

Here is the brief for Monday 13 December 2021.

**Chief Executive's update** [Professor Caroline Hiscox has recorded this short video message for you all.](#)  
If you want to get in touch with Caroline, you can email [gram.grampianchiefexecutive@nhs.scot](mailto:gram.grampianchiefexecutive@nhs.scot)

**Scottish Government update** The First Minister will give an update to the Scottish Parliament tomorrow afternoon, at approximately 2.15pm, where she will announce if further protective measures are to be introduced and what they may be. You can watch this live via [the Scottish Parliament website](#), on the BBC Scotland channel (Channel 9 on Freeview, 115 on Sky, 106 on Freesat, 108 on Virgin Media) or via the BBC website.

**Winter (21/22), Respiratory Infections in Health & Care Settings** To further support the roll out of the new Winter Respiratory Guidance an additional Q&A session has been arranged for Thursday 16 December at 12.30. This session will take place on Teams, to book a place please email [gram.saferworkplaces@nhs.scot](mailto:gram.saferworkplaces@nhs.scot)

**Do you need to be face fit tested?** The newly introduced Scottish Winter Respiratory Infections IPC Addendum (above) is applicable in **all** health and social care settings. Fit testing for FFP3 masks remains essential for those who are undertaking **AGPs** within the **respiratory** and **non-respiratory pathway**.

Within the **non-respiratory pathway** staff will require to use FFP3 and utilise appropriate fallow times when the AGP is performed on a patient:

- who has been positive for COVID-19 in the previous 90 days (and is exempt from testing)

or

- for whom there is no evidence of a negative PCR result in the past 48 hours.

In any areas which are identified as having suboptimal ventilation (less than 6 A/C per hour), and who have to cohort multiple **respiratory pathway** patients together, the addition of FFP3 will be required. If your area falls into this category then your team **and** the aligned support services (e.g. domestic services) will require to be face fit-tested.

- **FFP3 Masks & Fit Testing**

Please make sure that your staff are fit tested. For staff that haven't been fit tested yet, and who require a fit test, please contact the fit testing hub to book an appointment:  
[gram.face-fit-appointment-hub@nhs.scot](mailto:gram.face-fit-appointment-hub@nhs.scot)

If you have a pass on a FFP3 mask but haven't used it for a while, please make sure you know the FFP3 mask that you can wear (have a pass for) and how to do the fit check for it (to check the seal is good to your face). You can contact the fit testing hub for guidance sheets on how to don, fit check and doff your FFP3 mask. Additional information about the FFP3 masks used in NHS Grampian can be found on the [fit testing intranet page](#) (networked devices only).

- **Ordering of FFP3 masks**

**Foresterhill site:** PPE store on the Site & Capacity corridor, ARI or by emailing [gram.covid19supplies@nhs.scot](mailto:gram.covid19supplies@nhs.scot)

**All other sites:** by emailing [gram.covid19supplies@nhs.scot](mailto:gram.covid19supplies@nhs.scot)

Any personal risk assessment which indicates that the individual will opt to wear a FFP3 mask instead of a FRSM, requires that mask to be an unvalved FFP3 mask for which they have been face fitted and have a pass for.

**Grampian data** The local update for today (and across the weekend) is shown below.

	Daily number of new people tested (PCR)	New cases in past 24 hrs	Daily no. of contacts isolated in past 24 hrs	Patients in hospital	Patients in ITU	Deaths in hospital
Sat 11/12	886	308	297	71	3	1
Sun 12/12	820	422	313	67	3	1
Mon 13/12	749 <small>818 avg daily tested last 3 days</small>	305 <small>Down 117 from 12/12/21</small>	298 <small>Down 15 from 11/12/21</small>	68 <small>Up 1 from 12/12/21</small>	5 <small>Up 2 from 12/12/21</small>	0 <small>Last recorded death 12/12/21</small>
	<small>Tests reported from Illuminate up to 3pm on 10/12/21 NB tests refreshed daily due to lag in reporting</small>	<small>Reported by Scottish Govt up to 8am today</small>	<small>Reported from CMS up to midnight</small>	<small>Confirmed patients from Trakcare according to new definitions from 15/9</small>	<small>Confirmed from Trakcare as per SG definitions - includes patients who were +ve &gt;28 days. ECMO patients included if flagged for COVID-19</small>	<small>Confirmed from Trakcare</small>
	<b>7 day rolling positivity rate on 10/12 8.19%</b>					

