

Here is the brief for Friday 3 September 2021.

Hospital visiting – guidance for staff Following the change to physical distancing requirements in healthcare setting (shared in yesterday's brief) we wanted to offer some further guidance around hospital visiting. Visitors may have touch contact with loved ones (hug/kiss) however should be reminded that maintaining 1m or more distancing outwith direct touch contact wherever possible will help reduce the risk of transmission of COVID-19 and other respiratory pathogens. Visitors should be asked to avoid circulating around clinical areas and remain seated at the bed/chair side of their loved one wherever possible. Visitors must be advised not to attend the facility if they are symptomatic of a respiratory virus, unless previously agreed with clinical teams during specific circumstances.

COVID-19 – where are we now? As we have on previous Fridays, today we take some time to reflect on the state of the virus – and where we go from here. This piece has been prepared by the Public Health and Health Intelligence teams:

Case numbers in Grampian doubled in the seven days between 22-29 August, and we are now seeing, on average, 300 people test positive each day, up from 146 in the previous week. It's hard to believe that despite having a rate of 333 per 100,000 (our highest ever), the national average is more than two times greater at 694 and we continue to have the lowest rate of all Scottish mainland Boards.

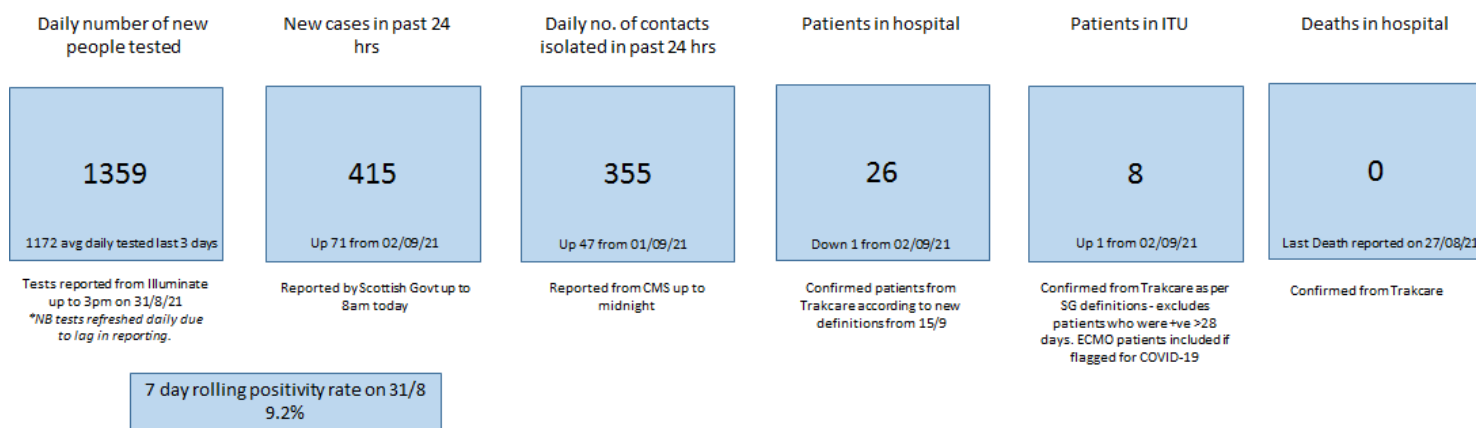
Testing has been increasing with almost 5% of our population receiving a PCR test last week and the continuing rise in test positivity tells us infections are still out there and not abating.

The increase is affecting people in age groups from 4 to 69 years, but rates are highest in those aged under 30. All communities in Grampian are affected which means most of us will know someone with COVID-19. The direct effect on health, the wider impact on healthcare and the disruption to our lives is getting harder to endure, despite the removal of many restrictions.

The number of confirmed cases attending school during their infectious period increased 2.8-fold over the last week recorded (448 v 162). This is likely to reflect a number of factors including the large increase in cases in the community, increasing testing of young people following return to school, and increased social contact in activities associated with school. There is sustained uncontrolled community transmission occurring outside school settings, but transmission within schools and directly associated activities and social networks cannot be ruled out.

Nationally, the strategy is moving from case suppression to harm reduction and much of this focuses on hospitalisation. The proportion of cases who end up being admitted to hospital is between 2-4% and whilst this is considerably lower than the 8-14% experienced in the run up to December 2020, it still has a big effect. It is a small proportion of a big number. For example, the 300 daily cases in Grampian we see on average now, means between 6-12 people will be admitted to hospital approximately two weeks later. Whilst this is a fraction of the 200 or so of the non-COVID daily admissions we see in our three main acute hospitals, even a marginal increase in occupancy has serious consequences on hospitals that are already operating with very little headroom. We are also experiencing higher demand in the community with activity in COVID hubs close to July levels and signs of increased pressure in care homes for both staff and residents. We cannot be precise about the extent and timing of rising cases and hospitalisations, but there is no doubt that we have a period of intense pressure ahead.

