

**City of York Public Health Commissioned Services**

**Changes to Service Provision during the COVID-19 Outbreak**

**Briefing Document – 30th April 2020**

**Contact:** [**enquiries.publichealth@york.gov.uk**](mailto:enquiries.publichealth@york.gov.uk)

This briefing provides an overview of the current offer provided by services commissioned by the City of York’s Public Health Team

**Please note that this information is accurate at the time of writing**

**City of York Changing Lives Spectrum Health commissioned provider – Drug and Alcohol Service**

A service continues to be provided for residents, a prioritising exercise is in place to ensure coherent risk management. Services are delivered mainly by video conference, telephone appointment or by pre-arranged appointment at the physical space where required. Needle Exchange, provision of Naloxone, and pharmacological treatment continues. The therapeutic support has gone to zoom and regular telephone contacts, with a comprehensive offer for mutual aid support available.

The main clinical change has been around safe use of medication, this was previously daily visits to collect medication and observed taking this. Along with national guidance and risk assessment medication pickups are now 7/14/21/28 days. This has not had a negative impact on the service user and in some cases this has been a positive step. To support this safe medication storage boxes have been issued to all clients with advice about keeping children safe near medications.

The service offer will continue to evolve as Government guidance changes. The provider is working with partners across the system to meet needs as safely as possible – this includes but is not limited to children’s safeguarding; Prisons and Probation; homeless hostels and associated co-ordination arrangements; GPs, community pharmacies and community safety hubs. This includes the improvement of links with housing services to support newly identified people and working with the community volunteer offer to enable extra welfare checks.

**Contacts:** City of York Council Commissioning manager contact: [leigh.bell@york.gov.uk](mailto:leigh.bell@york.gov.uk) provider service contact Andy Ryan [andy.ryan@changing-lives.org.uk](mailto:andy.ryan@changing-lives.org.uk)

**Health Trainers** have ceased most of their business as usual, except they are still supporting people that want to stop smoking, as there is good evidence that being a smoker puts you at increased risk of poorer outcomes if you contract COVID-19. The other health trainers are deployed to the hospital to help with swabbing of healthcare staff, or else to the community to support the hubs.

**CYC Health Trainers – Stop Smoking** Service: Smoking has been recognised by the Chief Medical Officer and Health Secretary, as a cause of increased risk for coronavirus, as smokers are at greater risk of:

* getting acute respiratory infections
* the infection lasting longer
* the infection being more serious than it would be for someone who does not smoke

The CYC Health Trainers – Stop Smoking Serviceis still operational, providing a 6-8 week package of telephone support for all and 12 weeks for pregnant women, with a specialist advisor. This also includes up to 4 weeks of Nicotine Replacement Therapy (NRT) for all and 12 weeks for pregnant women that is either posted out or hand delivered direct to the clients home.

**Contact**: To refer clients please call: 01904 553377 or email [cychealthtrainers@york.gov.uk](mailto:cychealthtrainers@york.gov.uk).

**Champix** (Varenicline) is currently on hold, through the CYC health Trainer / Pharmacy referral contract. This is due to the government’s social distancing regulations meaning it impractical to carry out the required CO2 breath testing.  Clients wishing to go onto champix are being directed to the Health Trainer service for the option of NRT and further support.

**NHS - 40-74 years old, Health Checks and general Health Trainer appointments (not including stop smoking)**

These are currently on hold due the government’s social distancing regulations and the need for face to face meetings for these to be carried out effectively.

**Health Walks**: All health walks have been cancelled, as although it's good to get out and walk, these walks were in social groups, and therefore no longer appropriate.

