

**SLOUGH WELLBEING BOARD - WEDNESDAY, 15TH JULY, 2020**

**SUPPLEMENTARY PAPERS**

The following presentation was tabled at the meeting:

<b><u>AGENDA ITEM</u></b>	<b><u>REPORT TITLE</u></b>	<b><u>PAGE</u></b>	<b><u>WARD</u></b>
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## BAME & Covid19:

**Developing a rapid pilot system approach for Slough**

**Slough Wellbeing Board – 15 Jul 2020**

**Liz Brutus**



This set of ideas for a pilot programme was developed by a collaboration comprising of :

### The Frimley Health & Care ICS

Fits within 5 year Strategy ambition –

- ‘Focus on Wellbeing’
- ‘Our People’ and relevant workforce component.
- Supported by the ICS Analytics and connected care team

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### Slough ‘Place’

- Slough Community & Voluntary Sector
- Slough Borough Council including Public health
- NHS Primary, secondary and community care clinicians and professionals: acute and community trust senior leaders
- MD Slough Place - joint appointment between CCG and Slough Borough Council

# Slough BAME Pilot - Why Slough?

## Background

Increased rates of Covid-19 are impacting communities with high numbers of BAME residents.

54% of our Slough's population fall within this category\*

27% are recorded as *not* speaking English\* as a first language

Other key factors at play :

- Higher deprivation
- Higher population Density neighbourhoods
- Multigenerational households
- Larger Households

## Aim of pilot

- To test approaches to strengthen the ability of individuals and communities to protect themselves from the direct and indirect harms of Covid19.
- Importance of reducing morbidity and mortality across Slough.

# Theory

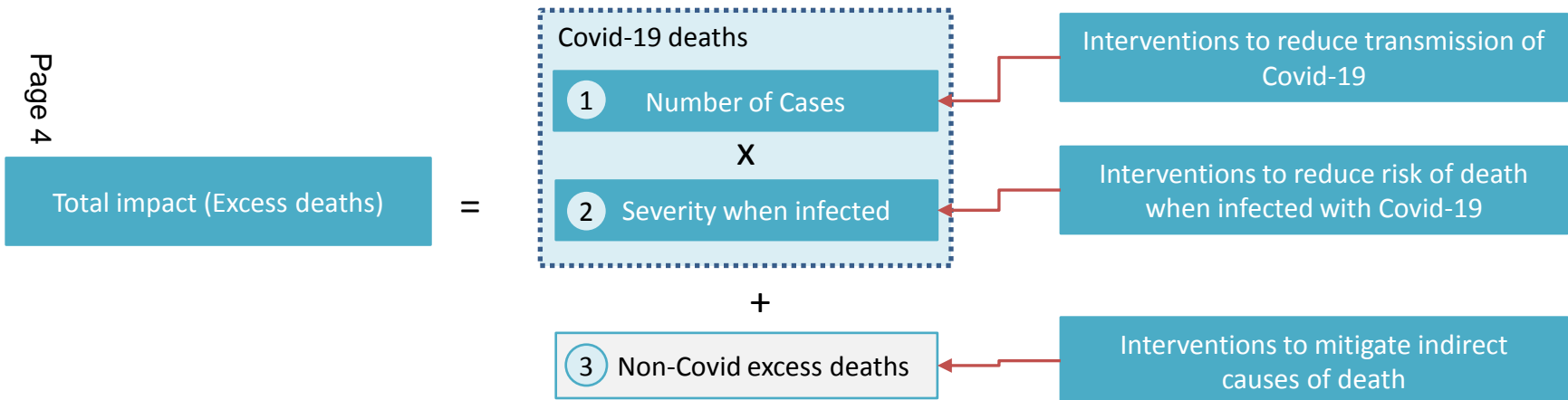
Our collective goal is to save lives and to focus effort on cohorts of the population that are **disproportionately impacted** by Covid-19

## Simple logic model for reducing overall impact on our population

*The outcome we want to reduce...*

*Is the result of 3 key drivers...*

*Which our interventions aim to reduce...*



We have used **data** of what has happened so far to build our understanding of what influences total impact to be higher / lower among different **cohorts of the population**

