

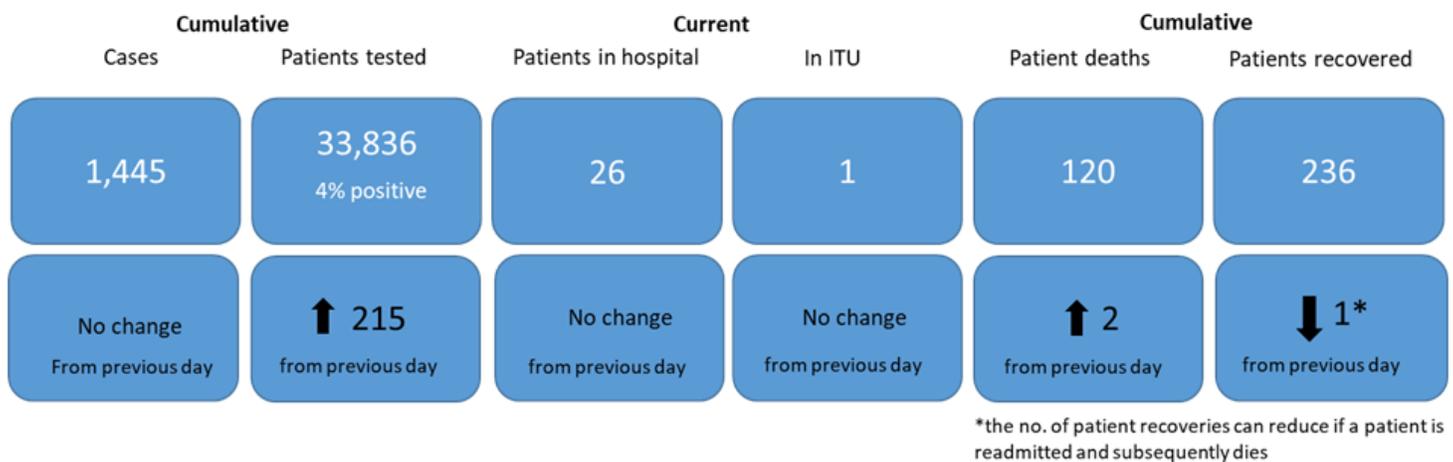
# COVID-19 Brief

coronavirus



Here is the brief for Tuesday 28 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](https://covid19.nhsgrampian.org) which is updated continuously.

**Grampian update** A snapshot of hospital related COVID-19 activity in Grampian for Tuesday 28 July is shown below. To see what is happening in other Board areas, you can visit the [Scottish Government website](#).



**Designing our system to 'Live With COVID-19'** COVID-19 is likely to be with us for some time to come and there is no doubt it will continue to shape all our lives and roles at work as we move forward. That's why we need to continue our planning to make sure we are in the best shape possible to handle the future. To do that effectively it is clear we need to design our system, building on the learning from the last few months, ensuring it is flexible enough to handle emerging pressures quickly. Alongside this agility and flexibility, it is important that we provide as much certainty as we can for the role(s) that we will all need to play over the coming months.

For the system to be successful, it is going to require involvement and awareness from all staff in every part of the health and care system. A new group - chaired by interim deputy chief executive Adam Coldwells - is now in place to spearhead that work and more information about how we can all be involved will be published over the coming days and weeks. For the moment, the system leadership team have recorded a short video for staff which outlines the guiding aims and principles that will be used to help design the system. To view the video, click [here](#).

**Got symptoms? Get a test!** Anyone with potential COVID-19 symptoms, however mild, should not attend work, or should remove themselves from work as per guidance, self-isolate and [book a test](#). Although certain groups of staff currently caring for very vulnerable individuals are being offered asymptomatic testing on a weekly basis, this should **not** be used as the method for testing if you have symptoms. The virus hasn't gone away.

**Grampian Assistance Hub – still open for business** As we move out of lockdown and towards a new normal, it is important to remember that there are still people who need help. The Grampian Assistance Hub is still open and is still providing support. Call the team on 0808 1963 384 or go to the website [here](#).

