

NOVEMBER 10 2021-12PM-3.30PM ADST

**PANDEMIC
TRAUMA**

PERSON
PLACE
ENVIRONMENT

Supporting Healthcare in the UK in 2020 and 2021

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April 2020



Seven suspected cases in UK ++ Universities on alert ++ 20million locked down in Chinese cities

IS THE KILLER VIRUS HERE?



Taking no chances on the streets of Britain

Mask of concern: A young woman protects herself in Glasgow yesterday

THE deadly coronavirus was feared last night to have arrived in Britain.

GPs have now been instructed to check the travel history of anyone with a chest infection. Tests were under way on six patients in the UK with suspicious symptoms - five in Scotland and a sixth in Belfast. The Daily Mail was

By **Sophie Bortand, Jim Norton, Josh White and Colin Fernandez**

the Hillingdon Hospital in west London, just four miles from Heathrow Airport. Public Health England refused to comment.

Officials fear thousands of foreign students who have come back to China to celebrate their New Year this weekend will return to the UK unaware

last night already identifying at all and students who had recently visited the worst-hit areas, with some told they would not be allowed back on campus unless they agreed to a 'suitable quarantine period'.

Amid fears that Britain can do little to stop the virus - which has already killed 11 - spreading, Health Secretary Matt Hancock stressed that officials were 'well prepared' for its

■ Six Chinese cities - which are home to up to 20million people - were put on lockdown.

■ A British man in Wuhan described the 'blanket of fear' hanging over the city at the centre of the outbreak.

■ Singapore and Saudi Arabia became the latest countries to confirm cases.

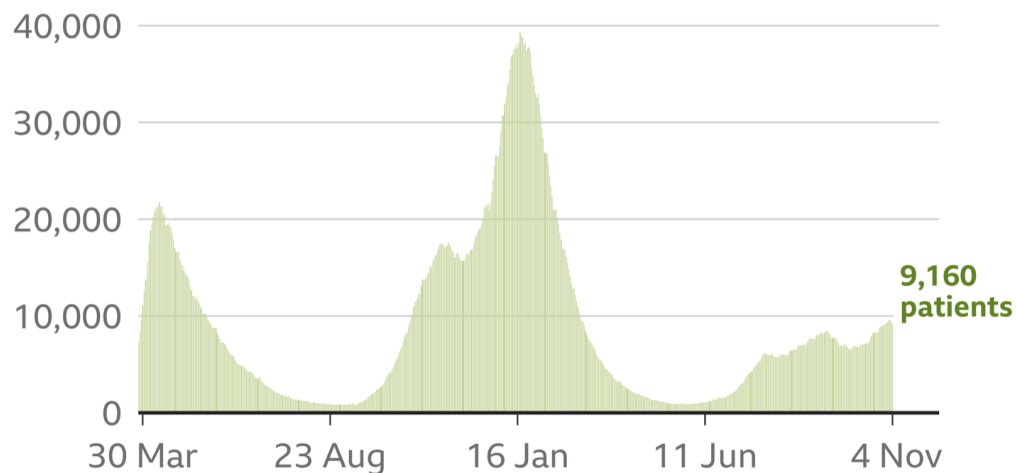
■ Ministers faced criticism for failing to monitor jet passengers arriving in



