GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru | Public Health Wales

Mae Brechu yn achub bywydau
Vaccination saves lives

MMR immunisation programme toolkit for primary care (Spring 2024)

This document summarises measles and MMR information to support you and your patients. We encourage all staff to have an awareness of the MMR information sources provided in this toolkit.

MMR and measles facts

Cases of measles have increased across the UK and uptake of the MMR vaccine is declining.

- Measles is a highly infectious illness. It is contagious before symptoms start. Close to 100% of people not vaccinated against measles will catch measles if exposed to the measles virus.
- It can cause serious illness including pneumonia, encephalitis and even death.
- Uptake of the MMR vaccine is declining in Wales. Coverage of 2 doses of MMR in children reaching 5 years of age is 89.3%. Achieving 95% uptake or greater is recommended for countries aiming at measles elimination.
- Unprotected staff who are exposed to measles without PPE may require a 21-day work exclusion.

MMR Vaccination

- **NHS Routine Childhood Immunisation Programme**

Two doses of the MMR vaccine are offered free to all children before they start school at:

- **12-13 months**, and
- **3 years and 4 months**.

The MMR vaccine should not be given to people who are immunosuppressed or who are pregnant.

This is even more reason to ensure that everyone who is eligible has received both MMR doses, to protect those who cannot have the MMR vaccine.

More information about the MMR vaccine and eligibility is available at **phw.nhs.wales/MMRvaccine**

A schedule showing which vaccinations are routinely offered in Wales is available from **phw.nhs.wales/CompleteSchedule**

Key messages and actions

- Reassure patients that children and adults of any age who miss any of the doses can still receive them from their GP surgery at any time after they were due. A month is needed between the two doses. Even for individuals who think they have had MMR vaccinations before but aren't sure or have no record of this, it is safe to receive further doses.
- MMR vaccination received under the age of one is not recognised in the UK. Individuals are required to have received their first dose after their first birthday and their second dose after the age of 15 months to be considered to have completed a full course.
- People born before 1970 may have had natural infection and are less likely to be susceptible. However, the MMR vaccine should be offered to these individuals on request or if they are considered to be at high risk of exposure, particularly if they have no documented history of immunity.
- Ensure that all staff have either documented laboratory evidence of immunity to measles or have had a full 2-dose course of MMR vaccine. Where this is not possible, mitigations should be put in place. See: **WHC(2023) 043 – Vaccination of Healthcare Staff to Protect Against Measles (gov.wales)** and **Green Book: Chapter 12 Immunisation of healthcare and laboratory staff (publishing.service.gov.uk)**
- Identify your eligible patients who have not had 2 MMR vaccines in the past and offer vaccination.
- Have the **PGDs** and the **Green Book Chapters 21, 23 and 28** available to refer to when discussing vaccination with patients and checking their medical history (see Clinical resources section).
- Ensure that unvaccinated women of childbearing age are offered vaccination before they become pregnant. Following vaccination, pregnancy should be avoided for one month. If it is not possible to vaccinate before pregnancy, vaccination should be deferred until the woman is no longer pregnant.

Getting vaccinated is important. Having the MMR vaccine is the safest, most effective way to protect against measles, mumps and rubella.

MMR resources and assets to support you and your patients

Public Health Wales resources are **Free** to order from **Health Information Resources**

1. Public Health Wales resources for the public

For public information on MMR vaccination, including frequently asked questions see **phw.nhs.wales/MMRvaccine**

- ✔ **MMR vaccination Protecting against measles, mumps and rubella infection leaflet** The MMR vaccination leaflet contains information about the diseases and the MMR vaccine including eligibility for the vaccine and the number of doses to give.
- ✔ **Measles: Stay safe poster**
- ✔ **Frequently asked questions**
- ✔ **Resources in accessible formats** A range of resources to make information accessible to people who require them in a different format are available from: **Vaccination information in accessible formats page**. You can find the following accessible resources:
  - The MMR vaccine Easy Read leaflet.
  - MMR Large Print leaflet.
  - MMR vaccination British Sign Language video.
  - MMR vaccination audio file.

