

Here is the brief for Wednesday 22 December 2021.

Staff “Exemption from Isolation” to attend work Following some queries after publication of this item on Monday, we sought clarification, which has now been received. Please read the guidance below and follow the guidance appropriate to your situation:

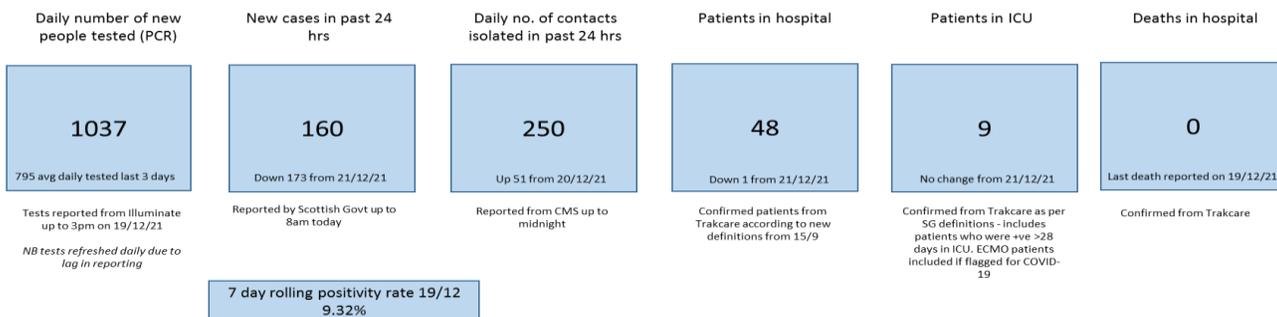
- Household contacts

Across the population, those in the same household as a case of COVID-19 must isolate for 10 days. Healthcare and social care staff who are living in an affected household can attend work if they meet the [specified “exemption” criteria](#). This is an exemption from household isolation **to attend work only**. Staff who are exempted **must complete isolation with their household when not at work**

- Non-household contacts

Across the population, those identified as a contact of a case of COVID-19 must isolate for 10 days unless they meet [the criteria to shorten this](#). This **does not** apply to those employed as healthcare and social care workers. Healthcare and social care staff, who are identified as a non-household contact of a case, can attend work if they meet the [specified “exemption” criteria](#). This is an exemption **to attend work only**. Staff who are exempted **must complete isolation with their household when not at work**.

Grampian data The local update for today is shown below. Please note that the new daily cases in Grampian and across Scotland are underreported due to a data and testing issues



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

Virology lab – Respiratory Virus testing protocol In view of the rapid changes in SARS-CoV 2 profile including the development of Omicron variant, the Virology lab is adjusting the Respiratory Virus testing protocol to allow more rapid and focused turnaround of Respiratory Virus results during this busy winter period. Starting today, the Virology lab will move to testing all requests for Respiratory Virus testing in symptomatic patients to a panel of: SARS-Cov2/Flu A/ Flu B and RSV.

If an extended Respiratory Virus testing is required, please contact the Virology lab requesting it. This can be provided and will be added to the sample already in the lab without the need of sending a new sample.

Time for Turas? If you are self-isolating at home because you are awaiting a PCR test result or if you tested positive for COVID-19, but feeling well enough to do so, please take this time to complete any outstanding Statutory or Mandatory eLearning. This eLearning can be completed on any device (including your ipad or mobile phone) by logging into TURAS Learn using the following link:

[Home | Turas | Learn \(nhs.scot\)](#) NHS Grampian is committed to ensuring all employees are appropriately trained to work safely and competently. The statutory and mandatory framework on your TURAS profile outlines which courses are required for your role and which courses require refreshing.

