

COVID-19 Brief

coronavirus



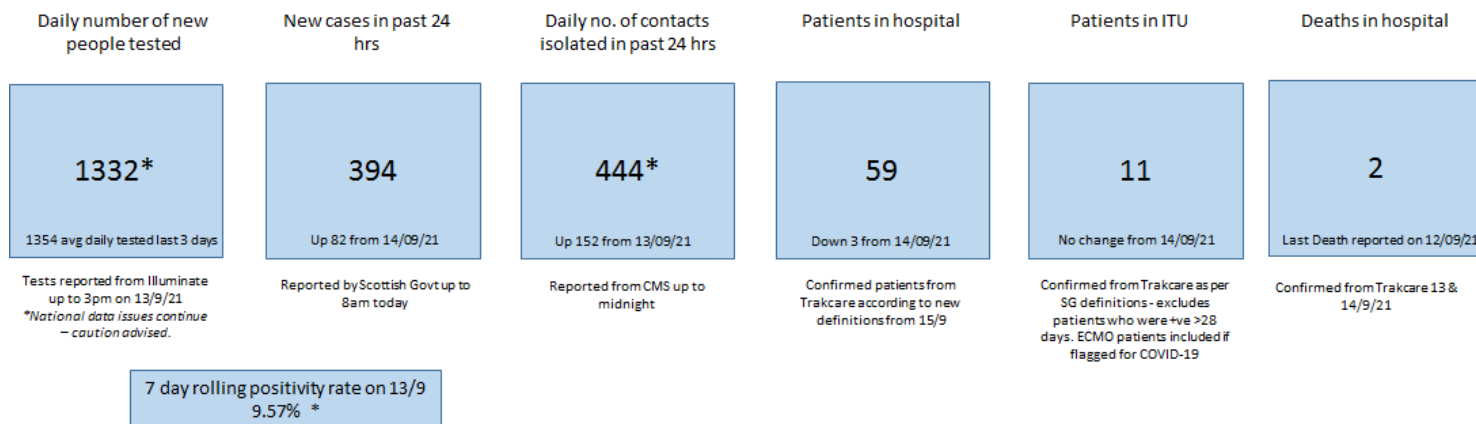
Here is the brief for Wednesday 15 September 2021.

Need a PCR test? Use the staff testing service This is a reminder to everyone working in health & social care – including care home staff - to use the staff testing service if they need to arrange a PCR test for themselves or members of their household. The drive through facilities in Aberdeen, Elgin, and Huntly remain fully operational. The multiple other test sites in operation across the region are run by the UK Government and should be used by members of the general public, not health & social care staff.

[You can request a test through the staff service by completing this short form online.](#)

Delays to PCR test results – important update We are aware of delays in SARS-CoV2 PCR test results from the UK Lighthouse Laboratories. Patients may present in hospital with signs and symptoms compatible with COVID-19 and with a COVID-19 positive result via text message. Staff should be aware they may not find the corresponding result on SciStore due to the delays. **Please manage these patients as COVID-19 positive.**

Grampian data The local update for today is shown below. Please note the numbers with * against them should be treated with caution, due to ongoing issues with national data.



A national update is available on the [Public Health Scotland daily dashboard](#).

COVID-19 vaccine certification Some of you have been in touch regarding the app which will be used to support the COVID-19 vaccine certification scheme. As we understand it, the app will become available on **30 September** via both the Apple and Google Play store. We will share more information on this as we have it.


[It is currently possible to download \(or otherwise request\) a PDF of your vaccination status from the NHS Inform website.](#) This function will be switched off on 30 September. If you were vaccinated in the staff scheme or no longer have your 'blue envelope' letter with your unique user name, it is possible to recover this – details are available at the link above

NMC - Meet the regulator If you are registered with the NMC, we have an opportunity for you to meet Linda Martin, the Regulation Adviser for Scotland. This is your chance to find out more about the work of the NMC, learn more about the Fitness to Practice process and hear some case studies, ask questions about registration and revalidation. More details on booking will be available soon, for now get 1pm on 6 October into your diary!

Cutting mileage to help the planet The recent Smarter Workplaces survey suggests commuting miles are being drastically reduced as many of us continue to work at home. Based on these results, if 1/3 of our workforce works at home, we save about 90,000 miles per day, equivalent to more than 3.5 times around the earth – in 1 day!

It's not all about office working. Just under a third of our consultations for specialist care are conducted virtually, saving approx. 50,000 mile round trips each day - equivalent to 733 times around the earth each year.

We Care Wellbeing Wednesday This week we wanted to update you on the things you've suggested to the programme team - and what we've done in response.

You said...	We did...
Have you thought about asking us about our health and wellbeing via anonymous survey rather than email?	Yes! We have created an anonymous feedback form which you can also access via this QR code: 
Tell us more about the We Care Team.	We have created a We Care Newsletter and the We Care Programme is now active on Twitter, Facebook, and Instagram – just search Grampian We Care.
We want to know what is available for staff in distress.	We have created a staff in distress information sheet available via our website: We Care (wellbeing support for health and social care staff across Grampian) (nhsgrampian.org)
We are not able to freely drink water at work.	We spoke to Infection Prevention & Control Team, who state: 'The key principles that need to be considered to ensure staff safety would be; Ensure that there is a two-meter distance from others especially if there is more than one person who does not have a mask on and drinking, ensure that the Fluid Resistant Surgical Mask is donned and doffed as per guidance, potentially this may mean that areas would need to look at where to provide a hydration station which allows staff to hydrate safely but not congregate. Allow the person to don and doff appropriately, provide a bin and Alcohol Based Hand Rub. Ensure that the area is kept clean and tidy and staff remove bottles at the end of shift to ensure no clutter'

- National Eye Health Week starts next week. Did you know that most people should have a sight test once every two years? In Scotland NHS eye examinations are free to all.
- Webinar for Wellbeing and the workplace: what can you do to support your staff? This webinar takes place on Thursday 7 October at 2pm. [For more information just follow this link.](#)
- Introduction to Suicide Prevention Training - The Scottish Association for Mental Health (SAMH) are running extra sessions of an 'introduction to suicide prevention' training on the following dates:

Tuesday 28 September, 2-4pm - [Click here to book](#)

Wednesday 29 September, 3-5pm - [Click here to book](#)

Thursday 30 September, 11am-1pm - [Click here to book](#)

If you have any questions, please email NorthEastSuicidePrevention@samh.org.uk

And finally, here is this week's reflective question, taken from the regular Guided Journaling workshops: It's easy to put off doing things until later - perhaps it's tomorrow, next week, maybe one day...What are you putting off that is impacting upon your wellbeing?

Tune of the day It must be said, you are all in a decidedly mellow mood this week! Today's suggestion comes from Craig Hewitt and it's [All Things Must Pass by George Harrison](#) – because what else do you do after the break-up of arguably the biggest band of all time, but release a critically acclaimed triple album?

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.