[The Public Health Scotland daily dashboard is available to view via this link.](#)

**We Care Wellbeing Pulse Survey – closes midnight tonight** Time is running out to complete our final pulse survey of 2021. Let us know about your wellbeing at the current time and help inform our staff wellbeing work in 2022. A huge thank-you to the 1318 of you who have taken the time to complete the survey. [To complete the pulse survey please follow this link.](#)

**Hospital at Home – Shire Supported Discharge (H@H-SSD)** A reminder for the final H@H-SSD information session of 2021. The presentation itself is approximately 30 minutes, covering how to access the service, patient criteria, service processes and geographical coverage. The remaining 30 minutes allows the opportunity to ask any questions you may have. These sessions have been instrumental, not only in improving understanding of the current Central Shire H@H model and communications with teams involved at all stages of the Frailty Pathway but also in shaping the service as it develops so we encourage you to join the session. The final date for 2021 takes place tomorrow (Tuesday 14 December) at 10.30am. [To join please use this Teams link.](#) Alternatively contact the team at [gram.shirehospitalathome@nhs.scot](mailto:gram.shirehospitalathome@nhs.scot) or on **01467 672 790** extn **72790** to be sent a calendar invitation.

**Opportunity for reflection** Human Rights Day - which exists to observe the rights that protect us all and thereby promote the kinship of all human beings – took place last week. Enshrined in these Rights is ‘*The right to freedom of thought, religion, opinion and expression*’. In what ways do you feel the ‘Right to freedom of thought, religion, opinion and expression’ relates to you?

These opportunities for reflection are drawn from the Guided Journaling sessions, offered as part of the We Care programme. [Visit the We Care website for more information on this and other events.](#)

**Advent Achievements** Today we are shouting out our friends at the Scottish National Blood Transfusion Service. They have kept their vital service going throughout the pandemic but saw active donor numbers drop to 92,000. Although this has now risen to 96,000, it is still short of pre-pandemic levels. The service needs to see 3,300 donors every week to ensure safe stocks are maintained across the country. This isn't just for emergencies either; many people rely on regular transfusions to stay fit and healthy. One of them is our own Dr Musa Watila, a speciality doctor in neurology at ARI. He lives with sickle cell disease and requires a transfusion every 8 weeks. [Musa tells his story in this short video.](#)

If you were a donor and have got out of the habit – or even if you've never donated – SNBTS will be delighted to hear from you. [All the information you need on donating is on the ScotBlood website.](#)

**Thought for the day** It has been quite some time since I've written one of these. Mostly, this is because I haven't really known what to say and would rather not include a thought at all, than produce something half-baked. To be honest, I'm still not sure what to say now, so have these personal reflections, for what it is worth. It feels like we are at (yet another) crossroads. Each time we get to one of these, we're more tired than the time before, our personal well of resilience is a little lower. I love my job, I'm just not terribly sure I like it very much at the minute. We keep going, because what's the alternative? And yet, at what cost does that come at? I wish I had answers, or at the very least some words of wisdom. All I've got is what I call the Star Trek directive – always going forward, 'cos we can't find reverse. (Yes, that is taken from the awful novelty hit 'Star Trekkin' by The Firm. I'm not linking to it, bad enough that it's in my head, never mind anyone else's).

**Tune of the day** Adam Coldwells suggests today's tune – it's [Monday by The Jam](#). Adam is a big fan of this feature and always listens to the tune, so we felt it was high time he got a request in.

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot)