

## Update on what the NHS in Norfolk and Waveney is doing to respond to coronavirus (18 March 2021)

### Norfolk and Waveney's COVID-19 vaccination programme remains on track as health leaders urge local people to get the life-saving jab

The COVID-19 vaccination programme in Norfolk and Waveney remains on track, with more than half of adults having now received their first dose of vaccine, newly released figures show.

According to data published today by NHS England and NHS Improvement, 480,582 doses of vaccine have been given in Norfolk and Waveney. Some 457,000 people have received their first dose and 23,582 their second dose.

In the week to last Sunday, 43,948 doses of vaccine were given in Norfolk and Waveney, up from 38,608 the previous week, (37,561 were first doses and 6,387 were second doses).

The figures show that 54% of adults in Norfolk and Waveney have received their first dose, compared to 45% of adults in England. This puts us fifth out of the 42 health and care systems in England.

The figures also show that 99% of over 70s in Norfolk and Waveney have received their first dose of vaccine, along with 91% of 65-69 year olds, 86% of 60-64 year olds and 52% of 55-59 year olds. 22% of over 80s in Norfolk and Waveney have also received their second dose of vaccine, compared to 20% nationally.

Find out more [here](#).

### Is it time for your second dose of the COVID-19 vaccine?

If you already have your appointment, please attend for your second dose.

If you haven't yet got your appointment, please wait to be contacted - you'll be called forward before the 12 week timescale.

Routinely, people will go back to the same place they had their first dose. The second dose should be the same type of vaccine as the first.

#### **Moved recently?**

If you have moved area since your first dose, you should cancel your second dose appointment and rebook via the NBS/ 119 if you had your first dose in a large vaccination centre

If you have moved area since your first dose and had your vaccination in a general practice hub or hospital hub, you can either book as above or you can contact your new GP practice

People moving into a new care home will have their vaccination status discussed as part of their transfer of care. There will be a discussion between the care home and their linked GP practice about any second dose requirement

## Second dose?

To get full protection from the COVID-19 vaccine you need two doses.

Please attend your second dose appointment. This should be at the same place you had the first dose and with the same vaccine as before.



### How safe is the COVID-19 vaccine?

People should not put off getting their COVID-19 vaccine after some EU countries temporarily paused the rollout of the Oxford-AstraZeneca jab.

[The Medicines and Healthcare products Regulatory Agency \(MHRA\) said](#) given the large number of doses administered, and the frequency at which blood clots can occur naturally, the evidence available does not suggest the vaccine is the cause.

[Vaccine safety is of paramount importance and the regulator continually monitors the safety of vaccines](#) to ensure that the benefits outweigh any potential risks.

Blood clots can occur naturally and are not uncommon.

More than 11 million doses of the COVID-19 Vaccine AstraZeneca vaccine have now been administered across the UK. Reports of blood clots received so far are not greater than the number that would have occurred naturally in the vaccinated population.

The safety of the public will always come first.

The MHRA is keeping this issue under close review but available evidence does not confirm that the vaccine is the cause. People should still be encouraged to receive their COVID-19 vaccine when asked to do so.

The COVID-19 vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness set out by the MHRA.

Any coronavirus vaccine that is approved must go through all the clinical trials and safety checks all other licensed medicines go through. The MHRA follows international standards of safety.

Other vaccines are being developed. They will only be available on the NHS once they have been thoroughly tested to make sure they are safe and effective.

So far, millions of people have been given a COVID-19 vaccine [and reports of serious side effects, such as allergic reactions, have been very rare](#). No long-term complications have been reported.

To find out more about the vaccines approved in the UK, see:

- [GOV.UK: Pfizer/BioNTech vaccine for COVID-19 approved by MHRA](#)
- [GOV.UK: Oxford/AstraZeneca vaccine for COVID-19 approved by MHRA](#)

- [GOV.UK: Moderna vaccine for COVID-19 approved by MHRA](#)

The MHRA encourages anyone to report any suspicion or concern they have beyond the known, mild side effects on the [Coronavirus Yellow Card site](#).

