

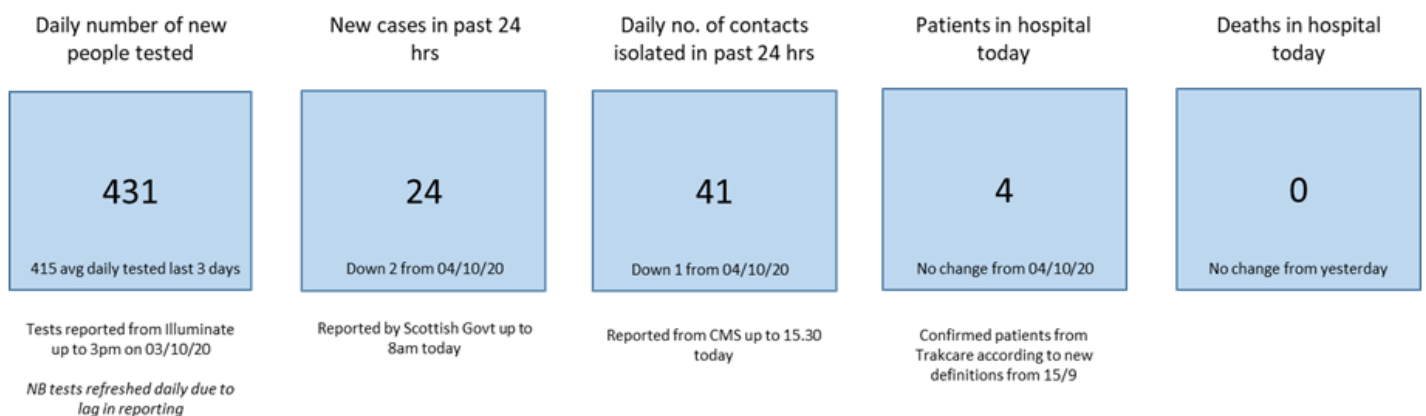
COVID-19 Brief

coronavirus



Here is the brief for Monday 5 October 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 The most up-to-date Grampian data about COVID-19 new cases, contacts and care in Grampian hospitals is shown below. National data is provided by Public Health Scotland. You can view that [here](#).



COVID-19 vaccine trial We have been overwhelmed by the response to our call of volunteers for a COVID-19 vaccine trial. Well over 1500 people have now been in touch and we are working hard to get back to all respondents as soon as possible. **We are no longer looking for any new expressions of interest.** People who volunteered via NHS Digital's COVID vaccine registry may experience a delay in response due to a technical issue outwith our control. Thank you to everyone who has been in touch. We are continuing to book and recruit volunteers from those who have been in touch already.

Convalescent plasma donation If you, or someone you know, have recovered from COVID-19 you may be in position to help others by donating plasma. More information is available on the Scottish National Blood Transfusion Service [website](#).

FAQS and Information - Student Nurses and Midwives: Academic Year 2020/2021 Updated information for student nurses/midwives on placement and the teams hosting them is available [here](#).

PPE Donning & doffing training – new dates Training on the correct way to don and doff PPE is being provided via MS Teams – dates below. To book, just email gram-uhb.ipc-donn-doff-training@nhs.net.

Date	Time
Thursday 8 October	11-11.45am
Tuesday 13 October	11-11.45am
Thursday 15 October	11-11.45am
Tuesday 20 October	11-11.45am
Thursday 22 October	11-11.45am

University of Aberdeen IMT update The number of cases of COVID-19, associated with the University of Aberdeen student population now stands at 122. The incident management team have again concluded there is no evidence of spread to the wider community; the next update will be shared on Thursday.

O365 – Phase 2 Email Migration – Reminder All remaining NHS.net users included in the Phase 2 migration are reminded their accounts will migrate to NHS.Scot email **tonight** at **6pm**. Following migration, an auto forward will be set from the NHS.net accounts to the new NHS.scot accounts until **18 November 2020**.

Thought for the day – think like a Norwegian If we were in any doubt about the shift in the seasons, the weather over the weekend will have removed those doubts! Shorter days can impact on our mood and wellbeing but this does not have to be inevitable. A study of people living in the Norwegian city of Tromsø – where they get little to no direct sunlight during the peak of winter – suggests that adopting a positive mindset can play a vital role in maintaining good mental health. If we view something as a challenge we can overcome or adapt to, rather than a threat, we are far better prepared to deal with it. We should try to think about the positive things this time of year can bring; the cosiness of being indoors, the increased opportunities to see the beauty of sunrises and sunsets, crisp walks on a clear day. Taking pleasure in the small things and welcoming the change in the seasons won't cure everything, but it will certainly help our state of mind. If you're interested in learning more about the Norwegian experience, click [here](#).

Question of the day We use this brief to share a lot of information with you all; to enable you do your job safely, to be able to pass information onto your teams, to answer questions patients may pose and to keep you updated on what is happening in the organisation. Now we want to know how well informed do you feel? Are there gaps in your knowledge? Your answers will help us ensure this brief is as useful as possible. To answer the question click [here](#) or copy this link into your browser: <https://www.menti.com/behw3gtb9o>

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