

COVID-19 Brief

coronavirus



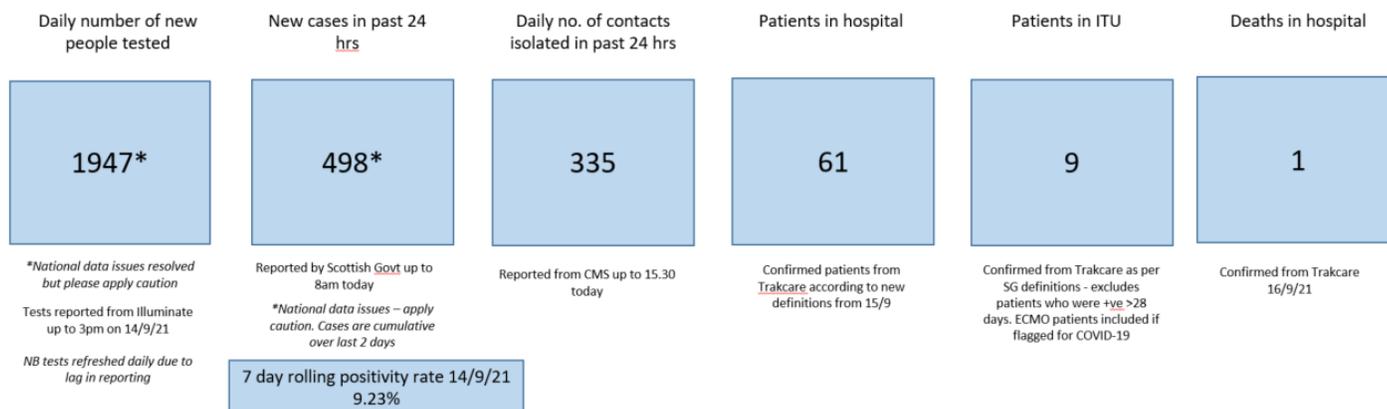
Here is the brief for Friday 17 September 2021.

Autumn/Winter vaccination – self booking portal In order to use the self-booking portal to arrange flu vaccination and COVID-19 booster (if eligible) you will need your NHS Inform username. This is the unique code that was included in 'blue envelope' letters. As many of you were vaccinated in the staff programme and did not therefore receive these letters, you will need to recover your username.

[Instructions on how to do this – or what to do if you cannot remember your password are available on the NHS Inform website](#), you should scroll down to the section titled 'Get a copy online'

With the booking system set to open next week, we would strongly encourage everyone to check they have their username and password available, as you will need it to book your Autumn/Winter vaccination appointment.

Grampian data There continue to be some national issues with data and numbers marked with * should be treated with caution. Please note the case numbers represent total data from the last **two** days.



[The Public Health Scotland daily dashboard is available to view via this link.](#)

Annual leave – what you need to know With the school October holidays fast approaching – and Christmas a matter of weeks after that – many of you may be planning annual leave. Please remember to check the HQ Q&As – [there is a section which specifically covers holidays and other leave.](#)

Realistic Medicine survey One of the main aims of Realistic Medicine is for people using healthcare services, and their families, to feel empowered to discuss their treatment fully with healthcare professionals, including the possibility that a suggested treatment might come with side effects – or even negative outcomes. Everyone should feel able to ask their healthcare professional why they've suggested a test, treatment or procedure, and all decisions about a person's care should be made jointly between the individual and their healthcare team.

In Grampian we are doing work to ensure this happens, and we would appreciate your help in letting us know where we are getting this right and where we could do better. We've created a short survey we would appreciate you sharing with friends and family an - since health & social care staff can also be patients – completing yourself. You can scan the QR code (below) or use this link: <https://bit.ly/3AjY2jS>



NHS Grampian's commitment to becoming a more sustainable organisation Every day, we are increasingly aware of how the climate is being affected by human activity – as such we have a duty and responsibility to take into consideration how our actions affect our environment and come up with solutions to address this without adversely affecting the standard of care in our services.

As an organisation, we have been involved in a number of sustainability projects:

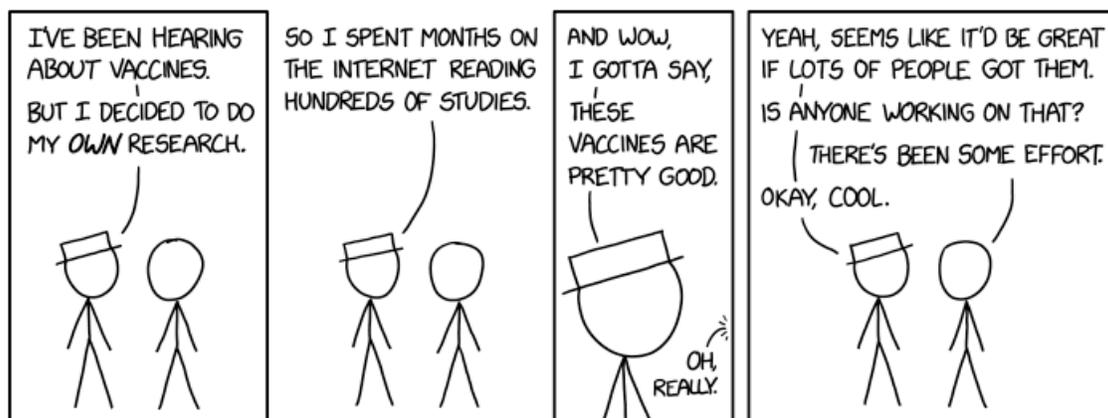
- Our Energy Centre at the Foresterhill Health Campus site utilises low carbon technologies such as a combined heat and power plant, and a biomass boiler is used during winter months.
- We have established the WARP-IT network to ensure usable items are redistributed within the organisation, avoiding costly disposal.
- Recycling bins are located throughout our sites, and we've established food recycling for staff within office settings.

We have identified five further sustainability projects that we plan to undertake over the next 2-3 years and would like your help to decide the order in which they should be done. To make this easy, we have created a Mentimeter poll. [This link will give you a brief description of the projects and let you rank them.](#) We'll be leaving this poll open into next week, please share the link with colleagues and teams.

Orange Award As this week's award has still to be handed over, we're keeping the winner (or winners) under wraps for now. However, this is your regular Friday reminder that nominating a colleague or team for an Orange Award is super straightforward. [You can either complete the short online nomination form](#) or drop an email with their details to gram.nmahporangeawards@nhs.scot

Your Space Jillian Evans shared this fantastic video, [from comedy group Foil Arms and Hog, imagining what life might be like if in-person meetings become 'a thing' once again.](#) For the avoidance of doubt, this is being played for laughs, we would never suggest any of you would behave like this in a Teams meeting. Also, parental advisory, there are a couple of mild expletives in the video.

I spotted this cartoon on [webcomic XKCD](#):



And finally, Claire Reid leaves us with a big question to ponder, courtesy of her 12-year-old – what if stones are actually soft, but they tense up when we touch them?

Tune of the day Mike Newlands has the honour of picking the last tune of the week and it's a distinct departure from the mellow mood we've set this week! [AC/DC see us out of the working week with It's A Long Way To The Top](#). Bagpipes and Aussie rock – what more could you ask for?

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.