

Whittington Health Trust Board Meeting

3rd of May 2017

Title:	Yearly update of Whittington Health NHS Trust Heatwave Plan		
Agenda item:	17/072	Paper	12
Action requested:	For agreement		
Executive Summary:	The "Heatwave Plan" is designed to warn and inform NHS staff and the community in relation to sustained high temperatures between 1 st of June to the 15 th of September. This plan has been updated in relation to yearly evidence disseminated by the Department of Health		
Summary of recommendations:	Daily monitoring of weather conditions during the timeframe of the 1 st of June to the 15 th of September. Circulation of the plan with resources links to key stakeholders. Escalation and implementation of plan within the Whittington Health NHS Trust as required		
Fit with WH strategy:	Keeping the local community safe during heatwave conditions Civil Contingency Act 2004 (Category 1 responder) Health and Social Care Act 2012		
Reference to related / other documents:	<p>The Heatwave Plan for England 2015: https://www.gov.uk/government/publications/heatwave-plan-for-england</p> <p>WHO Europe public health advice on preventing health effects of heat: http://www.euro.who.int/_data/assets/pdf_file/0007/147265/Heat_information_sheet.pdf</p> <p>Cochrane Review: http://www.cochrane.org/sites/default/files/uploads/Evidence_aid/Electric%20fans%20for%20reducing%20adverse%20health%20impactsin%20heatwaves.pdf</p> <p>Beat the heat: staying safe in hot weather (leaflet) 2016: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/525358/Beattheheatstaying-safe-in-hot-weather.pdf</p> <p>Beat the heat (poster) 2016: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/525358/Beattheheatstaying-safe-in-hot-weather.pdf</p>		

		data/file/525360/Beattheheatposter2016.pdf					
Reference to areas of risk and corporate risks on the Board Assurance Framework:							
Date paper completed:		07/04/2017					
Author name and title:		Lee Smith Emergency Planning and Business Continuity Officer		Director name and title:		Carol Gillen Chief Operating Officer/Accountable Emergency Officer	
Date paper seen by EC	3rd of may	Equality Impact Assessment complete?		Quality Impact Assessment complete?		Financial Impact Assessment complete?	



Heatwave Plan

Version and Date	5.5 April 2017
Valid Until	1 April 2018
Status	Live Document (1 June -15 September)
Document Purpose	This plan has been developed to ensure that the Acute and Community Services of the Trust is capable of responding to Heatwave.
Related Document	Major Incident Plan Business Continuity Plan, Flu Pandemic Plan, Risk Management Policy, Fire Safety Policy.
Accountable Director	Carol Gillen Chief Operating Officer – Accountable Emergency Officer
Author	Lee Smith Emergency Planning Officer

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Distribution List

In order to comply with the requirements of being a category 1 responder under the terms of the Civil Contingencies Act 2004 the Trust has a responsibility to share its plans with partner agencies.

Internal Distribution List

Department /Role	Format
Major Incident Control Room Cupboard	Hard copy
Whittington Health Intranet Policies folder	Electronic copy
Silver and Gold dropbox	Electronic
Silver & Gold handbook (shared 'I'drive)	Electronic

External Distribution List

Organisation	Format
London Ambulance Service	Electronic Copy
NHS England (London Region)	Electronic Copy
London Borough of Islington	Electronic Copy
London Borough of Haringey	Electronic Copy

Amendment Record

No unauthorised amendments permitted.

This plan is a living document and is under constant review. A record of amendments follows any comments or suggestions for future versions are appreciated and should be directed to the Emergency Planning and Business Continuity Officer.

Change History			
version	Date	Author/Editor	Details of Change
22/10/08	1.0		Document created
22/03/09	2.0		Refreshed document for summer 2009 to take into account updated guidance
22/04/10	3.0		Updated to include revised national guidance from DoH Heatwave Plan
22/01/11	4.0	Mathew Boazman	Annual refresh and approval
1/10/11	5.0	Mathew Boazman	Integrated plan for ICO finalised following NHS Assurance process feedback
18/06/13	5.1	Rebecca Blake	Annual update reference to Heatwave Plan for England 2013
20/05/14	5.2	Rebecca Allsopp	Annual update reference to Heatwave Plan for England 2014
03/07/15	5.3	Lee Smith	Annual update reference to Heatwave Plan for England 2015
24/06/16	5.4	Lee Smith	Annual update reference to Heatwave Plan for England
07/04/17	5.5	Lee Smith	Annual update reference to Heatwave Plan for England

1. INTRODUCTION

The Heatwave Plan for England is published by Public health England and sets out the responses required of health services and local authorities in the event of a heatwave. This plan acknowledged that climate change is becoming a serious threat to the population's health and that heatwaves are likely to become more common in England.