**Sport and Active Leisure** Team have been redeployed to primarily focus on the Community Hubs. The team have also developed resources to support children and families, adults, older people, those with a disability and long term health condition and those with a mental health condition to remain Physically Active throughout COVID 19 with a new page on Live Well York, with over 50 postings.<https://www.livewellyork.co.uk/s4s/WhereILive/Council?pageId=5176>

**Leisure Centres**: information regarding GLL Leisure Centres is here: <https://www.better.org.uk/leisure-centre/york/energise/alerts/21340>

Changes to other leisure services can be found <https://www.york.gov.uk/COVIDLeisure>

**Healthy Child Service**: The offer of the 0-5 element is as follows:

In line with NHS England and PHE guidance some aspects of the Healthy Child Service have ceased. In respect to community delivery this includes for example stopping all child health clinics, drop-ins and breastfeeding groups.  Antenatal contacts will take place virtually (unless deemed vulnerable by midwifery or following assessment of the antenatal booking form). New birth visits will offered virtually or face to face depending on choice of family or what is clinically indicated. All other contacts are being assessed and stratified for vulnerability or clinical need.  All child protection, child in need and children in care processes will continue, however meetings will be over teleconference. Visits to families will need to be considered where absolutely necessary, working with social care colleagues to ensure joint approaches to this are sensible.

Review health assessments for children in care continue to be completed and are done over the phone where appropriate.

A health visitor duty system is in place for each of the bases.

**Healthy Child Services**: The offer of the 5-19 element is as follows:

In line with NHS England and PHE guidance some aspects of the programme have ceased. In respect to community delivery this includes all community contacts, drop-ins, groups and National Child Measurement Programme. The team operates a duty rota system so that contact to the service can be managed and advice and support can be given over the phone. The service is able to signpost families and professionals to appropriate ongoing support if required. Links have also been added to the website for families and information can be shared by post if needed. All child protection, child in need and children in care processes will continue, however meetings will be over teleconference. Visits to families will need to be considered where absolutely necessary, working with social care colleagues to ensure joint approaches to this are sensible. Review health assessments for children in care continue to be completed and are done over the phone where appropriate.

**Contact**: Health visitors and school nurses can be contacted on

1. The Avenues Children’s Centre: **01904 551760**
2. Clifton Children’s Centre: **01904 552322**
3. Hob Moor Children’s Centre: **01904 555475**

Or emailing [**HCS-Secure@york.gov.uk**](mailto:HCS-Secure@york.gov.uk)

**The YorSexual Health Service** is running a skeleton urgent care service between 12:00 - 16:00 Monday to Friday and significant online/virtual and telephone consultations throughout the day between 8:00 and 5:00 Monday to Friday.

Routine online testing currently continues as open access, however, there are preparations underway to reduce this access to only those most at risk following an online triage process which is being developed.  This is being prepared in order to reduce the office based resources required to administer this provision so that only essential STI testing is being carried out.

Free condoms are available to order online If you need condoms to protect against STIs and/or pregnancy we have opened up our free online Condom Distribution Scheme to anyone over 16 living in York or North Yorkshire [https://www.yorsexualhealth.org.uk/order-condoms/#](https://www.yorsexualhealth.org.uk/order-condoms/)

The following list includes appointment types that will be offered either as urgent face to face or telephone support based.

Urgent/same day and clinic attendance (telephone triage prior to attendance):

* Testicular pain recent onset (within the last 7 days)
* Pelvic pain recent onset (within the last 7 days)
* Genital ulceration/sores within the last 2 weeks
* Genital ulcerations/sores and pregnant(book telephone discussion first to reduce time in clinic)
* Emergency hormonal contraception (can book onto virtual IASH for a history(including BMI) but need to attend to collect medication)
* PEP within 72 hours for MSM contact or those already started on PEP from SARC/ED
* Male penile (urethral)discharge and/or urethral dysuria
* GC treatment for patients with a positive result and their current sexual partners only.
* Syphilis positive patients who require treatment and syphilis contacts
* PrEP trial follow up as planned-refer patient to Ian
* Sexual assault refer to SARC but if needs PEP/Hep b vax will need YSH support
* Rectal discharge
* Young and/or vulnerable person

Telephone/Virtual consultations-nurse PGD CT/medic or non-medical prescriber for other treatments (Prescriber list available in telephone list)

