

**Education and Supporting Resources for Sefton Care Homes**

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**Introduction**

Dear Care Home Partners

We want to support you in whatever way we can during the coronavirus outbreak and one of the ways, previously suggested on the MS Teams calls, was to develop a document highlighting free education and support resources available for you and your staff, not only on a national level, but also to include what is available locally here in Sefton.

The resources contained within this document are also available online and can be accessed via Sefton Council’s Learner Management System.  Further information explaining how to access the online version can be found on page 17 of this document.

This document, and the electronic version, will be regularly reviewed to include updates as we receive them, however if you have any suggestions as to what else needs to be included, please let us know by emailing Louise Kearney, Learning and Development Officer at [louise.kearney@sefton.gov.uk](mailto:louise.kearney@sefton.gov.uk)

Deborah Butcher Tracy Jeffes

Executive Director of Adult Social Care Director of Place – South Sefton

Sefton Council NHS South Sefton CCG & NHS Southport & Formby CCG

**Latest updates**

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| **Skills for Care** <https://www.skillsforcare.org.uk> and **Social Care Institute for Excellence** <https://www.scie.org.uk> have a wealth of resources, webinars and links to the latest government guidance on their websites. |
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**Sefton Urgent Care Response**

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**Greater Manchester Infection Prevention and Control Cell**

The PDF document has links to information on Apprenticeships and Infection Prevention and Control Information.



**COVID 19 Vaccinations**

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On 18 December 2020 the Autonomy Project and the National Mental Capacity Forum held a webinar to discuss Capacity, Consent and Covid Vaccinations and this link will take you to a recording of the webinar

<http://autonomy.essex.ac.uk/covid-19/>

The attached document is an Essex Autonomy Project document only and it does not represent the views of the National Mental Capacity Forum, the Department of Health and Social Care, or the Ministry of Justice.

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**Vaccine Fact Cards**

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**How to do a COVID-19 Self Test (rapid antigen test)**

<https://www.youtube.com/watch?v=S9XR8RZxKNo&list=PLvaBZskxS7tzQYlVg7lwH5uxAD9UrSzGJ>

**Medical Equipment / Use**

**Pulse Oximeter**

Video presentation about use of **Pulse Oximeter** by Health Education England  <https://www.youtube.com/watch?v=QabKghrtXps>

**Blood Pressure Measurement**

Guidance on choosing monitors from British Hypertension Society: <https://bihsoc.org/bp-monitors/>

Guidance on blood pressure measurement from Royal College of Nursing: <https://rcni.com/hosted-content/rcn/first-steps/blood-pressure>

Step by step video on manual blood pressure measurement using aneroid sphygmanometer from University of South Wales: <https://www.youtube.com/watch?v=HZ1vV3PjMPo>

Short video on blood pressure measurement: <https://www.youtube.com/watch?v=G8QkaAyqatE>

**Temperature**

Health Education England Video: <https://www.youtube.com/watch?v=UxE6J9YBxqs>

**Respiratory Rate**

Health Education England Video: <https://www.youtube.com/watch?v=ccKGzZXNKYs>

**Basic Airway Management**

<https://www.youtube.com/watch?v=rOJqWt-GhKA>

**Sepsis**

Short video: <https://www.youtube.com/watch?v=VcP2A3hUoSo>

Presentation from Sepsis Trust: <https://www.youtube.com/watch?v=vnDbiwZ_lik>

**Infection Prevention and Control**

**Information from the Greater Manchester Infection Prevention and Control Cell**

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**Skills for Care - new infection prevention and control resources**

