

COVID-19 Brief

coronavirus



Here is the brief for Wednesday 6 April 2022.

Staff testing We've got two important items to share with you today, on all aspects of staff testing:

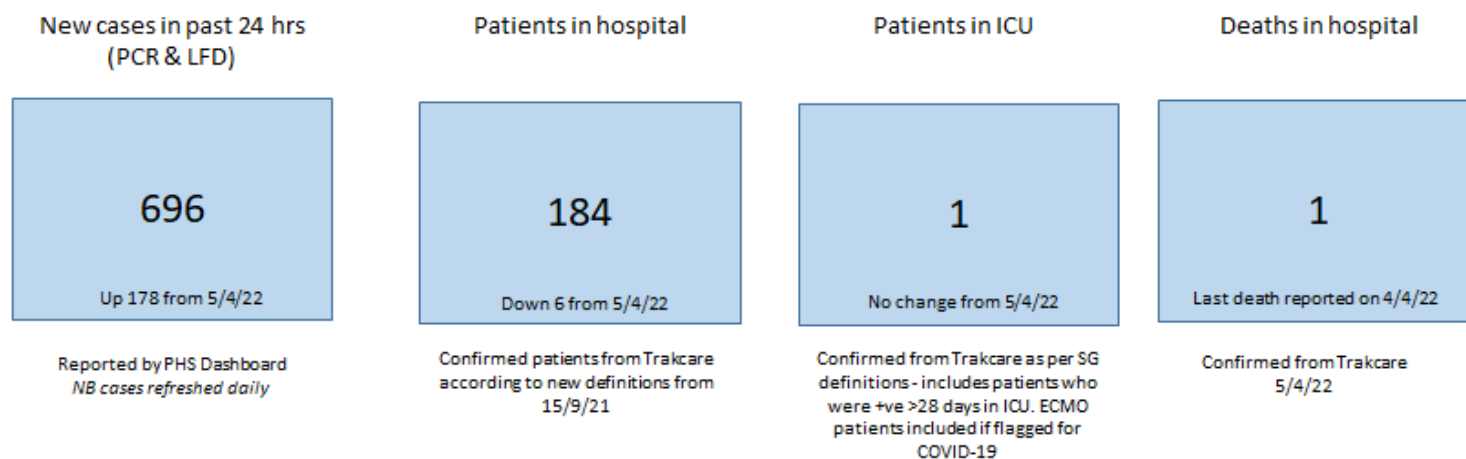
- LFD testing - We've taken a few queries today about the status of the asymptomatic staff testing programme; as healthcare staff we are still encouraged to test twice weekly using LFD tests. Please continue to do so, [remembering to log your results through the national portal](#), and continue to collect new test kits as required from the appropriate location. We'd appreciate your help in sharing this message with colleagues who may not see this brief.

As ever, if you have any symptoms suggestive of COVID-19, please don't use an LFD test. Instead, book a PCR test, [using the staff testing service request form](#).

While the advice to the general public will change from Monday 18 April, the Scottish Government's Test & Protect transition plan includes an ongoing asymptomatic testing programme for health & social care staff. Any changes to this programme will be clearly communicated to you, via this brief, with as much advance notice as possible. Thank you once again for continuing to participate in this programme!

- Weekly PCR testing - Effective **immediately**, staff working in specialist cancer wards and treatment areas, long stay care of the elderly, and long stay old age psychiatry and learning disability wards are **no longer required** to submit a weekly PCR test as previously required for the asymptomatic staff testing programme. Staff in these areas should continue twice weekly Lateral Flow Device Testing and seek a PCR test if they develop COVID-19 Symptoms (see above). More detailed information is being sent directly to those areas listed.

Grampian data The local report is shown below; as highlighted yesterday, we'll no longer update on self-isolation of close contacts, reflecting the changes in guidance. [The Public Health Scotland daily dashboard can be viewed here](#)



Pensions update Here is today's update for members of the NHS Scotland pension scheme:

- **2015 CARE Scheme – Pensions Indexation and Revaluation**

Public service pensions in payment, together with those that are deferred for payment at a future date, are indexed annually based on the annual change in the Consumer Price Index (CPI) measured as at the previous September. An increase of 3.1% is to be applied from 5 April 2022 for pensions in payment and deferred pensions. The NHS Pension Scheme 2015 Regulations i.e. the CARE scheme, provide for annual in-service revaluation. For active members this is at the rate of CPI plus 1.5%. This means that CARE benefits for active scheme members will be revaluated at the rate of 4.6% in respect of 2021/22.

