

Here is the brief for Tuesday 19 April 2022.

Extended use of face masks in healthcare settings We have now received further guidance on the extended use of face masks, in light of the reduction or removal of some COVID-19 infection prevention & control measures. It will take time to understand exactly how this will apply in our various settings. We aim to have that work complete and the new guidance shared with you as soon as possible. Until then, please continue to wear fluid repellent surgical masks in all our buildings (these can be removed when seated at a desk, or when eating/drinking). Masks play an important role in halting the spread of not only COVID-19, but other highly transmissible infections, and keeping us all safer.

Grampian Psychological Resilience Hub (PRH) – celebrating its success and marking its ending In March 2020, the Grampian Psychological Resilience Hub was established in advance of the first national lockdown to ensure the general public and staff working in health and social care could have rapid access to Psychological First Aid (PFA) in relation to COVID-19. The service was developed to specifically provide targeted support for those whose feelings had become difficult due to the pandemic. The model was a virtual psychological response team, mobilised across NHS Grampian, Aberdeen City, Aberdeenshire, Moray, and Orkney Health & Social Care Partnerships (HSCPs) and Third Sector organisations. The service offered up to 3 sessions of PFA to support difficult feelings in relation to COVID-19 via telephone or Near Me video link, including direction to wider self-help and other digital therapies.

The model received national accolade, won awards, and had associated excellent publicity. Local referrers and service user feedback has been very positive. The PRH has been in operation for just over two years and incredibly has supported over 5,000 people who were struggling with the impact of the pandemic during that time. The original model was developed specifically as a time limited support in relation to COVID-19. Alongside the PRH, over the course of the past 18 months, further additional local and national public and staff support services also offering psychological first aid and wider mental health support have been developed (more information and links below).

We want to celebrate the success of the PRH over the past two years in achieving its aims and the support it has provided to so many people. Huge thanks must go to all those involved in setting up and running this innovative and high-quality service; and to those who have supported it. Particular thanks go to Siobhan Cowie (Support Manager), and Dr Gillian Strachan and Dr Simon Lloyd (Consultant Clinical Psychologists) who led this initiative with such enthusiasm and passion - developing a support space service from scratch; keeping it running so well over the past 2 years; and their support with the service coming to an end as they move back to their substantive posts or on to pastures new.

From today the PRH is **closed** to new referrals. It will stay operational until all individuals currently waiting for input have been seen. [Alternative sources of support can be found here.](#)

Occupational Health Service referral forms All forms are now being received by the OHS department as per normal internet/intranet links. Thank you for your patience and apologies for any inconvenience.

Further extension of hospital visiting From tomorrow (20 April), the following wards/hospitals will be offering person-centred visiting:

Wards 102, 109, 112, and 114, Aberdeen Royal Infirmary
 Paediatrics – RACH and Dr Gray’s Hospital
 Ward 4, Dr Gray’s Hospital
 Roxburghe House
 Woodend Hospital (all wards)
 Rosewell House
 All Aberdeenshire Community Hospitals
 Muirton ward, Seafield Community Hospital, Buckie

This means in these clinical areas there will be opportunity for patients to have an increase in the number of visitors they have on any given day. What this means on an individual basis will be a discussion with the patient and the clinical team taking care of them. This will include consideration of the environment of the clinical setting and the number of people that can be safely accommodated within the area. The general public are being advised changes to their visiting plans in these areas should not be made until they have had a conversation with the SCN, to ensure all visits can be safely accommodated. We are reminding visitors of the need to stay away if they are at all unwell (with symptoms of COVID-19 or any other infections). We are also emphasising the continued use of Fluid Repellent Surgical Masks, in preference to fabric face coverings, in hospitals and frequent hand hygiene during visits.

Those wards/hospitals not listed above should continue to support visits by a maximum of two people, per patient, per day.

Grampian data A longer than usual report today, reflecting data from Friday as well, as Public Health Scotland did not provide updates over the Easter weekend. [The PHS daily dashboard can be viewed here.](#)

	New cases in past 24 hrs	Patients in hospital	Patients in ITU	Deaths in hospital
Fri 15/4	315	141	1	2 <small>On 14/4 and 15/4</small>
Sat 16/4	261	143	3	1
Sun 17/4	341	144	3	1
Mon 18/4	319	141	3	0
Tue 18/4	425 <small>Up 106 from 18/4/22</small>	129 <small>Down 12 from 18/4/22</small>	1 <small>Down 2 from 18/4/22</small>	0 <small>Last death 17/4/22</small>
	<small>Reported by PHS Dashboard.</small>	<small>Confirmed patients from Trakcare according to new definitions from 15/9</small>	<small>Confirmed from Trakcare as per SG definitions - includes patients who were +ve >28 days. ECMO patients included if flagged for COVID-19</small>	<small>Confirmed from Trakcare</small>

ANZAC Day A service to commemorate Anzac Day will be held at St Machar's Cathedral, Aberdeen on Sunday 24 April 2022 at 11am. All will be welcome. Anzac Day is a national day of remembrance which acknowledges the contribution made by Australians and New Zealanders who served in conflicts and peacekeeping operations.

Aberdeen Sports Village Corporate Games 2022 We are still looking for 2 male participants for the first event in the Games, the Fitness Challenge. Teams must work together to complete a 1500m row, followed by a plate carry, prowler push, and a people carry. The fastest time wins! Training for this event takes place early on the 28 & 29 April with the event itself taking place on the evening of Friday 6 May.

We are also looking for male & female participants for the Touch Rugby. The event takes place on Thursday 12 May with training sessions on Thursday 28 April and 5 May.

Please email gram.sports@nhs.scot if you are interested in joining either of these teams, or if you would like more information. For more on the other events in the Corporate Games please check here:

[My Healthy Workplace](#)

Tune of the day Two sunny days in a row! I don't know about you, but sunshine and blue skies definitely lift my mood. Our tune of the day is another mood lifter from the wonderful Lizzo. I heard [About Damn Time](#) for the first time yesterday and it has been stuck in my head ever since. As is standard for Lizzo, the language gets a little fruity, so be warned.

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot