



  
**BERNASH**  
RESIDENTIAL CARE HOME  
NEWSLETTER

December 2020

# Reflecting On the Past Few Months

## FROM THE EDITOR

Instead of Brexit which had dominated the news throughout 2019, over the last year, we have had to learnt to live with a new language some of which derived in the main from the Coronavirus: Covid-19, Pandemic, Unprecedented Times, R-rate, General and Local Lockdown, Furlough, Stay at Home, Work from Home, Safe Distancing, PPE, Wash your hands, Wear Mask, Use Sanitizer, Stay Vigilant, Protect the NHS, Quarantine, Shielding, Isolating, Covidiots, Heroes, Clap for the NHS, Test & Trace, Tier System, Corona Babies, Bubble, etc, etc.

Now, we have to get accustomed to the new words stemming out from vaccines dominating the media and our daily news: Genetic coding, the MHRA, Pfizer/BioNTech, Astra Zeneca, and others. In the middle of all this, of course we had the phrase 'Take a knee'. I wonder what's next! Is it going to be the backlash of Brexit, the economy, the downturn of a recession, the effect of the Coronavirus Vaccine or is there going to be an even bigger disaster waiting to divert our attention away from all this? Remember Typhoon Haiyan with 6,300 people killed and the Tsunami on Boxing Day 2004 with 150,000 killed.

Somehow, I feel 'Brexit' is going to make a comeback in the new year. Let's hope those responsible gets the economy back on its feet.

This year has been quite damning for everyone in one way or another, and I know a lot of people can't wait to see the back of it.



# NEWS

## CoronaVirus

Bernash Care Home continues to remain Covid-19 free.

The Visitors 'POD' is facilitating regular visits and the ½ - 1hr slots are working well.

Please book for your Xmas visits as early as possible so that you don't get disappointed. Unfortunately, we have to continue to maintain organised visits and we have to insist on no more than 2 visitors at a time to visit any particular resident. As usual access is only gained through the front porch to the left of the home.

## The Latest on the Pandemic

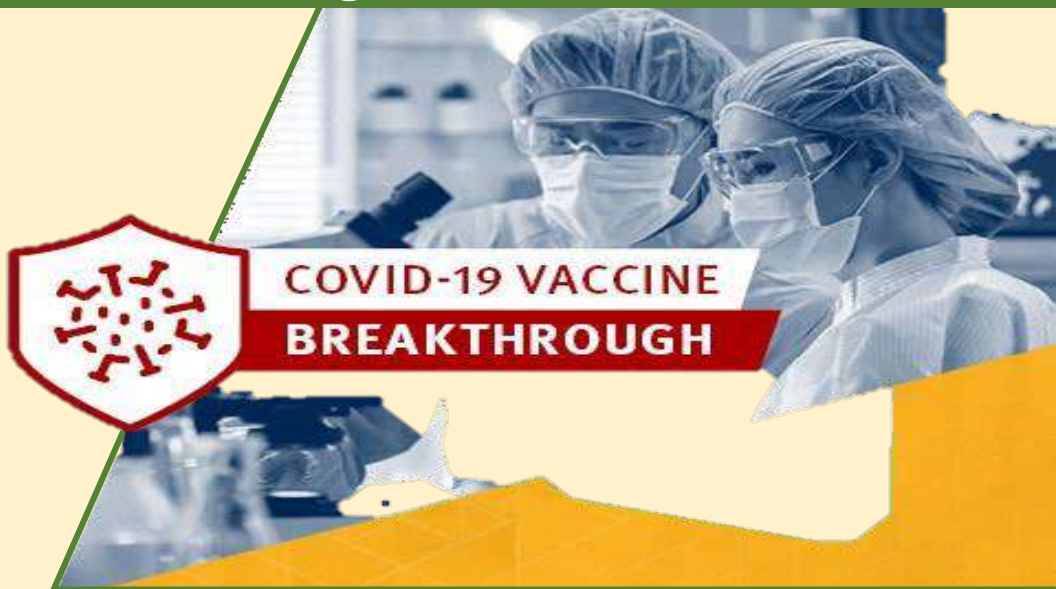
The UK Government website released data yesterday (10/12/20) to confirm that there have been 20,964 cases tested positive daily, with 516 deaths. This information is posted online for public knowledge.

Currently Bristol, along with North Somerset and South Gloucestershire, is in TIER 3 of the government's local restrictions system. This will be reviewed on Wednesday 16 December. Bristol's rate is 124 new cases per 100,000 population. The regional R number is estimated to lie within a range of 0.8 – 1.0, reflecting the fall in cases locally and nationally. It is good news that the rate is declining, but it is still high, and we must continue to be very careful particularly in the lead up to Christmas.





## What is Going On!



Clearly, we were all hoping that the current Government strategy would be working a lot better and reduce the rate of transmission and reproduction. From the beginning of this week, there has been the so-called ground-breaking news over the development of the Pfizer vaccine.