UK, November 2021

More than 9,000 in hospital with Covid

People in hospital with coronavirus, by date

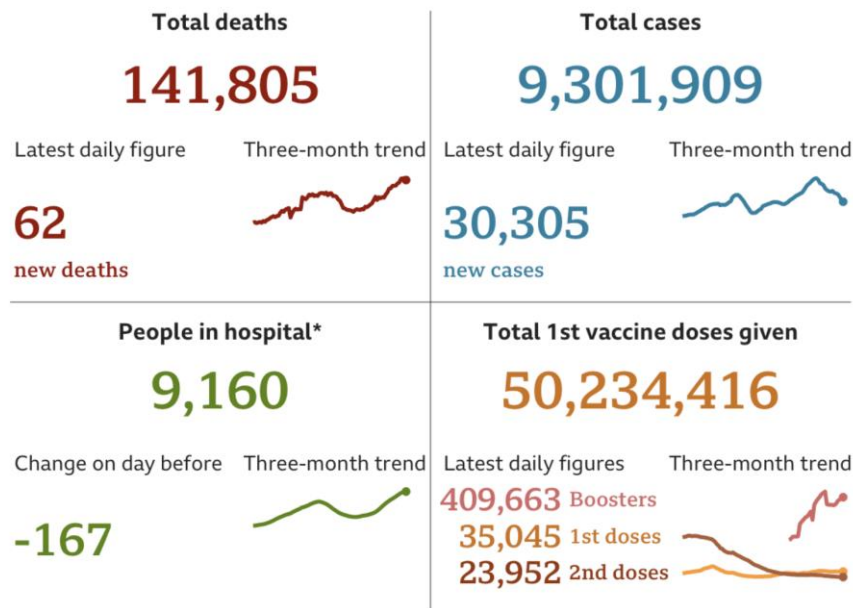


Most recent data for all nations is for 4 Nov

Source: Gov.uk dashboard



Coronavirus in the UK



*Publication dates differ by nation, most recent data for all nations to 4 Nov

Source: Gov.uk dashboard

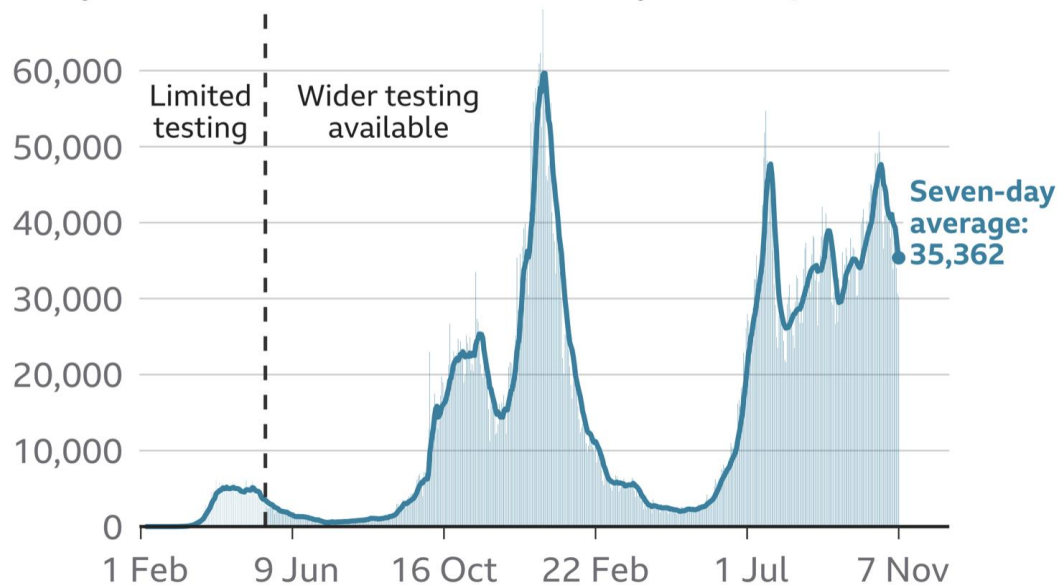


Snapshot

UK, November 2021

Case numbers still high

Daily confirmed coronavirus cases by date reported

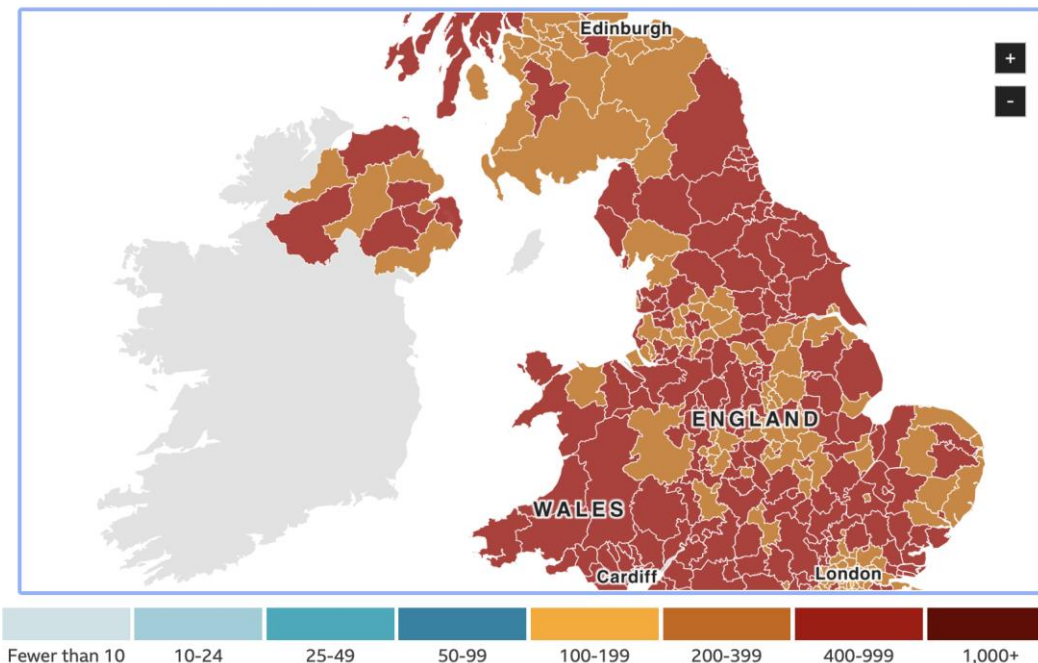


