



NWAS
First Responder

Newsletter

Autumn 2021



Message from Mark

Welcome to the new CFR newsletter, it's been a while since we produced one and we have decided after speaking to many of you that it used to be a great way to communicate with you and would be welcomed back.

Since the start of Covid-19 the use of CFRs and volunteers in the NHS have come to the forefront and has shown everyone what we already knew within the CRT of just how amazing and what unsung heroes you all are. Times have changed and the future of volunteers in the NHS are high on the agenda with investment being made to be able to support better and offer many different opportunities.

Can I just say a massive thank you to all CFRs for all your efforts during the pandemic, I would also like to take the opportunity to say thanks to my team who have all gone above and beyond in trying to continue to support you whilst playing other key roles within NWAS to help fight the pandemic and respond to the challenging demands of NWAS.

Please stay safe and thank you

PRF Update:

With immediate effect, PRFs should now be handed in complete form to the receiving ambulance crew and should not be kept by the CFR on scene. Please do not send these to the CFR office.

New CFR Website

The new website is live, and is already being accessed by CFR's who are completing their modules and accessing the resources. The website is still in development so look out for updates and new resources appearing for your use.

Thank you for all of your feedback and critique on the website. We want to ensure this is as user friendly for you as possible. If you would like to get involved, please contact your CRDO as we are looking for one volunteer per county to assist the county-area leads with the development.



New content will include information on our regional representatives, along with new CPD opportunities, new educational resources and quizzes to keep you on track with your clinical understanding. Information on teams, new equipment and CFR courses will also be available so please keep accessing the website as it develops.



AMAZING COVID VOLUNTERES

Since the Covid pandemic, CFR's have been going above and beyond the call of duty to support the Trust. Volunteers from all areas take on a multitude of different roles, with over 100 CFR's rising to the demands of the covid19 pandemic, we saw a massive 14,000 extra volunteer hours (this equates to approximately £12,474). These roles included:

- Assembly of 350 respirator power units for frontline staff in Cumbria and Lancashire
- Covid19 Testing at Broughton and taking NWS staff temperatures at Broughton EOC
- Ambulance cleaning before contract cleaners were brought in.
- Assistance with Fit Testing—some starting their shift at 05:45 to catch the first crews signing on!
- Air Ambulance inter-hospital transfers for our critically ill patients with Covid19
- Marshalling roles for all the vaccination hub held at Broughton HQ
- Volunteer drivers delivering PPE to responders in Cumbria and Lancashire , over 16000 items delivered so far!



Mass CFR Training in Cumbria and Lancashire



In March 21, CRT received NHSEI funding to spend on increasing volunteers across the North West. The funds assisted the department in purchasing new training kit, and carryout 5 training courses for new CFRs in a Covid-safe venue across Cumbria and Lancashire.

This training was available to the applicants already in the recruitment system who had been waiting for training but had been delayed due to Covid restrictions. 97 new CFRs completed and should be joining your teams soon!



The Team worked tirelessly to make this course a success and the feedback from CFR's who attended the courses has been really positive. Following the success of this project and after a review by the Team, the department will be adopting this model going forward to ensure all new recruits receive the same fantastic training.

A massive thank you to those volunteers who assisted on the training days!

Spring Learning Section: What is Anaphylaxis?

Anaphylaxis is *Rapid* over sensitive and extreme *reaction* to an *allergen*. Your immune system releases a chemical called *Histamine* which can cause your body to react in a number of ways; in particular for Anaphylaxis, this can be life threatening. Swelling rapidly occurs around the airways and mouth as the body tries to protect itself.

Symptoms in Anaphylaxis

- The sufferer may appear and present **irritable and anxious**
- **Itching**- the Histamine causes a build-up under and on the skin which causes the skin to be red, sore and increasingly itchy this is when the histamine
- **Hives/ severe rashes**
- **Reduction of Blood pressure**- this is due to dramatic vasodilation- can cause shock
- **Difficulty in breathing**- due to the swelling of the airways, tongue and throat
- **Swelling**- due to leaky blood vessels
- **Dizziness/ fainting**
- **Tightness in chest**
- **Hoarse voice/ sore throat**



CFR treatment for Anaphylaxis

1. Update control
2. Remain calm
3. High flow oxygen with non-rebreather mask- **this is a critical illness**
4. Positioning- place patient in a comfortable position and raise legs if necessary- (remember your patient may be suffering difficulty breathing so consider thoracic space)
5. Prepare for collapse where necessary.

Treatment

Primary treatment for anaphylaxis is adrenaline. This is administered using an epi-pen which if the patient has ever had previous episodes may carry this with them. Epinephrine reverses the effects of Histamine and allows vasoconstriction to take place.

It is not in a CFR or ECFRs' scope of practice to carry nor administer the adrenaline and you must encourage self-medication and contact support hub for clinical guidance

Key Words:

- ⇒ **Anaphylaxis**- Extreme allergic reaction to an allergen
- ⇒ **Allergen**- an antigen that causes a vigorous immune response
- ⇒ **Immune system**- a network of biological processes that protect an organism
- ⇒ **Histamine**- a chemical created in the body released by white blood cells into the bloodstream when the immune system is defending against an allergen

Donning and Doffing

- 1** Remove gloves. Grasp the outside of glove with the opposite gloved hand; peel off.
Hold the removed glove in the remaining gloved hand.



Slide the fingers of the un-gloved hand under the remaining glove at the wrist.

Peel the remaining glove off over the first glove and discard.



- 2** Clean hands.



- 3** Apron.
Unfasten or break apron ties at the neck and let the apron fold down on itself.



Break ties at waist and fold apron in on itself – do not touch the outside – **this will be contaminated.** Discard.



- 4** Remove eye protection if worn.
Use both hands to handle the straps by pulling away from face and discard.



- 5** Clean hands.



- 6** Remove facemask once your clinical work is completed.



Untie or break bottom ties, followed by top ties or elastic, and remove by handling the ties only. Lean forward slightly. Discard. **DO NOT** reuse once removed.

- 7** Clean hands with soap and water.



Ordering Kit

After the recent CFR training courses, you may need to order new kit for the individuals. This is to the cost of the existing team. If you require information on prices for this please contact Sarah Allen

Existing kits should be considered for the new responders ensuring they are utilised wherever possible. Consumables (not including AED or obs kits) can be ordered through the normal ordering channels.

Please consider Kit sharing to utilise the kit to its optimum potential.



Have an update from your Team? We'd love to hear from you about best practice, training and anything else you would like to share with us– if you have something you want us to feature in the next issue of this newsletter please get in touch with:

Sarah (CRT Administrator) at Sarah.allen@nwas.nhs.uk

