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The Queen's Award for
Voluntary Service 2008

PATIENT AND CARER NEWS

CHARITY NO. 701667



WOLVERHAMPTON CORONARY AFTERCARE SUPPORT GROUP

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Message From the Vice-Chair, Ros Leslie

Welcome to our Autumn 2021 edition of the WCASG Newsletter. I hope that you are all keeping safe and well. As we approach another winter with Covid-19, I thought it might be useful to share a few frequently asked questions.

When will I get a Covid-19 booster vaccination? Everyone over 40, people 16 and over who have a health condition that puts them at high risk from Covid-19 and people 16 and over who are a main carer for someone at high risk from Covid-19 or who live with someone who is more likely to get infections are eligible for a booster. You will be invited to get a booster vaccine when it is your turn, and at least six months after your second dose (or at least five months for vulnerable people such as care home residents and those who are housebound, or at least four months for people who are about to have treatment that will stop their immune system working). The booster programme started on September 16 and is likely to last into the winter.



Will the booster vaccine be given at the same time as the flu jab? The flu jab and Covid-19 booster vaccine may be offered at the same appointment. The medicines regulator (the MHRA) has reviewed the evidence and decided that it is safe to do so.

What are the side effects of having the flu jab and booster together? Having both vaccines together is very safe. It is common to have a reaction to any vaccine, including the Covid-19 vaccine and the flu vaccine, because vaccines are designed to cause an immune response that can cause symptoms like tiredness and fever. So having the vaccines at the same time could mean you experience fewer total side effects than if you have them separately.

Can I get Covid-19 twice? Yes, it is possible to get Covid-19 twice.

How can I continue to protect myself, family and others? The best way to protect yourself and others from COVID-19 is to get fully vaccinated. People that are fully vaccinated should continue to follow behaviours and actions set out in the Government's guidance on how to help limit the spread of COVID-19.

- Let fresh air in if you meet indoors.
- Wear a face covering in crowded and enclosed settings where you come into contact with people you do not normally meet.

- If you have symptoms of COVID-19 you should self-isolate and take a free PCR test as soon as possible. Anyone who tests positive must self-isolate.
- Anyone who is notified they are a close contact of someone who has tested positive should also take a free PCR test as soon as possible and self-isolate if required.
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day.



What are the differences between coronavirus, the flu, and a cold?

Each of these illnesses are caused by different viruses, but unfortunately, they can have similar symptoms. Symptoms such as a headache, a sore throat or a runny nose can be symptoms of the Delta variant of Covid-19, or a cold. The flu has many symptoms in common with coronavirus, such as a headache, sore throat, fever, cough, a runny nose and shortness of breath.



However, it’s unusual for the flu to cause a loss or change to your sense of taste and smell, which can happen with Covid-19. If you feel like you have the flu or experience a fever, a new continuous cough, or a change to your sense of taste or smell, you should self-isolate and get a PCR test.

How do I get a PCR test? You can request a PCR test online at <https://www.gov.uk/get-coronavirus-test> . Or you can telephone 119. Lines are open 7am to 11pm.



I need to see my GP. What should I do if I can’t get through to my GP? The pandemic has caused extra strain on GP surgeries, and many people are finding it difficult to get an appointment. If you can’t get an appointment with your GP by phone, you might get a quicker response by submitting your query online. Most GP practices offer a website or app where you can request appointments, submit questions, or order prescriptions. Visit your GP’s website to find out what online services your surgery offers, and to get started.

If you have an urgent medical issue and you’re not sure what to do, call 111 or visit NHS 111 online. NHS 111 is available 24 hours a day, seven days a week. A trained adviser can give you advice or connect you to a nurse, doctor, pharmacist, paramedic, or dentist. NHS 111 can also book you an appointment at an urgent treatment centre, A&E department or can send an ambulance.



You should see a pharmacist when you have a minor illness or questions about your medication. Pharmacists are qualified specialists, who can advise on a range of common illnesses and help assess whether your health issue requires further medical help.

For non-urgent questions about a heart or circulatory condition, you can call BHF's Heart Helpline on 0300 330 3311. Their cardiac nurses are available weekdays from 9am to 5pm, and are ready to answer questions about your medication, recovering after surgery and managing your condition or recent diagnosis. You can also call the Cardiac Rehabilitation Team, in the Heart and Lung Centre, on 01902 694226.