2. PURPOSE

The Heatwave Plan for Whittington health outlines how we will work with local partners to ensure health and social care services raise awareness of the risks relating to severe hot weather and prepare organisations and individuals (especially vulnerable groups) to help reduce those risks.

Whittington Health recognise that proper preparedness is essential as in contrast to deaths associated with cold weather, the rise in mortality during a heatwave occurs very quickly – within one or two days of the temperature rising. This means that by the time a heatwave starts the window of opportunity for effective action is very short, and proper preparedness is therefore essential.

The **Department of Health (DH)** is responsible for strategic leadership of both health and social care systems, but no longer has direct management of most NHS systems. **NHS England** provides national leadership for improving health care outcomes, directly commissions general practice services, some specialist services, and oversees **Clinical Commissioning Groups (CCGs)**. CCGs now commission planned hospital care, rehabilitative care, urgent and emergency care, most community health services and mental health and learning disability services. **Directors of Public Health** in Local Authorities are responsible for population health outcomes, supported by **Public Health England (PHE)**, which provides national leadership and expert services to support public health.

PHE will make advice available to the public and health and social care professionals in affected regions, in preparation for an imminent heatwave, via NHS Choices, and the websites of the Met Office, PHE and the DH.

NHS Choices (www.nhs.uk) continues to provide reliable advice and guidance throughout the year on how to keep fit and well. It includes information on how to stay well in hot weather (www.nhs.uk/summerhealth).

3. SUPPORTING DOCUMENTATION

As in previous years, the Heatwave Plan for England is also supported by a series of Information Guides published online which aim to provide an authoritative source of additional information about the effects of severe hot weather on health for:

- Looking After Yourself And Others During Hot Weather (for Individuals, families and carers);
- Supporting Vulnerable People before and during a Heatwave: Advice for Health and Social Care Professionals;
- Supporting Vulnerable People Before and During a Heatwave: Advice for Care Home Managers and Staff.

- 'Beat the Heat' poster: an infographic for the public with key advice for staying safe in hot weather
- 'Beat the Heat' poster: detailed information for the public about how to stay safe in hot weather
- 'Beat the heat': keep cool at home-checklist': a checklist to help people identify situations where overheating in the home may cause harm to health, the actions to take, and how to access further help and support. This resource is aimed at members of the public as well as frontline workers (for example, health and social care staff)

These supporting documents have also been updated to reflect the changing responsibilities as a result of the Health and Social Care Act (2012).

These can be found at: <https://www.gov.uk/government/publications/heatwave-plan-for-england>

4. BACKGROUND

The evidence about the risks to health from heatwave is extensive and consistent from around the world. Excessive exposure to high temperatures can kill. During the summer heatwave in Northern France in August 2003, unprecedentedly high day- and night-time temperatures for a period of three weeks resulted in 15,000 excess deaths. The vast majority of these were among older people.

In England that year, there were over 2,000 excess deaths over the 10 day heatwave period which lasted from 4 – 13 August 2003, compared to the previous five years over the same period.

The first Heatwave Plan for England was published in 2004 in response to this event. Since that time we have had a significant heatwave in 2006 (when it was estimated that there were about 680 excess deaths compared to similar periods in previous years). In 2009 there were approximately 300 excess summer deaths during a heatwave compared to similar periods in previous years.

Climate change means that heatwaves are likely to become more common in England. By the 2080s, it is predicted that an event similar to that experienced in England in 2003 will happen every year.

In Northern France in August 2003, unprecedentedly high day and night time temperatures for a period of three weeks resulted in 15,000 excess deaths. The vast majority of these were among older people.

Excess deaths are not just deaths of those who would have died anyway in the next few weeks or months due to illness or old age. There is strong evidence that these summer deaths are indeed 'extra' and are the result of heat related conditions.

