

Adopt, adapt, abandon



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As we prepare for the brave new 'new normal' it's been a strange few months, even stranger almost than when we were in the midst of lockdown. The return to 'business as usual' is complicated by the need to have learned lessons and to move forward adopting, adapting and abandoning as we go. This is incredibly challenging as, much like during the very active phase of COVID-19, we have no data to guide us on which of these to do. During COVID-19 we made decisions rapidly, based on what we hoped was good evidence and were agile and flexible about everything. Staff slid between jobs and roles learning new skills, supporting others who were less knowledgeable. Traditional barriers, red tape, finance, having to get agreement from everyman and his dog seemed to disappear and common sense seemed to prevail, but we are moving back to the usual NHS and we are being increasingly asked to evidence why we want to adopt, adapt or abandon things that we did during the COVID-19 period—not easy when the drive was to just get on and do and very few people collected data.

We are in a situation where many were able to implement things they had been trying to achieve for several years (video consultations, on line learning, supported care) but had failed to achieve for many it has given a sense of hope that things have changed and that we have the once in a lifetime opportunity to completely review where we are going and how we may get there. Although stressful (sometimes incredibly stressful!) in a way it has been very liberating, we have been encouraged to unleash our creativity and flexibility, forget the things that tied us to always doing it this way and experience the 'what if we did things differently'.

I'm just preparing to move house and it feels like a parallel situation, the panic of just being given a date—and it's 2 weeks away, looking at my small (very) but perfectly formed study with floor to ceiling bookcases of text books, journals and conference programmes previously the font of knowledge, source of

inspiration and supporting references, I am forced to admit—things have moved on, the ways of the past are not the ways of the future, I never refer to them anymore, I have a really expensive text book I was gifted that is still wrapped in cellophane. So I have been ruthless and brave and packed them all up for recycling, because what else will you do with conference programmes from the early 1990s I don't think I would have done this a few months ago, I would have insisted on taking them, clinging to the old way of they may be useful, but it has freed me up to have less clutter to have less of this is how it WAS done and to be able to move to how actually I could do this differently. Of course I have kept some of the best bits, I have a set of 35 mm slides that came from George Winter's research assistant (*Figure 1*), I could never throw them away they are a piece of history that I cherish (despite being of no use!) Also some of the images are so stunning I will get round to my plan of turning some of them into art.

As we move into the new normal, where conferences and meetings will mainly be virtual I hope we remember to cherish the important bits of the old ways. Conferences weren't just about the presenters and presentations, for many the most pivotal element was the networking, meeting like-minded others and chewing over challenges, relief at the fact that it isn't just you, everyone has those difficult colleagues, challenging patients and days when you just want to cry. We need to find and embrace other ways of giving and accepting that support. We need to think about this not just for ourselves but also in the planning of our education delivery, students need that peer support as much as they need ours, how can we create that safe space for them to share their own learning? What does this look from Wounds UK?

We are well into the planning for Harrogate and hopefully have managed to include some elements of networking and support, while also retaining the true ethos of Harrogate, we may