* Implant/coil consultations-to discuss alternative contraception.\*(see **Extended use of LARC (FSRH)** below)
* Chlamydia treatment can be via PGD
* New contraception discussion strongly advise POP but in exceptional circumstances the patient may opt for CHC and will  need to attend for BP/BMI and medication collection for PGD
* Repeat contraception for under 19 in York/all ages North Yorkshire–Consider  POP use/offer for all to reduce BMI/BP need or can issue repeat CHC if BP/BMI within the last year need to collect medication for PGD/Depo-can take history and switch to POP or attend for depo in clinic
* Hep A/HPV/Hep b vax discussion-to discuss risk reduction and discuss delaying vaccination
* PEP discussion for low risk if patient has concerns
* Symptom discussion and advise for those not considered urgent
* Wart discussions over the phone reassure self-limiting condition and no treatment required- May choose to prescribe based on history if wart treatment continuation.
* FP10 can be posted for treatment by prescriber.

**Contact**: Please telephone 01904 721111 (9am - 3pm) Monday to Friday

\***Extended use of LARC (FSRH)**

Extended use of Nexplanon for 4 years; banded copper IUDs for 12 years; 5-year copper IUDs and 52mg LNG-IUS (Mirena/Levosert) for 6 years could be discussed with arrangements made for removal/replacement after the COVID-19 crisis is over. Women can leave the LARC in place and add a POP on top if they are worried, but risk of pregnancy is likely to be small.

Contact: City of York Council Commissioning Manager on; [nick.sinclair@york.gov.uk](mailto:nick.sinclair@york.gov.uk) or YorSexual Health Service on; [YorSexualHealth@York.NHS.UK](mailto:YorSexualHealth@York.NHS.UK)

Website: [https://www.yorsexualhealth.org.uk/#](https://www.yorsexualhealth.org.uk/)

**Health and Wellbeing Board** – all meetings are currently cancelled until at least 20th May 2020. The next HWBB meeting has a provisional date of 3rd June (yet to be confirmed) – as of writing it is unknown whether this will go ahead and if it does go ahead it is likely to be held as a virtual meeting using Zoom or Skype. Members of the Health and Wellbeing Board will be notified as soon as conformation is received.

**Contact**: [healthandwellbeing@york.gov.uk](mailto:healthandwellbeing@york.gov.uk)

**Local Area Co-ordination Team** have been able to respond in a positive person centred way through the Local Area Coordination Team, reflecting the model, which is strong on principles and values, that sees the whole person and not a problem. As such people that are often referred to as ‘vulnerable’, are being viewed as valued citizens and contributors. An article has been written about their first few weeks of learning which you can read [here](https://lacnetwork.org/local-area-coordination-its-all-about-people-and-relationships-article-by-jennie-cox/).  You can also listen to them speaking on a recently produced podcast, Weathering the Storm [here](https://youtu.be/Ug4TtEiEM9U).

**Contact**: Details of the areas covered by the Local Area Coordinators and their individual contact details can be found via the link below

<https://www.york.gov.uk/directory/11/local-area-coordinators-directory/category/34>

**PPE**: CYC are co-ordinating requests for PPE and working with the North Yorkshire Local Resilience Forum. If you are having any difficulties acquiring PPE or need any support around interpreting the guidance for when PPE is required please **contact** [PPE@york.gov.uk](mailto:PPE@york.gov.uk)

**Suicide Prevention**

**Free online training**: There is free online training around suicide prevention via the Zero Suicide Alliance. Colleagues in York are encouraged to access this via the Humber Coast and Vale STP Talk Suicide Campaign

<https://talksuicide.co.uk/>

It’s so important that we are able to talk more openly about suicide, tackle some of the stigma and myths associated with it and be more comfortable and skilled in asking someone if they are having suicidal thoughts.

The Zero Suicide Alliance training is a great start. It takes around 30-40 minutes. In order to build a Suicide Safer Community in York we encourage anyone, over the age of fifteen to access training. Ideally people would take this online first and then attend a face to face half day or two day workshop in due course when we are able to deliver them again. Most people will only wish to take the online training which is fine of course and every person who takes it contributes to our ambition to reduce suicide in the City.