Source: Gov.uk dashboard, updated 7 Nov



Coronavirus across the UK

Tap or click to see how many cases per 100,000 in the latest week



Scotland, November 2021

Covid-19 cases in Scotland since 1 January 2021

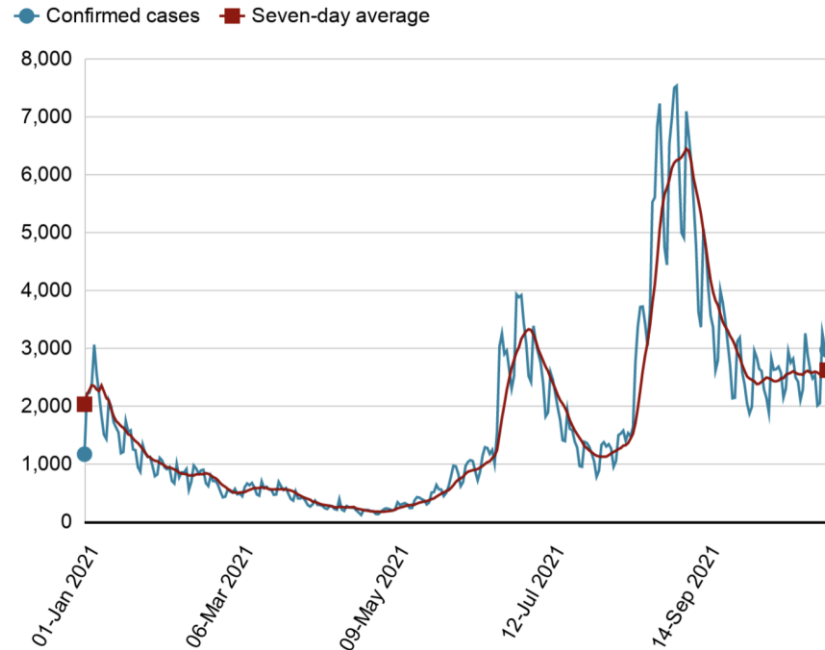


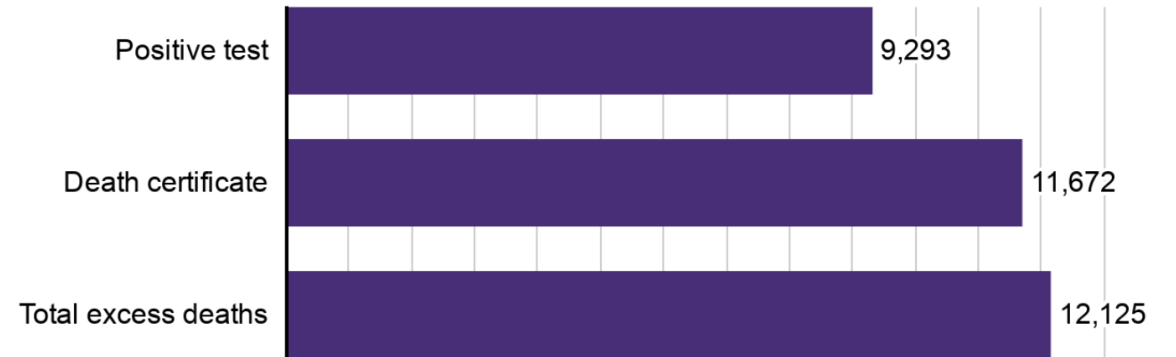
Chart shows cases by date of test

Source: Public Health Scotland

Screenshot

BBC

How many people have died with Covid in Scotland?



Counting excess deaths from all causes since 16 March 2020

Source: Scottish government, NRS

BBC





Aviation, Military, Medical, Leadership



CISM training 2015 - 2020

HEALTHCARE, AVIATION, EDUCATION, VOLUNTEER ORGANISATIONS MR,
VICTIM SUPPORT

| | |
|---------------------------------|-------------|
| Assisting Individuals in Crisis | 171 |
| Group Crisis Intervention | 125 |
| Resilience/listening training | approx. 150 |
| Refresher training | approx. 100 |
| Specialist/masterclass training | approx. 120 |



In healthcare

- Support and like minds....
- Lots of prior networking
- Response
- Crew Resource Management
- CISM training
- Resilience and wellbeing training

