

NewcastleOHS

The Newcastle Occupational Health and Wellbeing Service (NewcastleOHS) is hosted by The Newcastle upon Tyne Hospitals NHS Foundation Trust.

We deliver outstanding occupational health, physiotherapy, counselling and clinical psychology services to the NHS and other partners.

Our services

The service is made up of an extensive multi-disciplinary team of professionals working in a structured clinical governance framework. The services we provide include:

- On commencement screening and fitness for work assessments
- Support for attendance management
- Physiotherapy
- Psychology & Counselling
- Vaccinations including travel advice and vaccinations

Seasonal flu vaccinations

Newcastle OHS can also provide services to small and medium sized companies in a flexible and professional manner.

Referrals

For information about referring to our service, please download the form via the internet-

http://www.newcastle-hospitals.org.uk/about-us/staff-information_newcastleohs.aspx

Guide to Referral

Self Referral

Employees of the Trust may contact Occupational Health Service (OHS) in confidence. The support we can offer may be advice and guidance and we would encourage you to discuss the issue of concern with your line manager who may then make an in-service management referral.

Management Referral

Health problems may affect work. If a manager has any concerns about the effects of work on an employee's health, or the effects of health on an employee's work referral to NewcastleOHS should be considered. NewcastleOHS can provide advice to managers and assist employees with their health problems. Early referral to is recommended for any staff member who has:

1. a musculo-skeletal injury;
2. mental health problems such as anxiety and depression;
3. work related accident;
4. an infectious/communicable disease;
5. prior history of long term absence.

Evidence supports early intervention and managers may make a referral at any time- but preferable within 4 weeks of absence.

Management Referral Process

It is essential that both the employee and NewcastleOHS know the reason for the referral. It is important that the occupational health professional is made aware of all relevant facts about a case to ensure that objective advice is given based on a full understanding of the issues of concern to the referring manager. Preferably referral will be sent from an NHS net account.

Other Information

We also run some clinic sessions at the RVI New Victoria Wing Main, running from Outpatients Clinic G

If you are offered an appointment at the RVI clinic you need to **take a seat in the area adjacent to Clinic reception** and the Occupational Health Practitioner will collect you from there.

Please note that the reception desk at Outpatients do not hold lists for these clinics so you are not required to check in for these appointments . If you have any queries regarding these appointment please contact us on 0191 282 1188

[Feedback Surveys](#)

Please help improve the service you receive. The Survey takes less than 5 minutes to complete.

Patient Feedback link: <https://www.smartsurvey.co.uk/s/MT0FJ/>

Referrer feedback link: <https://www.smartsurvey.co.uk/s/76RUJ/>

[General Data Protection Regulation \(GDPR\) How we use your data](#)

Newcastle OHS statement

<https://www.smartsurvey.co.uk/s/NewcastleOHSGDPRstatement/>

NUTH statement

http://www.newcastle-hospitals.org.uk/about-us/freedom-of-information_how-we-use-information.aspx

Or ask us to send you a printed version.

Management Referral Process (Continued)

On receipt of the form the referral will be triaged by the clinical team and an appropriate assessment arranged. This may include:

- Initial telephone assessment with nurse or doctor.
- Face to face appointment with nurse or doctor or physiotherapist

Recommendations and advice may include:

- Opinion on fitness for work
- Confirmation of an underlying medical condition
- Suggestions in relation to both temporary and permanent adjustments to the work place such as- workplace adjustments in relation to tasks, time and workplace. Consideration of physical aids and assessments through Access to Work. Support to individuals through coaching, mentorship and specific training. Arrangements for onward specialised assessments with physiotherapy, counselling or clinical psychology
- Opinion on likely impact of health problem on current and future performance or attendance
- Opinion on the likely decision of the employment tribunal on the implications of the Disability Provisions of Equality Act 2010
- Confirmation on the requirement for further investigation or medical reports from treating specialists
- Advice on fitness for suitable redeployment opinions
- Advice on suitability for mutual termination on grounds of health
- Advice on eligibility for early release of pension on grounds of health

It is good practice for the manager to obtain the employee's consent for referral.

Sharps/needlestick injuries and body fluid exposures

It is important that you act immediately if you or a colleague has sustained a sharps/needlestick injury.

Staff MUST report the injury/contamination to the nurse in charge of the clinical area or their supervisor/manager. During normal working hours report the incident without delay to OHS by phone (0191 28) 21188 or email newcastle.ohs@nhs.net putting URGENT ADVICE REQUIRED NEEDLESTICK INJURY with your contact details in the header.

Advice and support will be provided and you will be asked to come to the department to help deal with the incident. Outside normal working hours contact:

- Accident & Emergency RVI
- Emergency Admissions Unit FH

The on-call Registrar for Infectious Diseases can be contacted for advice on risk assessment, counselling and need for Post Exposure Prophylaxis and must be contacted if the risk is high or involves a known positive patient on:

- Wash off splashes on skin with soap and running water, but without scrubbing
- Gently encourage bleeding if the skin has been broken, but without sucking the wound
- Contaminated mucous membranes, including the conjunctivae, should be irrigated copiously with water
- Record the source of the exposure (patient's name, unit number etc), type of body fluid and type of injury on the Risk Assessment Form
- The incident must be reported on DATIX as soon as possible
- Consent for bloods needs to be taken for the following: HIV , Hepatitis B antibodies & Hepatitis C antibodies
- Please note that we will notify Risk Management if you are unable to provide a DATIX report number. This is so that your incident can be followed up and properly reported.

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