Further information regarding the courses required for clinical and non-clinical staff is available here:

[Pages - StatutoryandMandatoryTrainingFramework \(scot.nhs.uk\)](#)

Latest JCVI announcement The latest JCVI announcement on vaccination of 18 yr olds is hot off the press. For now, our primary focus, this side of the New Year, remains on protecting as many people as possible through the accelerated COVID-19 booster campaign. However, you can read the new guidance here: JCVI statement on COVID-19 vaccination of children and young people: 22 December 2021 - GOV.UK (www.gov.uk)

Fit's fit for fab feet? The Podiatry team have seen an increase in staff requests for advice on footwear and also presenting conditions as a result of inappropriate footwear. Lots of you work long shifts, on your feet, so here's some well-timed advice from them to you:

A good shoe should support and protect your foot and allow natural movement during walking. Poorly fitting footwear can cause problems, such as corns, callouses, and ingrown nails.

Top Tips for good footwear:

1. Upper – made of leather or breathable natural or synthetic materials with seam-free linings.
2. Toe-box - deep and roomy at the front of the shoe to prevent pressure on the toes and joints on the side of the foot.
3. Sole - cushioned and flexible with good grip. Please avoid memory foam.
4. Heel – no more than 3cm (1½ inches) high and broad enough to provide stability.
5. Fastenings - laces, buckles or Velcro straps hold the shoe comfortably and securely on the foot. Avoid slip on footwear.
6. Slippers are for occasional use.
7. Make sure they fit well and are in good condition. If they are worn out replace them.
8. Many people use a pair of house shoes rather than slippers as they are more supportive for the feet

If you are experiencing any problems that require referral to Podiatry or if you would like further information on the above, please contact the departments clinical advice line on 07976557945.

Advent Achievements – ARI Staff Garden We have a bang up to the minute achievement, in the form of the ARI staff garden, which opened today. This green outside garden space is reserved for staff, giving them a space to enjoy fresh air, whether for a few minutes or a longer break.

The access doors are situated on the main corridor (adjacent to the Medical Lecture Theatre) or the one leading to the Board Room. The doors open by brushing close to the non-touch push pads. Please use the hand gel on entry and exit and maintain social distancing. Food and drink can be consumed in the garden, but please take all drink and food containers away with you.

The garden has been charitably funded and the generosity of many will be recognised later. An enormous amount of work has been undertaken to get the garden to this point of opening. The paths, shelter and lighting having been installed the planting was undertaken by the garden's designer and a small number of NHS Grampian volunteers. We look forward to spring and the garden coming to

life. The 4 areas within the garden, urban, seaside, river/land and mountain will be further developed, in 2022, as funds become available. You are still welcome to use the Roof Garden, for quietness and reflection, alongside patients and relatives.

We Care Wellbeing Wednesday - The We Care team want to wish all teams and colleagues throughout NHS and partnership in Grampian a Merry Christmas and Happy New Year for when it comes. We also want to say on behalf of our team, thank you for all your hard work during 2021 and for all the ideas you have shared with the We Care team around supporting wellbeing at work. The We Care mailbox and our anonymous feedback form will still be open for any questions or queries during the Christmas break. To get in touch with the team please email gram.wecare@nhs.scot or complete our anonymous form at <https://forms.office.com/r/xgrcdtqKQg>.

Hopeline19 - You may already be aware of Frontline19 charity which provides free and confidential psychological support to NHS and other frontline staff, across the UK. They have recently set up Hopeline19 - a telephone service, allowing members of the public to leave messages of support and thanks to frontline workers, who are then able to call up and listen to these messages at any time. You can call Hopeline19 on **0808 19 665 19**. Press '1' to leave a message or press '2' to listen to the messages left. More information on Hopeline19 is available on the charity's website at <https://www.frontline19.com/>.

Support Over Christmas - We recognise that Christmas can be a stressful time for some, we hope that you can take some time to rest, reflect and recharge with your colleagues and family. Support is available throughout the Christmas period if you wish to reach out and talk to someone. For a full list of support available for staff in distress please check out our "Supporting staff in distress" Information sheet attached to this daily brief.

Tune of the day Thanks to Jill Gibbon for today's suggestion – it's a special version of Tom Walker's [Leave A Light On](#), accompanied by the Red Hot Chilli Pipers:

Fa disnae love the skirl o' the pipes?

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