8 NHS Scotland boards, 3 NHS England Trusts, pre-hospital, aero medicine, trauma care, medical education, spiritual care

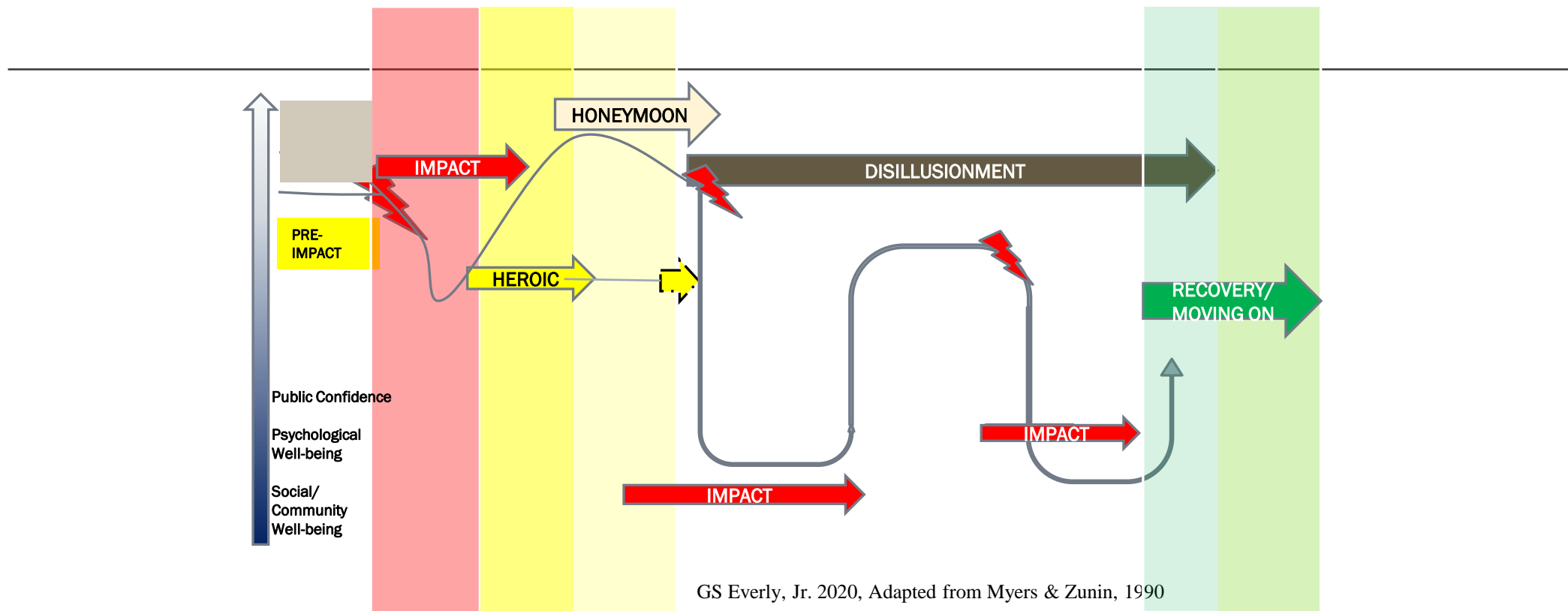


In anticipation of war

- Meetings
- Strategic reparations and logistics
- Rest and Wellbeing areas
- Teams coming together
 - Training
 - Rosters
 - Structures
- CMB letters
- Reminders
- CISM Blether group



PSYCHOLOGICAL PHASES OF DISASTER



Heroic

- Throw everything at it
- Resilience/listening training
- Refresher training
- Practicalities



Strategic planning, on the ground, training, listening, connecting, reassuring



Honeymoon

- Organisational trust, support and resources
- “Whatever you need”

SAFER-R Conversations

RITS areas

CMBs

CISM support to major events

Compassion and optimism



Sleep

”I’m just not sleeping too well”

Sleep hygiene

Resting/sleeping areas

Matthew Walker “Why we sleep”

Dr Michael Farquar

Rest areas

Space

Care

Levels to talk at

Signposting/escalation

Unwind

Tea/coffee

Freebies

Massage chairs

Consulting room 9

591

Engaged

Peer
Support

Disillusionment

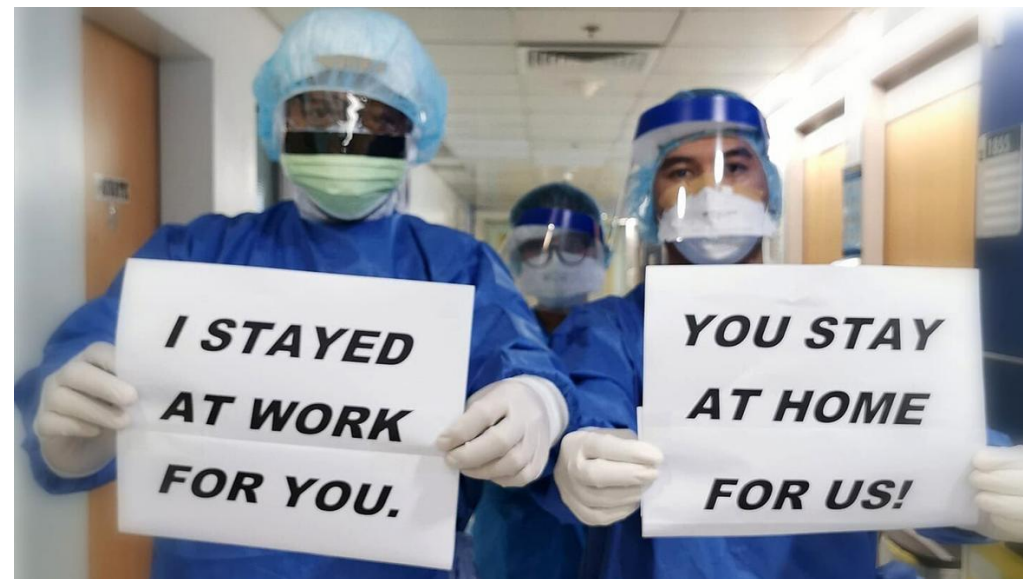
- Tired and weary
- Ongoing and future training
- Capitalise on work already done
- Motivation and honesty
- Space