Public Health Wales resources are **Free** to order from **Health Information Resources**

2. Public Health Wales resources for healthcare professionals

Training and learning

- **MMR Q & A webinar** (28 February 2024), held for all staff who are involved in vaccinating or having discussions about the MMR vaccine. The webinar slides are available on the **Immunisation training resources and events page**. The **slides and recording** can be found at **Training (sharepoint.com)** *(accessed by NHS employees)*. You could consider using these MMR slide sets to run a training and information session for colleagues.
- Train the trainer sessions. Motivational interviewing technique: Having positive conversations to improve vaccine uptake. Series of sessions organised by PHW in conjunction with the Behavioural Science Unit PHW. Information can be found here: **Immunisation training resources and events – Public Health Wales (nhs.wales)**
- A MMR eLearning module is in development and will be available here: **Immunisation eLearning - Public Health Wales (nhs.wales)**
- If you are a healthcare professional registered with a registering body (e.g. NMC) new to immunising, you will need to complete the Immunisation programme for new immunisers, available here: **Immunisation elearning - Public Health Wales (nhs.wales)** and the **competency assessment tool**
- E-learning on optimising vaccine uptake: using motivational interviewing for better conversations is available here: **Optimising Vaccine Uptake: Using motivational interviewing for better conversations**

PHW clinical resources

Professional resources are available on PHW immunisation website pages, including:

- **PHW MMR information for health professionals**
- **Frequently asked questions (sharepoint.com)** *(NHS intranet access only)*. Professional-facing responses to commonly asked questions are available on our FAQs SharePoint page.
- **Immunisation surveillance** Our vaccine preventable diseases and infection pages have information on the surveillance and epidemiology of measles, mumps and rubella in Wales.
- **Health Board vaccine team contacts**

PHW public-facing communication resources

- Public Health Wales public-facing communication material, including links to videos, graphics and resources that can be used on social media and practice screens are available on **Public Health Wales Asset Library (brandkitapp.com)**. You simply register once, then you can access an array of supportive materials on different subject matters, including vaccinations and screening.

3. External clinical resources

- The Green Book, Immunisation against infectious disease, has the latest information on vaccines and vaccination procedures in the UK.

  Measles: the Green Book, Chapter 21

  Mumps: the Green Book, Chapter 23

  Rubella: the Green Book, Chapter 28

- Health guidance is issued to health boards and professionals as a circular from Welsh Government: **www.gov.wales/health-circulars-2021-2023** and **Health circulars: 2024 to 2027 | GOV.WALES**
- UKHSA National measles guidance: **National measles guidelines - GOV.UK (www.gov.uk)**

4. Primary Care specific resources

- **Is it measles?** A poster with key messages for primary care is available at: **Measles Mumps and Rubella (MMR) - Information for health professionals - Public Health Wales (nhs.wales)**
- Where vaccination catch-up is being provided by General Practice, including where practices are vaccinating their own staff, the **Children and adults who have outstanding routine immunisations: national supplementary service specification | GOV. WALES** provides a funding route. **NOTE:** All vaccinations given to individuals up to and including 18 years old should be reported to the local child health office for your health board within 7 days of the vaccine being administered (in line with the Child Health Immunisation Process Standards (CHIPS) to ensure accurate and prompt notification of all vaccinations (see item 15 in the NSS).

What's new for 2024 and 2025?

The JCVI has made recent recommendations about vaccination, and further policy is awaited regarding these potential changes. They include (but not limited to):

- Significant changes to the NHS Childhood Immunisation Programme (2025) **Changes to the childhood immunisation schedule: JCVI statement - GOV.UK (www.gov.uk)**
- A new varicella (chicken pox) programme (2025). See: **JCVI statement on a childhood varicella (chickenpox) vaccination programme - GOV.UK (www.gov.uk)**

Once Welsh policy has been published, NHS employees can access it here: **Policy, letters and Welsh Government (sharepoint.com)**

