

28.9.20

Dear colleagues

How are you? I hope you are keeping well and safe at this increasingly challenging time!

In many ways as we approach/are in the second wave of covid we are in a better position. This time with increased knowledge of the virus, testing up and running and the experience of the last wave under our belts. However I still feel a sense of nervousness going into the autumn and winter. I can appreciate we are all probably jaded like many others from a hard 6 months going into winter with little reprieve to recharge our batteries.

I wanted to write to you to update a few things for your patients who live in nursing homes - I hope this check list might help?

- Ensure all patients registered since March 2020 have a **preauthorisation form** completed for their Level 1 and Level 2 palliative care medications
- Ask care homes to do a **stock check** and ensure supplies are replenished
- Remember to check that your patients all have an **Anticipatory Care Plan**, especially those who may have moved into a care home since March. Having a DNACPR is not an ACP. I always imagine myself in the middle of the night as an OOH GP or paramedic coming into an unknown situation and what would I need to know. Please make sure all KIS are up to date. The information we are looking for here is what matters to the patient, what treatment would they want/not want and would they wish hospital admission if they became more unwell. Other helpful info to include is current function level and recent eGFR if CKD and usual sats level. These are links to a webinar about ACP and how to approach conversations and also I have included a link to the Redmap resource
 - Webinar with. Dr Kathryn Mannix -
https://us02web.zoom.us/rec/share/5ZRvFZH71mlJe8_8zx6cX6IkFK7qX6a8hyAZqKEFyk8_jxBEG9QxyG9I0oNHoWxu
 - Password I!W0b2.w
 - <https://www.ec4h.org.uk/covid-19-effective-communication-for-professionals/>
 - REDMAP for covid - <https://www.ec4h.org.uk/covid-19-effective-communication-for-professionals/>
- **Clinical Portal** - I hope you are aware that there is a clinical portal version of the ACP available. This is mainly for other community teams such as District Nurses or Respiratory teams along with Secondary care to complete. If one is started then this will come into your Docman and it is up to you if you wish to copy this information onto the KIS or make a note that an ACP is available on the clinical portal.

- **DNACPR** - while this is a medical decision this should be discussed with the patients or their families. Remember DNACPR form in our very frailest patients can be a form to protect them from a treatment that would not be successful. CPR is a form of treatment for those who's hearts fail suddenly first not whose heart fail last as part of a general decline or other significant illness
- **Confirmation of Death** - remember the C of D forms and teaching has been shared across Greater Glasgow and Clyde. You do not need to do Verification of Death forms in the most part. Community nurses as well as nursing home nurses are able to complete this form - if you wish more information this is the link to the information on the GGC palliative care website
 - https://www.palliativecareggc.org.uk/?page_id=5609
- **Dexamethasone** - a new policy for the use of this in the community is just days away and we will send this out as soon as it is confirmed.
- **Updated Care home advice from government (17.9.20)** – in summary
 - from 7.9.20 – AHP including CMHT and dieticians previously described as non essential visits can go ahead and visit according to their leadership decisions
 - shielding patients in care homes can have visits as other residents can. Staff and visitors (like us) should wear PPE still.
 - new admissions even with a negative covid test must isolate for 14 days
 - PPE when visiting care home – aprons and gloves are single use, masks and shields are sessional use.
- **SAPG recommendations** – Recent good practice document came out for Use of Antibiotics at End of Life – this is the link to the document is here.
<https://www.sapg.scot/quality-improvement/end-of-life-antibiotics/>
In summary the document aims to optimise antibiotic use aligning it with Realistic Medicine. As such we should be aiming for shared decision making, honest conversations about benefits and risks individual to that patient with agreed goals and limits of treatment. As a patient approaches EOL whether antibiotics are to be given or not should form part of any **ACP discussion**
- **Refresh knowledge**
 - There is a new programme starting in October - "**Community Geriatrics for GP's**". This is combined work with Dr Lesley Anderton and Dr Kirsty Kileen who are Geriatricians in QEUH and GRI respectively and myself. We have made a teaching programme based on feedback from yourselves on areas where you have learning needs. The first webinar on **28.10.20 at 7.30 is with Dr Terry Quinn on Polypharmacy**. I will send out fliers closer to the time but please put it in your diary if helpful and you can watch from the comfort of your own home.

- I've copied the links to 2 webinars in addition to the one above if you wish to refresh about **Palliative Care** and **Medicine for the Elderly in Covid**. Also I have included links to the SAD website and Silver Cloud as resources for us all to use. There is a care homes webpage now hosted by GGC that has lots of up to date resources specifically for care homes and finally the Care Home resource pack will continue to be updated regularly, version 2 was sent out a few weeks ago.
 - Medicine for the Elderly
 - https://us02web.zoom.us/rec/share/u_MkBK3S3z1JU7OV5EX_Av4cR7nveaa81HAZ_KAOyEn5QSjpbqIit3uqx9_KrYq8K?startTime=1592937175000
 - Password 4j+58?K4
 - Palliative Care
 - https://uofglasgow.zoom.us/rec/share/zpxPHerezT5LEoHx9B_6c54NI4_Zeaa8gCQe8_MJzhpP1BT8Onvanp8r2wUcNkjF
 - Support Around Death
 - <http://www.sad.scot.nhs.uk>
 - Silver Cloud- stress and sleep problems programmes for free
 - <https://wellbeing.silvercloudhealth.com/signup/>
 - Care home resources website - <https://www.nhsggc.org.uk/your-health/health-issues/covid-19-coronavirus/for-care-homes/>

Apologies for the length of this letter but I hope this summary helps as we face this second wave of covid 19. As well as remembering that our patients are suffering from more mental health challenges as a result of covid 19 it is important to recognise that we are all at more risk too. Anxiety, depression, burnout and increased stress have all been on the increase for GP's so if you are struggling please speak to someone about how you are feeling. Please be kind to yourself and afford yourself the same advice that we offer to patients daily. I am always happy to be contacted on details below.

With kindest regards

Jude

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