Cities and urban areas tend to be hotter than rural areas, creating urban heat island effects. This is due to increased absorption and reflection of the sun on concrete compared with green or brown spaces; reduced cooling from breezes due to buildings and increased energy production from houses, industry, businesses and vehicles.

5. HEAT- HEALTH ALERT LEVEL SYSTEM

The Heat-Health Watch system operates in England from 1 June to 15 September each year. During this period, the Met Office may forecast heatwaves, as defined by forecasts of day and night time temperatures and their duration.

These vary from region to region but for **London** the threshold temperatures are **32 °C (day time)** and **18 °C (night time)** for a period of 3 or more continuous days.

The Heat-Health Watch system comprises of five main levels (Levels 0-4), which are outlined in Figure 1 below;

Figure 1: Heatwave Alert Levels

Level 0	Long – term planning <i>All year</i> Includes year round joint working to reduce the impact of climate change and ensure maximum adaptation to reduce harm from heat waves. This involves urban planning to keep housing, workplaces, transport systems and the built environment cool and energy efficient.
Level 1	Heatwave and Summer Preparedness Programme <i>1 June – 15 September</i> The heat wave plan will remain at level 1 unless a higher alert is triggered. During the summer months, social and healthcare services need to ensure that awareness and background preparedness are maintained by implementing the measures set out in the heatwave plan.
Level 2	Heatwave is forecast – Alert and readiness <i>60% risk of heatwave in the next 2-3 days</i> This is triggered as soon as the Met Office forecasts that there is a 60 per cent chance of temperatures being high enough on at least two consecutive days to have significant effects on health. This will normally occur 2–3 days before the event is expected. As death rates rise soon after temperature increases, with many deaths occurring in the first two days, this is an important stage to ensure readiness and swift action to reduce harm from a potential heatwave.
Level 3	Heatwave Action <i>Temperature reached in one or more Met Office National Severe Weather Warning Service Regions</i> This is triggered as soon as the Met Office confirms that threshold temperatures have been reached in any one region or more. This stage requires specific actions targeted at high risk groups.
Level 4	Major Incident – Emergency Response <i>Central Government will declare a level 4 alert in the event of severe or prolonged heatwave affecting sectors other than health</i> This is reached when a heatwave is so severe and/or prolonged that its effects extend outside health and social care, such as power or water shortages, and/or where the integrity of health and social care systems is threatened. At this level, illness and death may occur among the fit and healthy, and not just in high risk groups and will require a multi-sector response at national and regional levels.

6. HIGH RISK FACTORS

There are certain factors that increase an individual's risk during a heatwave. These include:

- Older age: especially women over 75 years old, or those living on their own who are socially isolated, or in a care home.
- Chronic and severe illness: including heart conditions, diabetes, respiratory or renal insufficiency, Parkinson's disease or severe mental illness. Medications that potentially affect renal function, the body's ability to sweat, thermoregulation or electrolyte balance can make this group more vulnerable to the effects of heat.
- Inability to adapt behaviour to keep cool: having Alzheimer's, a disability, being bed bound too much alcohol, babies and the very young.
- Environmental factors and overexposure: living in urban areas and south facing top floor flats, being homeless, activities or jobs that are in hot places or outdoors and include high levels of physical exertion.

7. MET OFFICE HEATWAVE WARNINGS

Figure 2 below summarises the Met Office service and notifications during a heatwave period for the summer of 2014.

