



## Digital Nurse Network

**Weekly Bulletin** with Helen Crowther RN & Ann Gregory RN – Clinical Nurse Advisors at NHSX | **2<sup>nd</sup> October**

**Digital Nurse Network Weekly update** aimed at General Practice Nurses and the wider Primary Care Team. Please Feedback what you would like to know about, future topics, webinar ideas and your digital projects.

Email: [digitalnursenetwork@nhsx.nhs.uk](mailto:digitalnursenetwork@nhsx.nhs.uk) or follow us on Twitter: **@DigitalNurseNHS**



### Projects for this week

Sign up to the Future NHS platform – all our webinars, slides, guidance and other information are hosted there. You can [click here](#) and ask for access to our new **Digital Nurse Network workspace** or email us on [digitalnursenetwork@nhsx.nhs.uk](mailto:digitalnursenetwork@nhsx.nhs.uk) and we will invite you. Catch up with all the updates, blogs and COVID information and more – why not start a discussion with other members?

There is so much going on across primary care and nursing – to help you keep on top of it all we recommend signing up to these bulletins:

- CNO – Nursing & Midwifery Matter | [Click here to sign up](#)
- Primary Care Bulletin | [Click here to sign up](#)
- Vaccine update | [Click here to sign up](#)

### Online events, webinars and training



Digital Nurse Network as part of the Digital Primary Care Team at NHSX  
Email: [digitalnursenetwork@nhsx.nhs.uk](mailto:digitalnursenetwork@nhsx.nhs.uk)  
Twitter: [@DigitalNurseNHS](#) | [@nursehelenc](#) | [@AnnGregoryRN](#)

The **20th Digital Nurse Network Webinar** will take place on **Wednesday 07 October 2020 from 1-2pm**.

We will be welcoming Esther Taborn from NHS England's Infection, Prevention and Control team to answer more of your questions. Sarah O'Donnell will be giving the nurse perspective on a drive through Influenza clinic. DNN member Maggie Bradly offers an update on her experience with Video Group Clinics. As always, Helen and Ann will provide updates from the network including video consult, remote monitoring, events, the clinical entrepreneur programme and more. [Click here](#) to book your place.

The QNI annual conference 'Learning from the Pandemic' will take place online from 19<sup>th</sup> – 23<sup>rd</sup> October 2020 – for more information and to book your place - [click here](#)

The Shuri Network are hosting an event on 'Education and Inspiration: Digital leadership – Ingredients for Success' on 8<sup>th</sup> October 2020 – for more information and to book your place – [click here](#)

Primary Care IT - Are you struggling with the COVID QOF requirements? – [click here](#) to book.

**SAVE THE DATE – Wednesday 4<sup>th</sup> November – Digital Nurse Network 21 – booking link coming soon**

All information correct at the time of publication – see next week's update for new info

## Infection, Prevention and Control - Questions and Answers

### How do I safely dispose a used nasal flu vaccine?

Equipment used for immunisation, including discharged or partially discharged vaccines in an applicator, should be disposed of safely, as medicinally-contaminated clinical waste for incineration, in a yellow UN-approved waste receptacle (this is usually a sharps box), according to local authority regulations and guidance in the technical memorandum 07-01 (Department of Health, 2013). [Click here for NHS England guidance](#)

### Where would I be able to find an up to date Infection Control Policy for General Practice or as a PCN?

The Long Term Plan made a commitment to a England IPC Manual based on the Scottish [National Infection Prevention and Control Manual](#). For an example policy see: [Standard infection control precautions: national hand hygiene and personal protective equipment policy](#).

### What advice could change with a potential 2nd wave regarding infection control and PPE advice?

There are no changes anticipated – in primary care you would continue to triage as Medium or High Risk – more patients would present as high risk.

### How do I dispose of used but visually clean PPE?

If this is PPE used in the care of a Medium Risk patient BUT NOT someone who is suspected to have COVID -19 (i.e. has symptoms) then dispose of as offensive waste (in the yellow bag). For waste queries more generally see the SOP found on the NHS Futures site [here](#).

In summary: **Primary care services** - Waste generated in general practice or primary care dental settings from a person who has been confirmed or is suspected to have COVID-19 must be disposed of as Category B waste. The transport of Category B waste is described in Health Technical Memorandum 07-01: Safe management of healthcare waste.

