

Here is the brief for Tuesday 14 December 2021.

Scottish Government update The First Minister gave a statement to the Scottish Parliament earlier. During this, she urged everyone to limit the number of households included in pre-Christmas socialising to no more than three households and underlined the importance of all those being involved doing a Lateral Flow Device test beforehand. The Scottish Government are not proposing limits on the size of Christmas celebrations. However, they are encouraging all of us to continue to follow the current guidance – ensure good ventilation, be strict about hygiene, use LFD tests, and make sure everyone gathering is vaccinated. Post-Christmas, there is a further encouragement to limit the number of households you come into contact with.

The First Minister also advised the booster vaccination programme will be prioritised over ‘flu vaccinations in the coming weeks. Citizens aged 18-29 will be able to book their appointments from tomorrow; walk-in opportunities will be available for those aged 40+. Online appointment booking is currently open to those aged 30-39. [You can read the full update to the Scottish Parliament here.](#)

Self-isolation for health & social care staff – update You will be aware that slightly different rules on exemption from self-isolation are in place for health & social care staff. This has been revised and updated, in light of the Omicron variant. In order to be exempted from a 10 day period of self-isolation to return to work (as the contact of a confirmed case), you must:

- Be fully vaccinated – this now includes having your booster at least 14 days before the contact with a confirmed case took place.
- Be asymptomatic and remain asymptomatic.
- Return a negative PCR test result before your return to work – this can be done at any time after your exposure to a confirmed case, you do not have to wait two days. This applies even if you have tested positive in the past 90 days.
- Undertake daily LFD testing EITHER for 10 days from the date of symptom onset in the case or their test date if they do not have symptoms (if they are in your household) OR for 10 days from your last contact with the confirmed case (if they are not in your household)

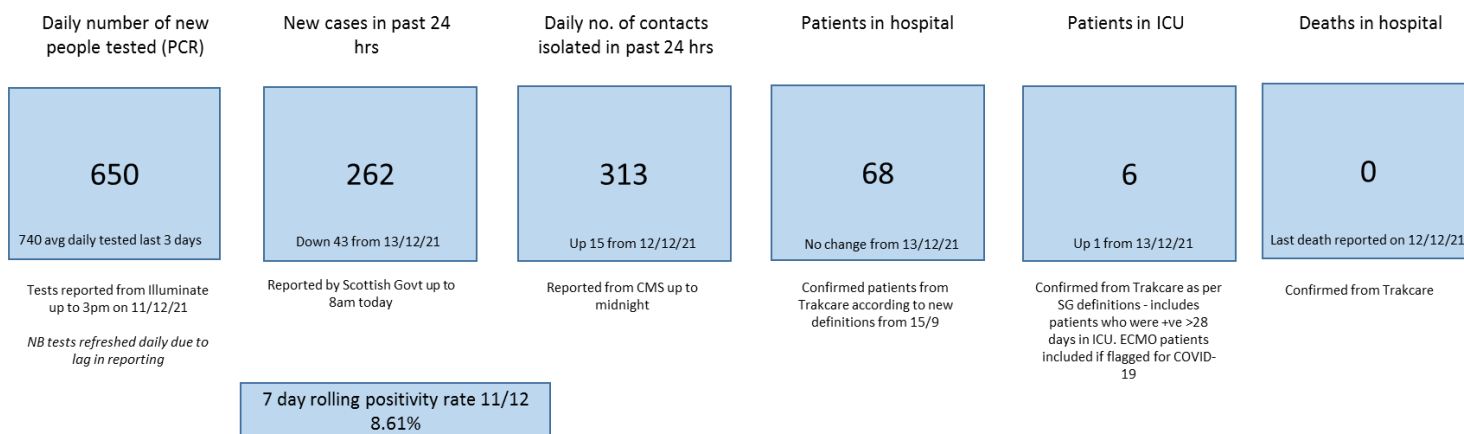
You must register the results of the daily LFD online and inform your line manager. Adherence to, and reporting of, daily LFD tests should be supervised by line managers. If the LFD result is positive, you must isolate and seek a confirmatory PCR, even if you have had a positive PCR in the last 90 days.