Figure 2: Met Office service and notifications

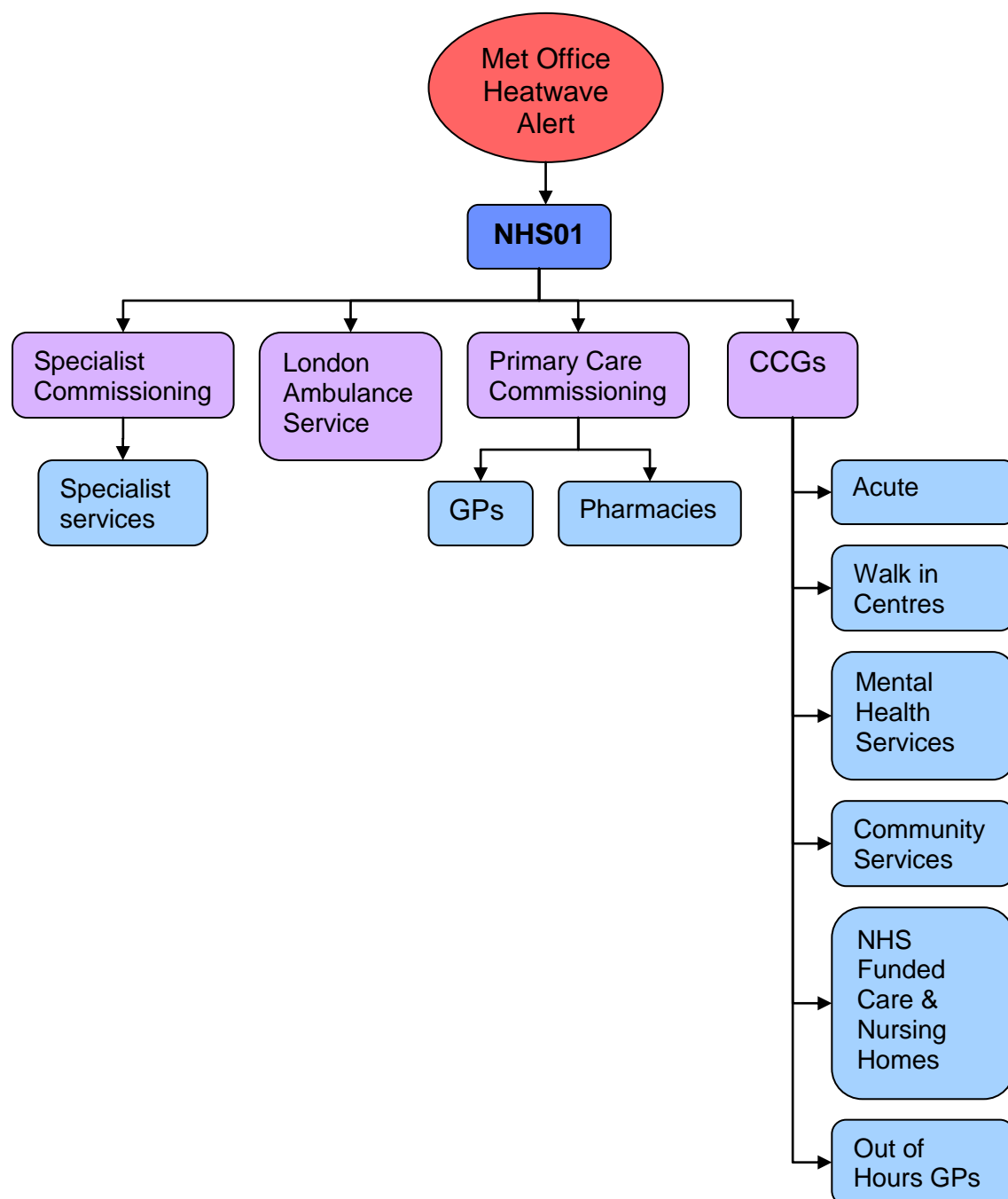
Service	Purpose	Distribution	Timing
Heatwave Warning	To provide early warning of high temperatures. The alert levels have been set with thresholds known to cause ill health from severe hot weather. They are to help ensure that healthcare staff and resources are fully prepared for hot weather periods that might impact and to raise awareness for those individuals who are more vulnerable to hot weather conditions	Email	Alert issued as soon as agreed threshold has been reached and when there is a change in alert level. Issued between 1 June and 15 September.
Heatwave Planning Advice	To provide advice through the summer period relating to high temperatures	Email	Twice a week (9am each Monday and Friday from 1 June to 15 September)
National Severe Weather Warning Service (NSWWS)	To provide warnings of severe or hazardous weather that has the potential to cause danger to life or widespread disruption. These warnings are issued to: <ul style="list-style-type: none"> • The public – to promote consideration of actions they may need to take • Emergency responders – to trigger their plans to protect the public from impacts in advance of an event, and to help them recover from any impacts after the event. 	Email, web, SMS, TV, radio	When required
General Weather Forecasts	To enable the public to make informed decisions about their day to day activities	Web, TV, radio	Every day

8. ALERTING CASCADE

The response to a heatwave will be governed by the actions needed at each of the four alert actions. The Met Office will cascade a Heatwave alert to all Heat-Health Watch organisations.

