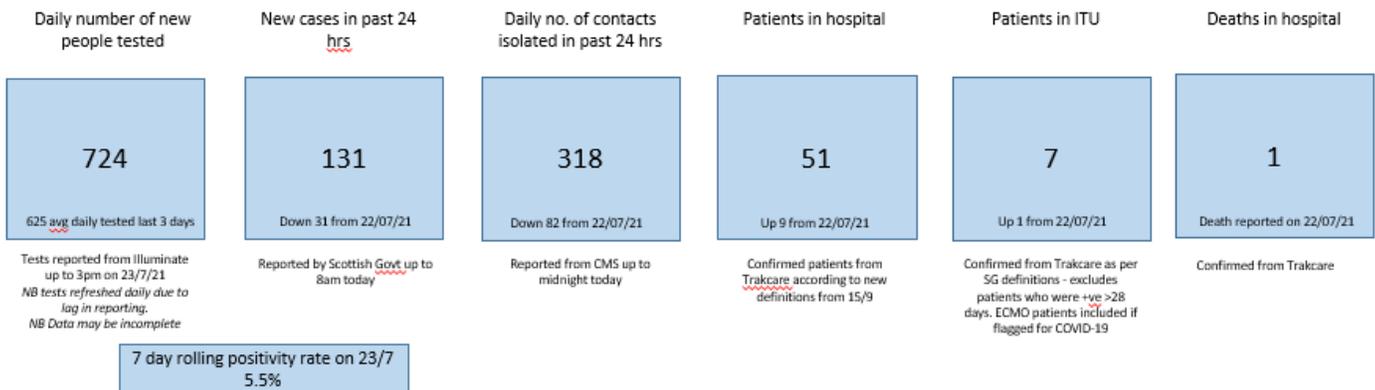


Here is the brief for Friday 23 July 2021.

Self-isolation exemption Changes are being made to self-isolation rules for close contacts of COVID cases to allow essential staff to return to work to maintain lifeline services and critical national infrastructure. The Scottish Government has outlined the process for applying for exemptions, highlighting that a different process will cover health & social care. We await further guidance from them about this and there will be more information shared in the brief next week.

For the time being, all NHS Grampian employees required to self-isolate as close contacts must continue to do so.

Grampian data Here is the local update for today, including the 7-day rolling positivity rate. 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. The figure for the “daily number of new people tested” is only for the number of tests for people who have not been tested previously.



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

Research Grant Writing Programme for Nurses and Midwives Every November, the NHS Grampian Endowments Fund accepts proposals for research projects. Many nurses and midwives feel they do not have the required skills to write a successful grant proposal. Professor Angela Kydd and Dr Debbie Baldie are offering a programme of support to help interested staff develop the skills required for writing a robust proposal. This does **not** guarantee funding but creates a better chance of having your proposal funded.

[All the information you need on these sessions is available on the R&D website](#). If you wish to discuss your project idea first, before registering your interest please email a.kydd@rgu.ac.uk or deborah.baldie@nhs.scot This opportunity is open to all nurses and midwives who have a good idea to improve practice and patient experience.

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
19 July 2021	250,014	201,588	8,303	4,147	32,208	1,069,717	2,743,531
26 July 2021	251,649	200,427	8,287	4,490	32,376	1,069,717	2,743,531
2 August 2021	253,283	199,265	8,270	4,833	32,544	1,069,717	2,743,531
9 August 2021	254,917	198,103	8,254	5,176	32,712	1,069,717	2,743,531

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

Orange award Once again we are keeping the identity of the winner (or winners?) under wraps, as presentations have yet to be arranged. If you want to nominate a top colleague or team for an Orange Award [simply complete the online form](#) or email gram.nmahporangeawards@nhs.scot

Tune of the day As it's Friday, I'm going to leave you with a couple of tunes... [Travis' take on Baby...One More Time has proved popular](#), with John MacLeod and Robert O'Donnell both requesting it. A number of you have also suggested the very particular musical stylings of William Shatner. I give you [his interpretation of Common People](#).

And finally... We wanted to share this fantastic photo, via Aberdeen Inspired, of the amazing mural that has been added to the Aberdeen Health Village. It's by [Fanakapan](#) and is part of the [Nuart Aberdeen](#) project:



I wish you a peaceful weekend with, I hope, some opportunity to rest.

Get in touch! If you've got a question, an item to share with people working in health & social care, or just want to suggest a tune of the day, we want to hear from you! Drop us a line via gram.communications@nhs.scot.