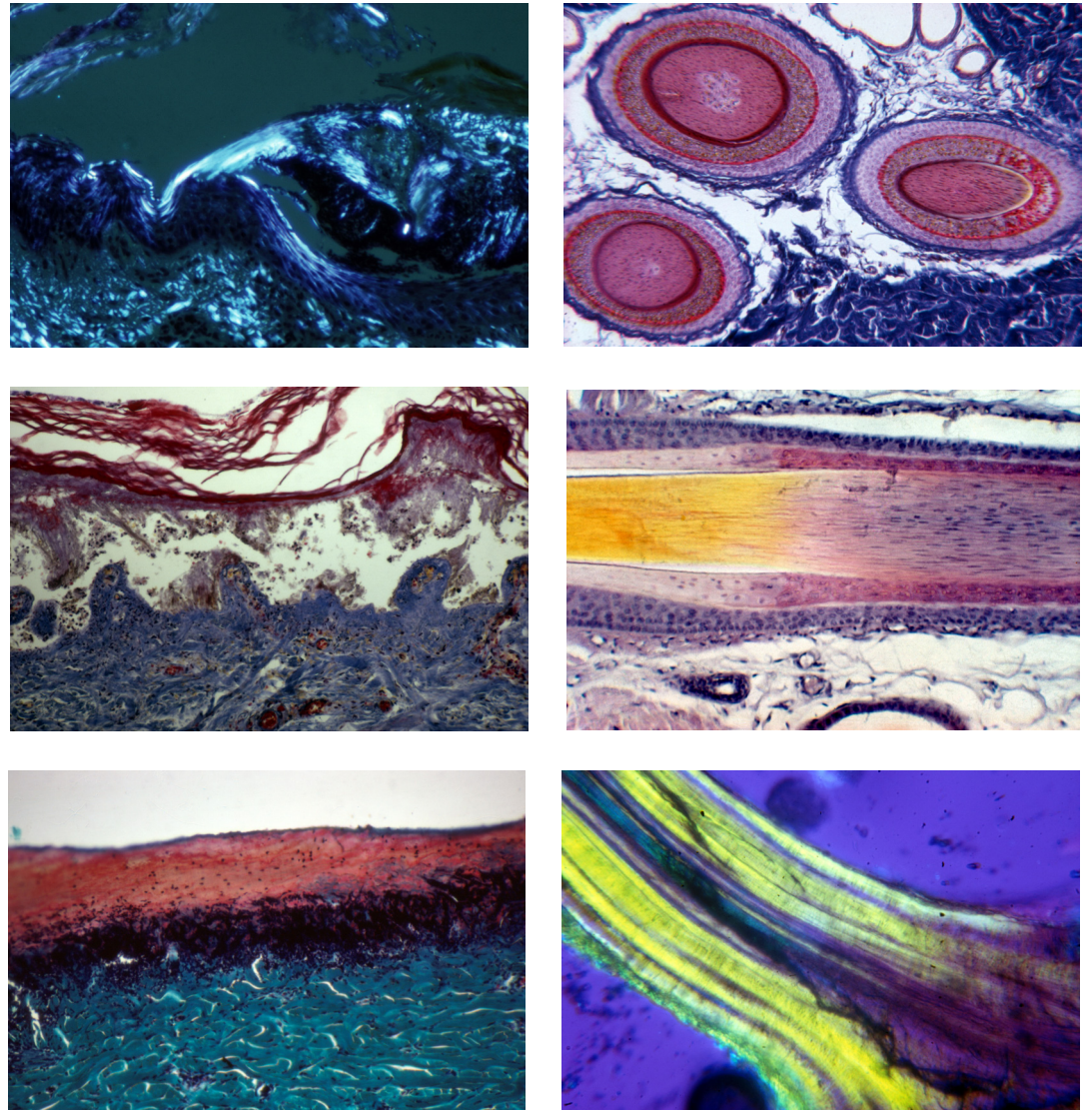


Figure 1. Images from George Winter's 35 mm slides.

not be having the black tie dinner—but maybe we can plan an online version?

We are also working with NHS England and Improvement and the Tissue Viability Society (TVS) to plan for this year's Stop the Pressure day on the 19th November, the theme is Love Great Skin, we are in the process of updating the resources on the Love Great Skin page (<http://www.lovegreatskin.co.uk/>) so all the resources will be freely available for everyone and yes you can customise with your Trust logo. There will be new word clouds and lozenges and some great new games to get all staff engaged, we're trying to ensure people

focus not just on the visible signs of skin damage but also the touch and feel too. There will also be a fun 'pub quiz' on the actual day, so after your very long day of raising the profile of pressure ulcer prevention you can join in and have some fun either on your own or with your team to help you wind down!

Take care everyone – and if you have got any data on what you did during the main phase of the pandemic or did do (or are planning to do) something amazing – why not share it with us? If you have never published before we are happy to help, it's not as scary as it seems – and if you have published before.... What are you waiting for. **WUK**