

Positive news in the short term for your occupational health service?

You may recall in our Autumn newsletter, we expressed concerns that there was a strong possibility the NHS England funding of our services for NHS GPs and Dental Practices, would not be extended beyond April 2015. The latest update is we now have secured funding until at least September 2015. This is great news for both us and you all!

What does this mean for your Practice? Well, the initial concern that the current provision of occupational health services would change has been deferred. However, we are led to believe it is inevitable that the current service specification for occupational health services for Practices will change at some point in the near future and this may mean that Practices have to take on the financial responsibility for provision of some occupational health services for their staff. It is not clearly understood from NHS England what the commissioning model will be. It goes without saying that access to quality occupational health services is critical for all Practices not only to protect the health of staff but to be assured of CQC compliance.

Workplace Health and Wellbeing would welcome the opportunity to meet key stakeholder within CCG's and Federations or Practice Managers who wish to discuss this further. Please contact Hilary Winch Head of Workplace Health, Safety and Wellbeing at hilary.winch@nnuh.nhs.uk / 01603 287030 or Rachel Hunt Business Manager at rachel.hunt@nnuh.nhs.uk / 01603 286840 for further discussion.

Eye of the Needle Report, December 2014.

The latest findings on exposure to blood borne virus incidents for HCW's

Since 1997, Public Health England has received reports of HCW's sustaining significant occupational exposures in England, Wales and Northern Ireland. The latest report has just been published and here are some of the key findings;

- Exposure to Hepatitis C from positive sources has increased by 29%
- Exposure to HIV from positive sources has increased by 50%
- Exposure to Hepatitis B from positive sources has increased by 104%
- 71% of incidents were percutaneous injuries and 29% mucocutaneous exposures.

The majority of injuries were sustained during a procedure, but this has seen a positive decline in the last 12 months. Worryingly the percentage of injuries occurring after a procedure but before disposal of the needlestick etc. has increased from 18% to 29%.

Occupational exposures to HIV are well managed; 97% of healthcare workers exposed to HIV who started post-exposure prophylaxis (PEP) did so within 72 hours of exposure; 89% started PEP within 24 hours; no HIV seroconversions have been reported.

In the April 2014 Newsletter to Practices we reported on the 'Safer Sharps' guidance, published in 2013. Following the findings of this latest 'Eye of the Needle' report and the rise in injuries occurring after the procedure but before disposal, we would like to remind you of the key messages around safer sharps and what your Practice can be doing to avoid sharps injuries:-

- Avoid the unnecessary use of sharps
- Substitute traditional, unprotected medical sharps with a 'safer sharp' eg those with a shield or cover that slides or pivots to conceal the needle after use.
- Avoid the recapping of needles
- Place secure containers and instructions for safe disposal of medical sharps close to the work area



Reminder:- FREE NHS Health Checks still available!

Over recent years we have been working in partnership with Public Health Norfolk to support the delivery of the national disease prevention programme called "NHS Health Checks". Excitingly we are able to bring this to your workplace free of charge.

The Health Check is for aimed at those aged between 40-74 years and looks for early warnings for heart disease, stroke, diabetes and kidney disease. The good news is all these conditions are preventable!

The Health Check will take no longer than 30 minutes and will include;

- Blood pressure measurement
- Height and weight
- A lifestyle assessment, which will help employees to understand how diet and activity levels could affect health.
- A simple blood test to check cholesterol and/or blood sugar levels if required

For more details about the National Health Check programme, please see NHS Choices - NHS Health Checks. To find out when we could visit your business please contact rachel.hunt@nnuh.nhs.uk



Challenge yourself for the New Year!!

Challenge yourself, your colleagues and other organisations to be more active in 2015 and be in with a chance to win prizes with Workplace Challenge! Starts 5 January 2015!

About The Challenge - Companies and organisations across Norfolk are invited to take part in the national 'Workplace Challenge'. The aim of the programme is to promote sport, physical activity and health improvements across workplaces.

Why not encourage your colleagues to sign up to Workplace Challenge and as a team you can enjoy some friendly competition to see who can build the most physical activity into their day. The challenge is a great way to motivate yourself and your colleagues in the New Year, enjoy some workplace banter and improve your energy and stress levels.

There is also the chance to win prizes - Log your levels of sport, physical activity and active travel online throughout the 8 weeks of the Challenge. Every activity you log will allocate points to you and your workplace...and enter you into a weekly prize draw to win prizes!

For more details visit www.workplacechallenge.org.uk/activenorfolk

And for those of you joining after the 5 January 2015? No worries - just backdate your points online!



Join today for **FREE**
Challenge Your Colleagues

 **WORKPLACE CHALLENGE**

The team at Workplace Health and Wellbeing would like to take this opportunity to wish you a happy and healthy New Year. We look forward to continuing our working relationship in 2015.

Was this information of use?

Are there any occupational health other concerns your Practice requires advice on?
Does your Practice know about the breadth of occupational health services offered to all NHS GP and Dental Practices in Norfolk **FREE** at the point of contact...?

For further information on how we can support the health and wellbeing of your organisation please contact our Business Managers,

Rachel Hunt or **Jane Egle** on **01603 286840 / 286667** or visit; www.workplacehealthandwellbeing.co.uk for further information.

For electronic access to this newsletter and previous versions, please log onto www.nnuh.nhs.uk/Publication.asp and scroll down to 'Occupational Health News'.

Norfolk and Norwich University Hospitals 

NHS Foundation Trust