If these conditions cannot be met, then you must complete 10 days of self-isolation as advised and you may not attend work.

Everyone working in health & social care must adhere to infection prevention and control appropriate to the setting in which they work. PPE should be worn in accordance with the relevant guidance. Fluid resistant surgical masks (FRSMs) are required to be worn at all times during the working day except when eating or drinking. FFP3 mask use applies in AGP situations.

During a period of exemption from isolation you should not work with high clinical risk patients or service users. High clinical risk groups would include patients on chemotherapy, immune-suppressants such as pre/immediately post-transplant, those who have profound immune-deficiency and other high clinical risk patients who are not vaccinated. This list is not exhaustive and local line managers may determine other groups as fitting within the high clinical risk category. You can be asked to return to work in roles to care for and support people who are not deemed at high clinical risk if you fulfil all contact self-isolation exemption criteria.

Grampian data The local update for today is shown below.



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

What is G-OPES? The NHS Grampian Operational Pressure Escalation System (G-OPES) introduces a consistent terminology of levels of pressure across all operational areas of NHS Grampian. The levels span from 1 to 4, with level 4 representing the highest level of pressure. Level 1 does not mean an unpressurised system but instead represents a normally pressurised system where standard management practices will maintain services.

The G-OPES system starts with an agreed whole system pressure matrix with defined descriptions and measures. Each area's levels are independently set and an overall, combined measure describes the overall system pressure. The levels are set based on metrics to maintain as much consistency as possible and to minimise subjectivity. The ability to overrule the levels suggested by these metrics, based on professional judgement, will remain, as every scenario cannot possibly be captured by metrics. For each level of pressure within our system there will be pre-determined specific actions. Each must be deliverable by that element of the system and broad involved one of three types of action:

- Increase a capacity or resource
- Redirect one resource from one activity to another
- Change the usual operational rules through a derogation matrix.

All information is being held on SharePoint with access for anyone that requests it – just click on this link and complete the request form: [NHS Grampian OPES - Home \(sharepoint.com\)](#). You may also wish to read [the paper on G-OPES which was discussed at the recent NHS Grampian board meeting](#).

The G-OPES system is evolving and will continue to develop; further information will be shared via this brief, Global emails and local control rooms.

Advent Achievements A huge well done to the Practice Education team working across Foresterhill Health Campus - they organised a collection for the Instant Neighbour Foodbank - and it was a roaring success. Thank you to Practice Education for organising and to Eye Outpatients, the ARI Discharge Lounge, Domestic, AHPs, and the Face-fit team for their contributions.

Thought for the day I'm never normally one to be delighted by a full inbox, but so many of you got in touch after yesterday's brief that you (almost) changed my mind. One particular message stood out and I wanted to share it with you all (this colleague has asked to remain anonymous):

We are here because we all deep down believe that we can beat this and we do it together, we have all lost someone or something in this pandemic. In the darkest hour of the darkest day, we have hope. It is nothing but pure hope and it is the strongest thing we have, from the domestic and car park attendant to the head of the hospital and the surgeons.

We all have hope, and we are strong,

This has been an exercise in the resilience and strength we have, we will always get back up,

We are the Scottish NHS,

We can do this, you can do this,

Help each other,

Look after each other.

And when this is over and we all finally get to rest never forget you did this and so did everyone you work with, every member of staff is still here, we are still standing and that is bigger and better than any movie.

Life goes on because of you,

Keep going, together we will get there,

We will beat this,

We will win,

Because we are the NHS.

Tune of the day We've got a two for one special today – because two fantastic suggestions were made and I could not decide between them. Alastair Glennie has plumped for the [The Show Must Go On](#) by Queen, while Fiona Mitchell suggests [I'm Still Standing](#) by Elton John. You don't need me to highlight the significance of either of these songs.

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