The Department of Health and Social Care (DHSC) has adapted the 'Every Action Counts' suite of resources to support adult social care providers achieve excellence in infection prevention and control. The resources include posters, digital key cards and hints and tips, supporting compliance and awareness, leadership, morale and wellbeing, training and operational interventions.  
[⇨ Download the resources](https://elinkeu.clickdimensions.com/c/6/?T=MjQ3NDI1NDY%3AcDEtYjIxMTYyLTg0MTgyZjFhNWZmMzRhMjFhYjE1MzM1OTMzMmI4NzRl%3AbG91aXNlLmtlYXJuZXlAc2VmdG9uLmdvdi51aw%3AY29udGFjdC1jNGQ2MGI3YTNlYWVlNjExOTQxMjAwNTA1Njg3NzlhZC01NmZmNmU0OGEzMWU0ZDVlODU4Zjc3YWMyY2Y0MTFjNA%3AZmFsc2U%3AMTQ%3A%3AaHR0cHM6Ly93d3cuc2tpbGxzZm9yY2FyZS5vcmcudWsvTGVhcm5pbmctZGV2ZWxvcG1lbnQvb25nb2luZy1sZWFybmluZy1hbmQtZGV2ZWxvcG1lbnQvaW5mZWN0aW9uLXByZXZlbnRpb24tY29udHJvbC9JbmZlY3Rpb24tcHJldmVudGlvbi1hbmQtY29udHJvbC5hc3B4P19jbGRlZT1iRzkxYVhObExtdGxZWEp1WlhsQWMyVm1kRzl1TG1kdmRpNTFhdyUzZCUzZCZyZWNpcGllbnRpZD1jb250YWN0LWM0ZDYwYjdhM2VhZWU2MTE5NDEyMDA1MDU2ODc3OWFkLTU2ZmY2ZTQ4YTMxZTRkNWU4NThmNzdhYzJjZjQxMWM0JmVzaWQ9NDhjNDY3ZjUtOGVjYS1lYjExLWJhY2MtMDAwZDNhMGNiOTBj&K=Ij4yhEzg8RPuF5mi8YgLEA).

**Top tips getting a COVID swab from a person living with dementia.**

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**Latest guidance for the public and for care homes**

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

**Skills for Health** free Coronavirus (COVID-19) Awareness Course, 2 hours, covering infection prevention, PPE, sampling and testing. <https://www.skillsforhealth.org.uk/covid-19-course>

**Videos:**

COVID-19: putting on and removing PPE – a guide for care homes

<https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes/covid-19-putting-on-and-removing-ppe-a-guide-for-care-homes-video>

PPE donning and doffing- YouTube video - <https://www.youtube.com/watch?v=ozY50PPmsvE&feature=youtu.be>

Hand washing video and resources - <https://www.nhs.uk/video/pages/how-to-wash-hands.aspx>

Taking Swabs YouTube video -  <https://www.youtube.com/watch?v=1l0jcv37WzI>

Taking Swabs -Guidance <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/881000/Combined_throat_nose_swab_instruction_sheet_courier_version.pdf>

**Medication**

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**Homely Remedy Policy for Suspected COVID-19 Infection, Sefton Medicines Management Team.**

To access this briefing which lasts about 9 minutes, please go to Sefton’s Learner Management System (MeLearning) using this link -

Medication Electronic Resources <https://seftonclc.melearning.university/course_centre/course_details/107>

Sefton’s Medicines Management Team can be contacted on [Seftonmm.hub@nhs.net](mailto:Seftonmm.hub@nhs.net) to discuss any training requirements regarding medication.

Coronavirus (COVID-19): reuse of medicines in a care home or hospice. <https://www.gov.uk/government/publications/coronavirus-covid-19-reuse-of-medicines-in-a-care-home-or-hospice>

**End of Life Care**

**One Step free programme – online, self-led training on End of Life Care**

This programme is aimed at care homes and domiciliary care organisations and their staff. Individuals can complete at their own pace and all resources are fully accessible without any cost. The programme comprises of four units: Identification, Assessment, Discussion and Engagement. For further information about the programme, please [email lynne.partington@eolp.org.uk](mailto:email%20lynne.partington@eolp.org.uk) or visit the [Six Steps website](http://www.sixsteps.net).

Video on **COVID-19 Managing Symptoms at the End of Life,** Dr Kate Marley, Consultant in Palliative Medicine, Woodlands Hospice. The video can be accessed from our Learner Management System (MeLearning) and lasts approximately 12 minutes.

<https://seftonclc.melearning.university/course_centre/course_details/101>

**Verifying Death in times of emergency.** National guidelines regarding verification of death have been published:

<https://www.gov.uk/government/publications/coronavirus-covid-19-verification-of-death-in-times-of-emergency>

**Macmillan Cancer Support**

<https://www.macmillan.org.uk/coronavirus/end-of-life-care-and-coronavirus>

**Bereavement**

**Bereavement Resources for the Social Care Workforce:**

<https://www.gov.uk/government/publications/steps-to-take-following-the-death-of-a-person-who-worked-in-adult-social-care-in-england/bereavement-resources-for-the-social-care-workforce>

**Managers and Staff Support:**

NHS England and NHS Improvement have put together a suite of compassionate resources that aim to help you access support during what will be a difficult time for you and your staff, given the restrictions and changes to normal grieving patterns and processes. In recognition of this, the suite of resources includes practical support and will signpost you appropriately to additional resources.