Grampian data The local update for today is shown below. A national update is available on the [Public Health Scotland daily dashboard](#).



PPE 3 week look ahead:

PPE Summary - Predicted Equipment Remaining at the end of each week

	FFP3 Mask	type IIR mask	Covid Gowns	Theatre Gowns	Visors + Goggles	Aprons	Gloves
August 30, 2021	221,677	168,905	6,604	5,336	20,900	860,765	2,670,540
September 6, 2021	222,765	166,510	6,567	5,650	20,940	860,765	2,670,540
September 13, 2021	223,852	164,116	6,531	5,965	20,980	860,765	2,670,540
September 20, 2021	224,940	161,721	6,494	6,279	21,020	860,765	2,670,540

■ Stock < 0
 ■ Stock <= 2 Days
 ■ Stock <= 5 Days
 ■ Stock > 5 Days

ARI: Staff Garden Up-date Work on the new Staff Garden, on the Foresterhill site, is progressing well. Situated, in the internal courtyard, between the main corridors, next to the Medical Lecture Theatre and leading to the Board Room, in ARI. This new facility is charitably funded and has been made possible because of the generosity of the Endowments Committee. Donations from the Organ Donor Committee, collection cans in M&S and WH Smith, bereaved families donating as a way of saying ‘thank you to staff for care given’, as well as many other individual’s and staff fundraising.

New access doors have been installed, as have paths, lighting, a glass river with a floating ‘fallen tree, table and seating – funded by the Heath Improvement Fund. A 3 seat arbour, celebrating International Nurses Day, and additional bench seating, will shortly be ordered. We are awaiting delivery of a 2 sided log cabin and a garden shed. Boulder seating is in place - funded by the Gordon and Ena Baxter Foundation.

The garden designer has selected a number of plants, but we need many more, as well as trees and bushes. We still need turf, seeds for the wildflower meadow, plant supports, a pallet or more of compost and bark, as well as garden tools and a lawnmower. More expensive items yet to be funded and installed include a tap, for water and push pads for the access doors - to enable colleagues with a disability to operate the doors, more easily.

Please makes others aware that fundraising is ongoing for this new Staff Garden - a place in which staff will be able to eat, relax and socialise before returning, after a break - refreshed.

Donate: www.justgiving.com/fundraising/nhsgstaffgarden

Email: gram.staffgardenproject@nhs.scot

Top tips for protecting data Here are today's top tips for keeping data safe at work.

- Keep your IT systems up-to-date

You can reduce your risk of cyber threats, such as attacks on computer systems, phones, tablets or other devices by making sure security updates are installed when you are prompted and that your computer is restarted daily.

- Make sure you MS Teams are set to 'private'

All your MS Teams must be set to private to limit access to only those people who are members of them. To check, click on the three dots to the right of the name of the Teams you administer, click on 'Edit' and in the box that opens make sure that 'Privacy' is set to 'Private – Only Team owners can add members'. This protects the content of the Team as well as who its members are.

If you have any questions or concerns about data protection, please contact Information Governance - gram.infogovernance@nhs.scot If you think you've had a data incident, please report it via Datix immediately.

Recent Pairs Golf Tournament at Banchory Golf Club The Sports Committee were delighted to be able to re-start the pairs golf tournament on 19 August 2021, the first since August 2019. Congratulations to ED consultants Gareth Paton and Graeme Murray who both had tremendous rounds which left them well clear of the field to win by a comfortable margin. Graeme also scooped the prize for the Longest Drive at the 6th Hole. Second were Christine Adam and Nancy Adam of RACH, with Bill McBain and George Ewen of Estates in third. However, everyone at Banchory on the 19th was a winner, it was just so nice to enjoy the pleasures of golf after such a long time!

And if golf is your thing, health & social care staff have been offered free tickets to the Scottish Senior Open, taking place at Royal Aberdeen Golf Course, 10-12 September. Details on how to claim your tickets were shared in yesterday's brief – [you can read it again online here](#).

Tune of the day There should be zero suspense about today's choice...new music from ABBA? I am sold! Agnetha and Frida's voices still soar – but then you dig into the lyrics:

Do I Have It In Me?
I Believe It Is In There
For I Know I Hear A Bittersweet Song
In The Memories We Share

We Do Have It In Us
New Spirit Has Arrived
The Joy And The Sorrow
We Have A Story
And It Survived

And We Need One Another
Like Fighters In A Ring
We're In This Together
Passion And Courage
Is Everything

It could have been written for all of us. So, [I Still Have Faith In You is today's tune of the day](#). Whatever you are doing this weekend, look after yourselves. Whatever self-care looks like for you, take the time. You are worth it.

We're always on the look-out for your suggestions of a great song to end the day (or start it, depending on when you read this brief) so just drop us a line via gram.communications@nhs.scot That's also your first port of call if you've got any queries or an item to share.