

TOWER HAMLETS COMMUNITY HEALTH SERVICES

Quarterly Newsletter June 2022

Enhanced Primary Care Team | Foot Health | Continence Service | Admission Avoidance & Discharge Service | Continuing Health Care



Welcome to the Community Health Services Newsletter. Our aim is to provide you with service updates and information that we hope will be of interest to you.

Covid-19 and Bank Holidays update: Our services operate and are open as normal.

Information from the Foot Health Service

Department of
Foot Health
Mile End Hospital
Bancroft Road
London E1 4DG

East London 
NHS Foundation Trust

FOOT HEALTH SERVICE EMERGENCY CLINIC

Monday to Friday – 8.30am prompt (Excluding Bank Holidays)

Walk-in clinic. No appointment necessary.

This clinic will see patients with the following emergency conditions only:



Blisters or
infected sores



Discharging wounds -
blood or pus



Swollen / inflamed
areas, painful
ingrowing nail

Foot Health Service August 2020

Advise from the Continence Service on fluid intake to avoid Constipation and Drinking for Healthy Bladder.

“Don't cut back on your fluid, consume 1.5-2 litres a day with more water rather than caffeine contained drinks”.

“As a general rule, eating more high-fibre foods such as wholegrain bread, wholegrain breakfast cereals, fruit and vegetables as well as fluid can prevent constipation. Don't wait to do a bowel motion. If you feel the urge, go now! Take enough time to sit on the toilet. A good time for this may be after breakfast or lunch, when your bowels are most active”.



Care support services that might be available to you.

Social Care - If you need help to manage day to day (for example with washing, dressing or cooking), you can ask the local authority for a 'needs assessment'. Following the assessment the local authority might recommend support for you such as a home carer to help you to wash & dress, equipment like a bath seat, or an adaptation for your home. Social care is means tested so you may have to pay towards the cost.

NHS Continuing Health Care - If you have a significant health need (for example you need assistance with breathing or have a medication regime that needs careful monitoring) you may qualify for NHS Continuing Health Care. In this case an assessment is carried out by two or more health and social care professionals. The assessment looks at your health needs and considers their complexity, unpredictability and severity. Continuing Health Care is funded by the NHS and is free.

What is Fast Track Continuing Health Care?

Fast Track NHS Continuing Health Care - If your condition is rapidly deteriorating and you are nearing the end of your life, you may be eligible for a Fast Track. In this case the full continuing health care assessment would not need to be carried out. The Fast Track is completed by a doctor or nurse who is aware of your health needs.

The care package is put in place as soon as possible and usually within 48 hours.

Medicines Management update:
General Information for Insulin Injections

Insulin is a natural hormone. It helps keep blood sugar (glucose) levels normal. Sometimes your body might not make enough Insulin in which case your Dr will prescribe an Insulin for you.

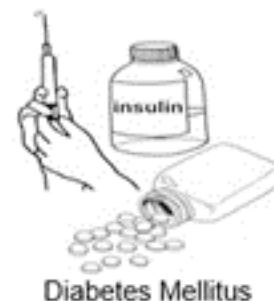
How to use it: A nurse may administer this for you or you may be doing this on your own. If you are administering Insulin on your own, make sure your health professional has shown you how to do this with your injection device.

Possible side effects include: Too much insulin can cause the blood glucose level to go too low and cause a hypo (short for hypoglycaemia). This usually happens if glucose level drops below 4mmol/l. A hypo could make you feel shaky, dizzy, or sweaty, you could get blurred vision and become drowsy. Sugary sweets or drinks, or starchy foods like bread can help reverse the hypo.

Storage: Insulin Pens/devices that are currently in use can be kept out of the fridge, those that are unopened and not in use should remain in the fridge until in use.

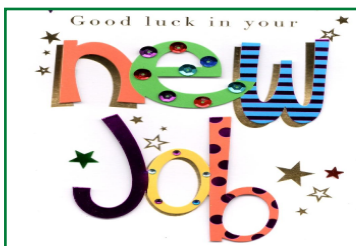
Warnings and Cautions: The more closely you stick to your diet the better insulin works. Vehicle drivers must inform the DVLA that they are on insulin. If you become drowsy you must not drive or operate machinery.

If you are worried about your medication or are experiencing side effects: Do not hesitate to speak to a healthcare professional, your GP or Pharmacist.



CEO Visit, 12 May 2022

Paul Calaminus, CEO visited Beaumont House on 12 May. He thanked all the staff for their hard work and recognises that patient care is at the heart of everything that our staff do. Paul went on to say there is a real sense of innovation and improvement alongside real care and compassion for our patients and each other.



After a placement as a student nurse with us, Flora joined South East Locality as a newly qualified nurse in 2019. She has now successfully applied for the post of Pressure Ulcer Improvement Facilitator and will be starting her new post this month. South East Locality will miss her very much, but are really proud of all Flora has achieved.



Services and contact details for help with mental health issues:

Tower Hamlets Crisis Line —24 hour Mental Health Crisis Helpline **08000730003**. Available 24 hours a day including weekends and bank holidays.

NHS 111: dial 111

Sane Line: **03003047000**. (6pm-11pm everyday) www.sane.org.uk.

Samaritans: **08457909090** (24hours everyday) www.samaritans.org

Contact Numbers by Service:

Rapid Response

Open 8am-8pm
7 days



0300 033 5000 *

Continence Service

Open 9am -5pm
Mon- Friday



020 7771 5795

Continuing Health Care

Open 9am-5pm
Mon-Fri



020 7771 5680

Enhanced Primary Care Team

(Community Health Teams)

Open 24 hours
7 days



0300 033 5000 *

Foot Health Service

Open 8.30am—
5.00pm
Mon- Fri



020 7771 5775

**The Single Point of Access (SPA) is the first point of contact for patients and referrers for these services*