

# COVID-19 Self Risk-Assessment

We are asking all staff to complete this Staff COVID -19 Self Risk Assessment, and share the outcomes with your line manager. This self-assessment below will help inform discussion with your line manager, and determine if any further action is required to keep you safe. If further consideration is needed, your line manager will complete a full risk assessment with you to determine next actions.

Public Health England (PHE) advice regarding the health and wellbeing of staff who fall into one of the below-mentioned groups is that managers should risk assess staff who work both in COVID-19 areas and other aspects of Nightingale NW. The main objective is to minimise exposure and risk for the employee, and where possible enable them to continue working.

	LOW RISK Tick Y / N where appropriate		MODERATE RISK Tick Y / N where appropriate		SIGNIFICANT RISK Tick Y / N where appropriate	
<b>Age</b>			Men over the age of 60 with underlying health conditions	Y / N	Over 70 years of age	Y / N
			All BAME staff over the age 55	Y / N	Men over the age of 60 with serious underlying health conditions	Y / N
<b>Autoimmune / Immunity</b>			Problems with the spleen such as sickle cell disease, splenectomy or asplenic	Y / N	Organ transplant and remaining on ongoing immunosuppression medication	Y / N
			Weakened immune system as a result of HIV/AIDS, SLE/Lupus	Y / N	Workers having immunotherapy or other continuing antibody treatments for cancer	Y / N
					Workers receiving treatment for rheumatoid arthritis i.e. Methotrexate, Hydroxychloroquine, Sulfasalazine	Y / N
<b>BAME</b>	ALL BAME Workers with no underlying health conditions and less than 55 years old.	Y / N	Workers with no underlying health conditions over the age of 55 years old.	Y / N	Workers with serious underlying health conditions	Y / N
			Workers with an underlying health condition that, if taken in isolation, would suggest they are low risk. (Attention should be paid to BAME workers with high blood pressure, diabetes or asthma).	Y / N		
<b>Cancer</b>			Chemotherapy or radiotherapy in the last six months.	Y / N	Undergoing active chemotherapy or radiotherapy.	Y / N
					Cancers of the blood or bone marrow such as Leukaemia who are at any stage of treatment.	Y / N
					People who have had bone marrow or stem cell transplants in the last 6 months or who are still taking immunosuppression drugs	Y / N
<b>Cardiac Conditions</b>	Previous heart attack with no ongoing problems; controlled high blood pressure, etc.	Y / N	Chronic heart disease such as heart failure, ongoing angina.	Y / N		
<b>Diabetes</b>	Controlled by diet or tablets with no diabetic complications.	Y / N	Well controlled on insulin and with no diabetic complications.	Y / N	Diabetic complications or poor glucose control.	Y / N
<b>Disability</b>			Workers with disability or current adjustments to role.	Y / N	Workers with disability or adjustments to role and further underlying health conditions	Y / N
<b>Medication / Treatment</b>			Workers taking medications such as steroid tablets, chemotherapy or immune modulators.	Y / N	Workers having treatment which can affect the immune system such as protein kinase inhibitors or PARP inhibitors	Y / N
					Workers taking any of the following medication: Azathioprine Mycophenolate (both types) Cyclosporin Sirolimus Tacrolimus	Y / N
<b>Metabolism &amp; Other</b>	Minor derangement of liver function.	Y / N	Chronic liver disease such as active hepatitis.	Y / N	Workers with rare diseases and inborn errors such as SCID or homozygous sickle cell disease.	Y / N
			Chronic kidney disease.	Y / N	Severe diseases of body systems such as severe kidney disease (dialysis).	Y / N
<b>Neurological</b>	Mild multiple sclerosis only with sensory or visual changes	Y / N	Chronic conditions such as Parkinson's Disease, Motor Neurone Disease, Multiple Sclerosis or Cerebral Palsy.	Y / N		
	Stable mild cerebral palsy.	Y / N	Learning disabilities (from the point of view of being able to follow PPE and other guidance).	Y / N		
<b>Pregnancy</b>			Workers less than 28 weeks with no underlying medical conditions can choose to work in a patient facing role if they wish.	Y / N	Workers over 28 weeks, or any pregnant worker regardless of length of pregnancy with chronic underlying medical problems such as cardiac problems or respiratory problems.	Y / N
<b>Respiratory Disease</b>	Mild asthma – never hospitalised, not needing oral steroids.	Y / N	Chronic (long-term) disease such as problematic asthma, COPD, emphysema or bronchitis.	Y / N		
<b>Weight</b>			Having a BMI of 40 or above (seriously obese).	Y / N		

Please complete this self assessment and share the outcomes of this self assessment with your line manager, clinical supervisor or ward manager - and email 'workforce.nwnightingale@nhs.net' who will be able to advise on next steps. You need to specify one of the follow four outcomes: No Risk / Low Risk / Moderate Risk / Significant Risk. It is advised that a full risk assessment is completed with your line manager if your outcome is moderate or significant risk. Please include any other relevant information you wish to share.