The alerting cascade for London is shown in figure 3 and internally within Whittington Health seen in 8.1.

Figure 3: London Alerting Cascade



The alert levels will act as triggers for initiating internal organisational response arrangements. NHS England will request assurance from organisations as to the impact and mitigation in place during periods of sustained heatwave response at any alerting level.

In the event of a Level 4 heat-health alert being issued:

- A pager message will be cascaded to all NHS organisations directors on call via the paging system.

The pager message will read as follows:

RED from NHS01: Level 4 Heatwave – National; Emergency Declared. Confirm email address to receive further instructions to england.london-incident@nhs.net

NHS England will initiate command and control arrangements across London, and establish a reporting rhythm for situational reporting on the impacts of the incident on health organisations.

8.1 Whittington Health Alerting Cascade

Whittington Health NHS Trust receives heatwave alerts through the Emergency Planning Officer, who upon receipt of a will cascade it to all on call personnel.

Who will upon receipt of a heatwave alert will ensure the information is cascaded within their directorate/ department and in the absence of the Emergency Planning Officer, heatwave alerts will be cascaded by the Clinical Site Team.

Out of Hours this will be cascaded by the Clinical Site Team.

9. WHITTINGTON HEALTH ACTIONS

This section details the Trust responsibilities for responding at each of the levels of the Heat - Health Watch Alert System.

LEVEL 0 LONG-TERM PLANNING		
Includes year round joint working to reduce the impact of climate change and ensure maximum adaptation to reduce harm from heat waves. This involves urban planning to keep housing, workplaces, transport systems and the built environment cool and energy efficient.		
	Action	Responsibility
1	Develop systems to identify and improve resilience of high-risk individuals	
	Request an HHSRS assessment from EH for clients at particular risk.	District Nurses / health visitors
2	Encourage cycling / walking where possible to reduce heat levels and poor air quality in urban areas.	
3	Work with commissioners to develop longer term plans to prepare for heatwaves	
4	Make environmental improvements to provide a safe environment for clients in the event of a heatwave	
5	Prepare business continuity plans to cover the vent of a heatwave (e.g. storage of medicines, computer resilience, etc)	All
6	Work with partners and staff to raise awareness of the impacts of sever heat and on risk reduction awareness	EPLO
High Risk Groups Community: over 75, female, living on own and isolated, sever physical or mental illness; urban area, south facing top flat; alcohol and /or drug dependency, homelessness, babies and young children, multiple medications and over exertion Care home or hospital: over 75, female, frail, severe physical or mental illness; multiple medications, babies and young children (hospitals)		
<i>*Because Level 2 is based on a prediction, there may be jumps between levels. Following Level 3, wait until temperatures cool to Level 1 before stopping Level 3 actions. ** Level 4: A decision to issue a Level 4 alert at national level will be taken in light of a cross-government assessment of the weather conditions, co-ordinated by the Civil Contingencies Secretariat</i>		

LEVEL 1
HEATWAVE AND SUMMER PREPAREDNESS PROGRAMME

The heat wave plan will remain at level 1 unless a higher alert is triggered. During the summer months, social and healthcare services need to ensure that awareness and background preparedness are maintained by implementing the measures set out in the heatwave plan.

	Action	Responsibility
1	Ensure public is aware of actions to take to minimise risk during periods of hot weather and likely high risk groups	All
2	Ensure other partners are aware of the Heatwave Plan for England 2016, actions required and public information available	All
3	Distribution of heatwave plan	Emergency Planning Officer
4	Ensure business continuity plans are in place and implement as required.	All
5	Ensure appropriate contact details are provided to Local Authorities /NHS emergency planning officers to facilitate transfer of emergency information.	Emergency Planning Officer
6	Identify individuals who are particular risk from extreme heat, especially those aged over 75 and review their medication and care plans	Community health District Nurses, /Health Visitor/ Midwives/ General Practices and Social Care to identify individuals at risk
7	Working with families and informal carers to highlight dangers of heat and promote ways to keep cool	Community health – District Nurses
8	Where individuals households are identified as being at particular risk from hot weather, request environmental health to do an assessment using the Housing Health and safety Rating System (HHSRS)	Community health in liaison with Social Care
9	Review surge capacity and the need for, and availability of staff support in the event of a heatwave especially if it lasts more than a few days.	Clinical Site Manager, Emergency Department
10	Distribution of Public Health England advice to managers of residential and nursing care homes	Community health in liaison with Social Care
11	Cool rooms or cool areas should be created. Distribution of fans within Whittington Health clinic areas should be managed via the bed management team, Labour Ward and community management leads.	Clinical leads /estate managers
12	Estates to confirm operation of air conditioning units for use during a heatwave, and temperature recording instruments	Estates Managers
13	On receipt of Met office alerts and planning guidance for London region cascade to on call personnel.	IN HOURS (Monday to Friday 0900-1700: Emergency Planning Officer Weekends and Bank Holiday: Clinical Site Team