<https://people.nhs.uk/guides/bereavement-support-during-covid-19/>

**Cruse Bereavement Care**

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

**Hospice UK** have launched an **Bereavement and Trauma line**. You can speak to a **specialist counsellor at 0300 303 4434**. They are available between **8am and 8pm, 7 days a week** to support you if you have experienced a bereavement, have witnessed traumatic deaths as part of your work or need to discuss any other anxiety or emotional issues you are experiencing as a result of the COVID-19 pandemic.

**At a Loss** provides signposting to other services across the UK that can provide resources and support to those that are bereaved.

<https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic>**Moving and Handling**

For complex Moving and Handling that requires an equipment assessment in Residential Homes then please make a referral to the Occupational Therapy Team via Sefton Contact Centre 0345 140 0845.

**Look After You**

The [Cheshire & Merseyside Resilience Hub](https://www.cheshiremerseyresiliencehub.nhs.uk/) is an NHS funded project to help support staff members in the NHS, Social Care (local authority or CCG funded) and the Emergency Services through the pandemic and beyond. We are a 9am-5pm service and offer a range of psychological interventions and therapeutic access for staff members needing some extra help and support through covid and beyond. Most of our service is offered in house – however, if we can’t offer in an house service we will refer you on to one of our partners. The services offered are 100% free and confidential.

**Outreach** – Our Assistant Psychologists (APs) can attend your workplace signpost staff members to our service. We can also run a ‘basic listening’ service to understand staff needs. When visiting, we can also provide your workplace with a range of wellbeing goodies (pens, tote bags, lip balls, stress balls etc) This can be booked via [**our website**](https://www.cheshiremerseyresiliencehub.nhs.uk/i-would-like-to-contact-the-hub-for-advice-or-support/contact-us-form-managers/)on the contact us lozenge (green tab)

**Self-Referral** – Staff members can self-refer into our service to seek 1-2-1 support and intervention. A clinician will contact them at a time that suits them and look at the issues at hand to determine what intervention route is best. Staff members can refer via [**our website**](https://gateway.mayden.co.uk/referral-v2/c198281e-142b-4b0f-b464-a9296b7a38d0) (pink tab)

**Team Systemic intervention** – If organisations are experiencing team issues, a manager and leader can request an intervention from a clinician for the whole team, this can be a ‘one off’ or a package. More information is available in the systemic attachment. Managers and leaders can book this via [**our website**](https://www.cheshiremerseyresiliencehub.nhs.uk/i-would-like-to-contact-the-hub-for-advice-or-support/contact-us/) (blue tab)

**Workshops** – CMRH run a range of monthly workshops based around psychoeducational rather than therapeutic. These are free to attend and are run via zoom. The current workshops we offer are: Covid19 & Burnout – the Perfect Storm. Team Self Care & Psychological self-care for staff. You can book onto these via our website – light green tab.

Psychological Self-care for teams – 27th April 2022 – 12.30pm-1.30pm <https://www.eventbrite.com/e/272006949107>

**Pastoral Support** – As well as psychological interventions, the hub also has a pathways advisor who can help with a range of issues surrounding finance, housing, debt, social engagement etc. This is a dedicated service and we will provide help and support via our third sector partners. Staff members can request this on **our website** (lime green tab) As well as the pastoral offer, we also offer a range of wellbeing events too – from martial arts to samba drumming & Yoga. These are free to attend (at the moment we’re currently setting these back up as we was recently in business continuity due to omicron) More information will be sent via our mailing list & twitter.

**Relationship Support** – For a limited time, we have partnered with Relate – the relationships people, to offer 1-2-1 support and therapy for staff members going through a tough time in their relationship. Staff members will receive 1x 30 min introductory phone call and 6 x counselling sessions. We have a dedicated landing page and phone number should staff members want to self-refer. [NHS Live Chat | Relate](https://hub.relate.org.uk/nhs) or they can call **0300 303 4477**

We are on [**Twitter**](https://twitter.com/CMResilienceHub) also and have a [**monthly newsletter**](https://sway.office.com/XGyx2jrtkTFhx45m?ref=Link) that can be shared around.

