



## COVID-19 briefing 29 May 2020

This briefing aims to provide you with the latest information on the measures we are putting into place across Frimley Health and Care to respond to the impact of Covid-19 and provide you with a key issues update of what is happening across the system.

We are working together across our organisations and with the NHS England team to ensure our communications are consistent and timely. For the latest local position on Covid-19 please visit this link <https://www.gov.uk/coronavirus>

### Today's update covers:

1. **Frimley Health and care system supports resumption of some suspended services**
2. **Help us help you get the treatment you need – Heart attacks**
3. **NHS Test and Trace**
4. **Antibody Testing – Phased Implementation in Frimley Health and Care ICS**
5. **Primary Care Asymptomatic Staff Testing – Point Prevalence Study**
6. **Community Panel**
7. **Around 300,000 smokers have #QuitforCovid – Will you?**
8. **Communications**

### 1/ **Frimley Health and care system resumes of some suspended services**

Health and care workers across the Frimley Health and Care system, from Slough to Farnham are preparing for the restarting of some of the services that were suspended as part of the national Covid-19 effort.

Across our system our services are all working together to support this move towards restoring a wider range of treatment for local people.

Bringing services back into operation will help to ease the uncertainty and the worry for those people whose procedures and other treatments were put on hold. It will also begin to tackle the backlog and to ensure that further delays are kept to a minimum. However, this will be a gradual process and we would ask local people to continue to bear with us – as they have been doing so during the pandemic.

System leaders are prioritising certain outpatient, diagnostic, endoscopy and surgical services for reopening, in a cautious approach in the face of the continued presence of Covid-19. The area's acute hospital trust – Frimley Health NHS Foundation Trust – has announced that it will be resuming selected services at its three sites (Frimley, Ascot and Slough) as the Covid-19 pressure gradually reduces.

Services may be delivered in different ways and in different places than previously, and if Covid-19 cases begin to rise again then these services could be scaled down or halted once more. Patients receiving treatment under these plans will be prioritised based on their clinical need.





Since March all health and care services across the system have adapted the ways they work, to be able to continue to support local people. This has included a huge increase in the amount of telephone and online appointments and consultations, staff having to wear personal protective equipment (PPE) in face-to-face appointments and many workers being re-deployed from their usual roles into specific Covid-19 tasks. Most non-frontline health and care staff have also been working from home to comply with social distancing rules.

With Covid-19 still circulating, many of these changes will still be in place as services resume.

Fiona Edwards is the Lead of the Frimley Health and Care Integrated Care System, has said “For all local people and all those who work within our health and care system, the last few weeks have been a very steep learning curve and there have been a lot of new things we have had to get used to. We still have a long way to go until we reach some sense of normality, and future health and care services may be quite different from what they used to be, because of the ongoing advice and because of what has been learned during the pandemic”.

“I would like to thank our local communities across all of the Frimley Health and Care for their amazing response to this pandemic and the support and continued understanding we have seen to our workforce and local communities during this extremely difficult and testing time.”

## 2/ **‘Help us to help you’ campaign**

If you feel unwell or you have hurt yourself, you can still get the care and treatment you need from the NHS. This easy read guide brings together information about how to access usual NHS services during coronavirus <https://bit.ly/2ZFU85s>  
[#HelpUsHelpYou](#)

**Be safe around water** - It's looks like its going to be another lovely weekend in the sunshine. Watch our short video as a reminder on supervising children at all times when they are around water & open windows <https://youtu.be/tlcz2q7TaJA>

## 3/ **NHS Test and Trace**

NHS Test and Trace involves testing people for coronavirus and tracing the people an infected person has come into contact with. This is currently being rolled out in 11 pilot sites across the UK, the closest to our patch being Surrey. The geography for roll-out is based on local authority footprints and the learning from these sites will inform roll out nationally, at a date to be confirmed.

The plan is that each local authority will be given funding to develop tailored outbreak control plans, working with local NHS and other stakeholders. Work will start by focussing on identifying and containing potential outbreaks in places such as workplaces, housing complexes, care homes and schools.