What should I do in an emergency? In an emergency, call 999 immediately. Tell the operator your symptoms and tell them if you think you might be having a heart attack or stroke. If your condition is serious but you don't need an ambulance, going to A&E might be the right approach. If you're unsure, call 111 for advice on what to do.



Information correct at the time of producing this newsletter; sourced from British Heart Foundation and the Government Website.

500 Club November 2020 to December 2021

We are grateful that contributions have been maintained during the COVID-19 pandemic. Even though we have not had our regular committee meetings, we completed the 500 Club draw on 4th November. Details of the winning numbers are below:

Date	1st Prize	2nd Prize	3rd Prize
Nov 2020	S Croft 114;	J Evans 123;	D Owen 39
Dec 2020	J Hilton 67;	M Weaver 89;	J Holmes 31
Jan 2021	J Hall 105;	K Timmis 2;	S Brookhouse 165
Feb 2021	R Murray 16;	K Timmis 4;	J Davies 171
Mar 2021	J Salt 57;	M Weaver 90;	J Evans 123
April 2021	B Khunkuna 111;	D Jebb 43;	A Edge 18
May 2021	G Fradgley 102;	M Weaver 92;	E Bagley 167
Jun 2021	M Weaver 93;	M Wilson 60;	D Walker 77
Jul 2021	J Hughes 127;	G Davies 78;	D Harris 168
Aug 2021	J G Mulligan 20;	A Hulbert 42;	M Weaver 92
Sept 2021	N Felton 98;	J Evans 61;	P Mates 118
Oct 2021	J Simms 139;	B Khunkhuna 111;	M Villiers 22
Nov 2021	D Lilley 161;	M Holland 116;	M Weaver 89
Dec 2021	D Walker 77;	M Glover 13;	S Hodister 135

Cheques are being drawn up and signed and then will be posted out as soon as possible.

Fundraising/donations

Mr and Mrs Sheldon donated £192.77

£335 Just Giving donation from **Keith Jackson**

The Heart Failure Team received £920 in memory of **Donald Robinson**

A legacy donation of £70,858.53 received from the Estate of **Mrs Muriel Winifred O'Neill**

£440 donated in memory of **Edna Harris**

THANK YOU ALL FOR YOUR VERY GENEROUS DONATIONS

If you would like to help by donating to our Just Giving page or by texting WCASG to 70085 to donate £2 we would be most grateful.

Our sincere condolences to those of you that have lost loved ones recently.

Phase 4 Update

Classes at Aldersley Leisure Village, Bob Jones Community Hub & Bilston Community Centre are now up and running. We are running at 12 per class to maintain social distancing and wiping down equipment between stations - this has come at a cost to the Charity, but with members adding extra money here and there by way of a donation towards cleaning has been a massive help and is much appreciated.

Currently we are still unable to return to New Cross and Ashmore Park, so Jen has sent out communication to see about moving these classes temporarily to Bilston Community Centre. She is awaiting confirmation from members about interest and will set up temporary groups accordingly.

Aldersley Leisure Village is closed November 8th through to November 26th for Darts Grand Slam event - we have relocated classes to Bert Jones Hub in these 3 weeks to offer an alternative class whilst Darts are on at Aldersley.

Halloween Raffle

As we did last year, we decided to do a mini fundraiser raffle for Halloween again this year. Staff at Morrisons Willenhall donated a hamper which we used as 1st prize and 2nd & 3rd prizes were a box of spooky sweet treats from our charity star baker Alyssa's Bakery. Thank you to everyone who bought a raffle ticket!

A total of **£496** was raised and our winners were:

1st Prize - David Lilley

2nd Prize – George Shaw



3rd Prize - Malcolm Price (who's granddaughter was delighted with the prize)



RWT Cardiac Rehabilitation Update

A huge well done to the Cardiac Rehabilitation Team for managing to maintain their Green certification, which means that RWT’s Cardiac Rehabilitation programme will be listed as a certified programme in the National Certification Programme for Cardiac Rehabilitation 2021/22 report. There is a growing emphasis on quality assurance of cardiac rehabilitation services across the NHS, and services are assessed (through the National Audit of Cardiac Rehabilitation) against seven key performance indicators (KPIs). These KPIs focus on staffing, patient priority groups, waiting times, assessment and programme duration. Green certification is achieved through meeting all seven KPIs.