Resources for health professionals and the public are being prepared by Public Health Wales to support these programmes. Look out for updates on our website **phw.nhs.wales/vaccines**

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3. Adnoddau clinigol allanol

- Mae gan y Green Book, Imiwneiddio rhag clefydau heintus, yr wybodaeth ddiweddaraf am frechlynnau a gweithdrefnau brechu yn y DU.
  Measles: the Green Book, Chapter 21
  Mumps: the Green Book, Chapter 23
  Rubella: the Green Book, Chapter 28
- Cyhoeddir canllawiau iechyd i fyrddau iechyd a gweithwyr proffesiynol ar ffurf cylchlythyr gan Lywodraeth Cymru: **https://www.llyw.cymru/cylchlythyrau-iechyd-2020-i-2023** a **Chylchlythyrau iechyd: 2024 i 2027 |LLYW. CYMRU**
- UKHSA National measles guidance: **National measles guidelines - GOV.UK (www.gov.uk)**

4. Adnoddau penodol Gofal Sylfaenol

- **Ai'r frech goch yw e?** Mae poster yn rhoi'r negeseuon allweddol ar gyfer gofal sylfaenol ar gael yn: **Y Frech Goch, Clwy'r Pennau a Rwbela (MMR) - Gwybodaeth i weithwyr - Iechyd Cyhoeddus Cymru (icc.gig/cymru)**
- Pan fydd practisiau'n darparu gwasanaeth dal i fyny â brechu, gan gynnwys pan fydd practisiau'n brechu eu staff eu hunain, mae'r ddolen a ganlyn: **Plant ac oedolion sydd wedi methu brechiadau rheolaidd: manyleb gwasanaeth cenedlaethol atodol (llyw. cymru)** yn darparu llwybr ariannu. **NODYN**: Dylid rhoi gwybod am yr holl frechiadau a roddir i unigolyn hyd nes ei fod yn 18 oed a chan gynnwys 18 oed, i swyddfa leol iechyd plant eich bwrdd iechyd. Rhaid gwneud hyn o fewn saith diwrnod o roi'r brechlyn (yn unol â Safonau Proses Imiwneiddio Iechyd Plant (CHIPS) er mwyn sicrhau bod yr wybodaeth a roddir am yr holl frechiadau yn gywir a phrydlon (gweler eitem 15 yn yr NSS).

Beth sy'n newydd ar gyfer 2024 a 2025?

Mae'r Cyd-bwyllgor ar Imiwneiddio a Brechu (JCVI) wedi gwneud argymhellion yn ddiweddar ynghylch brechu, ac arhosir am bolisi pellach ynghylch y newidiadau posibl hyn. Maent yn cynnwys (ond heb fod yn gyfyngedig i):

- Newidiadau sylweddol i Raglen Imiwneiddio Plant y GIG (2025) **Changes to the childhood immunisation schedule: JCVI statement - GOV.UK (www.gov.uk)**
- Rhaglen newydd varicella (brech yr ieir) (2025). Gweler: **JCVI statement on a childhood varicella (chickenpox) vaccination programme - GOV.UK (www.gov.uk)**

Pan fydd polisi Cymru wedi'i gyhoeddi, bydd gweithwyr y GIG yn gallu ei weld yma **Polisi, llythyrau a Llywodraeth Cymru (sharepoint.com)**

Mae Iechyd Cyhoeddus Cymru yn paratoi adnoddau ar gyfer gweithwyr iechyd proffesiynol a'r cyhoedd i gefnogi'r rhaglenni hyn. Cadwch lygad am ddiweddariadau ar ein gwefan **icc.gig.cymru/brechlynnau**

DS: mae rhai o'r dolenni sydd wedi'u cynnwys yn yr wybodaeth hon yn arwain at gynnwys sydd wedi'i greu gan sefydliadau eraill ac efallai na fydd ar gael yn y Gymraeg.