For this to be effective we will need people to continue to:

- Follow guidelines and stay home if you or someone you live are displaying symptoms





- Self-isolate if asked, as part of the NHS Test and Trace service
- Support neighbours and those self-isolating if you are well and do not have any coronavirus symptoms, however mild

Working together to reinforce the above we can help reduce the risk of widespread outbreaks in our schools, businesses, hospitals and communities.

We will be working closely with our local authority colleagues and will share information as and when available about what this looks like across the Frimley Health and Care ICS.

#### **4/ Antibody Testing – Phased Implementation in Frimley Health and Care ICS**

Frimley Health and Care Integrated Care System has established a working group to focus on Antibody Testing, with a planned approach of rolling out testing across the system in a number of phases.

The initial phase of antibody testing, in line with national guidance, will focus on the testing of priority staff and patients in acute hospital settings. This phase commenced today (29th May). The programme will then expand over the following weeks to cover community and primary care-based NHS and social care staff. Patients in the community, where indicated based on their clinician's advice, will also be eligible for antibody testing on a priority basis once this phase is rolled out.

It is important to reiterate that the science is currently uncertain and a positive test result for antibodies only means that an individual has had Covid-19. There is currently no evidence to show it means someone cannot be re-infected with the virus, or pass it on to others, or have protective immunity.

Public Health England are conducting a study to establish whether antibodies detected by this test do indicate immunity to Covid-19.

#### **5/ Primary Care Asymptomatic Staff Testing – Point Prevalence Study**

On 18th and 19th May, Frimley ICS participated in a national study to evaluate the prevalence of Covid-19 in asymptomatic staff working in patient-facing primary care settings. To provide a sample cohort for the study, a list of volunteers was compiled from 35 practice sites across the ICS. A total of 307 staff were tested at their places of work by the East Berkshire Primary Care testing teams. The cohort included GPs, Practice Nurses, pharmacy staff, paramedics and administrative staff working on both 'hot' and 'cold' sites.

The results have been received and communicated to participants; there were no positive cases recorded. These results give reassurance about the infection prevention and control measures in place in primary care across the ICS and we will continue to rigorously maintain these measures during this time.

#### **6/ Frimley Health and Care Community Panel**

We are now in the process of actively considering our approach to communications and engagement across the Frimley Health and Care ICS for the year ahead.

This week we have launched a new survey through the Frimley Health and Care community panel. Frimley Health and Care Community Panel has more than 1,700





members (recruited throughout the Summer of 2019) representing people who live in Ascot, Bracknell, Farnham, Maidenhead, North East Hampshire, Slough, Surrey Heath and Windsor.

The survey focusses on the following key themes:

- Experiences of COVID-19
- Experiences of accessing health and care services during lockdown
- Experiences and views on physical and mental health and wellbeing during lock down
- Views on community support, volunteering and changes that can be made in the future to support the development of the community deal and the creation of healthier communities.

The survey, distributed on 28<sup>th</sup> May, will be used to inform our planning and captures views and experiences of our communities as we move into a different phase of the outbreak.

This will form only one part of a wider engagement exercise that will take place throughout the year. The results of these surveys will be shared with participants and published online and with relevant teams across the system to help them to shape their plans.

## 7/ **Around 300,000 smokers have #QuitforCovid – Will you?**

Since the start of the pandemic around 300,000 people in the UK have quit smoking successfully, a further 550,000 have tried to quit and 2.4 million have cut down on the amount of cigarettes they smoke. This follows concerns around coronavirus (COVID-19) and the increased risk smokers face.

Evidence shows smokers with COVID-19, which affects the lungs and airways, are 14 times more likely to develop severe respiratory disease.

Tessa Lindfield is Convenor for the Frimley Health and Care Integrated Care System's Living Well Ambition and Strategic Director of Public Health for Berkshire. She said:" Quitting smoking is always a good move for your health, and now could be even more important than ever to lower your risk of complications from respiratory diseases like COVID and flu"



Both The Chief Medical Officer and Health Secretary have highlighted that smokers are at increased risk of chest infections. Smoking harms the immune system, reducing the bodies' natural protection against infections, like coronavirus. Smokers

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are more likely to contract infections and for infections to be more serious and to last longer. In addition, the repetitive hand to mouth movement when you smoke provides an easy route of entry for the virus, putting smokers at greater risk of contracting COVID-19.

