

## Time to reconnect and build strength together

Who could have imagined that in such a short space of time life could have become so unpredictable and our daily lives change beyond our wildest imagination. Despite the daily challenges we are all facing it is inherent in who we are as a Nursing Profession that we have stepped up to the mark, giving all that we can, often with immeasurable consequences to ourselves and those we hold dearest.

*A nurse is not what you do. It is what you are..... I am a nurse. It is not what I do, it's what I am*

### Staying connected

It is so important that we all stay connected with each other, to utilise the fantastic community of primary care nurses we are to see us through to the calmer waters which will come. I have had a couple of video calls with some respiratory colleagues across the country, I found them helpful not least in being able to say hello to friends, but also in sharing ideas and how others are approaching the daily challenges in other parts of the country.

So as a way for us to stay connected I am arranging a **Virtual Nurse Forum**

**'Virtual Primary Care Nurse Forum'**  
**Wednesday 6<sup>th</sup> May 13.15 – 14.00**  
**Via Microsoft Teams**

I.T is not top of my skills list, but I am sure that we will be able to work it out – If you would like to join the meeting please can you email me ([sally.harris@suffolk.nhs.uk](mailto:sally.harris@suffolk.nhs.uk)) with your contact details – I can then send out an invite.

I thought as an initial meeting it would be helpful to just have a catch up, share with each other how you have adapted in practice, top tips etc - I will send out an agenda with the invitation also some meeting etiquette guidance.

**I really hope that you will be able to join me 😊**

### Wellbeing – Managing the uncertainty

I am also very aware that some of us might be finding it a difficult to manage the uncertainty of what is happening. The information we receive is vast, with changes that seem to occur on an almost hourly basis – it has left me reflecting on the information I have been giving out to patients. The information I gave last week or the week before is it the same as this week? Something that has helped me rationalise this in my mind is a conversation I had last week with a respiratory colleague – she spoke about how we are so used to our everyday practice being based on the best evidence based medicine, but in the current situation in dealing with coronavirus this evidence base is not there. So much is an unknown that there is a need to have an acceptance of the **'grey areas'** and that decisions we might have made last week we made on the best available knowledge at the time. Simple but something I found very helpful.

Just as important to looking after our patients is taking some time to look after ourselves so here are a few nuggets which I hope you will find useful:

**'FACE COVID' How to respond effectively to the Corona crisis** by Dr Russ Harris, author of The Happiness Trap. It is a set of practical tips on treating yourself with kindness. [www.TheHappinessTrap.com](http://www.TheHappinessTrap.com)

[FACE COVID: How to respond effectively to the corona crisis](#)

**Beyond-Coaching** has developed a **FREE** 'Resilience Toolkit' which is being offered to NHS colleagues, it offers 8 individual very simple, easy to read practical tips from.... 'Understanding what happens in our brains when faced with uncertainty or treat' - too 'Shifting our thinking in order to build a more resilient mind-set. Worth a look you just need to go onto [www.BEYOND-COACHING.CO.UK](http://www.BEYOND-COACHING.CO.UK) and they will pop into your inbox.



## Active Coping Calendar from Action for Happiness

Fabulous daily activity calendar to put up at work. You can also [download the App](#) so each daily update comes direct to your phone.

[https://www.actionforhappiness.org/media/865781/april\\_2020.jpg](https://www.actionforhappiness.org/media/865781/april_2020.jpg)

## CQNI GPN Survey

This QNI has created a short survey, designed to understand more about the impact of Covid19 on the role of General Practice Nurses: <https://www.surveymonkey.co.uk/r/K6TGLSN>. The survey should only take 10 - 15 minutes to complete.

The questions have been created in collaboration with stakeholders, including the RCN and NHS England and NHS Improvement. All responses are anonymous. The data will be analysed and the summary report produced in May 2020 will be shared with NHS England/Improvement.

We would be very grateful if you would share the survey link with colleagues to enable a wide reach and a clear understanding of the issues you are currently facing - the challenges and solutions - regarding your role in general practice. The results will be used to inform the policy response to support nurses in continuing in their roles and the consideration of redeployment in a variety of contexts.

## CCG Covid 19 Newsletter

This is a great way to keep up to date daily with the latest Covid information.

Contact [Shelley.hart@ipswichandeastsuffolkccg.nhs.uk](mailto:Shelley.hart@ipswichandeastsuffolkccg.nhs.uk) to be added to the distribution list

## Stay in contact

I am more than happy to help you all where I can so please feel free to contact me [Sally.harris@suffolk.nhs.uk](mailto:Sally.harris@suffolk.nhs.uk) I have quite a repository of documents relating to Coronavirus and as ever more than happy to talk about any training.

**So much of what is happening is out of our sphere of control, but what is in our gift is the influence of our own professional standing, together we will come through this to happier times.**

**Stay safe and take time to look after yourselves.**

Just another couple of documents you might be interested in:

[RCN Guidance: Refusal to treat due to lack of adequate PPE during the pandemic](#)

[Time to Care support for General Practice](#)

[Covid 19 Rapid Training QNI](#)