© Ymddiriedolaeth GIG Iechyd Cyhoeddus Cymru (gyda chydnabyddiaeth i Asiantaeth Diogelwch Iechyd y DU, Is-adran Diogelu Iechyd ICC a Llywodraeth Cymru)

2. Adnoddau Iechyd Cyhoeddus Cymru ar gyfer gweithwyr gofal iechyd proffesiynol

Hyfforddi a dysgu

- **Gweminar Holi ac Ateb MMR** (28 Chwefror 2024), a gynhaliwyd ar gyfer yr holl staff sy'n ymwneud â brechu neu sy'n cynnal trafodaethau am y brechlyn MMR. Mae'r sleidiau gweminar ar gael ar y dudalen **Adnoddau Hyfforddi a Digwyddiadau**. Gellir gweld y **sleidiau a'r recordiad** yn **Hyfforddiant (sharepoint.com)** (*yn cael ei gyrchu gan weithwyr y GIG*). Gallech ystyried defnyddio'r setiau sleidiau MMR hyn i gynnal sesiwn wybodaeth a hyfforddiant i gydweithwyr.
- Sesiynau hyfforddi'r hyfforddwr. Techneg cyfweld cymhellol: Cael sgyrsiau cadarnhaol i gynyddu'r nifer sy'n cael y brechlyn. Cyfres o sesiynau wedi'u trefnu gan Iechyd Cyhoeddus Cymru ar y cyd ag Uned Gwyddor Ymddygiad Iechyd Cyhoeddus Cymru. Mae gwybodaeth ar gael ar y dudalen yma: **Adnoddau Hyfforddi a Digwyddiadau (gig.Cymru)**
- Mae modiwl e-ddysgu MMR yn cael ei ddatblygu a bydd ar gael yma: **e-Ddysgu-Imiwneiddio - Iechyd Cyhoeddus Cymru (gig.cymru)**
- Os ydych yn weithiwr gofal iechyd proffesiynol sydd wedi cofrestru gyda chorff cofrestru (e.e. y Cyngor Nyrsio a Bydwreigiaeth/NMC) a'ch bod yn newydd i imiwneiddio, bydd angen i chi gwblhau'r rhaglen Imiwneiddio ar gyfer imiwneiddwyr newydd, sydd ar gael yma: **e-Ddysgu-Imiwneiddio - Iechyd Cyhoeddus Cymru (gig.cymru)** a'r **offeryn asesu cymhwysedd**
- Mae e-ddysgu ar optimeiddio'r nifer sy'n cael eu brechu: cynnal cyfweliadau cymhellol ar gyfer gwell sgyrsiau, ar gael yma: **Sicrhau bod Cymaint â Phosib yn Cael Brechlynnau: Defnyddio cyfweliadau ysgogol ar gyfer gwell sgyrsiau**

Adnoddau clinigol ICC

Mae adnoddau proffesiynol ar gael ar dudalennau gwefan imiwneiddio ICC, gan gynnwys:

- **Y Frech Goch, Clwy'r Pennau a Rwbela (MMR) - Gwybodaeth i weithwyr iechyd**
- **ICC – Cwestiynau Cyffredin am yr MMR (sharepoint.com)** (*mynediad drwy fewnrwyd y GIG yn unig*). Mae ymatebion i gwestiynau cyffredin ar gyfer gweithwyr proffesiynol ar gael ar ein tudalen Cwestiynau Cyffredin ar SharePoint.
- **Goruchwyliaeth imiwneiddio** Mae ein tudalennau brechlynnau ar gyfer clefydau a heintiau y gellir eu hatal yn cynnwys gwybodaeth am wyliadwriaeth ac epidemioleg y frech goch, clwy'r pennau a rwbela yng Nghymru.
- **Cysylltiadau timau brechu'r Byrddau Iechyd**

Adnoddau Iechyd Cyhoeddus Cymru ar gyfer cyfathrebu gyda'r cyhoedd

- Mae deunydd cyfathrebu gyda'r cyhoedd Iechyd Cyhoeddus Cymru, gan gynnwys dolenni i fideos, graffeg ac adnoddau y gellir eu defnyddio ar gyfryngau cymdeithasol a sgriniau practisiau ar gael yn **Llyfrgell Asedau Iechyd Cyhoeddus Cymru (brandkitapp.com)**. Yn syml iawn, byddwch chi'n cofrestru unwaith, yna gallwch chi gael mynediad at amrywiaeth o ddeunyddiau ar wahanol bynciau i'ch cefnogi, gan gynnwys brechu a sgrinio.

