



How Would These Inspirational Nurses Have Coped With COVID-19?

Hand hygiene was key to the improvements that occurred in nursing when these two inspirational nurses committed themselves to caring for their patients. Just as it is proving to be in this unprecedented crisis that the world is facing. Whatever the conditions and diagnoses of their patients these two nurses stayed true to their belief that their role was to nurse and care for the patient's needs.

The Nurses and Midwives Code of Professional Conduct embraces the personal values these two nurses lived by. The same code that we all maintain and use in our daily working lives. Coronavirus (Covid-19) has tested our commitment to the ideals we came in to the nursing profession with. It is also the same for our all our Care Home teams and Homecare teams.



Fear and concern for our loved ones is human and real, and totally understandable. You are not alone with this. All of us have concerns about our loved ones, and we currently have to trust others to take care of them and appreciate the personal sacrifice they make in doing so. This is just as you do for other families when you look after residents or visit and support service users in their own homes. Despite feeling worried and concerned, still you come out of your own homes to provide loving care and kindness to Excelcare residents and service users; People who are vulnerable and are at greatest risk in our society.

Kindness

can transform someone's dark moment with a blaze of *light*.

You'll never know how much your caring *matters*.

Make a difference

for another *today*.

Amy Leigh Mercree

Excelcare genuinely value the great efforts made by our care home and homecare teams to keep residents and service users safe, however in these stressful times it is important to maintain your own wellbeing.

Simple things you can try are:

- Try to stay mentally and physically active
- Spend time doing things you enjoy
- Try to eat a healthy balanced diet
- Enjoy the fresh air
- Keep a safe distance between you and other people (2 metres)
- Phone or write to friends
- Enjoy the little things in life, when our children have stopped driving us all crazy, breathe deeply and enjoy this additional time with them as they grow up far too quickly
- Remember it is okay to share your concerns with others you trust and doing so may provide support to them too.

Remember that not everything you see online is true. Use the GOV.UK Covid-19 website to answer any queries you may have.

Healthcare workers who may have symptoms of COVID-19

Stay at home if you have either:

a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

How long to stay at home?

- If you have symptoms of coronavirus, you'll need to stay at home for 7 days
- If you live with someone who has symptoms, you'll need to stay at home for 14 days from the day the first person in the home started having symptoms
- If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.
- If you have to stay at home together, try to keep away from each other as much as possible.

How to avoid catching and spreading coronavirus (social distancing)

Everyone should do what they can to stop coronavirus spreading. It is particularly important for people who:

- are 70 or over
- have a long-term condition
- are pregnant
- have a weakened immune system

Do these things to avoid becoming infected-

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people
- use phone, [online services](#), or apps to contact your GP surgery or other NHS services

Once again, the Excelcare family want to thank you for your commitment, compassion and care. You'll never know how much your caring matters.

***“Be the reason someone smiles.
Be the reason someone feels loved
and believes in the goodness in people.”***

— Roy T. Bennett, The Light in the Heart