High Risk Groups

Community: over 75, female, living on own and isolated, severe physical or mental illness;

urban area, south facing top flat; alcohol and /or drug dependency, homelessness, babies and young children, multiple medications and over exertion

Care home or hospital: over 75, female, frail, severe physical or mental illness; multiple medications, babies and young children (hospitals)

*Because Level 2 is based on a prediction, there may be jumps between levels. Following Level 3, wait until temperatures cool to Level 1 before stopping Level 3 actions.

** Level 4: *A decision to issue a Level 4 alert at national level will be taken in light of a cross-government assessment of the weather conditions, co-ordinated by the Civil Contingencies Secretariat*

LEVEL 2
HEATWAVE IS FORECAST - ALERT AND READINESS

This is triggered as soon as the Met Office forecasts that there is a 60 per cent chance of temperatures being high enough on at least two consecutive days to have significant effects on health. This will normally occur 2–3 days before the event is expected. As death rates rise soon after temperature increases, with many deaths occurring in the first two days, this is an important stage to ensure readiness and swift action to reduce harm from a potential heatwave

	Action	Responsibility
1	Cascade Met Office Alert and planning advice to on call personnel	IN HOURS (Monday to Friday 0900-1700: Emergency Planning Officer Weekends and Bank Holiday: Clinical Site Team
2	Distribution of advice to all those defined as at high risk living at home (key public messages in section 10)	Community Health District Nurses/ Health Visitors / Midwives
3	Call a meeting of Trust colleagues who will become the 'heatwave emergency planning team' to agree key messages and cascade alert briefing through internal and external communications channels - Implement business continuity	Emergency Planning Officer
4	Work with Trust teams and Communications to ensure that independent contractors have guidance leaflet available	Facilitates
5	Initiation of home visits as planned, where appropriate	Community Health District Nurses, /Health Visitor/ Midwives / General Practices to coordinate visiting /phones call to vulnerable patients, where appropriate
6	Prioritise current list of patients at risk	Community Health District Nurses, /Health Visitors / Midwives
7	Determine what non essential activities could cease	District Nurses / Health Visitors / Midwives
8	Make provision for surge capacity	Emergency Department, Clinical Site Managers
9	Ensure cool rooms are ready and consistently at 26°C or below	Estates/Clinical Lead / Matron/ Senior Nurse in Charge/Labour Ward
10	Check that indoor thermometers are in place and recording sheets printed to measure temperature four times a day	Estates/ Clinical Lead / Matron / Senior Nurse in Charge /Labour Ward
11	Identify particularly vulnerable individuals (those with chronic/severe illness, on multiple medications, or who are bed bound) who may be prioritised for time in a cool room	Clinical Lead / Matron / Senior Nurse in Charge
11	Consider weighing clients regularly to identify dehydration and rescheduling physio to cooler hours	Clinical Lead / Matron / Senior Nurse in Charge
13	Monitor staff welfare	Clinical Lead / Matron / Senior Nurse in Charge/ Labour Ward
14	Monitor service level to ensure staffing levels will be sufficient to cover the anticipate heatwave	Clinical Lead / Matron / Senior Nurse in Charge/ locality Managers

	period	/ Midwives
15	Obtain supplies of ice / cool water	Housekeeping/ Clinical Lead / Matron / Senior Nurse in Charge
16	Re-enforce messages on risk and protective measures to staff	Clinical Lead / Matron / Senior Nurse in Charge / Midwives
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<p>*Because Level 2 is based on a prediction, there may be jumps between levels. Following Level 3, wait until temperatures cool to Level 1 before stopping Level 3 actions.</p> <p>** Level 4: <i>A decision to issue a Level 4 alert at national level will be taken in light of a cross-government assessment of the weather conditions, co-ordinated by the Civil Contingencies Secretariat</i></p>		

**LEVEL 3
HEATWAVE ACTION**

This is triggered as soon as the Met Office confirms that threshold temperatures have been reached in any one region or more. This stage requires specific actions targeted at high risk groups.