For more information please see

[NHS Circular 2022 01 Public Service Pension Indexation and CARE scheme revaluation 2022.pdf \(pensions.gov.scot\)](#)

Return to Practice Information Session – 28 April We welcome all SCNs, Team Leads, Nurse Managers and Practice Educators to an information session about the Nursing and Midwifery Return to Practice programme in collaboration with Robert Gordon University (RGU). The session will be held by members of the NHS Grampian Return to Practice team and Dr Kate Goodhand from RGU. We will discuss the recruitment process, the course specifics, responsibilities of having a return to practice nurse/midwife, and the benefits of the programme. The session will be held via MS Teams on **Thursday 28 April at 1.30pm**. For more information, [please visit the Practice Education intranet page](#) (networked devices only) or email gram.rtp@nhs.scot to book your space.

Reminder - COVID-19's impact on people with disabilities There is evidence nationally that both COVID-19 and the associated lockdowns have had a more severe impact on people with disabilities, when compared to the general population. In Grampian, we want to understand the experience of people with disabilities locally; [a questionnaire has been prepared by the NHS Grampian Disability Group](#). We are encouraging anyone with a disability (or their carers, if appropriate) to complete the questionnaire. This questionnaire is also available in other formats and languages, upon request. Please contact 01224 551116 or 01224 552245 or email: gram.communications@nhs.scot. The closing date for the survey is **Friday 13 May**.

Creative Comforts This is an online art and writing workshop developed for all NHS Grampian staff and fully funded by Creative Scotland. Creative Comforts is an opportunity for you to tune out, Zoom in, and get comfortable for an evening or afternoon of guided art and writing practice. No previous experience required. If interested, please contact Emily Utter (emily.utter@nhs.scot). Tentative dates: weeks of April 18th and 25th, and May 2nd. There will be four weeknight sessions (7-9 PM) and two Saturday afternoon session (2-4 PM). All materials will be sent to you by post ahead of time.

We Care Wellbeing Wednesday Reading for pleasure helps us support our own wellbeing, to relax and to escape. When we read, we understand ourselves and others more deeply as we immerse in other's experiences, views, or feelings. We build knowledge of the world through reading. When we exchange views about books, we connect with each other. [There's lots more on the wellbeing power of reading for pleasure here](#).

- NHS Grampian Library & Knowledge Service

NHS Grampian Libraries support health and social care staff to connect through a shared love of reading. Come along to our virtual monthly [Book Blether](#) and share what you're reading and get some ideas for your future reads. The next meeting is tomorrow (Thursday 7 April) at 1pm - please do email as below if you would like to log on. For those not able to attend this, we have a MS Teams channel where we keep the 'book chat' going between the regular 'Blethers'. We can also send on lists of past book recommendations and monthly themes. Contact cornhill.library@nhs.scot for a link to the next Book Blether and/or for details on joining the MS Teams.

- World Book Night

Saturday 23 April is [World Book Night](#). NHS Grampian has been chosen as one of the organisations gifted with free books to give away to staff! More news on this to come.

For more information on what the library service can do for you, contact either:

Eilidh Mclean, Knowledge & Information Officer, Library & Knowledge Services, Dunbarney House, Dr Gray's, Elgin. Eilidh.mclean@nhs.scot or gram.drgrayslibrary@nhs.scot

Or

Karen Sinclair, Information Officer, Library and Knowledge Services, Royal Cornhill Hospital, Aberdeen.

Karen.sinclair@nhs.scot or cornhill.library@nhs.scot

Tune of the day Hands up if you were at the Simple Minds gig last night? Jackie Stewart (Acute Learning Disability Nurse Advisor) certainly was and by all accounts it was a barnstormer! She's asked for [Alive & Kicking](#) for today's tune and I am happy to oblige!

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