The programme will be publicised on both the British Association for Cardiovascular Prevention and Rehabilitation and National Audit of Cardiac Rehabilitation websites and will retain this status until the date of publication of the next (2021/22) National Certification Programme for Cardiac Rehabilitation results.

This is a fantastic achievement for team!



Face to face clinics and assessments are gradually resuming in accordance with guidance, for both the Nurses and the Exercise professionals in the Team. All hospital and community-based exercise classes have restarted, but they are now running with lower numbers and once weekly attendance to ensure that social distancing and cleaning of equipment can be maintained. The classes have evolved into a new hybrid model, combining face to face classes with the exercise videos that were created during lockdown. This will create more choice for patients and will ensure that patients can still have access to structured exercise circuits 2 or 3 times per week.

The Exercise Team had their poster on display at the 2021 British Association for Cardiovascular Prevention and Rehabilitation (BACPR) hybrid Conference in October. The poster shares the results of a service evaluation, following the changes implemented during the first lockdown.

Evaluation of a virtual Cardiac Rehabilitation Service in response to the COVID-19 pandemic
 Christopher Scodis, Ian Smith, Sophie May, Dr Rowland Levitt (PIID)
 The Royal Wolverhampton NHS Trust

Table 1: Demographics of 89 patients surveyed	Table 2: Patient-reported themes/sub-themes
Age: 55.9 (17.9) years	Table 2: Patient-reported themes/sub-themes
Gender: 17 females (19.0%)	Table 2: Patient-reported themes/sub-themes
Ethnicity: English (61.8%), Polish (2.2%), White: 41 Asian: 7, Other: 2	Table 2: Patient-reported themes/sub-themes
Time since diagnosis: 1.5 (1.1) years	Table 2: Patient-reported themes/sub-themes
Comorbidities: Hypertension 70%, Diabetes 50%, Coronary Artery Disease 32%, Venous thromboembolism 20%, Stroke 10%, Chronic kidney disease 10%, Heart Failure 8%, other: 1%	Table 2: Patient-reported themes/sub-themes

Methodology
 ACDPR Project Development funding supported the evaluation of both in-person and virtual CR services. A comprehensive service evaluation was conducted using a multi-method approach, including the use of surveys and semi-structured interviews, was undertaken to identify resources in virtual, assist or inform in future practice. A single staff member interviewed participants following an interview guide and interview transcripts were analysed for emergent themes.

Results
 89 patients (Table 1), 10 patients, 3 staff completed a survey on experience of virtual CR.
 Patients: uptake to CR increased by 21% from 2019 to 2020.

Conclusions
 This service evaluation has demonstrated that patient and staff expectations of CR were met by a virtual CR service. Staff felt that virtual CR was effective in supporting physical activity and exercise in a more diverse cohort of patients, but was less effective in supporting psychological needs. All modes of delivery of virtual CR used therefore have their place in a mixed service approach. These findings may be helpful for services seeking to implement new models of CR delivery as they suggest that innovations in delivery of CR may increase participation whilst still providing a positive patient experience and resulting in good clinical outcomes. The CR Service is now working up a mixed service model based on feedback received.

Figure 1: Staff reported themes in context
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NHS The Royal Wolverhampton

Other news

We are looking for a new Charity Secretary and a 500 Club Secretary. Anyone interested in either position, or would like more information, please contact the Chair as soon as possible.

Work is underway in the Heart and Lung Centre's atrium to create a safe space for Charity Volunteers. If you would like more information about this or would like to become a Volunteer, please contact the Chair.

Unfortunately, due to current restrictions we can't have a pre-Christmas party again this year, but we will organise a Christmas raffle as we did last year.

As this is our final newsletter before Christmas, everyone at WCASG would like to wish you all a very Merry Christmas and a healthy and happy New Year. Thank you for your continued support throughout 2021.