	Action	Responsibility
1	Cascade of Met Office Alert and planning advice to on call personnel	IN HOURS (Monday to Friday 0900-1700: Emergency Planning Officer Weekends and Bank Holiday: Clinical Site Team
2	Continue to distribute advice to all those defined as at high risk living at home (key public messages section 10)	Community Health District Nurses/ Health Visitors /Midwives
3	Activate plans to maintain business continuity – including a possible surge in demand	
4	Call a meeting of Trust colleagues to agree key messages and actions and cascade alert briefing through internal and external communications channels	Emergency planning officer with Emergency Management Team
5	Consider use of media to get advice out to the general public	Communications lead
6	Stop non essential activities, commence daily contact with clients at risk	District Nurse / Health Visitors / Midwives
7	Consider where appropriate, daily visits /phone calls for high risk individuals living on their own who have no regular daily contacts. This may involve informal carers, volunteers and care workers and will be targeted at defined risk groups	Community Health District Nurse / Health Visitors General practices to coordinate visiting /phone call to vulnerable patients, where appropriate
8	Use all available resources to maximise frontline district nurse / health visitor capacity	Community Health
9	District nurses /health visitors /Midwives to make daily contact with clients at risk and provide a situation report to locality manager	Community Health District Nurse / Health Visitors
10	Upon request produce situation reports and forward summary to Emergency Planning Officer for onward report to NHS England / CSU	Locality Managers
11	Discharge planning should reflect local and individuals circumstances so that people at risk are not discharged to unsuitable accommodation or reduced care	
12	Initiation of home visits as planned, where appropriate	Community Health District Nurses, /Health Visitor/ General Practices to coordinate visiting /phones call to vulnerable patients, where appropriate
13	Prioritise current list of patients at risk	Community Health District Nurses, /Health Visitors/Midwives
14	Make provision for surge capacity	Emergency Department, Clinical Site Managers
15	Ensure cool rooms are ready and consistently at 26°C or below	Estates/ Clinical Lead / Matron / Senior Nurse in Charge /Labour Ward

16	Ensure that indoor thermometers are in place and recording sheets printed to measure temperature four times a day for all areas with patients in	Clinical Lead / Matron / Senior Nurse in Charge / Labour Ward
17	Monitor and minimise temperatures in all patient areas and take action if the temperature is a significant risk to patient safety, as high risk patients may suffer undue health effects including worsening cardiovascular or respiratory symptoms at temperatures exceeding 26°C	Clinical Lead / Matron / Senior Nurse in Charge /Midwives
18	Continually review vulnerable individuals for prioritisation in cool rooms	Clinical Lead / Matron / Senior Nurse in Charge /Midwives
19	Continue to monitor staff welfare	Clinical Lead / Matron / Senior Nurse in Charge /Midwives
20	Continue to monitor service level to ensure staffing levels will be sufficient to cover the anticipated heatwave period	Clinical Lead / Matron / Senior Nurse in Charge/ locality Managers /Midwives
21	Implement appropriate protective factors, including a regular supply of cold drinks	Clinical Lead / Matron / Senior Nurse in Charge/ locality Managers /Midwives
22	Re-enforce messages on risk and protective measures to staff	Clinical Lead / Matron / Senior Nurse in Charge /Midwives
23	Consider moving visit hours to mornings and evenings to reduce afternoon heat from increased numbers of people	Clinical Lead / Matron / Senior Nurse in Charge /Midwives
24	Reduce internal temperatures by turning off unnecessary lights and electrical equipment	Clinical Lead / Matron / Senior Nurse in Charge/ locality Managers /Midwives
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LEVEL 4 MAJOR INCIDENT - EMERGENCY RESPONSE		
This is reached when a heatwave is so severe and/or prolonged that its effects extend outside health and social care, such as power or water shortages, and/or where the integrity of health and social care systems is threatened. At this level, illness and death may occur among the fit and healthy, and not just in high risk Groups and will require a multi-sector response at national and regional levels.		
	Action	Responsibility
1	If a major incident is declared implement Major Incident Plan	Chief Executive / Director on Call
2	Coordinate response with NHS Health Partners	All
3	All level 3 heatwave actions to continue	All
High Risk Groups Community: over 75, female, living on own and isolated, severe physical or mental illness; urban area, south facing top flat; alcohol and /or drug dependency, homelessness, babies and young children, multiple medications and over exertion Care home or hospital: over 75, female, frail, severe physical or mental illness; multiple medications, babies and young children (hospitals)		
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RECOVERY		
	Action	Responsibility
1	Hold a debrief and discuss any learning outcomes produce a report and action plan	EPLO / Emergency planning officer/ key staff
2	Amend the Trust Heat wave plan as necessary	Emergency Planning Officer