People, including children, exposed to second-hand smoke, are also at increased risk, so we should particularly avoid smoking at home and in the car. Second-hand smoke is particularly dangerous for those with existing health conditions, like asthma or heart disease.

There is no clear evidence to link e-cigarettes with risk of contracting COVID-19, nor with its progression. Therefore, e-cigarettes remain a useful tool to help stop smoking. Clearly sensible hygiene precautions should be taken and you should not share e-cigarette devices.

Once smoke-free, there are very real health benefits with the body continuing to repair the longer you stay smoke-free. The more immediate benefits include:

- after 48 hours carbon monoxide is eliminated from the body. Lungs start to clear out mucus and other smoking debris
- after 72 hours breathing becomes easier as bronchial tubes begin to relax
- after 2 to 12 weeks blood circulation improves, making physical activity like walking and running easier

Ruth Tennant, Tobacco lead for the Association of Directors of Public Health, said: "There are so many reasons to quit smoking but never a more important time than right now during the coronavirus pandemic. Emerging evidence suggests that smoking puts people more at risk from severe complications from COVID-19, and the ADPH is now supporting efforts to encourage smokers to quit for COVID."

Whilst getting support to quit smoking face to face is not currently possible, there is still support available, so please contact your local stop smoking service for support and advice detailed below:

Berkshire	Telephone: 0800 622 6360 Text QUIT to 66777 Web: <a href="http://www.smokefreelifeberkshire.com">www.smokefreelifeberkshire.com</a>
Bracknell	Telephone: 01344-35200 Text QUIT to 81400 Web: <a href="http://health.bracknell-forest.gov.uk/stop-smoking/">http://health.bracknell-forest.gov.uk/stop-smoking/</a>
Hampshire	Telephone: 0800 772 3649 Text QUIT to 66777 Web: <a href="http://www.smokefree.hampshire.co.uk">www.smokefree.hampshire.co.uk</a>
Windsor and Maidenhead (inc. Ascot)	Web: <a href="https://www3.rbwm.gov.uk/publichealth/homepage/8/quit_smoking">https://www3.rbwm.gov.uk/publichealth/homepage/8/quit_smoking</a> Email: <a href="mailto:Public.Health@RBWM.gov.uk">Public.Health@RBWM.gov.uk</a>
Slough	Telephone: 0800 0614734 / 01753 373646 Text QUIT to 66777





	Using the Quit with Bella app <a href="http://www.quitwithbella.co.uk">www.quitwithbella.co.uk</a> Web: <a href="https://healthandwellbeingslough.co.uk/services/stop-smoking/">https://healthandwellbeingslough.co.uk/services/stop-smoking/</a>
Surrey	Telephone: 01737 652168 Email: <a href="mailto:s.smoking@nhs.net">s.smoking@nhs.net</a> Web: <a href="http://www.oneyousurrey.org.uk">www.oneyousurrey.org.uk</a>
National details	The NHS offer several ways to access some support without leaving your home. <b>Smoke-free App</b> The app can help you stop smoking by providing daily support and motivation. If you stay smoke free for the 4-week programme you're up to 5 times more likely to quit for good. Plus, you can track the days you've been smoke free and see how much you're saving! <a href="#">Download the Smokefree app</a> <b>Daily email support</b> Stay focused on quitting with support sent straight to your inbox. The Smoke free emails, sent every day for 28 days, are full of advice, tips and encouragement to help you achieve your goal. <a href="#">Sign up for Smokefree email support</a>

## 8/ Communications - Are you following Frimley Health and Care social media accounts?

Can't wait for our briefings to hit your inbox? Stay up to date with our latest information by following us on social media...

Frimley Health and Care website: [www.frimleyhealthandcare.org.uk/](http://www.frimleyhealthandcare.org.uk/)

Twitter - @FrimleyHC [twitter.com/FrimleyHC](https://twitter.com/FrimleyHC)

Facebook – Frimley Health and Care Integrated Care System

<https://www.facebook.com/FrimleyHealthandCare>

