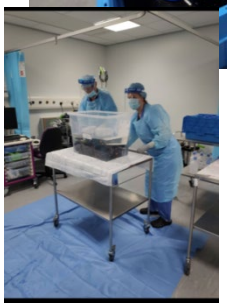
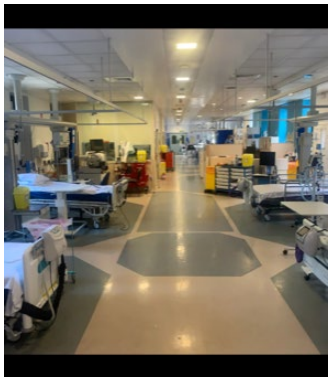
Bradford Teaching Hospitals
NHS Foundation Trust

CRITICAL CARE & COVID-19

Together, putting patients first

Preparing for a pandemic





- Novel Disease
- Lessons from countries affected earlier
- Anticipated huge increase in demand for critical care services
- Uncertainty over supply chains
- Rapid learning re: infection control and clinical management
- Fear and anxiety – would we be safe? would we be able to cope?
- Staffing, skills, equipment & environment

Physio - Ward Team Response:

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The remit:

- Building a team to deliver CPAP safely on a large scale outside of Critical Care – staff deployment for 7/7 service 08.00 – 21.00

The challenges:

- MDT staff - Training, enabling, supporting.
- Equipment management to prevent shortages/ inconsistency.
- Achieving the unachievable!
- Patients at the heart of everything.

Training and support

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- Requirement for rapid upskilling of workforce
- Challenges
  - Engagement
  - Rapidly evolving landscape
  - Logistics
- MUSC
  - Over 200 consultants across 3 days
  - BTHFT and allied health staff
  - Low fidelity simultation and small group
- ICU
  - In situ simulation
  - Web based learning and peer support
  - Social media
  - MDT approach
- Ongoing issues
  - Training fatigue and burnout
  - Wellbeing
  - Loss of clinical activity

Physio - Critical Care Team Response:

Bradford Teaching Hospitals
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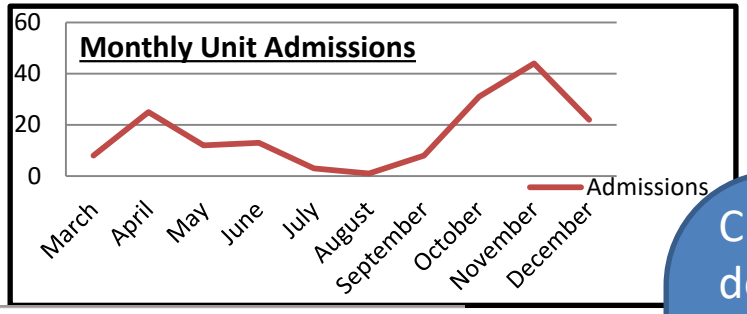
- Deployment of staff to provide 7/7 service 08.00 – 21.00
- Supporting MDT with CPAP, different interfaces and introduction /education of CPAP hood (2nd Wave) and proning
- Respiratory Physio techniques – rethink and modify
- Trache weaning/early voicing
- Early rehab – in context of new levels of breathlessness and hypoxia
- Feedback to ICU staff re successes
- Post Covid Clinic input

How bad did it get?