**Template risk assessment to support patient placement for 'shielded' people during the Pandemic** Clinical services have asked the Infection Prevention & Control Team for advice on placement of patients identified as 'shielded'. Shielded patients are identified on TrakCare with a green shield symbol. Optimal placement is in a single en-suite room. It is appreciated that our estate has limited single en-suite accommodation. Please use [this risk assessment](#) to guide 'shielded' patient placement. (This is an Intranet link and will not work on non-networked devices)

**Values Based Reflective Practice – could it help your team?** You may have heard the letters VBRP® and wondered what they stand for. Values Based Reflective Practice is part of a national initiative aimed at enhancing staff experience. It offers practical tools to support staff so that they are more able to deliver the care they came into the service to provide by enabling them to:

- (Re)connect with their core values and motivations
- Reflect on their work in a supportive setting
- Enhance their relationships with colleagues
- Develop their resilience and well-being at work

Very often, people don't ask for help until there is a sense of crisis and a feeling that "I am not coping". VBRP® offers a regular form of support which can be embedded in our working lives reducing the build-up of stress and enabling continuing professional development. Sessions last between 20-30 minutes and are guided by a trained facilitator using the VBRP® model which is designed to give a clear structure to the group keeping the process safe and responsive. If you would like to find out more or book a taster session please contact me, Sue Rayner at [susan.rayner1@nhs.net](mailto:susan.rayner1@nhs.net) or on 01224 (5)52219

**National wellbeing helpline** Did you know there is a national wellbeing helpline, providing support 24/7 to health and social care staff? You can call the helpline on 0800 111 4191. Remember our psychological resilience hub continues to offer support to health and social care staff in Grampian; you can find more information [here](#).

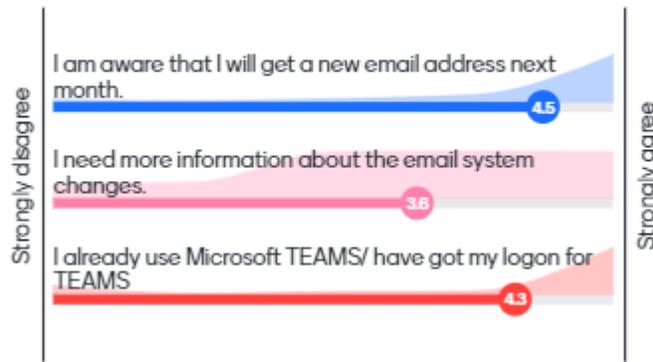
**Update – staff transportation assistance** Since the start of the pandemic, transportation assistance has been made available to support staff getting to and from their place of work. As lockdown restrictions ease, and public transport becomes more readily available and safer, we will continue to provide assistance where public transport is still **not** a practical option. Therefore, please note the "[Staff Transportation Request Form](#)" has been updated to reflect the changing situation and should be used for all staff transport requests from today (28/7).

**Reminder – call for questions on visiting** Following the phased re-introduction of person centred visiting, and in advance of the expected move to two designated visitors in the weeks ahead, the project team would like to invite staff to submit questions for a second Q&A session. Please submit any questions to [kirsten.dickson@nhs.net](mailto:kirsten.dickson@nhs.net) by **Thursday 30 July 2020**.

**Thought for the day: knowing what we can – and cannot - control** This week we're going to be using our question of the day to look at the level of control we have at work. Jobs in health and social care are frequently affected by external events. The current pandemic is an extreme example of this but we probably all have stories to tell about shifts which started off one way and were then thrown off course by events outwith our control. This can be enormously frustrating – and that word has cropped up a lot in the Wordles you have helped create. Our questions will get into details; this thought is to encourage all of us to recognise the things we cannot control and, if possible, make our peace with them. This is easier said than done but no less worthwhile for that.

**Question of the day – new topic and yesterday's results** Yesterday we asked how ready you are for the change in our email provider next month. As of 16.00, the results are as follows:

# Our email provider will change in a few weeks. How ready are you for this change?



535



We've fed this back to the Office 365 project team and more information will be coming out this week and next. If you've got specific queries please contact [nhsg.office365@nhs.net](mailto:nhsg.office365@nhs.net)

As highlighted above – and recognising the external factors we face in health & social care - we are looking at how in control you are feeling at work. To answer the question please click [here](#) or copy this link into your browser: <https://www.menti.com/w7w23fahjv>

**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](mailto:gram-uhb.staffquestions@nhs.net)