### What is the risk of transmission to staff from live attenuated influenza vaccine including pregnant nurses or those previously shielding?

Advice re live attenuated vaccines sets out on page 20 of this guidance document – [click here](#).

In America where these vaccines have been widely used for many years the CDC has considered that the risk of acquiring vaccine viruses from the environment is unknown but is probably low (CDC, 2013). As a precaution, however, very severely immunosuppressed individuals should not administer LAIV. Other healthcare workers who have less severe immunosuppression or are pregnant, should follow normal clinical practice to avoid inhaling the vaccine and ensure that they themselves are appropriately vaccinated.

### Patients often have mild symptoms after LAIV how do we advise them re COVID-19 and the need for testing?

The symptoms of COVID-19 on [www.nhs.uk](#) are a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste. These are quite distinct from the symptoms seen post LAIV. Any doubt then patients should proceed to testing.

### How many times can I use hand gels / sanitisers before needing to handwash and what's the evidence for this?

See the national hand hygiene policy – [click here](#) - there is no set number, hands should be washed with soap and water when visibly soiled. Evidence links in the policy document for all recommendations.

### How often do you clean the room between patients for an influenza vaccine clinic as more footfall than a normal clinic which is cleaned per session for non COVID 19 patients?

As per page 28 of the guidelines – [click here](#) – frequently touched surfaces should be cleaned at least twice daily with solution of detergent and 1000ppm chlorine or an agreed alternative when known to be contaminated with secretions, excretions or body fluids.

### Should we pursue a technique of touchless injecting i.e. not stretching the skin?

Page 14 of the IPC guidelines – [click here](#). The guidance states “ In some clinical outpatient settings, such as vaccination/injection clinics, where contact with individuals is minimal, the need for single use PPE items for each encounter, for example, gloves and aprons is not necessary. Gloves and aprons are recommended when there is (anticipated) exposure to blood/body fluids or non-intact skin. Staff administering vaccinations/injections must apply hand hygiene between patients and wear a sessional facemask. ”

Provided this approach is taken when using PPE the decision re stretching the skin should be taken based on clinical assessment and not with regard to transmission based precautions.

## Other updates

GSK Webinar series for UK healthcare professionals: Living in a world with COVID-19 – [click here to access](#)

Clinical Entrepreneurship Programme Q&A webinar - Thurs 8th October 1900-2015 – [click here to join](#)

Diabetes Professional Care Virtual - 11-12-13 November 2020 – [click here for info](#)

What's happening in the NHS during Black History Month – [click here for info](#)

Thursday 8 October, 12pm - 1:30pm - [New PCN care coordinators webinar](#)

8 - 9 October - [UK Annual Social Prescribing Link Worker Day Awards and Conference](#)

Tuesday 13 October, 11am - 12pm - [Building back from COVID-19: Involving citizens in the next phase of pandemic response](#)

Wednesday 11 November, 9am - 9pm - [PCN Network virtual conference](#)



## Be present when it matters most

Being present is difficult when we may be feeling anxious or worried about things that are going on right now. In an uncertain world, there's something we can all do to help us find a moment of peace, calm and tranquillity... Perhaps it can start with a cup of tea and nowhere to be.

The Japanese have a saying 'ichi-go ichi-e' (一期一会) meaning 'one time, one meeting'. Simply put, we live 'each moment, only once'... everything can wait except what is happening right now.

So, next time you pop the kettle on, don't go into auto-pilot. Drink slowly, connect with yourself mindfully and reflect on the beauty, peace and calm to be found in the present moment - the reward for paying attention is you can lose yourself and find yourself.

Always sip tea as if it were life itself. – Lu Yu

Practice and share ichigo ichie with others; it is a gentle reminder that there is no guarantee that anything will happen again and so it inspires us to act with intense presence because, in fact – this is it.

For more daily inspiration, join our 'ShinyMind Community' on Facebook!

**Take time this Autumn to look after your colleagues and friends and create a community of support for all of you, email me [rebecca@shinyMind.co.uk](mailto:rebecca@shinyMind.co.uk) to find out how the ShinyMind App can help you, just like it is helping this member of NHS staff through COVID who sent us in this feedback.**

**“The masterclasses especially the inner critic have helped me reframe my thinking on days when I am questioning the job I am doing. More importantly it has helped me look after others and be more mindful of colleagues' needs at work too.”**

## Contact

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