

Here is the brief for Friday 11 December 2020.

COVID-19 vaccine The [vaccination webpage](#) has been updated – thank you to those of you who alerted us to problems accessing the information leaflets. As confirmed throughout the week, booking arrangements for vaccine clinics are as follows:

- All staff based at **Foresterhill (including Roxburghe House)** should use [this form](#)
- All staff based at **Royal Cornhill Hospital & Elmwood**, details on your booking form will be shared on Monday (14/12)
- All staff based on the **Woodend** site should use [this form](#).
- All other **Aberdeen City HSCP** should use [this form](#)
- All staff working in **Aberdeenshire HSCP** should use [this form](#)
- All staff working in **Moray HSCP** should use [this form](#)

Peer vaccination is now underway at ARI and will commence at Dr Gray's Hospital and Woodend Hospital next week. If you are working in a clinical area, please access peer vaccination where possible; Senior Charge Nurses and/or line managers can advise if this is available in your area. You do not need to complete a form to request peer vaccination, just speak to your local peer vaccinator.

For the next few weeks priority will be given to those currently working in patient facing roles so please don't worry if you don't receive an appointment immediately. After such a difficult year we know that many of you will want to have the vaccine as soon as possible. Everyone on the vaccine programme team is focussed on achieving this as quickly as we can, subject to vaccines being allocated to us.

Change to self-isolation guidance Anyone required to self-isolate, due to contact with someone who has had a positive test for COVID-19, or as a result of quarantine rules on arrival from overseas, will need to do so for **10 days** following updated clinical advice. Currently the self-isolation period for international travellers and for contacts of positive cases in Scotland is 14 days but this will change from next **Monday (14/12)**. This follows a review of the latest evidence and discussions between the 4 UK Chief Medical Officers.

The change will apply as follows:

- Someone who, from 14 December, has been contacted through Test and Protect – including by the Protect Scotland app – or their local Health Board and have been notified to self-isolate, should do so for 10 days.
- Someone who, from 14 December, is required to quarantine following arrival into Scotland from overseas, should self-isolate for a period of 10 days.
- Someone who was previously instructed to self-isolate will, from 14 December, be able to stop self-isolating ten days from when they were first notified to do so.
- Close contacts include members of the same household who test positive for COVID-19 – from 14 December, they will now only need to isolate for 10 days, rather than 14.

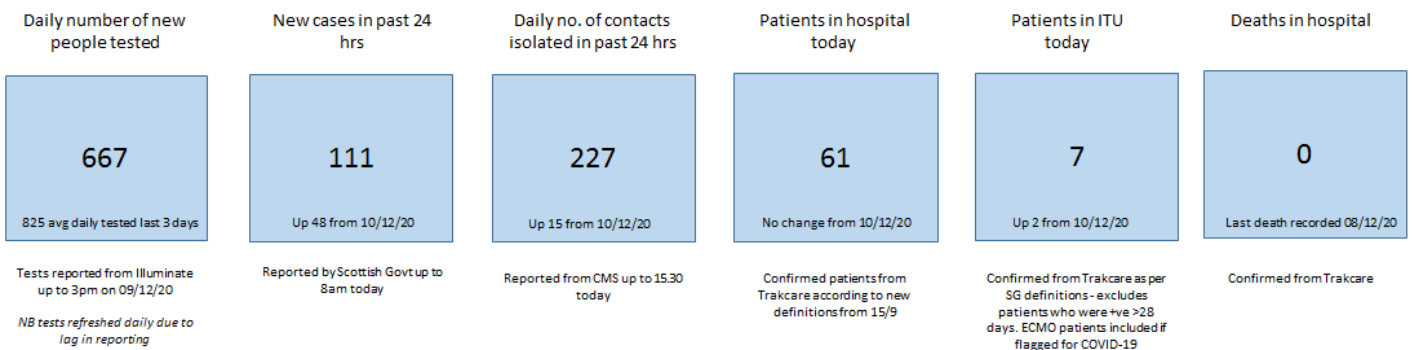
You can view the full announcement on this change [here](#).

What is an essential visitor? We have become familiar with the term ‘essential visitor’ as hospital visiting is gradually resumed. An essential visit is one where it is imperative that a relative or friend is allowed to see their loved one. Examples of essential visits include but are not limited to:

- A birth partner supporting a woman during hospital visits
- For a person receiving end-of-life care – we expect this to be defined as flexibly and compassionately as possible, to support patients at the end of life spending meaningful time with their loved ones in their final days and weeks to support
- Someone with a mental health issue such as dementia, a learning disability or autism where not being present would cause the patient to be distressed
- To attend hospital appointments when the person requires a level of additional support.

This includes any other situation where clinical staff assess that it is essential to involve family or carers for ethical or patient safety reasons. It is important to remember that these examples of essential visiting are intended to be illustrative and not exhaustive.

Grampian figures Local data for today is shown below. If you are interested in the situation elsewhere in Scotland, click [here](#) to see all the data published by Public Health Scotland.



Shopping and COVID-19 Did you know, shopping gets mentioned more than any other activity in interviews carried out by contact tracing teams? Public Health Scotland compile weekly data on the places people say they have been immediately before testing positive for COVID-19 and shopping tops the charts. You can take a look at the facts and figures [here](#). We’ve developed a simple guide to the things we should all think about, whether we’re picking up groceries or buying Christmas gifts.



Good data hygiene As we approach the end of an exceptional year and resolve to undertake some IT admin to enable us to start the new year afresh and de-cluttered, it is a good time to review your data practices. Avoiding some of the risks isn't as hard as you'd think, so it would be greatly appreciated if you could take the following basic steps to reduce risk to our patients and colleagues:

- Keep desks clear
- Use approved IT systems and devices
- Email groups of people (where appropriate) using BCC (not CC) for privacy
- Double-check that it's appropriate for those on an email circulation to receive the information it contains and that everyone's address is typed correctly
- Make sure we know how to email information securely
- Dispose of confidential waste in the correct waste bags
- Do not take information off-site unless essential and approved
- Remember that MS Teams groups **must** be set to 'private' **without exception**. There's guidance on how to check that on the intranet [here](#) (networked devices only).

If you have any questions, please contact the IT Service Desk via the online portal or by calling ext 54444. Alternatively you can email the Information Governance team on gram.infogovernance@nhs.scot

PPE – 3 week look ahead Stocks continue to look healthy – see below:

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

| | FFP3 Mask | type IIR mask | Covid Gowns | Theatre Gowns | Visors + Goggles | Aprons | Gloves |
|-------------------|-----------|---------------|-------------|---------------|------------------|---------|-----------|
| December 7, 2020 | 180,819 | 402,907 | 3,657 | 14,734 | 45,835 | 683,003 | 1,832,884 |
| December 14, 20.. | 180,581 | 401,024 | 3,398 | 15,656 | 45,179 | 683,003 | 1,832,884 |
| December 21, 20.. | 180,343 | 399,140 | 3,138 | 16,578 | 44,523 | 683,003 | 1,832,884 |
| December 28, 20.. | 180,106 | 397,256 | 2,879 | 17,500 | 43,867 | 683,003 | 1,832,884 |

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

Orange Award We send our heartiest congratulations to Lucy Sim, lead nurse for the ECMO team in the Intensive Care Unit at ARI and most recent winner of the Orange Award. If you work with somebody (or somebodies) who deserve praise and recognition for the work they do, why not nominate them? Nothing could be simpler; just fill in [this form](#) or send an email to gram.nmahporangeawards@nhs.scot

Thought for the day What a week it has been! We've made it to Friday, so well done! We hope you get some time to regroup and recharge over the weekend. As ever, if you are working, take care and stay safe. If you're in need of some Christmas cheer, why not have a listen to our [special festive Spotify](#) playlist? (Thank you – and apologies - to everyone who pointed out this link was not made 'public' last week – it is now!)

Items for the brief? If you have something you would like to be considered for inclusion in this brief, please send this to gram.communications@nhs.scot. Messages should be clearly marked as 'Daily brief – for consideration'. Please be aware that space is limited, and items are prioritised based on subject matter and relevance to all staff groups.