



**Calling all residents and staff  
in Care Homes**

**Protect yourself and others  
against flu this winter**

If you are resident or work in a care home, then you may be entitled to a free NHS Flu vaccination. This year we would like to increase the uptake of flu vaccine for those living and working in care homes. This will protect yourself, those in your care for and your family.



How does the vaccine work and will I get any side effects?

You should not be vaccinated if you have had a serious allergy to the vaccine, or any of its ingredients, in the past. If you are allergic to hen's eggs or have a condition that weakens your immune system, you may not be able to have certain types of flu vaccine – check with your GP first. If you have a fever, the vaccination may be delayed until you are better.

Staff may need to contact their occupational health department for advice where to get their vaccines. Many local chemists offer the service for a small fee.

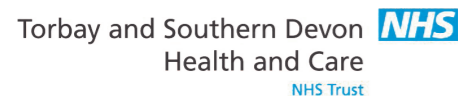
Anyone with a pre-existing medical condition; it is available free to those over 65 years and those living in a care home irrespective of age.

You should not be vaccinated if you have had a serious allergy to the vaccine, or any of its ingredients, in the past. If you are allergic to hen's eggs or have a condition that weakens your immune system, you may not be able to have certain types of flu vaccine – check with your GP first. If you have a fever, the vaccination may be delayed until you are better.

Who should have a flu vaccination?

Is there anyone who shouldn't have the vaccination?

We're on the Web  
[www.tsdhc.nhs.net](http://www.tsdhc.nhs.net)



If you have any comments, thoughts or suggestions for future items in the newsletter, please let us know by emailing:



[Linda.gibbs2@nhs.net](mailto:Linda.gibbs2@nhs.net)



Mental Capacity Act 2005

**Deprivation of liberty safeguards**

**FREE Deprivation of Liberty Safeguards (DoLS) update**

The Deprivation of Liberty Safeguards Team within Torbay would like to invite you to attend a DoLS update. The session will be facilitated by Nicky Griffin DoLS Lead Practitioner within Torbay and Southern Devon Health and Care NHS Trust.

**Who is the session for?**

This session will be available to Proprietors, Registered Managers and Deputies (People who are in a position to effect any necessary change to practice).

**Why is it necessary?**

On March the 19<sup>th</sup> 2014 the Supreme Court set a ruling to define what will constitute a deprivation of an individual's liberty. As a consequence of the Supreme Court Ruling many more people living in care/nursing home environments will fall within the new definition. There is a legal duty placed upon all care/nursing home providers to understand the Supreme Court Ruling and be able to identify those within their care for whom an application will be necessary. The Care Quality Commission will pay particular attention to both the Mental Capacity Act 2005 (MCA) and DoLS within their regulatory role.

**What to expect?**

Information about the new Supreme Court Ruling:

- ◆ Legal requirements placed on you and your organisation.
- ◆ Where to access further information/application forms.

Refreshments can be purchased in the onsite café.

ISSUE

04

September 2014

**TASC**

Torbay Adult Social Care Newsletter

**This issue**

- Deprivation of Liberty Update P.1
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- Flu Vaccination Reminder P.4

**Date:** 3rd October 2014  
**Venue:** TREC Horizon Centre  
Torbay Hospital  
**Time:** 9am to 12:30pm

**How to book a place?**

Direct email to:

[training.southdevon@nhs.net](mailto:training.southdevon@nhs.net)

It is essential to include the following information within your email:

- ◆ Date and name of the session (set out above)
- ◆ The name of your care/nursing home
- ◆ The names of the person/people who you wish to attend
- ◆ An email address
- ◆ A telephone number

**Please note:**

Refreshments can be purchased in the onsite café.

**Multi Provider Forum**

Date: 1st October 2014  
9am -12:30pm

Riviera International Conference Centre - The Burdett Room

Expanding Integration & Service Development

Updates to include:

- ◆ Integrated Care Organisation
- ◆ Deprivation of Liberty Safeguards
- ◆ VICTor Project
- ◆ Sustainability, fuel cost reduction
- ◆ Paul Glossop, Gain, Plymouth University re Business Growth



## Reducing utility costs by up to 50%

When the cost of energy continues to go up... how do you make the bills go down?

When things we buy, use, and dispose of have a negative impact on the environment... how do you reduce your carbon footprint?

With so much legislation, governance and moral obligations for providers... how do you find time to be a sustainable organisation?



NHS South Devon & Torbay Care Trust have asked WRM-ltd, an experienced environmental and renewable energy consultancy, to conduct a research exercise to identify the potential for cost and CO2 savings among care homes in the South Devon and Torbay area.

Common culprits for high utility bills are:

- Inefficient heating systems that can be replaced by low energy technologies
- High Watt light bulbs that can be replaced with technologies that use less than a quarter of the energy
- Standard electricity and gas purchase, that could be replaced with renewable technologies (and help to earn an additional income)
- Food waste and other materials going to landfill, that could be recycled or composted
- Bad habits that can be changed with staff engagement schemes

Help us to understand where the biggest opportunities lie by taking part in the 5 minute survey.

You can also receive a free energy benchmarking review.

<https://www.surveymonkey.com/s/CuttingEnergyCosts>

Please respond by Friday 19<sup>th</sup> September

Briony Pete  
Senior Consultant  
07932 225 406

## A campaign to help the public make the right treatment choice has been running in South Devon



South Devon and Torbay Clinical Commissioning Group, South Devon Healthcare NHS Foundation Trust and Torbay and Southern Devon Health and Care NHS Trust have been working together to ensure that locals and visitors are aware of where they should be going to receive the most appropriate treatment.

The campaign has included a range of editorial and adverts in local newspapers, posters and leaflets delivered to holiday parks, B&Bs and campsites - all supported with engagement and activity on social media. The objective has been to ensure that residents and visitors are armed with the right information to help them choose the right place to be treated should they fall ill or get injured during the summer season.

Dr Derek Greatorex, chair of South Devon and Torbay Clinical Commissioning Group, said: "When you're away from home on holiday, it can be really difficult to find out where to go to get help with a minor accident or illness, especially out of hours. Tourists are vital to South Devon and Torbay, and we wanted to support and encourage our holiday visitors, so our campaign has aimed to make it easier for them to find the right place when seeking help from the NHS. Likewise, the information has served as a useful reminder to local people."

Torbay Hospital reported its overall Emergency Department (ED) activity for the first quarter this year (ie April-June 2014) shows that numbers attending are up by 6 per cent on last year, which equates to approximately 90 extra patients per week.

While Torbay has its own set of unique features that contribute to this, up and down the country A&E departments have been feeling the pressure. It seems long gone are the days when we used to be able to predict and prepare for the usual peaks and fluctuations around key dates.

Graham Gardner, Emergency Department Consultant at Torbay Hospital, said: "We will always be here 24/7 for the people who really need our help. While our highly skilled staff are concentrating their efforts on treating patients with serious and life-threatening conditions or injuries, it can mean that those presenting with less serious complaints – for example, sunburn, bumps, sprains and smaller cuts – may have a long wait to be treated.

"To avoid unnecessary delays and interruptions to their holidays and daily lives, people with these less-serious ailments should consider attending one of the many minor injury units at our community hospitals or calling into a local pharmacy."

Torbay and Southern Devon Health and Care NHS Trust



The PUP Project

Saying **NO** to pressure damage

Pressure ulcers sometimes referred to as bed sores, develop when an area of skin and the tissue below becomes damaged from pressure resulting in disruption to blood supply. Although all patients are potentially at risk of developing pressure ulcers, people confined to bed or chair for long periods of time are at increased risk. Movement is paramount in preventing pressure ulcers. Those that cannot reposition themselves should be assisted to do so. Specialised equipment can be used alongside repositioning to promote prevention.

Heels are particularly vulnerable at getting pressure ulcers so feet should not be placed directly on a hard stool. Use a pillow length ways under the leg to provide support with the stool underneath to keep legs elevated. The heels should extend just beyond the end of the pillow to ensure no pressure is being applied.

For more information watch the Hibilio education films [www.hibilio.tv](http://www.hibilio.tv)

## Disclosure & Barring Service (DBS) FREE DBS duty to refer events

Department of Health will be holding free duty of care events for individuals making referrals to the Disclosure and Barring Service. An event will be held at The Grand Hotel, Seafront, Torquay on 10<sup>th</sup> December. The DBS will be opening bookings to Torquay just 6 weeks prior to the event and our time in securing slots will be limited.

Their website link for events is

<https://www.gov.uk/government/news/dbs-duty-to-refer-events>



When the event goes live, you will need to book through a link on this page.

Advanced Warning  
10 December  
The Grand, Torquay  
Booking from 29  
October

NHS  
South Devon and Torbay  
Clinical Commissioning Group

The introduction of an integrated heart failure service is changing patients' lives in South Devon and Torbay.