COVID-19 Pandemic CRITCON Levels

Please declare CRITCON level and for CRITCON 1, 2 or 3 the staffing level A or B

DEFINITION	STATUS
Normal – *'Business as usual'*	
• Normal, able to meet all critical care needs, without impact on other services • Normal winter levels of non-clinical transfer and other overflow activity.	CRITCON 0
Low Surge – *'Bad winter'*	
• Usual funded critical care capacity full. Some non-clinical transfers	CRITCON 1
Medium Surge – *'Unprecedented'*	
• Usual funded critical care capacity full – overflow into quasi-critical care areas (theatre recovery, other acute care areas). High level of non-clinical transfers • Trusts beginning mutual aid	CRITCON 2
High Surge – *'Full stretch'*	
• Expansion into non-critical care areas (e.g. wards) and/or use of paediatric facilities for adult critical care. Trust operating at or near maximum physical capacity. • Maximum mutual aid between Trusts, with network and regional NHSE co-ordination. • The prime imperative in CRITCON 3 is to prevent any single trust entering CRITCON 4	CRITCON 3
Triage – *'Emergency'*	
• Resources overwhelmed. Possibility of triage by resource (non-clinical refusal or withdrawal of critical care due to resource limitation). • This must only be implemented on national directive from NHSE and in accordance with national guidance.	CRITCON 4
Staff Declaration: CRITCON 1,2 & 3 SHOULD BE FURTHER CATEGORISED A OR B	
• Adhering to BACCN / ICS staffing recommendations or unit norm	A
• Staffing below BACCN / ICS staffing recommendations or unit norm	B

Version 1 19th March 2020. R.Browne

Clinical Presentation – distressing disease, demanding work
High patient numbers
Reduced access to unit for relatives
Discomfort due to PPE
High 'non clinical' workloads:
Continuous assessment of situation – mathematical modelling to forecast surges in case load.
Forward planning – escalation and de-escalation
Efforts to maintain/restore normal services
Ward 10 – future proofing

Impact on Staff Wellbeing

Sustained high workload
Anxiety – fear for selves and families
Effect of caring for high numbers of very sick and dying patients.
High incidence of emergency interventions
Moral injury
Reduced family presence and effects of caring for distressed relatives
Unfamiliar equipment/environments
Effects of lockdown on general wellbeing

Fatigue
Stress
Physical Illness
Burnout
Anxiety
Depression
PTSD
Bereavement

Staffing pressures (sickness & vacancies)

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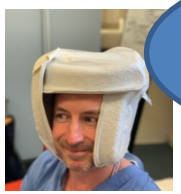
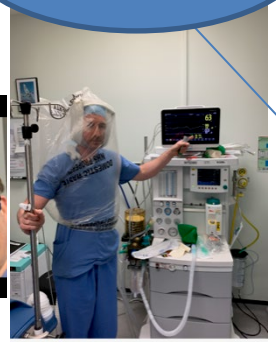
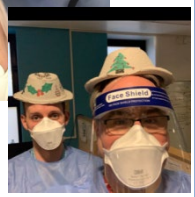
How do we keep going?



Friendship & Humour





COVID-safe Christmas

Our families

Public Support

The Whole Trust – support staff

Chaplaincy team

Psychology team

Strong Leadership

Sport

WHY we keep going:

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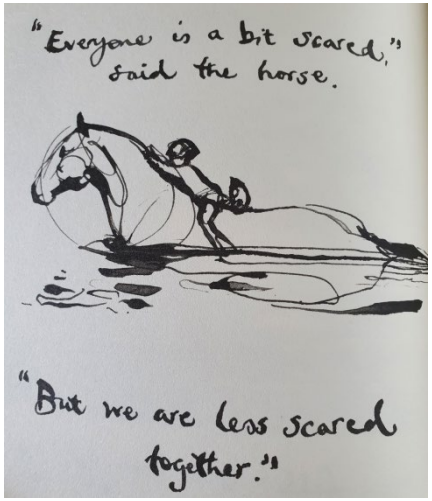
- Teamwork
- Outcomes – ICU survivorship.

Sickest patients we've seen; long ICU and hospital stays; prolonged rehab; human resilience.

- #Rehablegends!
- ICU follow-up at Post Covid clinic – referral on to MDT
- PICS – physical, psychological and emotional aspects apparent
- Patient stories
- Psychology support for patients and families



NHS
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"You and the rest of the team did and excellent job and we really appreciate your hard work because she would not be where she is today without your help. Our daughter has been home for a few weeks now and is doing really well, our family is complete again thanks to the NHS."

News

3rd April

Covid-19 survivor speaks out a year on from tough battle

By Rowan Newman | @RowanN_TandA

ONE YEAR ON

Faiz Ilyas fully recovered from Coronavirus and now is expecting a newborn child with his wife

BBC NEWS • 8 -MIN READ

Coronavirus doctor's diary: 'Close to death from Covid, I asked them to save my baby'

"I'm here because of you lot. Thanks so much for everything you've done. Here I am to tell the tale. Keep up the good work and there will be many more survivors like me."

