

# HEE NW COVID 19 -Training Programme Management Bulletin No 4 – 2 April 2020

This update covers education and training actions

## Contents:

- **Education Resources**
- **Latest Guidance and Standards**
  - **General Practice**
  - **Dentistry**
  - **Medical**
  - **Transfer Services**
  - **Health and Wellbeing**
- **North West specific updates**
- **Further Links to Useful Online Resources**

## EDUCATION RESOURCES

### Returning doctors

HEE e-learning for Health have various resources:

#### **COVID 19 update**

[Programme Home page](#)

[Clinical resources](#)

[Courses relating to the prevention and treatment relating to the Coronavirus pandemic.](#)

#### **Coronavirus (COVID-19) Awareness course (free of charge)**

The course covers, symptoms, infection prevention, investigation guidance and support.

<https://www.skillsforhealth.org.uk/covid-19-course>

#### **NHS Statutory and Mandatory Training** – for all staff, returners and users

<https://portal.e-lfh.org.uk/Register> - registration required to create a record to prove compliance and can be accessed with any type of email account.

#### **Top Tips for Telephone Triage & Video Consulting**

A free on demand webinar has been released. Returning GPs and other Primary Care staff can register via our homepage [www.nbmedical.com](http://www.nbmedical.com)

How to establish a remote total triage model in GP using online consultations [available here](#)

#### **Acute Care**

**Training resources (webinars and details of joining live Q&A's)** commissioned from the University of Bradford [available here.](#)

Topics include: Advanced Respiratory Monitoring and Support in Critical Care, Maintenance of Nutrition and Hydration Status in the Critically Ill, Advanced Cardiovascular Monitoring and Support in Critical Care, General Care of the Unconscious Patient.

#### **E-learning produced by the University of Huddersfield resources** [available here.](#)

Topics include: Management of acute respiratory symptoms, Auscultation and respiratory assessment, Critical care skills for non-critical care nurses, End of life care, Transmission and Cross Infection)

#### **Critical Care**

#### **Cross skilling**

The UK Critical Care Nursing Alliance have published guidance on induction for non-critical care staff asked to work in critical care settings during the Covid-19 outbreak. The guidance can be [found here](#).

ICNARC report on COVID-19 in critical care outcomes to 27 March 2020 is [available here](#).  
Clinical guide to adult critical care during the coronavirus pandemic – staffing framework [available here](#).

### **Respiratory**

The British Thoracic Society have published Information, guidance and resources to support the respiratory community during the COVID-19 pandemic [available here](#)

A recent Lancet publication (tagged respiratory) describes the challenges faced by children and health-care professionals, and propose key strategies to address these – [available here](#).

Respiratory Care and Assessment e learning package (Gloucestershire) continues to be [available here](#).

### **Major Trauma**

Clinical guide for the management of major trauma actions during coronavirus pandemic [available here](#).

### **Mental Health**

The Mental Health, Learning Disabilities and Autism (MHLDA) Covid-19 response cell has published IAPT guide for delivering treatment remotely during the coronavirus pandemic, available on the [NHS England website](#)

### **Palliative Care**

Association for Palliative Medicine resources <https://apmonline.org/>  
Clinical Guidance for the management of palliative care in hospital [available here](#).

Coronavirus and the palliative care response (European Association for Palliative Care) [available here](#).

Guidance on how to approach the conversation with the patient/family (phone/face to face) continues to be [available here](#).

### **Well-being and Health**

The BMA have a number of well-being services and information (free of charge) [available here](#).  
Get Headspace for free, sponsored by Headspace for NHS Clinical Staff. [Join here](#).  
New Psychological Self-Help Apps for all NHS Staff – [Available here](#).

### **Unmind - How NHS staff can get access**

- Go to [nhs.unmind.com/signup](https://nhs.unmind.com/signup)
- Sign up with your NHS email address

Download the Unmind app from your Appstore – your organisation name is 'NHS'.

### **Headspace**

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

They are offering free access to all NHS staff with an NHS email address until 31 December.

### **Sleepio and Daylight (developed by Big Health)**

**Sleepio** is an evidenced-based sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

**Daylight** is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Free access to **Sleepio** and **Daylight** for all NHS staff is available until 31 December.

### How to access Sleepio

1. Visit [sleepio.com/redeem](https://sleepio.com/redeem) on your laptop or desktop computer.
2. Enter redeem code NHS2020 and sign up for an account using your name/NHS email address.
3. Complete the sleep test.
4. Get started!

### How to access Daylight

1. Click on the following link: [daylight.com/NHSaccess](https://daylight.com/NHSaccess)
2. Answer a few short questions to tailor the programme to you.
3. Sign up for an account using your name and email address.
4. Download the Daylight smartphone app (search 'Daylight–Worry Less', for both iPhone/Android).
5. Get started!

### LATEST GUIDANCE AND STANDARDS

UKFPO Impact of COVID-19 on the UK Foundation Programme 2020 available [here](#)

JCST statement on COVID-19 and trainee progression in 2020 available [here](#)

PPE letter from NHS England/Improvement, PHE and AoMRC [available here.](#)

Clinical guide for the management of remote consultations and remote working in secondary care during the coronavirus pandemic [available here.](#)

Reducing burden and releasing capacity at NHS providers and commissioners [available here.](#)

Self-monitoring blood pressure in pregnancy – [available here.](#)

### Guidance and Standards for clinical programmes – General Practice

GP preparedness update letter from NHS England and NHS Improvement [available here.](#)

Covid-19: Clinical Supervision Arrangements for GP Trainees Working in Respiratory 'Hot Hubs' [available here.](#)

### Guidance and Standards for clinical programmes – Dentistry

Contingency planning for ARCPs/RCPs for Dental Trainees– [available here](#)

### Guidance and Standards for clinical programmes – Medical

Specialty Recruitment Plans during COVID 19 [available here.](#)

Guidance on Redeploying your secondary care medical workforce safely [available here.](#)

Fast tracking of processes for granting interim practicing privileges to NHS consultants [available here.](#)

### Guidance and Standards Patient Transfer Services

Patient transfer services – requirements and funding during COVID 19 [available here.](#)

### North West updates

No further North West specific updates at this time.

**HEE NW's COVID19** Training Programme Management bulletin is being co-ordinated by **Professor Jane Mamelok**. If you have any issues of concerns, please let us know on [Quality.nw@hee.nhs.uk](mailto:Quality.nw@hee.nhs.uk)

**This document has been shared with the following groups - feel free to tweet or share further** Medical Directors, DME's, MEMs, Heads of School, TPDs, ADs, All HEE NW staff, All trainees, HEI Medical schools, GP TPDs and network, Foundation networks, Dental, Lead Employer/MSM and HEE NW Lay reps.

## Useful on-line resources

### Resources for Acute Care Cross Training

<https://icmanaesthesiacovid-19.org/cross-skill-training-for-pandemic-covid-19>

### HEE's national update page:

<https://www.hee.nhs.uk/coronavirus-information-trainees>

### The Lancet – COVID 19 Resource Centre - Clinical Information open access

<https://www.thelancet.com/coronavirus>

### UK Government

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

### Current Gov/PH England

Advice on clinical staff self-isolation can be [found here](#).

### General Medical Council

<https://www.gmc-uk.org/news/news-archive/guidance-regarding-medical-education-and-training-supporting-the-covid-19-response>

### General Medical Council

<https://www.gmc-uk.org/news/news-archive/coronavirus-information-and-advice>

### General Dental Council

<https://www.gdc-uk.org/information-standards-guidance/covid-19-latest-guidance>

### Heath and Care Professions Council

<https://www.hcpc-uk.org/registrants/updates/2020/how-we-will-continue-to-regulate-in-light-of-novel-coronavirus/>

### NICE guidance (updated regularly)

<https://www.nice.org.uk/covid-19>

### NICE Critical Care Guidance

<https://www.nice.org.uk/guidance/ng159>

### Nursing and Midwifery Council

<https://www.nmc.org.uk/news/news-and-updates/how-we-will-continue-to-regulate-in-light-of-novel-coronavirus/>

### Royal College / Professional Body Resource

Collated Resources from Royal Colleges and other professional bodies on COVID-19 [available here](#).

### RCGP links

<https://www.rcgp.org.uk/policy/rcgp-policy-areas/covid-19-coronavirus.aspx>

<https://elearning.rcgp.org.uk/course/view.php?id=373>

### Simulation

<https://stel.bmj.com/content/early/2020/03/11/bmjstel-2020-000609/>

### World Health Organisation

COVID-19 Online training and simulation

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/training/>

<https://openwho.org/courses/>