### NUUH Virtual Ward helps patients recover at home

The NNUH Virtual Ward has launched to enable patients to continue their recovery from COVID-19 at home while being carefully monitored remotely.

The Virtual Ward builds on remote monitoring that is already in place and, in a phased roll out, will provide a safe and effective monitoring and follow-up service for up to 40 patients and the potential to help other patient groups.

Eligible patients must meet certain clinical criteria and can be admitted to the Virtual Ward directly from the Emergency Department or Acute Medical Unit (AMU) as well as from wards. They are contacted via daily phone or video calls – virtual ward rounds – and given advice and support including remote temperature, pulse, blood pressure and oxygen saturation levels.

If necessary, they will visit hospital for treatments such as Dexamethasone and anticoagulants, and they are given contact numbers so they can seek advice should they need it.

Find out more [here](#).

### Cromer Minor Injuries Unit set to reopen on 29 March

Cromer Minor Injuries Unit is set to reopen on Monday, 29 March as part of the restoration of services at the Norfolk and Norwich University Hospitals NHS Foundation Trust.

It comes after the Cromer team, including ten Emergency Nurse Practitioners, were redeployed to support the Emergency Department at NNUH during the peak of the pandemic in January.

Alice Richardson, Emergency Department Matron, praised the MIU team for their support and flexibility during the most challenging period of the pandemic.

“It has been amazing to have the Cromer MIU team with us to cover all our Emergency Nurse Practitioner service and we have not had to supply a doctor to the minor injuries area at NNUH. They have also been helping with triage and initial assessment. They have been working in their scope of practice working in a different environment and have adapted really well. They are all really excited to be getting back to Cromer and reopening the MIU,” she said.

Cromer MIU, in Mill Road, Cromer will be open seven days a week and its usual hours of 8am to 7.45pm from Monday 29 March. If you are unsure about whether Cromer MIU is the appropriate place for your healthcare needs, please call 01603 646230.

The Minor Injuries Unit at Cromer can deal with:

- Minor head injuries (with no loss of consciousness)
- Simple wounds
- Simple eye conditions, foreign body, corneal abrasions
- Minor burns
- Soft tissue injury
- Bites and stings, with no associated complications, or acute reaction
- Simple fractures
- Fingers that may be broken or dislocated

## Mobile Cancer Care Unit launched

A new Mobile Cancer Care Unit (MCCU) to support patients in Norfolk and Waveney was launched this week and is providing treatments at several locations in Norfolk and north-east Suffolk.

Over the next few months the Unit, a collaboration between the charity Hope for Tomorrow, the James Paget University Hospital, the Norfolk and Norwich University Hospital and NHS Norfolk and Waveney CCG (Clinical Commissioning Group), will be travelling to towns and villages to take treatment out into our local communities, closer to where patients live.

The Unit will be treating chemotherapy patients in Beccles, in the Morrisons store car park, on Tuesdays and at Martham, in the fire station car park, on Thursdays. It will soon be at Cromer Hospital the rest of the week to provide Acute Oncology Services for those receiving cancer treatments.

The mobile unit is owned and maintained by Hope for Tomorrow (HfT), a charity which aims to bring cancer treatment closer to home, and will be staffed by specialist nurses from Haematology and Oncology Units at the James Paget and the Norfolk and Norwich.

The vehicle includes a mobile chemotherapy unit and infusion pumps as well as a kitchen area and patient toilet. During the current pandemic, treatments will be limited to three patients at a time in order to maintain social distancing but the unit would normally be able to accommodate four.

Find out more [here](#).



## Mental health support available for the public

- It's important that we look after our mental wellbeing during this time – for tips and advice visit [www.everymindmatters.co.uk](http://www.everymindmatters.co.uk).
- If you are worried about your own mental health and wellbeing call First Response, a free 24/7 helpline offering immediate support, on 0808 196 3494.
- 11 to 25 year olds in Norfolk and Waveney can get support and online counselling via [www.Kooth.com](http://www.Kooth.com). The service provides support or advice on any topic, including managing your feelings during the pandemic.
- JustOneNorfolk has a wealth of information and links to support the health and wellbeing of your family: [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk).