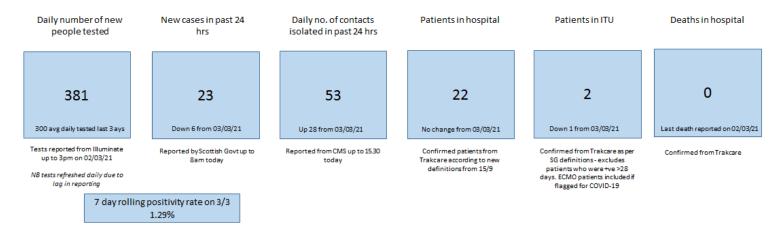
COVID-19Brief



Here is the brief for Thursday 4 March 2021.

Grampian data The local figures for today and the 7 day rolling positivity rate are shown below. As a reminder, this rate is arrived at by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories, whereas the figures we show here only record new tests.



COVID-19 Updates Lecture Series This series of lectures on MS Teams is aimed at senior healthcare students but open to all members of staff. They will run throughout March and April 2021, aiming to provide the knowledge required to care for patients with COVID-19, and also information on the wider pandemic response and the science behind it to help put everything into context. If you would like to attend any of these sessions or view the ones which have already taken place, please use the following code to join the GRAM Covid Updates Team: 3sentfi (You must use your NHS Teams account to join using the code.)

So far there have been lectures on Assessment and Hospital Management of COVID-19 in Adults, COVID-19 in Critical Care, Long COVID and COVID-19 in General Practice. We have the following topics coming up (some dates and times TBC), with even more still to be added: COVID-19 in Children (4/3/21), Impact of COVID-19 on Non-COVID Care, Joint NHSG/Social Care Response to COVID-19, COVID-19 and Mental Health, COVID-19 Viral and Antibody Testing, COVID-19 Radiology, COVID-19 Health Data Science and Modelling (19/3/21), Contact Tracing and Vaccination, COVID-19 Research in Aberdeen. Details about future events will be posted in the GRAM Covid Updates Team as they become available. The Team will also provide a forum to discuss the content of the talks and ask questions. If you would like to offer a lecture in the series, please contact jill.austin@nhs.scot or tani.abedin2@nhs.scot

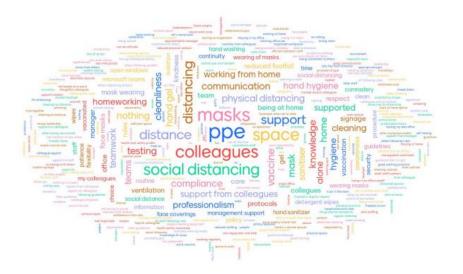
Scottish Parliament Elections 2021 – Guidance for the NHS and other health bodies Elections to the Scottish Parliament will take place on 6 May 2021. The pre-election period (previously referred to as 'purdah') will begin on Monday 25 March 2021. Public bodies, such as the NHS, must remain neutral throughout this period while conducting their usual business. Campaigning is not permitted on NHS premises, political posters should not be displayed, and election or other political meetings should not take place on NHS premises. A letter from the Scottish Government, detailing the full guidance for the NHS during elections, is attached to the email used to send out this brief.

Reminder! NHS Scotland event – poster competition The NHS Scotland event this year will be a virtual one, running 22-24 June 2021, but offering all the usual sessions. More information about the event, including registration details, is available here. The poster competition will again be a key part of the event, but for the first time all abstracts submitted will be turned into ePosters. The poster guide is available at the link above, please take the time to read it carefully. The Corporate Communications team provide support and feedback on abstracts and the Corporate Graphics team will manage design. We always get a great range of abstract submissions, reflecting the brilliant work taking place right across Grampian. If you are interested in submitting an abstract, please contact gram.conference@nhs.scot The team will endeavour to respond as quickly as they can and ask for your patience while they deal with submissions.

Question of the day Over the last two days, we have been asking what makes you feel safe at work. Thank you to everyone who took part – here is the wordcloud you have created:

Thinking about where you work right now, what makes you feel safe at work?

Mentimeter





We're sticking with the Safer Workplaces theme for today's question – we want to understand a bit more about how you feel about safety in the workplace, wherever it may be. To participate, just click here or copy this link into your browser: https://www.menti.com/k892bkg9fc

Thought for the day Much like the healthcare chaplaincy team, we pride ourselves on being for those of all faiths and none. With this in mind, it may seem odd to share a prayer at this point. I spotted this over a week ago and my thoughts keep returning to it. Please consider it as being addressed to whatever guiding spirit you recognise, or perhaps just a meditation:

Help me to stop feeling like everything is a test. A test of my compassion. A test of my fortitude. A test of my faith. Help me remember that I am not being graded. I am being guided. Guided to see that maybe I have a greater capacity to be ok when everything is horrible than I thought I did, but that it is not limitless, and it does not need to be.

Help us manage our compassion fatigue and the judgement we feel toward ourselves for having it. If you did not create our psyches to be able to withstand and respond to every tragedy and hardship happening to human beings right now, then nudge us to respond when it is our turn and be gentle with ourselves when it's not.

Help us know when our work is done. Help us rest when we should. Help us reach out to serve when we can. Help us remember to check on our strong friends. Help us be kinder toward those who can't do as much as we can. Help us do the next right thing. And Lord, help us not forget the ice cream when we go to the grocery store next.

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.