The Pfizer BioNTech vaccine has been approved by the medicine regulator, the MHRA, who say that the vaccine is safe to be rolled out and offers up to 95% protection against COVID 19. It is our understanding that the priority list of who may be administered the vaccine are people who live in care homes and care home workers, people aged 80 and over, and health and social care workers in England as published on the NHS.co.uk

As you are aware, we had contacted you all in advance in readiness for when this vaccination programme is rolled out. It is unfortunate that after getting you to complete our own newly-devised consent form, the NHS came along and introduced their own consent form and instructed that it was mandatory to complete, and all designated people were required to use them as part of the process. Our apologies for duplicating this process. It never pays to try and get ahead of the game.

As you may be aware there are some logistics to be sorted out over the transportation of the vaccine at the required temperature and we are being advised accordingly by the Local Authority with input from the Dept of Health and Social Services.

For relevant interested parties, you will be informed as soon as the system is set to roll out.

## New Testing to Facilitate Care Home Visits

- There is a new Lateral Flow Device (LFD) test which is now being rolled out in late December / Early January which has a 30-minute turn around.
- The plan is that they could be used for testing visitors to allow them to gain access inside the care home to see loved ones.
- They are meant to be in place for all care homes by 18th December. There is a problem with the logistics and staff have to undergo training to ensure they have the competencies to carry out the test.
- These kits will be an additional route to the regular PCR tests (staff every 7 days and residents every 28 days).

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## The Prescribed Procedure

1. You would be required to wear full PPE with Face Masks, Gloves and Apron.
2. For the Lateral Flow Device test to take place, we would need to register you and the results declared to the NHS on line.
3. Your temperature would need to be taken as part of the process.
4. You would be required to complete a questionnaire and / or complete the track and trace form.
5. Once the result is known and visiting can take place you would be asked to stay in one area to see your relatives. You will not be allowed to wander around the Home.
6. Once visit is over you would need to exit through the same route as you had entered and dispose of all worn PPE in the yellow clinical waste bin as you exit. Hand sanitiser will be provided.
7. If your result comes through as positive, you would not be allowed to proceed with the visit.
8. You would need to undergo a PCR confirmatory test on site and then go straight home. You would be advised to avoid using public transport.
9. Meanwhile we will register the test and organise for a courier to pick the sample up. If positive you would need to follow the Government Guidelines and isolate.
10. If your test comes back as inconclusive you will need to be re-tested before a visit can commence.

## Please Bear With us

We have to be cautious with visits as we still have reservations around opening visits to the Home. As much as we would like to re-open visits, we would like to relate our genuine concerns to you, like a lot of other Homes which have remained free of the virus.

With the reopening of visits, there is a high risk of transmission because one could be tested negative one minute and yet be a carrier. While there are benefits and advantages in allowing visitors in to be with our residents (your relatives) in the Home, we would rather visitors continue to use the Visitors 'POD', observe safe distancing instead of being close and tactile with their loved ones. Why? Because...

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1. Above everything else, research has shown that the Lateral Flow Device test carries a 50% accuracy reading. This means that a half of people we carry the test on, could show a positive result and are required to go into self-isolation, when in the first place there is no need to, and a similar number of people could prove negative when they are positive, thus allowing the virus into the home.
2. Care Home Insurers have moved out of the Care Home industry and there are now fewer insurers available to provide insurance cover to care homes because of Covid-19.
3. If we do have an outbreak of Covid-19 in the Home, we would be unable to secure our mandatory business liability cover upon expiry of cover. Insurers are not prepared to provide cover to Care Homes which have had an outbreak of Coronavirus.
4. Up and down the country, Care Home Providers are simply refusing to do Lateral Flow Tests because the risks to the Home and the residents are too high.

So, as it stands the stakes are too high for us to support the use of the Lateral Flow Device and unless there are new directives over its use and reliability from the Government, we would ask that you maintain the use of the Visitors 'POD'. With the staff and residents of Bernash being vaccinated in the coming days/weeks, this would put the home in a better standing.





# HAPPY CHRISTMAS EVERYONE

Of course, this year we have not been able to hold a Xmas party with the relatives and residents. I know a lot of you had always appreciated the get-together over food, music and a glass of wine or soft drinks. We are as upset as you are! However, it wasn't meant to be, and we are hoping that this time next year we would be able to get back to normality and reinstate all previous gatherings and celebrations.

On Xmas Day, all residents will be dressed up for the occasion. We will be having our traditional meal at 1pm, and pictures will be taken and posted on Facebook afterwards. All the residents will be bringing in the festive season together with cheers, joy and happiness.

All presents and gifts would be unwrapped by the residents (or if required assisted by the staff) in the lounge afterwards.

**On behalf of all the staff at Bernash Care Home we would like to wish you all a Merry Xmas and a Happy New Year. May there be light at the end of the tunnel in 2021 so that everyone can go back to enjoying life once again with freedom, good health and happiness.**

**Merry Christmas to you all. May this festive season sparkle and shine, may all of your wishes and dreams come true, and may you feel this happiness and create happy memories that will last a lifetime.**

*Shelley  
Turnbull  
(Manager)*