10. KEY PUBLIC HEALTH MESSAGES

Stay out of the heat:

- Keep out of the sun between 11.00am and 3.00pm.
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf.
- Avoid extreme physical exertion.
- Wear light, loose-fitting cotton clothes.

Cool yourself down:

- Have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks.
- Eat cold foods, particularly salads and fruit with high water content.
- Take a cool shower, bath or body wash.
- Sprinkle water over the skin or clothing, or keep a damp cloth on the back of your neck.

Keep your environment cool:

- Keeping your living space cool is especially important for infants, the elderly or those with chronic health conditions or who can't look after themselves
- Place a thermometer in your main living room and bedroom to keep a check on the temperature.
- Keep windows that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped.
- Close curtains that receive morning or afternoon sun. However, care should be taken with metal blinds and dark curtains, as these can absorb heat – consider replacing or putting reflective material in-between them and the window space.
- Turn off non-essential lights and electrical equipment – they generate heat.
- Keep indoor plants and bowls of water in the house as evaporation helps cool the air.
- If possible, move into a cooler room, especially for sleeping.
- Electric fans may provide some relief, if temperatures are below 35°C.

(Longer term)

- Consider putting up external shading outside windows.
- Use pale, reflective external paints.
- Have your loft and cavity walls insulated – this keeps the heat in when it is cold and out when it is hot.
- Grow trees and leafy plants near windows to act as natural air-conditioners (see 'Making the Case')

Look out for others:

- Keep an eye on isolated, elderly, ill or very young people and make sure they are able to keep cool.
- Ensure that babies, children or elderly people are not left alone in stationary cars.
- Check on elderly or sick neighbours, family or friends every day during a heatwave.
- Be alert and call a doctor or social services if someone is unwell or further help is needed.

If you have a health problem:

- Keep medicines below 25 °C or in the refrigerator (read the storage instructions on the packaging).
- Seek medical advice if you are suffering from a chronic medical condition or taking multiple medications.

If you or others feel unwell:

- Try to get help if you feel dizzy, weak, anxious or have intense thirst and headache; move to a cool place as soon as possible and measure your body temperature.
- Drink some water or fruit juice to rehydrate.
- Rest immediately in a cool place if you have painful muscular spasms (particularly in the legs, arms or abdomen, in many cases after sustained exercise during very hot weather), and drink oral rehydration solutions containing electrolytes.
- Medical attention is needed if heat cramps last more than one hour.
- Consult your doctor if you feel unusual symptoms or if symptoms persist

11. FURTHER READING

The Heatwave Plan for England 2015:

<https://www.gov.uk/government/publications/heatwave-plan-for-england>

WHO Europe public health advice on preventing health effects of heat:

http://www.euro.who.int/_data/assets/pdf_file/0007/147265/Heat_information_sheet.pdf

Cochrane Review:

http://www.cochrane.org/sites/default/files/uploads/Evidence_aid/Electric%20fans%20for%20reducing%20adverse%20health%20impactsin%20heatwaves.pdf

Beat the heat: staying safe in hot weather (leaflet) 2016:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/525358/Beattheheatstaying-safe-in-hot-weather.pdf

Beat the heat (poster) 2016:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/525360/Beattheheatposter2016.pdf

Beat the heat: keep cool at home (checklist) 2016:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/525361/Beattheheatkeep-cool-at-home-checklist.pdf