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**Greater Manchester Resilience Hub** links to webinar recordings. The recordings are short (10 mins) and cover a range of wellbeing topics:

[Greater Manchester Resilience Hub - webinars and digital resources :: Pennine Care NHS Foundation Trust](https://www.penninecare.nhs.uk/mcrhub-webinars)

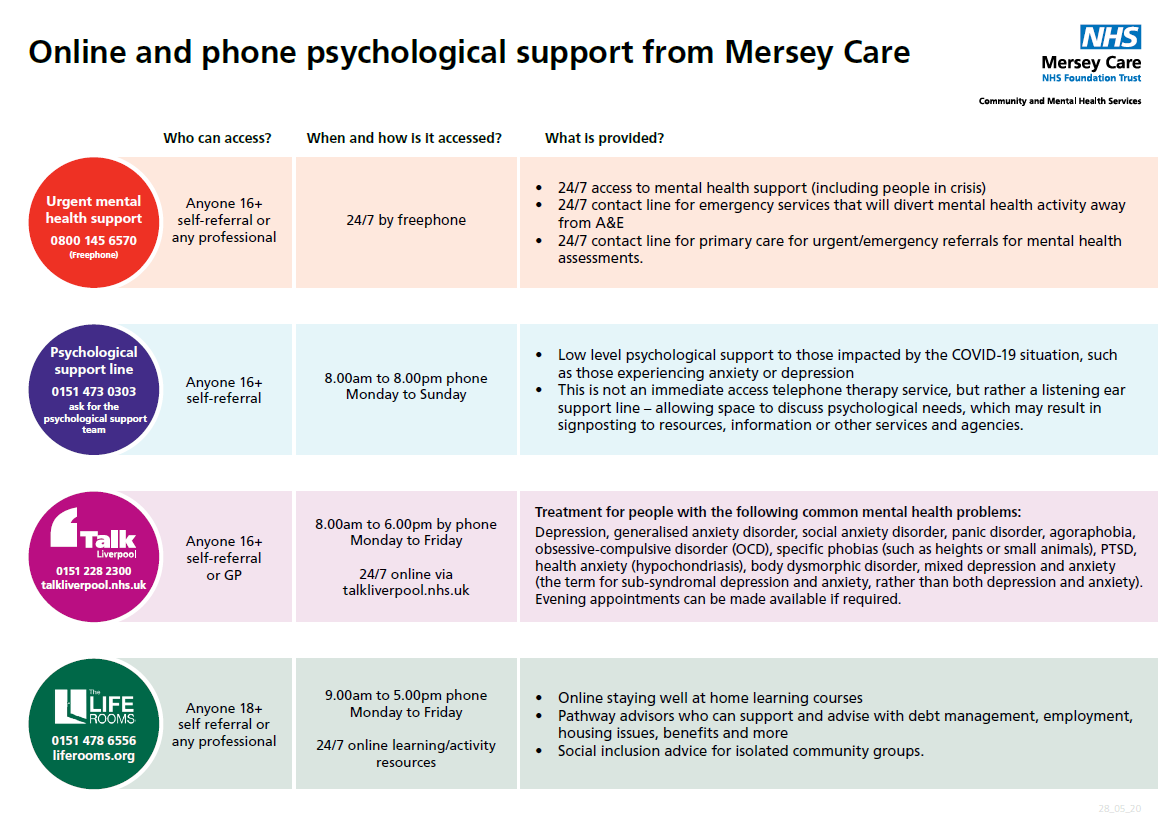
**Coronavirus (COVID-19): health and wellbeing of the adult social care workforce**

<https://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce?utm_medium=email&utm_campaign=govuk-notifications&utm_source=83369eba-1acc-44ce-8cc5-6adeb6c325d0&utm_content=daily>

**QWELL – Online Counselling and Well-being for Adults.**

The QWELL online platform provides free access to counsellors, forums and articles to help people with their recovery. There is a link below to a video explaining the service and how to access it. It shows the sign-up screen which is where your staff can choose their profession and set up their username. The video then walks staff through the different areas of the site: <https://vimeo.com/394910786/e6b8684fd2>

To access QWELL, please visit [www.qwell.io](http://www.qwell.io) You may also wish to also add the link to access the services on your intranet/internet site.



**Access Sefton** is a free, confidential service, commissioned by the NHS. **The service is available to anyone aged 16+ and registered with a Sefton\* GP**.

