



EEAST CFR Coronavirus Bulletin – 30th April 2020

This bulletin provides an update on the latest position in relation to community response and Covid-19. You can find the latest EEAST information and documents on [Need to Know](#) which as part of the community response team, you can also access from outside the Trust. The following summarises key points:

- CFRs should not respond to patients if they are subject to the latest “stay at home advice”. This can be found on www.nhs.uk or www.gov.uk. This means that if you are staying at home due to you or one of your household having symptoms (or other criteria if specified) you should not book on duty as a CFR. This is sometimes also known as self-isolation.
- If a CFR is in the group recommended to follow more stringent criteria on social distancing, they should not respond to patients. The definitions can be found on www.gov.uk on these [pages](#). Currently this means that you should not respond as a CFR if you are aged 70 or older (regardless of medical conditions) or under 70 with an underlying health condition as listed.
- We are maintaining the position of not deploying CFRs to calls where the patient has symptoms of Coronavirus and are retaining the criteria for auto notification to cardiac arrest only.
- The “lockdown” of AOC will continue - there will be no entry into the main AOC areas for anyone unless they are staff on shift or those providing immediate critical support and restrictions remain in place for CFRS who undertake shifts in AOC on the responder desk. Temperature screening is taking place for anyone entering AOC. Ride outs are not taking place on operational resources (e.g. ambulances).
- Face to face local monthly CFR group meetings/training should take place as a virtual meeting only. Please contact us if you require advice on how to run this type of meeting and the training team have started to produce some online material to support.
- The use of PPE is unchanged and is in line with Trust advice. Fluid resistant surgical face mask, disposable gloves, and apron should now be worn when **attending any patient**. Eye protection should be worn if there is a risk of splashing e.g. patient has a cough or is in cardiac arrest. If you identify there is a person or household member with symptoms or subject to isolation, ask them to move into a different room or if outside, at least 2 metres away.
- There is further clarification that you should not use **bag-valve-mask (BVM), handheld suction, oropharyngeal airway** for any patient.
- Some of the techniques in the management of choking are now deemed to require higher levels of PPE. Therefore, CFR deployment has ceased to patients that are choking whilst the risks are reviewed.
- The changes for patients in cardiac arrest remain in place:
 - Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. **Do not listen or feel for breathing by placing your ear and cheek close to the patient’s mouth**. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
 - **CFRs should attempt compression only CPR and early defibrillation** until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast. Early use of a defibrillator significantly increases the person’s chances of survival and does not increase risk of infection.
 - Do not attempt any airway or breathing management, including use of bag-valve-mask (BVM), handheld suction, oropharyngeal airway or oxygen therapy.
 - After performing compression-only CPR, all rescuers should wash their hands, wrists and forearms thoroughly with soap and water; alcohol-based hand gel is a convenient alternative.
 - When the ambulance crew arrive, they will be performance resuscitation procedures which increase the risk of transmission and require additional PPE. As a CFR, you should now **withdraw from the immediate vicinity of the patient** (i.e. out of the same room).
- If you need replacement PPE, then please ask the crew to replace what you use before you leave scene. If this is not possible, please contact your local CRM. If you do not have any PPE please do not book on or respond to any calls until you do.

If you require any information regarding COVID-19 please contact your local CRM and thank you for your continued support.

Gary Morgan, Deputy Chief Operating Officer

You can access all links at home from [NTK](#). Copies are also available on [East24](#)