"I just want to extend my gratitude to all the multi-disciplinary team of ICU for keeping me alive. I know I was one of the lucky ones, but there was a time when I felt so fed up .... but I feel more positive now since I had my first steps with the Physio, I cried that time because I had thought I would not be able to walk anymore. I'm getting stronger and soon I'll be back in action, back to work."

AED- Bradford Emergency Department and 2 others liked

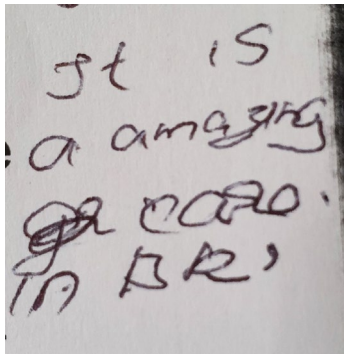
Nicky Denbow
@nickyward27

m.mixcloud.com/LornaAKook/ana....
I am an NHS matron who contracted Covid and spent a month in ICU. We have made a podcast - have a listen. I am eternally grateful to the staff at Bradford Royal Infirmary. @karendawber @Mel_Pickup

Anatomy of Corona Virus
m.mixcloud.com

8:11 PM · Sep 16, 2020 · Twitter for iPhone

"The unwavering devotion of care and treatment from you all throughout my journey has far exceeded the expected call of duty and I am, and always will be, forever in your debt for all the blood, sweat, tears and care you give to all of your patients, not just me"



"I wouldn't be able to stand here without you and all your hard work - a huge thank you to everyone who saved my life and for giving me another chance"

Together, putting patients first

Priorities now for Critical Care

Management of COVID-19:

Evidence based:

Early CPAP

Novel therapies (Dexamethasone, Tocilizumab, Casirivimab and Indevimab (Ronapreve)

ICU without walls – vital to support ward 31 in delivering CPAP to larger numbers of patients.

Avoidance of intubation if possible

Shared decision making

Strong links with palliative care, therapy teams, psychology, chaplaincy

Supporting relatives

Challenges to be met:

Meeting the needs of all patients who require critical care:

Acute medical patients

Acute surgical patients

Planned postoperative or interventional radiology care

Development of ICU Follow up service

Maintain quality and safety standards in the face of the disruption of the pandemic

Help our staff to recover, maintain our strong team and recruit to vacancies

News

15 hrs ago

Bradford Covid-19 survivor thanks BRI staff after gruelling virus battle

By Felicity Macnamara | @FelicityM_TandA

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Stories

Coronavirus doctor's diary: A 'dying' patient's miraculous recovery

8 hours ago

Coronavirus pandemic

Trust nurse who lay in Covid coma thanks colleagues for saving her life

NEWS

England

Leeds & West Yorkshire

Senior Bradford nurse survives 40-day coronavirus coma

7 hours ago

Coronavirus pandemic

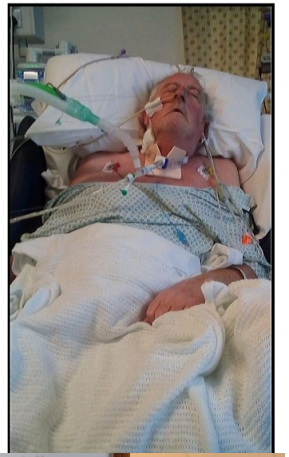
John Wright
@docjohnwright

This is how to leave ICU after a long and gruelling battle against #COVID #survivor @BTHFT @LawtonTri

12:50 PM · May 9, 2020

© SWNS

The prison nurse was accompanied by her family as she thanked the 'wonderful' staff at Bradford Teaching Hospital who nursed her back to health after defying the odds



ward6strokeunit @ward6strokeunit · May 20

And once again we have a successful #RehabLegend and covid19 discharge!! Well done to all involved in his care across @BTHFT and the very best of luck on your ongoing recovery! 👏👏👏👏👏👏👏👏👏👏

(*permission given by patient to share)