

Here is the brief for Wednesday January 5 2021.

First minister's update From midnight tonight:

- The self-isolation rules in Scotland have been reduced from 10 days to seven - providing people record two negative lateral flow tests and have no fever/symptoms
- Testing advice has also changed - people do not have to book a PCR test if they produce a positive lateral flow result - instead, they should just begin isolating.
- Staff Boosters. Please ensure that your vaccinations are up-to-date and you have been boosted. Having the booster really is the best way to prevent serious illness. [COVID-19 Vaccination \(nhsgrampian.org\)](https://nhsgrampian.org)

What does this mean for HSCW?

There is no change to return to work rules for health and social care staff: Members of health and social care staff who are contacts of a case of Covid-19 no longer need to self-isolate (e.g. going shopping, taking exercise, visiting friends etc) if they are triple vaccinated, they have no symptoms, and they have daily negative LFD results, following the First Minister's announcement today, HOWEVER the rules about returning to work have not changed. Staff who wish to return to work early still require to have a negative PCR test and to discuss their return with their manager as before.

Be good to contact tracers – please Our brilliant contact tracing team, like so many others, are under a lot of pressure just now because of the increasing numbers of Covid-19 cases. They are having to limit phone calls to high risk groups and these are mostly people working in health and social care. If you are a member of health or social care staff you can help them to do this necessary job.

- If you have had a positive test please keep your 'phone charged, switched on and near you, because you **will** get a call from a contact tracer. (If you have had a positive test you will not be at work)
- When the call comes in answer it immediately.
- Answer all the questions and listen to all the information provided. The contact tracers will do this as quickly as they can.
- They do have to ask about your use of PPE. It is regrettably not uncommon to find that staff are not following correct donning and doffing and usage procedures.
- Above all be nice to them. They are doing an important job and it doesn't help them to come across anger or rudeness

Safer Workplaces – support for staff The Safer Workplaces team are hosting a further online session on Wednesday 26th January, between 11.00am-12.00pm. To book your place on the session, which will be held on Teams, please email gram.saferworkplaces@nhs.scot by 8pm on Wednesday 19th January. If you have a specific question, please include it in your email so that any information gathering needed can be done prior to the session. If you are not able to attend the session you may still send your query to the above address.

NHS Scotland chief executive message Caroline Lamb has written to all NHS staff across the country with a New Year's message. The full letter can be found attached to the Daily Brief email.

Grampian data Case numbers have risen significantly in the past fortnight and we are now seeing an increasing number of hospital admissions. More information about this and how the system is coping will be shared in the coming days. Meantime, here is the local Grampian data update since Jan 1.

	Daily number of new people tested (PCR)	New cases in past 24 hrs	Daily no. of contacts isolated in past 24 hrs	Patients in hospital	Patients in ITU	Deaths in hospital
Sat 1/1	1523	1062	190	55	4	0
Sun 2/1	962	1344	149	54	4	0
Mon 3/1	615	2162	247	52	4	0
Tues 4/1	1755	1615	278	65	4	0
Weds 5/1	1572 <small>1314 avg daily tested last 3 days</small>	1469 <small>Down 146 from 4/1/22</small>	363 <small>Up 85 from 3/1/22</small>	66 <small>Up 1 from 4/1/22</small>	5 <small>Up 1 from 4/1/22</small>	0 <small>Last recorded death 25/12/21</small>
	<small>Tests reported from Illuminate up to 3pm on 2/1/22 NB tests refreshed daily due to lag in reporting</small>	<small>Reported by Scottish Govt up to 8am today</small>	<small>Reported from CMS up to midnight</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>
	7 day rolling positivity rate on 2/1/22 25.53%					

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

We Care Wellbeing Wednesday To kick off the New Year: *What do you want to see from We Care in 2022?*

Please email us at our shared mailbox: gram.wecare@nhs.scot or via our anonymous form at <https://forms.office.com/r/xgrcdtqKQg> or by scanning the QR code.

These responses ensure that we are addressing concerns that staff and teams have raised.

- **Online Check-in/Catch-up for colleagues who shielded or are at highest risk from covid – 20th January 3pm-4:30pm** - An opportunity for colleagues who shielded or who are at highest risk from covid to share what's going on for you: the good, the bad and the ugly be that practical or emotional, with no judgement, advice or otherwise. Afterwards, there will be an opportunity for informal chat with peers, building connections through shared experiences. To attend the check in via MS Teams please email gram.wecare@nhs.scot.

- **NHS Grampian Step Count Challenge 2022** - Over the previous two years NHS Grampian has run a Step Count Challenge for all staff (including partnership staff) in conjunction with Scotland's national walking charity, Paths for All. Step Count Challenges evaluate well with 55% of participants in 2020 reporting undertaking more activity during the challenge. This figure increased to 90% in 2021. In 2021 150 teams took part, so that is over 700 staff members. The Step Count Challenge is running again, starting on Monday 17th January 2022. This is for teams of up to five people for four weeks and is fully funded by Public Health. If you want to take part please can the team captain email james.norman@nhs.scot and a link will be sent to enable you to name your team and invite up to 4 other team members to join. As before there will be prizes for the winning team. More information on prizes and competitions to follow. There are a limited number of pedometers available for staff. Please only request for individuals that don't already have a pedometer from previous challenges, or don't have access to a smartphone or smartwatch.

Thought for the Day Today marks the end of the Christmas period, and usually, a return to a normal pattern of work. You do not need to read this far down the brief to realise it is far from normal times. COVID cases are high, both locally and nationally. Pleasingly these numbers seem not to be translating to lives lost at a level seen earlier in the pandemic. However, even if a less severe variant, the weight of numbers inevitably means more admissions and staff absence, with significant implications for all parts of health and social care and those we serve.

We also appear to be in a phase (again) where the rules, guidance and models are changing rapidly, and can differ across the UK. At these points it can be hard to see what impact we can make in the face of all that has occurred and is coming. Through all that we do, as those who focus on their job, the person in front of them, vaccinators and contact tracers, and all of us who still follow what is asked of us, collectively, those individual actions do make a difference. Reducing transmission, aiding a person to get vaccinated, or access the care they need, and making it all a little better for all those in Grampian.

From all of us at the Daily Brief, we would like to wish you all a happy New Year.

Tune of the day Today's song comes from Derek Adie. He asked for [Live is for Living by Barclay James Harvest](#) adding: "I would like to dedicate it all to the very hard-working Network and Telecoms Team. Keep up the good work team."

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.