

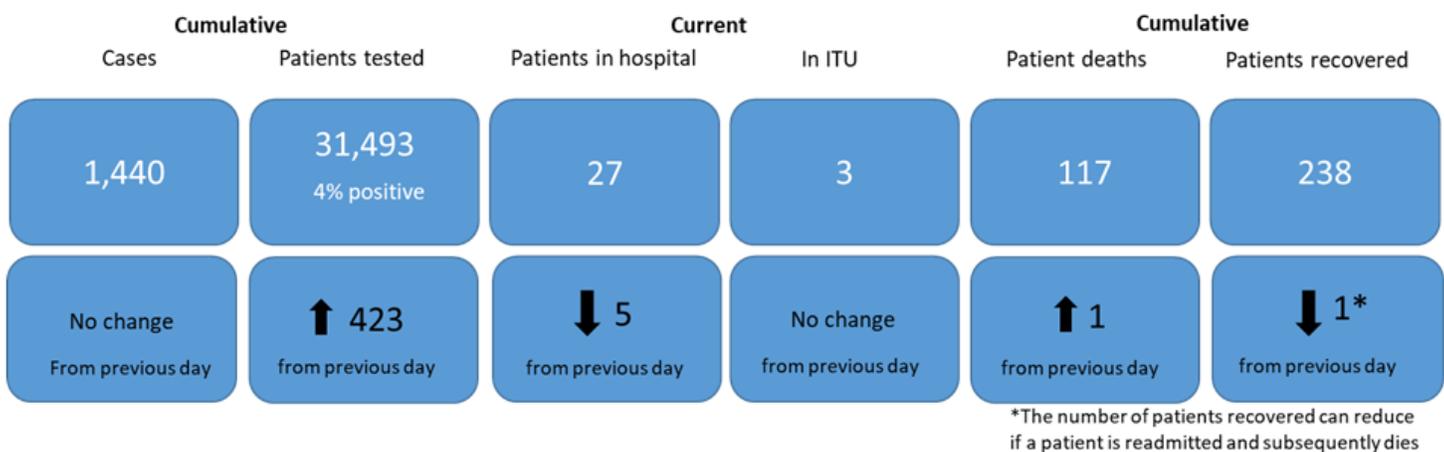
COVID-19 Brief

coronavirus



Here is the brief for Wednesday 22 July 2020. Please ensure that you share this brief with colleagues and staff who do not have access to email, especially if they are self-isolating, otherwise working from home or do not have ready access to a PC. Briefs are shared on our dedicated website covid19.nhsgrampian.org which is updated continuously.

Grampian update A snapshot of hospital related COVID-19 activity in Grampian for Wednesday 22 July is shown below. To see what is happening in other Board areas, you can visit the [Scottish Government website](#).



ACTION REQUIRED – Email changes – NHS.net to come to an end As previously highlighted, we will all shortly move to a Microsoft 365 ‘Exchange Online’ mailbox, which will integrate and synchronise with the rest of the Microsoft 365 application suite, including Teams. This means we will get new email addresses and existing NHS.net email address will no longer be used.

Mail migration in NHS Grampian is scheduled to take place in **August 2020**. Please note that emails to your NHS.net account will be forwarded to your new email address up until December 2020. [This FAQ](#) provides initial information to help you prepare for as successful migration. Further FAQs will be posted on the Grampian Digital Champions Teams site where there is already a wealth of content to support users get the most out of the new tools. Join the Grampian Digital Champions team via the following link: [GRAM DIGITAL CHAMPIONS](#)

For specific questions please contact the local Microsoft 365 project team in Grampian by emailing: nhsq.office365@nhs.net.

PPE training on Teams – reminder Donning and doffing training is available via Teams; the next sessions take place on Monday 27 July, 11.30am-12.15pm and Thursday 30 July, 11-11.45am. To book your place, please email gram-uhb.ipc-donn-doff-training@nhs.net

Travel quarantine Following our item yesterday on the Scottish Government’s decision to remove Spain from the 14 day quarantine list, we wanted to clarify two points: 1. This comes into effect tomorrow (Thursday 23 July) and 2. Anyone who has arrived in Scotland from Spain prior to that date is still required to self-isolate for 14 days; you cannot end a period of quarantine early.

Chaplaincy support for staff The pandemic is, of course, the current massive global story but your own experience of the story – and what you find most stressful about it – is unique to you. Healthcare chaplains in Grampian are here to listen to you and support you, whether your story is traumatic or seemingly more trivial. You will not be judged or assessed, and anything you share will be kept confidential. You do not need an appointment - chaplains are out and about across hospitals, but they can also be contacted on ext 53316 8.00am -4.30 pm, Monday to Friday. Out-of-hours the on-call chaplain can be contacted via switchboard. One of the team is generally available to see someone on the same day. Alternatively, you may prefer to just stop one of them in the corridor to access a bit of support for you at this time.

Question of the day – new topic and yesterday’s results Yesterday we asked how often you get positive feedback at work. As of 15.45 today, 630 people have answered, and the results are as follows (see our thought for the day for more on this):

Please rate how strongly you agree or disagree with the following statements

Mentimeter



630

When we asked you to reflect on your working week, the three most used words were Busy, Challenging and Frustrating. Today we would like to explore the things that are contributing to the frustration many of you are currently feeling. To take part please click [here](https://www.menti.com/ezt126o4op) or copy this link into your browser:

Thought for the day The words ‘thank you’ are simple but incredibly powerful. The results of yesterday’s question suggest we all need to say these words more often. Share and spread gratitude and appreciation for a job well done. It takes no time at all and will matter to the person hearing it. In that spirit, thank you to everyone who reads this brief and takes the time to answer our questions honestly and thoughtfully.

Comments? Suggestions? If you have feedback about this brief or questions about the content please do not hesitate to get in touch via gram-uhb.staffquestions@nhs.net