

## **NHS Nightingale Psychological and physical health suitability for frontline clinical work at the Nightingale Hospital**

Please read, and reflect on, the attached information about the likely working conditions at the Nightingale hospital, and consider the following questions.

Psychological health:

1. Are you in a higher risk group for Covid19? If so, you should speak to your GP or Occupational Health professional about working at the Nightingale as working at the hospital with Covid19 patients may be particularly psychologically challenging.
2. Do you live with, or provide direct care for, anyone who is in a higher risk group for Covid19? If so you should consider whether you feel comfortable working with Covid19 patients and we suggest that you should speak to people you trust about it including the people in the higher risk group.
3. As well as those in higher risk groups, as above, might you worry about catching Covid19 yourself, or potentially infecting anyone you currently come into direct contact with on a regular basis (i.e. those you live with), to such a degree that it may affect your ability to work to a high standard at the Nightingale. If so we suggest that you should speak to people you trust about it including those you come into direct contact with on a regular basis.
4. Have you had, or do you currently have, a mental health problem which may be aggravated by the challenging, although hopefully rewarding, work that you will be asked to do at the Nightingale. If so we suggest you should speak to a GP, Occupational Health professional and/or people you trust about whether working at the Nightingale is right for you.
5. Have you ever experienced a traumatic situation which is in some way linked, or related, to the sort of work you will be asked to do at the Nightingale hospital. For instance, you may have had a particularly harrowing experience with a ventilated patient, or a family member may have died after being in intensive care and you are still distressed about this. If so we suggest you should speak to a GP, Occupational Health professional and/or people you trust about whether working at the Nightingale is right for you since the environment at the hospital may cause you particular distress.
6. Are you currently experiencing significant stress in your day to day life such as serious relationship difficulties, problems with your children or family ill-health or a recent bereavement which you are finding it particularly difficult to deal with. If so we suggest that you should speak to people you trust about this.

### Physical health:

Some job roles in the Nightingale may involve additional physical demands e.g. long work shifts of 12 hours, nightshifts, working in personal protective equipment (PPE) for prolonged periods, working closely with COVID-19 patients. If the answer to any of the following questions is yes, please discuss this with an Occupational Health professional or your GP to determine if you are suitable for this work.

1. Do you have a physical health condition which could present an increased risk to your health if you developed COVID-19 (see below)?
2. Do you have a physical health condition which could cause difficulty performing the additional physical demands of Nightingale work tasks?
3. Are you currently receiving medical treatment that could affect your ability to perform the additional physical demands of Nightingale work tasks?
4. Have you completed a course of hepatitis B immunisation (3 injections)?

**Health conditions which could present an increased risk to your health if you developed COVID-19** (ie anyone instructed to get a flu jab as an adult each year on medical grounds):

- chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)
- chronic heart disease, such as [heart failure](#)
- [chronic kidney disease](#)
- chronic liver disease, such as [hepatitis](#)
- chronic neurological conditions, such as [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), a learning disability or cerebral palsy
- [diabetes](#)
- problems with your spleen – for example, [sickle cell](#) disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as [HIV and AIDS](#), or medicines such as [steroid tablets](#) or [chemotherapy](#)
- being seriously overweight (a body mass index (BMI) of 40 or above)
- those who are pregnant