

Here is the brief for Friday 13 August 2021.

Hospital visiting update As we work our way back to person-centred visiting, we are pleased to confirm that children are welcome and can visit their relatives in our hospitals, with a family member. This would, at present, permit one child with one adult (as the second visitor) to visit. All visitors, (adults and children) must adhere to our Infection Prevention & Control measures whilst in the building. This includes cleaning hands, wearing face masks (this includes children aged 5 and over), and maintaining social distancing of 2m in our communal spaces. Children should be supervised by the adult in attendance at all times. Some areas have established visiting restrictions, which do not enable child visits and the public have been reminded to discuss visits in advance with local teams.

Friday reflection Over the last few Fridays we have got into the habit of sharing longer reflective pieces with you. We continue this today, as Dr Iain Macleod (ITU consultant) describes his experience of life on the COVID frontline:

“Essentially we're living in a world of sustained pressure. Really, it's been sustained since March last year. We're now in the third COVID-19 wave. We are all working with greater than normal workloads across critical care and across the rest of the site – we're doing that with no additional resource. We are still running with two critical care units rather than one.

“I don't want us to sound like critical care is worse than anywhere else in the hospital. It is very difficult in the entire system. Everywhere is struggling – the emergency department, ward 110, they have had pressures as well.

“This has been a smaller wave than the last two, but it still has a significant impact on the footprint of critical care and that's impacting on other services. Having a continual stream of COVID-19 patients impacts on our ability to do things like cancer and cardiac surgery. We're cancelling surgery daily because of lack of capacity, very often due to lack of critical care beds. On top of that we are facing staff shortages because of sickness and others have to isolate. It all reduces our ability to care for patients.

“The patients we are seeing now are younger and are primarily unvaccinated. We're seeing far more people in 30s and 40s - rather than in their 60s and 70s as with previous waves. They are as sick as the older people were. Young people tend to cope longer on their own and by the time they come into hospital they are more exhausted. The numbers aren't huge, the most we've had is 10. In the first wave it was up in the 20s. Vaccinations clearly work in protecting the most vulnerable. Even with smaller number of Covid patients in hospital however it causes problems as it affects the capacity we have traditionally had.

“We've certainly had conversations with patients who chose not to take vaccine - whether based on fact or belief. People have said if they had the chance again, they'd take vaccine. Many still have the opportunity now to take it before it happens to them.

“COVID patients stay significantly longer than everyone else. The average stay in intensive care is around three days, but for COVID patients it's more than 10. Sometimes it runs into months. If they reach the point of having to be intubated, they tend to be with us for weeks, if not months. Then they are in hospital for rehab etc, and the overall stay is even longer.”

“As a team, we are exhausted and worried about what the future holds. Normally in summer we have a lull and have a bit of down time - that hasn't happened this year. The predictions are for winter there will be another spike, plus normal winter pressures, whatever flu looks like this year and a worry about an epidemic of bronchiolitis in children - which could strain child and adult services.

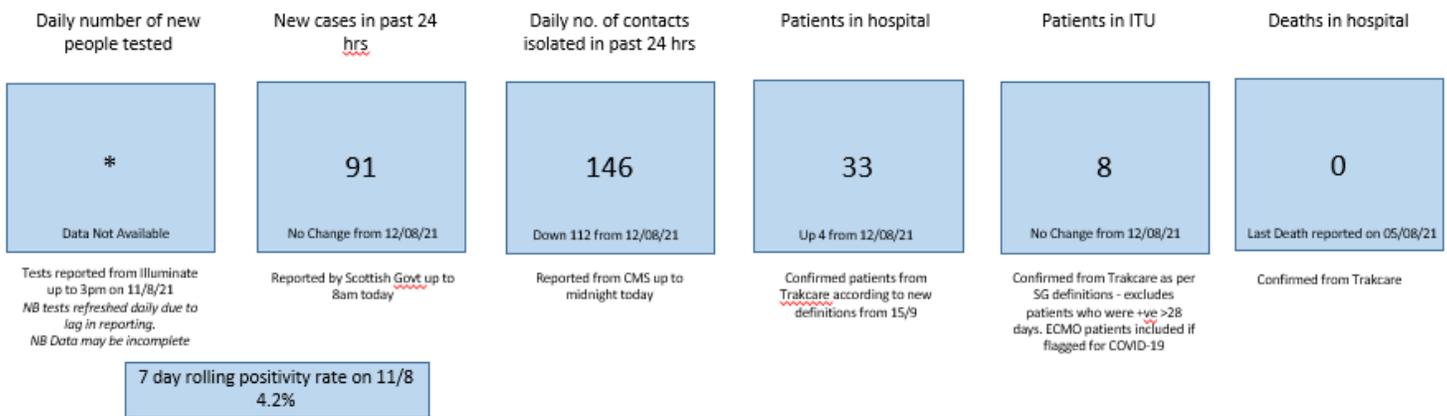
“There’s a huge backlog of things to be done. People are tired, they are getting on with it and trying to do best while feeling very anxious of what's to come over next months.

“People are increasingly struggling with some content on social media and some people not believing in vaccines and the virus.

“There's also an emotional load, which is affecting people, from cancelling electives. People making those decisions, managers, nurse managers, etc, those decisions adversely affect patients at end of the day. The cumulative impact of that is definitely starting to take a toll.

“In spite of all this, there is light at the end of the tunnel. Each wave is smaller than the one before. The team has worked remarkably well together through this and that builds strength for future. Vaccines are here. It is safe to say though, that critical care, indeed the whole NHS, has changed forever because of COVID-19.”

Grampian data The local update for today, including the 7-day rolling positivity rate, is shown below. The daily number of new people tested is not available, we apologise for any inconvenience. 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](#).

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
9 August 2021	225,199	151,888	6,936	7,374	23,293	925,458	2,622,580
16 August 2021	226,388	149,125	6,901	7,750	23,345	925,458	2,622,580
23 August 2021	227,577	146,363	6,867	8,126	23,398	925,458	2,622,580
30 August 2021	228,765	143,600	6,833	8,502	23,451	925,458	2,622,580

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

Orange Award Congratulations to Dr Wilma Collie (GP, Hamilton Medical Group) on her recent Orange Award win! If you want to nominate an individual – or a team – for an Orange Award, all you need to do is complete [the online nomination form](#) or send an email to gram.nmahporangeawards@nhs.scot

Free Summer Swimming at RGU Pool There has been a delay in the introduction of the family swimming session at the RGU Pool. Therefore, the current Tuesday 6pm-8pm Lane Swimming sessions will continue until Tuesday 14 September 2021. We hope to introduce a family swimming session as soon as possible.

Tune of the day Thanks to Jenn Paterson for her suggestion today – it's [Reach by S Club 7](#), a great upbeat tune to round off the week.

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.

If you're working over the weekend, take care and stay safe. Whatever you're doing, we hope you have some time to rest and recharge. The brief will be back on Monday.