Negeseuon allweddol a chamau gweithredu

- Tawelu meddwl cleifion y gall plant ac oedolion o unrhyw oedran sy'n methu unrhyw un o'r dosau eu cael nhw yn eu practis meddygon teulu unrhyw bryd ar ôl y dyddiad yr oeddent i fod i gael y brechlyn. Mae angen mis rhwng y ddau ddos. Mae'n ddiogel i unigolion sy'n meddwl eu bod wedi cael brechiadau MMR o'r blaen ond nad ydynt yn siŵr neu heb gofnod o hyn, hyd yn oed, dderbyn dosau pellach.
- Nid yw brechiad MMR a dderbynnir dan flwydd oed yn cael ei gydnabod yn y DU. Mae'n ofynnol i unigolion fod wedi cael eu dos cyntaf ar ôl eu pen-blwydd cyntaf a'u hail ddos ar ôl 15 mis oed i'w hystyried fel rhai sydd wedi cwblhau'r cwrs llawn.
- Mae'n bosibl bod pobl a aned cyn 1970 wedi cael haint naturiol ac yn llai tebygol o gael y salwch. Fodd bynnag, dylid cynnig y brechlyn MMR i'r unigolion hyn ar gais neu os ystyrir eu bod mewn perygl mawr o ddod i gysylltiad â'r haint, yn enwedig os nad oes ganddynt gofnod o imiwnedd.
- Sicrhewch fod gan yr holl staff naill ai dystiolaeth labordy wedi'i dogfennu o imiwnedd i'r frech goch neu eu bod wedi cael cwrs 2 ddos llawn o'r brechlyn MMR. Pan nad yw hyn yn bosibl, dylid rhoi mesurau lliniaru ar waith. Gweler: **Brechu staff gofal iechyd i'w hamddiffyn rhag y frech goch (WHC/2023/043)** a **Green Book: Chapter 12 Immunisation of healthcare and laboratory staff (publishing.service.gov.uk)**
- Nodwch eich cleifion cymwys nad ydynt wedi cael 2 frechlyn MMR yn y gorffennol a chynigiwch frechiad iddynt.
- Sicrhewch fod y **Cyfarwyddiadau Grŵp Cleifion** (**PGDs**) a **Phenodau 21, 23 a 28 y Green Book** ar gael i gyfeirio atynt wrth drafod brechu gyda chleifion a gwirio eu hanes meddygol (gweler yr adran Adnoddau Clinigol).
- Sicrhewch fod menywod sydd heb eu brechu sydd mewn oed i gael plant yn cael cynnig brechiad cyn iddynt feichiogi. Yn dilyn y brechiad, dylid osgoi beichiogrwydd am fis. Os nad yw'n bosibl brechu cyn beichiogrwydd, dylid gohirio'r brechiad hyd nes na fydd y fenyw yn feichiog mwyach.

Mae cael eich brechu yn bwysig. Cael y brechlyn MMR yw'r ffordd fwyaf diogel ac effeithiol o ddiogelu rhag y frech goch, clwy'r pennau a rwbela.

Adnoddau ac asedau MMR i'ch cefnogi chi a'ch cleifion

Gellir archebu adnoddau **am ddim** Iechyd Cyhoeddus Cymru o'r ddolen a ganlyn **Adnoddau Gwybodaeth Iechyd**

1. Adnoddau Iechyd Cyhoeddus Cymru ar gyfer y cyhoedd

Am wybodaeth gyhoeddus ar frechu rhag MMR, gan gynnwys cwestiynau cyffredin gweler **icc.gig.cymru/brechlynMMR**

✓ **Amddiffyn rhag y frech goch, clwy'r pennau a rwbela (MMR)**
Mae'r daflen brechu rhag MMR yn cynnwys gwybodaeth am yr afiechydon a'r brechlyn MMR gan gynnwys cymhwysedd i gael y brechlyn a nifer y dosau y dylid eu rhoi.

✓ **Y frech goch: Cadw'n ddiogel**

✓ **Cwestiynau Cyffredin**

✓ **Adnoddau mewn fformatau hygyrch**
Mae amrywiaeth o adnoddau ar gael sy'n golygu bod yr wybodaeth sydd ei hangen ar bobl mewn fformat gwahanol yn hygyrch iddynt, a hynny o'r ddolen a ganlyn: **Tudalen gwybodaeth am frechu mewn fformatau hygyrch**. Gallwch ddod o hyd i'r adnoddau hygyrch a ganlyn:

- Taflen Hawdd ei Deall - Brechlyn MMR.
- Taflen Print Mawr MMR.
- Fideo Brechlyn MMR Iaith Arwyddion Prydain/BSL.
- Ffeil Sain Brechu rhag MMR.

Gellir archebu adnoddau **am ddim** Iechyd Cyhoeddus Cymru ar y ddolen a ganlyn: **Adnoddau Gwybodaeth Iechyd**

Iechyd Cyhoeddus Cymru
Public Health Wales

Mae Brechu yn achub bywydau
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Pecyn cymorth rhaglen imiwneiddio MMR ar gyfer gofal sylfaenol (Gwanwyn 2024)

Mae'r ddogfen hon yn crynhoi gwybodaeth am y frech goch ac MMR i'ch cefnogi chi a'ch cleifion. Rydym yn annog yr holl staff i fod yn ymwybodol o'r ffynonellau gwybodaeth am MMR a ddarperir yn y pecyn cymorth hwn.

Ffeithiau am MMR a'r frech goch

Mae achosion o'r frech goch wedi cynyddu ledled y DU ac mae'r nifer sy'n cael y brechlyn MMR yn gostwng.

- Mae'r frech goch yn salwch hynod heintus. Mae'n heintus cyn i'r symptomau ddechrau. Bydd bron i 100% o bobl nad ydynt wedi cael eu brechu rhag y frech goch yn dal y frech goch os byddant yn dod i gysylltiad â feirws y frech goch.
- Gall achosi salwch difrifol gan gynnwys niwmonia, enseffalitis a marwolaeth hyd yn oed.
- Mae'r nifer sy'n cael y brechlyn MMR yn gostwng yng Nghymru. Mae canran y plant sydd wedi cael 2 ddos o'r MMR erbyn iddynt fod yn 5 oed yn 89.3%. Argymhellir bod y nifer sy'n cael y brechlyn MMR yn 95% neu fwy yn y gwledydd sy'n anelu at ddileu'r frech goch.
- Yn achos staff nad ydynt wedi cael eu brechu, mae'n bosibl y bydd angen i'r rhai sy'n dod i gysylltiad â'r frech goch heb Gyfarpar Diogelu Personol gael eu hatal o'r gwaith am 21 o ddiwrnodau.

Brechiad MMR

- **Rhaglen Arferol y GIG o Imiwneiddio Plant**

Cynigir **dau** ddos o'r brechlyn MMR am ddim i bob plentyn cyn iddo ddechrau'r ysgol yn:

- **12-13 mis**, a
- **3 oed a 4 mis.**

Ni ddylid rhoi'r brechlyn MMR i bobl imiwnoataliedig neu feichiog. Mae hyn hyd yn oed yn fwy o reswm i sicrhau bod pawb cymwys wedi derbyn dau ddos o MMR, er mwyn diogelu'r rhai na allant gael y brechlyn MMR.

Mae rhagor o wybodaeth am frechlynnau MMR a chymhwysedd ar gael yn:
icc.gig.cymru/brechlynMMR

Mae amserlen yn dangos pa frechiadau sy'n cael eu cynnig fel mater o drefn yng Nghymru ar gael yn
icc.gig.cymru/AmserlenGyflawn