

## June eNews Introduction

I have actively been involved in supporting NHS OH services during the early stages of the pandemic. The pandemic has highlighted the importance and need for NHS OH services. OH teams were faced with an unprecedented rise in demand for their services, so NHS England and NHS Improvement undertook a rapid procurement exercise across the OH marketplace over a two-week period resulting in publication of a Dynamic Purchasing Framework (DPS).

This led to identification of 23 commercial OH providers with availability to provide additional support (at the request of the local OH management teams). Several more companies have been added since. The benefit of the framework is it supports the NHS buy in additional support to supplement existing OH or EAP services without the need to undertake a tender exercise. This DPS framework is regularly reviewed and updated to offer the greatest range of options and will be in place until 31st December 2020. It gives access to the following services:

- Health clearance for returning NHS workers and volunteers
- Remote (online/telephone) OH Physician/OH adviser management referrals
- COVID-19 helpline
- Wellbeing services including counselling and coaching and MSK/Physiotherapy
- Onsite support from OH nurses, OH advisers and OH Physicians.

I was a member of the COVID-19 Health and Wellbeing Taskforce convened by NHS England and NHS Improvement to consider support measures for NHS staff. As a result, all our NHS colleagues have now been given access to a range of support services (#OurNHSPeople Wellbeing Support) which included a free wellbeing support helpline, 24/7 text alternative to the above helpline, [Online](#) peer to peer, team and personal resilience support, including through online [Silver Cloud](#), and free mindfulness apps including [Unmind](#), [Headspace](#), [Sleepio](#) and [Daylight](#). These services have been well received with over 2800 calls, 1400 text conversations and 120,000 downloads of apps.

To continue this support for all staff, NHS England and NHS Improvement have launched the C20 Health and Wellbeing Recovery Commission. The need to have compassionate leadership in the NHS is recognised as vital for this recovery phase and indeed long term. To this extent a range of new Coaching and Mentoring support resources has been launched.

The NHS Health at Work Network has had the opportunity to join forces with FOM and SOM during this pandemic to produce joint guidance, share good practice and support the profession at a national level and this work will continue in the coming year.

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