To self-refer to Access Sefton phone 0300 303 2708

There is also a 24/7 support phoneline to support anyone who needs help <https://kindtoyourmind.org/support-near-me/>

The helpline for Sefton Adults is: 0151 330 7332

**Frontline19 is a UK nationwide service delivering supervision, debriefing and emotional support to frontline workers during times of crisis. It is free and confidential.**

<https://www.frontline19.com/>

**Further sources of support**

**Sefton Corporate Learning Centre – Mental Capacity Act / Deprivation of Liberty Safeguards Awareness Training.** This is free training (cancellation charges do apply) and looks at the following:-

* To understand why we have the MCA
* To know the five statutory principles of the MCA
* To discuss best interests decisions
* To be aware of how we can plan ahead
* To understand DoLS

[Blue LMS (melearning.university)](https://seftonclc.melearning.university/course/enrol/93)

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| [Digital Social Care](https://www.digitalsocialcare.co.uk/)  <https://www.digitalsocialcare.co.uk/about/>  Case Study - Benridge Care Group: building a bespoke online system  <https://www.digitalsocialcare.co.uk/success-story/benridge-care-group-building-a-bespoke-online-system/>  **COVID-19 and Dual Sensory Impairment (DSI)**  Please read and share the free resources about COVID-19  and people with DSI: <http://hi-vis.org/covid-19/> |

**Care Home Strategic Partnership**

Please also take advantage of the scheduled Microsoft Teams calls for care homes to ask any questions, seek clarification and make requests for support.

These meetings are held monthly.

If you have any queries about these meetings, please email ben.malone@sefton.gov.uk

**Sefton Corporate Learning Centre**

The following are all available in our Learner Management System (MeLearning) and are free to access:

* Bereavement Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/102>

* Coronavirus Awareness eLearning (10 Minutes) <https://seftonclc.melearning.university/course_centre/course_details/97>
* End of Life Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/101>

* Further Sources of Support

<https://seftonclc.melearning.university/course_centre/course_details/106>

* Infection Prevention and Control Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/100>

* Looking after You Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/103>

* Medication Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/107>

* Medical Equipment and Use

<https://seftonclc.melearning.university/course_centre/course_details/121>

* Moving and Handling Electronic Resources

<https://seftonclc.melearning.university/course_centre/course_details/104>

* Working at Home Mental Health Video

<https://seftonclc.melearning.university/course_centre/course_details/114>

If you haven’t registered with us before, please go to:

<https://seftonclc.melearning.university/course_centre> and click the “Self Register” button.

For existing users, you will be asked to log in using your username and password.  If you have forgotten your password please click the “forgot your password” button and you will receive an email prompting you to change your password.

If you can’t remember your username and/or password, please contact Sefton Corporate Learning Centre on 0151 934 2872 or email [training.services@sefton.gov.uk](mailto:training.services@sefton.gov.uk)

**Health Education England**

The e-learning for healthcare website is freely accessible and has a multitude of COVID-19 related training resources readily available for staff to access, this is the link;

<https://www.e-lfh.org.uk/>

**NHSmail guides**

Guidance for opening shared inbox <https://www.digitalsocialcare.co.uk/covid-19-guidance/covid-19-quick-access-to-nhsmail/how-to-open-your-shared-mailbox/>

<https://www.digitalsocialcare.co.uk/covid-19-guidance/covid-19-quick-access-to-nhsmail/>

**Care Quality Commission**

<https://www.cqc.org.uk/guidance-providers/all-services/coronavirus-covid-19-pandemic-information-providers>

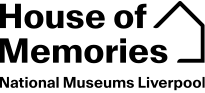
**Information Commissioners Office**

Data protection and coronavirus information hub to help individuals and organisations navigate data protection during this unprecedented time.

[https://ico.org.uk/global/data-protection-and-coronavirus-information-hub/](https://ico.org.uk/global/data-protection-and-coronavirus-information-hub/ppend)**[ppend](https://ico.org.uk/global/data-protection-and-coronavirus-information-hub/ppend)**

**ix Dementia wellbeing in the COVID-19 pandemic**



[](https://www.liverpoolmuseums.org.uk/house-of-memories)

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| [**houseofmemories.co.uk**](https://www.liverpoolmuseums.org.uk/house-of-memories) |

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***House of Memories: On the Road.***

 The National Museums Liverpool have built a 30 sqm mobile space that opens into an immersive cinema and exhibition space, designed to bring digital arts, music and heritage experiences into local communities. The aim is to create social connections for older people living with dementia and with local older people networks and groups. The space welcomes Covid secure groups (max 6 people) and individuals to experience an immersive interaction of their choice, that last around 10-15 minutes. The current programme options include a trip on Liverpool’s overhead railway, a visit to a 1950s grocery store, and a virtual day out at the seaside or forest. To view ***On the Road*** in action, please see short film [linked here](https://www.youtube.com/watch?v=TAnp4wxkiPQ) (2mins).