local Government, and the Local Government Association

Keeping the people we care for safe and well through winter

Health and social care staff delivering hands on care to residents and clients were eligible for a free flu vaccine

Have you sent your staff vaccination figures in and claimed your certificate yet?

Almost 60% of those who did claimed **GOLD!** Will you?

All frontline health and social care workers should have the flu vaccine to protect people they care for, who may not make a good immune response to their own flu vaccine

Remember – 8,000 people die from flu every year

We will give bronze, silver or gold certificates to care homes and home care organisations who tell us their staff have been vaccinated

Display your certificate in your reception area so everyone knows you are protecting those in your care

When you have had your free flu jab tell your employer!

They will contact us and we will send a bronze, silver or gold certificate. It illustrates your commitment to getting vaccinated and highlights the steps you have taken to protect yourself, your family, colleagues, and very importantly the vulnerable people you care for

Care Home, Home Care & Hospice managers, tell us your:

- Organisation name, address and contact details
- Number of eligible staff
- Number of staff vaccinated
- Percentage of staff vaccinated

Then email the contact in your geographical area from the list below:

Cumbria and North East

england.nursingandqualitycne@nhs.net

Greater Manchester england.gmsit@nhs.net

Humber, Coast & Vale, West Yorkshire and South Yorkshire & Bassetlaw

england.yandh-nursingreturns@nhs.net

Lancashire & South Cumbria

england.lancsnursingandquality@nhs.net

Cheshire, Merseyside, Warrington & Wirral

england.pmonursing@nhs.net



Now that's an achievement worth shouting about!

Tweets of the Month



Share your thoughts on Twitter and we'll share them here!



#careandshare

NHS England @NHSEngland · May 12
Happy #InternationalNursesDay to all nurses who go above and beyond for people and their families. Your warmth, compassion, knowledge and expertise are why we celebrate nurses and say thank you for everything you do.
#ThankYouNurses #IND2019 #teamCNO

NHS
Happy International Nurses Day!
Share your stories and help celebrate using
#ThankYouNurses
#teamCNO

North West Ambulance Service @NWAmbulance · May 12
Craig is a nurse currently leading on some suicide prevention work for the trust
#ThankYouNurses

Meet our nurses!
Craig, Advanced Practitioner

"I believe the role of nurses in the ambulance service is a unique and evolving one, not just locally here in NWAS but across the whole nation. Nurses have so much to bring to the service including the experience and knowledge of managing urgent and chronic health needs of populations. I'm currently leading on some suicide prevention work for the trust."

Proudest moment?

"Achieving my nursing qualification and being the first nurse Advanced Practitioner in the trust is definitely something I'm proud of!"

BBC One @BBCOne
Follow

91-year-old Eileen suffers from anxiety brought on by her dementia. But get her listening to music and the change in her is just startling! 🥰

#OurDementiaChoir @Vicky_McClure

BBC one
Our Dementia Choir with Vicky McClure
3:03 33.9K views

The NMC @nmcnews · May 12
We have nearly **7 0 0 0 0 0** nurses on our register, and the oldest is 90 years old! 🎉 #IND2019

The oldest nurse on our register is 90 years old!
#IND2019



Capacity Tracker @CapacityTracker · May 9
Congratulations Margaret 🎉



Margaret Kitching MBE @margaretkitchi1
MBE 🇬🇧
Thank you for all your lovely messages.
Mx

Angelica Bianca @AngelicaBianca2 · 17h
Replying to @BBCOne @Vicky_McClure
The transformation was amazing. She just lit up bless her heart! I wish we could have this in my mum's home. She has challenging behaviour with bells on. So sad. Thanks Vicky x

We look forward to sharing next time...



Sharing best practice so we care better together

We are currently recruiting ambassadors for Nursing Now England

Our ambassadors are helping us to celebrate the fantastic work nurses deliver throughout the country and **encourage young people who are considering entering the profession.**

We have many exciting challenges coming up and we look forward to working with you and sharing your nursing progress.

If you would like to sign up to be an ambassador sign up here <https://horizonsnhs.us18.list-manage.com/subscribe?u=b48003ef85ed66462c015a486&id=829d76a63a>

For more information on the Nursing Now England campaign please visit our website horizonsnhs.com/NursingNowEngland or [#NursingNowEngland](https://twitter.com/NursingNowEngland)

On 10 September, Secretary of State for Health and Care, Matt Hancock launched **'Talk health and care'**.

He has invited anyone working across health and care settings to share their blogs and tell him about what you do... Help him to understand what a vital role we play and how he can help too.

Use this link to join in the conversation...

https://dhscworkforce.crowdcity.com/?utm_campaign=761943_End%20of%20week%201%20-%20workforce%20engagement&utm_medium=email&utm_source=Department%20of%20Health&dm_i=3ZQO,GBX3,26DZHX,1QQSU,1

We want to celebrate International #Hellomynameis... day on 23 July 2019



Email your ideas to help raise awareness of the campaign or suggest fund raising activities to gil.ramsden@nhs.net

What's happening in May?

Beat our **next 30 day challenge**

30 DAY
challenges

JUNE

Reflect on your ten 30 day challenges as part of your REVALIDATION



[#careandshare](https://twitter.com/careandshare)