# Overarching principles

- Work with communities to develop culturally centred interventions together
- Link to existing Slough & Frimley ICS structures for governance + support and cross system partnership working
- Need to act swiftly
- Don't wait for perfect information before acting
- Build on existing local assets and projects e.g. *One Slough*, Strong Healthy and attractive communities
- Work for Slough's population, including residents and workers serving Slough
- Practical solutions
- Test and adjust

# Slough BAME Covid-19 programme – 5 strands

**Community  
awareness &  
engagement**

**Improving  
information**

**Prevention &  
Harm  
reduction**

**Covid-19  
Clinical  
Management**

**Workforce**



# 1. Communications & Community Engagement (Leads – Ramesh Kukar and Ketan Gandhi)

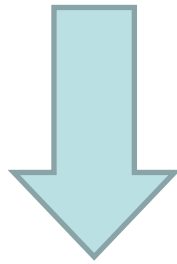
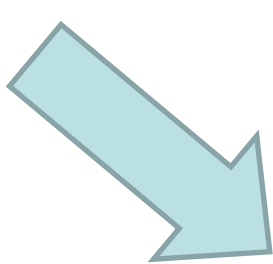
www.slough.gov.uk  
**Slough**  
Borough Council

**sloughcvs**  
www.sloughcvs.org.uk



**NHS**

**East Berkshire**  
Clinical Commissioning Group



**#OneSlough**

[www.publichealthslough.co.uk/campaigns/one-slough/](http://www.publichealthslough.co.uk/campaigns/one-slough/)

# Comms & Community Engagement - Progress

## Actions to date

- Communications plan & steering group
- Establishing the project as #OneSlough - new website, logo and resources
- Key local messages e.g. New testing site
- Responding to local issues e.g. New cases
- Press release

## Actions to come

- Further translated materials
- Targeted infographics
- GP interviews
- Responding to local data
- Reinforcing the key national messages
- Supporting the Local Outbreak Management Plan
- Future community engagement platform

# Proportionate universalism – Reducing risk

- Public Health “Community preparedness report”

[www.publichealthslough.co.uk/campaigns/reducing-your-risk-coronavirus/](http://www.publichealthslough.co.uk/campaigns/reducing-your-risk-coronavirus/)

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## MOVE MORE

Leading a physically active lifestyle reduces the incidence of communicable diseases, such as viral infections like Coronavirus. Regular, daily exercise can enhance the immune system and improve metabolic health.

[Find out more - Being Active →](#)



## LOSE WEIGHT

Obesity is linked to a host of health risks which have higher mortality rates from Coronavirus including type 2 diabetes, heart disease, some cancers and hypertension. Obesity is one of the most common conditions that requires intensive care admission due to the virus.

[Find out more - Weight Loss →](#)



## STOP SMOKING

Current smokers are at increased risk of greater disease severity. Smoking also harms the immune system making it harder to fight off infection. We are offering various free stop smoking services to Slough residents. #Quit4Covid

[Find out more - Stop Smoking →](#)



## MENTAL HEALTH

The anxiety caused by the threat of Coronavirus and the mental health concerns caused by extended periods of time at home are incredibly important to overcome. We have compiled a comprehensive list of support resources and key local services for all ages.

[Find out more - Mental health →](#)

# Returning to a #HealthyNormal

## Post lockdown daily routine

### Waking up

Aim for a balanced breakfast with food high in vitamins and minerals.



### Going to work/school

Try to walk or cycle if you can. If you use public transport; you must wear a face covering, stay 2m away from others if possible and don't touch your face.



### Arriving at work/school

Immediately wash your hands thoroughly for 20 seconds with warm water and soap.



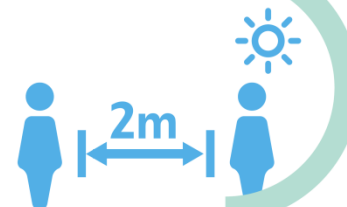
### Getting home from work/school

Try to walk or cycle if you can. If you use public transport; you must wear a face covering, stay 2m away from others if possible and don't touch your face.



### Whilst at work/school

- 1 Maintain your distance (2m) from other people as much as possible.
- 2 Wash your hands frequently and thoroughly throughout the day.
- 3 Stand up or move every 20 minutes to prevent the ill effects of sedentary behaviour.
- 4 Get outside for some sun at lunch. It's great for vitamin D, your immune system and mental health (use sun cream if needed).
- 5 Aim for a balanced meal with food high in vitamins and minerals.



### Once home

Immediately wash your hands thoroughly for 20 seconds with warm water and soap.



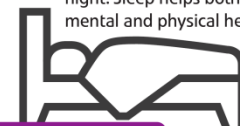
### Your evenings

- 1 Aim for a balanced meal with food high in vitamins and minerals.
- 2 Keep active - take part in a class or go for a walk/run, and make sure you're not sitting or sedentary for more than 20 minutes at a time.
- 3 Try one of the 5-Ways-To-Wellbeing to help improve your mental health.
- 4 Reduce the health risks of alcohol by drinking no more than 14 units a week and having several alcohol free days.



### Your night time

Try to get 7-8 hours of quality sleep, turn off your phone at night. Sleep helps both mental and physical health.



### More support?

For more information and support for any of the above, or for other elements of health e.g. stop smoking, sexual health, alcohol or immunisations, simply go to: [www.publichealthslough.co.uk](http://www.publichealthslough.co.uk) and <http://healthandwellbeing.slough.gov.uk> or email us at [publichealthslough@slough.gov.uk](mailto:publichealthslough@slough.gov.uk)

*Helping you return to a healthy normal*

# 2. Improving Information

## (Lead– Tessa Lindfield)

### Engaging partners:

- Working group established and meeting regularly
- Workshop held with leads of other work streams to find the data requirement to support other work

### Three main elements:

1. Description of the risks of harm from COVID-19 in Slough and where they are in the population
2. Development of a Risk Stratification Tool
3. Monitoring of COVID-19 in Slough, including the excess risk in BAME population

### Progress to date:

- Risk Stratification Tool developed for identifying high risk people of BAME and non-BAME background
- COVID-19 dashboard developed
- Data collection for Slough BAME needs assessment is being carried out and gaps identified after scoping of available data to explore the completeness of ethnicity recording in the data source available.

# 3. Prevention and Harm reduction

(Leads – Lalitha Iyer, Priya Kumar and Sangeeta Saran)

## Aim

- Detailed risk stratification carried out to better understand population most risk from Covid-19 in Slough
- Criteria include age and registered conditions
- At-risk population defined:
  - Focus on the 20,000 people who are considered most at risk *regardless of ethnicity*
  - However - guidance purposes only - should not affect the clinical decision making when presented with individual cases
  - Patients will not be denied care if they do not fit the given criteria.

## Progress

- List of at-risk patients drafted by Connected Care
- Hot pathway with pulse oximetry signed off and launched with practices
- Demand for pulse oximeters modelled, pulse oximeters purchased and pathway commissioned with OOH

## 4. COVID-19 Clinical Management

(Leads – Lalitha Iyer, Priya Kumar and Sangeeta Saran)

