

Here is the brief for Monday 18 January 2021.

Chief Executive's update You can [click here](#) for the latest video update from Caroline Hiscox. Remember you can get in touch with Caroline at any time, via gram.grampianchiefexecutive@nhs.scot.

Updated guidance on the use of face coverings in healthcare If you are not able to maintain 2 metre physical distancing from others in the workplace you should wear a face mask/covering. This now includes staff change areas as well as when you are not seated in breakrooms and canteens. Please follow the revised instructions posted in canteen areas which guide staff to leave their face mask on until seated and to dispose of their used masks in the nearest bin. Hand sanitiser and new masks are provided at each table for use prior to standing. Additional information is available via the refreshed FAQ which can be read [here](#) and is also attached to the email used to send out this brief.

Acute psychological support A 1:1 staff support drop-in service for Acute sector staff will open tomorrow (Tuesday 19 January) at the Maggie's Centre on the Foresterhill Health Campus. Acute staff can access by dropping in Mon-Fri from 9am-1pm or by contacting us by email gram.support.acute@nhs.scot to book a session. Staff can also contact the [psychological resilience hub](#) for telephone support. Please see the leaflet below for more information:



Staff Well-being Support

We're here for you



This is an incredibly unusual time and it is normal to have strong feelings when responding to Covid-19.

Sessions are available to speak to psychology colleagues in confidence and explore coping strategies.

Open to ALL acute staff
Monday – Friday: 9am – 1pm
Maggie's Centre, ARI site
(Opposite RACH, near the helipad)

Support is available via drop-in session or via email booking
Email: gram.support.acute@nhs.scot

Support for all NHSG Staff is also available via the Psychological Resilience Hub:
<https://www.nhsgrampian.org/covid-19/information-for-nhs-grampian-staff/subpages/mental-health-and-psychological-wellbeing-support-for-staff>

Do you need a space away from the ward, to be heard, to feel supported and understood during these difficult times?
To take a moment to just sit, to talk, to cry?
This space is for you.

Staff twice weekly testing As highlighted in previous briefs, we are continuing the roll out of twice weekly rapid lateral flow testing for patient facing staff. Eligible staff include clinical, non-clinical, agency, bank, students, volunteers, etc, who routinely and regularly interact with patients.

This now includes community and district nursing staff, GPs and practice nursing staff.

If you are an eligible patient facing staff member, please [follow this link](#) where you should complete the registration process to access your test kit. Prior to arranging to collect your kit (a box of 25 tests to cover 12 weeks) it is essential that you access and understand the online instructions highlighted in the guidance information.

Grampian data The local figures for today and over the weekend are shown below. Following feedback, we now include information on the positivity rate in Grampian. Some of you have asked how this figure is arrived at; our calculations follow the government definitions i.e., positive tests in a 7-day period and divides it by the total number of tests in the same period.

	Daily number of new people tested	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 16/01	591	163	217	133	12	5 <small>1 further death on 14/01 and 4 on 15/01</small>
Sun 17/01	610	131	141	124	11	5 <small>16/01</small>
Mon 18/01	581 <small>594 avg daily tested last 3 days</small>	113 <small>Down 18 from 17/01/21</small>	186 <small>Up 45 from 17/01/21</small>	120 <small>Down 4 from 17/01/21</small>	11 <small>No change from 17/01/21</small>	2 <small>Last recorded death 16/01</small>
	<small>Tests reported from Illuminate up to 3pm on 16/01/21 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 15:30 today</small>	<small>Confirmed patients from Trakcare according to new definitions from 15/9</small>	<small>Confirmed from Trakcare as per SG definitions - excludes patients who were +ve >28 days. ECMO patients included if flagged for COVID-19</small>	<small>Confirmed from Trakcare 17/1/21</small>

7 day rolling positivity rate on 18/1
7.97%

If you click [here](#) you can visit the Public Health Scotland website, which includes neighbourhood figures for all local authority areas in Scotland.

Acute sector update In the acute sector we are still seeing a lot of COVID-19 activity – we were at 97 patients this morning, with numbers having dipped somewhat over the weekend and ITU admissions have plateaued over the last few days. As a result we are still at level 4 of response plan, with 110, 111 and 105 taking COVID-19 admissions, while 308 is being used to stepdown positive patients and 309 is prepared to do the same.

Elsewhere, the Emergency Department was busy over weekend with increase in the types of injuries we would usually see, rather than weather related ones.

Deployment survey A huge thank you to those of you who have already completed our survey, looking at the experience of staff deployed during Operation Rainbow. Your thoughtful and honest responses are incredibly helpful and will be compiled and given to those leading the deployment effort for Operation Snowdrop. The survey remains open and we would encourage those of you who have not yet taken the opportunity to fill it in to do so. It is completely anonymous and should only take 5-10 minutes to complete. The survey is available [here](#).

Expansion of community testing A bid from Grampian to see community testing expanded in the region has been accepted by the Scottish Government. There will be much more information to come on this, you can see the Scottish Government announcement [here](#).

Travel corridors suspended As publicised over the weekend – and as of 4am this morning – all travel corridors into Scotland have been suspended. All country exemptions from self-isolation after international travel have been suspended and passengers travelling to Scotland from outside the Common Travel Area (the UK, Republic of Ireland, Isle of Man, Jersey & Guernsey) will be required to isolate for ten days on return. They must also have a valid negative COVID-19 test result, taken no more than three days before the scheduled time of departure. You can see more on this [here](#).

Thought for the day Even if you have only briefly glanced at (or heard) some form of news today, you cannot have escaped the fact* that it is apparently Blue Monday, the most depressing day of the year. Information on our mental health has been in plentiful supply and, while at this point it is safe to say we all know about the importance of looking after our mental wellbeing, the actual ‘doing’ can be harder. Whether you have spent the day trying to work at home and support home-schooling or you have spent another 12-hour shift head to toe in PPE, it’s likely the last thing you want to do is log onto a meditation app. Or participate in a ‘virtual’ tea break. Or read the latest ‘improving’ book. You just want to stop. Ironically, the sheer volume of options and noise around mental health can, in itself, become overwhelming. Looking after our heads and our hearts takes effort and frankly, 10 months into this experience, we are all exhausted. So, let’s take things back to basics. Get outside. Feel fresh air on your face and concentrate only on putting one foot in front of the other. Even a 10 minute lap around the block can make a difference. Listen to a podcast/don’t listen to a podcast. Focus on your breathing or just let your body take care of business. It’s your choice. Emotion follows motion. Remember that you are valuable, and you are worth the effort.

*The concept of Blue Monday goes back to a press campaign on behalf of a travel company in 2005, aimed at driving up bookings.

Questions to ask? Information to share? If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via gram.communications@nhs.scot. Please also use that email address if you have items for consideration for future briefs.