CISD

SAFER-R

CMBs

Defusing



2021



Disillusionment ongoing

- Had enough
- Early retirement
- Trust issues
- Compassion fatigue
- Burnout

CISD, SAFER-R, CMBs, Defusing

Next levels of care



CISM training 2020 - 2021

RESPONDING TO AND CONSULTING TO SUPPORT TEAMS POST CRITICAL INCIDENT

| | |
|---------------------------------|-------------|
| Assisting Individuals in Crisis | approx. 300 |
| Group Crisis Intervention | approx. 70 |
| Resilience/listening training | approx. 700 |
| Refresher training | approx. 250 |
| Bitesize learning | approx. 200 |



This is not top
trumps...



Natural Reactions

- Sadness
- Guilt
- Shame
- Anger
- Fear
- Memories/flashbacks

Next levels of support

CONSIDER SPECIFICALLY:

Occupational health

EAPs

Staff care

Local counselling

GRATIX/Learning from Excellence

Civility Saves Lives

DON'T OVERLOOK:

Decompression

Breaks and rosters

Leave

Trainees

Keeping promises

Wellbeing not a fluffy word



ICISF Peer support in the UK



Going Home Checklist

NHS Greater Glasgow and Clyde

- ✓ Take a moment to think about today
- ✓ Acknowledge **the most difficult** thing at work today, and then let it go
- ✓ Be **proud** of what you did at work today
- ✓ Consider **three** things that went well
- ✓ Check on your colleagues before you leave: **are they OK?**
- ✓ Are you **OK?** Your colleagues are here to listen to and support you too
- ✓ Now switch your attention to home. **Rest and recharge**



Staff Care NHS Lanarkshire

Paediatric Intensive Care Glasgow

RHC Wellbeing @RHCWellbeing @NHSUK

Funding Update: New Mental Health Support Project Launched

Wellbeing

Starting Your Shift? You Got This!

Finished Your Shift? You Did It!

Peer support across a critical care network

RHC Wellbeing (RHC Wellbeing) Dec 9, 2020

Levels of our happiness in ICU as they promote peer support across the critical care network

Pediatric Critical Care Medicine



Medical Peer Support

Ayrshire & Arran

Medical Peer Support Team
Julie Gordon
Hans Hartung

'Colleagues supporting each other'



Difficult times?
Need to talk?



Staff Peer Support

For more information see our StaffLink page or our Peer Support leaflets

SASH NHS Trust @sashnhs · 26 Jun 2020
"Non-judgmental and inclusive care": read the weekly message by Michael Wilson CBE, chief executive here: bit.ly/1Ng9WxC



Tina Suttle-Smith Retweeted
SASHCISM @SASHCISM
replying to @sashnhs

Great to note our 100th referral and encouragement to all, to care for all our mental well-being by talking about how we are

What we have learned/been reminded of

- Going online/innovation
- Post incident support starts long before an incident happens
- Multi disciplinary care
- Continuum of care
- Hydration, de-pathologising and sleep
 - Supervision, care and connection for peer supporters/teams delivering help
 - Boundaries...



Charlie Mackesy

The Boy, the Mole,
the Fox and the
Horse

The Laddie, the
Mowdie, the Tod
and the Cuddie

*“Whit’s yer best
discovery?” spiered
the mowdie.*



*“That I’m eneuch as
I am,” said the
laddie.*

LANG MAY YER LUM REEK



With thanks for your time and what you are doing

Angela Lewis

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