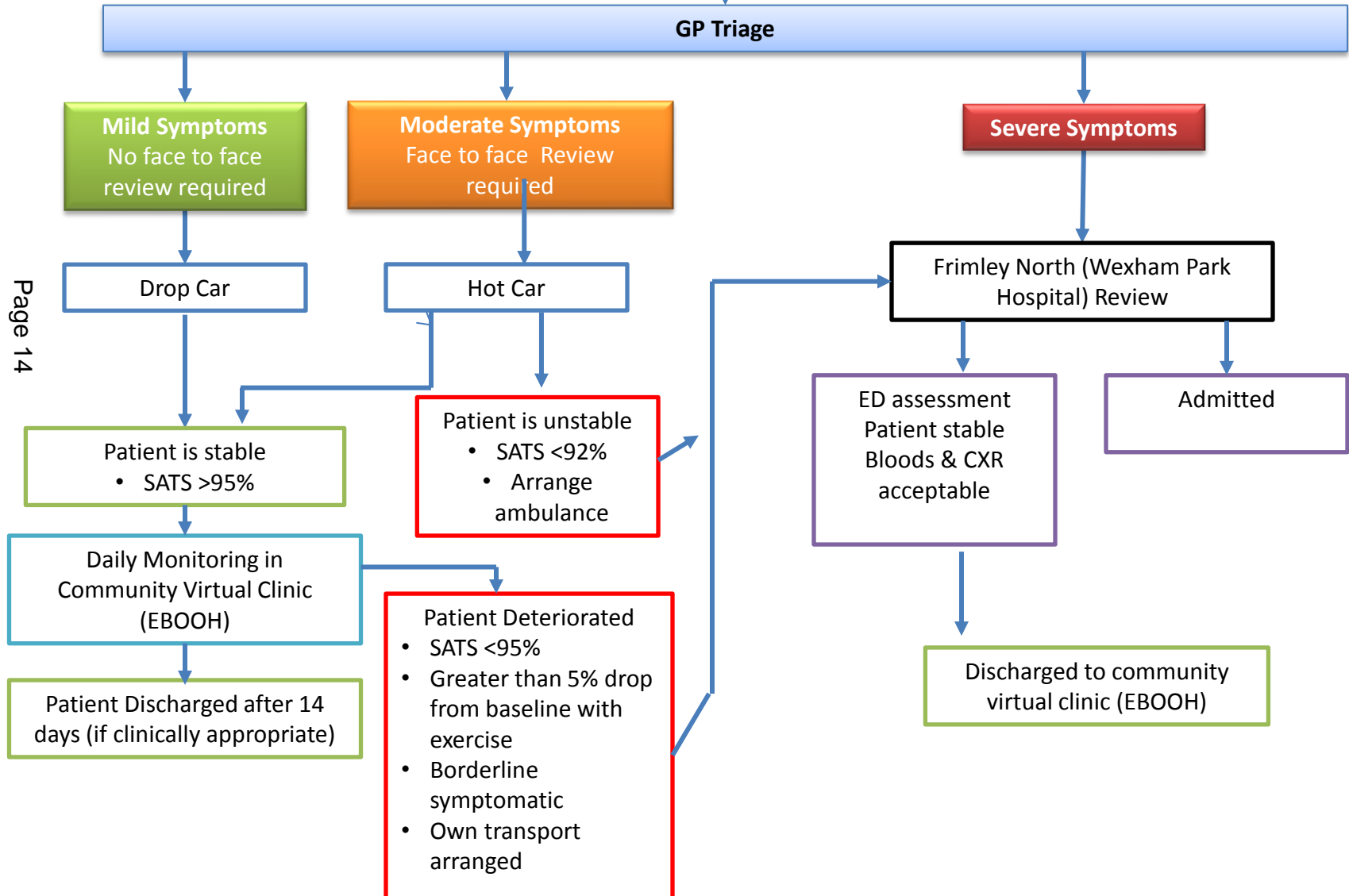
- The aim is to utilise digital and technological developments to proactively support patients and manage symptoms.
- The clinical management of symptomatic patients will be managed via one provider and will be seamless in hours and out of hours.
- Active home monitoring Locally Commissioned Service (LCS) in place

# Pulse Oximetry Pathway

Patients with suspected Covid-19 contact GP through 111 or direct telephone contact with practice  
7 day seamless service with continuity of care with same team

## Criteria:

1. Suspected Covid-19 requiring monitoring, regardless of ethnicity
2. High risk identified BAME patient – all enrolled even if symptoms are mild





# Inclusion of other Groups in the pilot

## **Pregnant women** : Social and clinical aspects

- Very low representation of BAME on our MVP group in Slough
- Covid virus adversely affects the placenta and fetal oxygenation
- Pulse oximetry is important as affected patients often are unaware of how low their blood oxygen levels are
- Earlier presentation to hospital may improve their chances of a better outcome.
- Molecular heparin treatment due to microthrombi or hypercoagulable state.

**Vulnerable groups** like learning disability/ autism cared for by families or in residential / care homes

# 5. Workforce

(Lead – Caroline Corrigan)

## Establishing the workstream

- Pan-Frimley scope
- Appointed a programme manager
- Making links with HR teams of organisations included in the scope of this project including voluntary sector

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## Four elements:

1. Co-create the Covid-19 response with those at risk (Governance)
2. Reduce transmission of Covid-19 in our staff by identify non-clinical risk factors
3. Proactively provide a range of culturally specific interventions to reduce the risk of infection of Covid-19 in staff
4. Provide a range of culturally specific health and wellbeing measures to support staff



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