

Community Impact Bucks' COVID-19 Briefing #20

Care home and healthcare guidance

Short regular briefing from Community Impact Bucks

April 2020

Dear Sir/Madam,

Care homes in Buckinghamshire, many of which are run by charities, look after some of the most vulnerable in our society. They have always been challenged by access to less resources than they would like and, during this pandemic, there are more pressures than ever.

We recognise this and salute the staff and volunteers; some staff are 'shielding' either because of their own health or because of the health of those they live with, while others are falling ill or have been exposed to COVID-19. Some residents are also becoming ill. Maintaining enough supplies of personal protective equipment is a challenge here as elsewhere in the country.

Our sister organisation, [Healthwatch Bucks](#), has provided some helpful guidance below.

CARE STAFF TESTING FOR COVID-19

Following the [government press release on 15th April](#) Care Quality Commission (CQC) is contacting registered care facilities, requesting that employers identify staff members and their families who are eligible for testing in line with PHE guidance. These people are being referred to the National Testing Centres. Staff should take this up where they can.

If you are a registered care facility and are currently experiencing pressures as a result of staff absence, please contact Buckinghamshire Council at afwresilience@buckinghamshire.gov.uk to discuss access to local testing.

AVAILABLE HELP & GUIDANCE

- **Volunteers are available from NHS Responder:** care homes can request volunteers through the NHS Responder portal but it can take three days to register. Visit the [portal](#) for more information.
- As the situation is changing so rapidly, we recommend checking [Buckinghamshire Council's website](#) for **latest advice and information for providers of care and support**.
- For the **latest information from hospitals in Buckinghamshire**, visit [Buckinghamshire NHS Trust coronavirus web pages](#).

WHAT TO DO IF SOMEONE FALLS

ISTumble App is a free app which provides an **interactive post fall assessment tool**. Devised by the West Midlands Ambulance Service and free to download on both iOS and Android devices, it allows people to make an informed decision as to whether they can safely lift a person who has fallen over.

The aim is to decrease the number of unnecessary ambulance callouts to uninjured fallers as well as to safeguard lives: clinical research has shown that delayed initial recovery (a lie greater than 10 minutes but less than 1 hour) and long-lie (a lie greater than 1-hour post fall) can result in serious health implications for the faller, such as skin damage resulting in pressure sores, kidney failure, and pneumonia. (ROSPA 2017)

The ISTUMBLE App takes carers through a series of Yes / No questions to help decide if it is safe to lift the resident themselves or if they need to call an ambulance immediately. To access the "ISTumble" App, visit the [Apple Store](#) or [Google Play Store](#).

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