

Here is the brief for Friday 10 December 2021.

The new variant, Christmas parties, and next steps At today's Scottish Government briefing the First Minister echoed the call, made by Public Health Scotland, for all of us to delay Christmas parties. NHS Grampian supports this position.

This is not where we want to be, and it is with great regret that we are making this request of you all. We know how much you all look forward to celebrating the season with colleagues and how hard it was to miss out last year. By deferring events into the New Year, we can all play our part in limiting further spread.

A number of COVID outbreaks in Scotland, particularly those caused by the Omicron variant, are being linked to Christmas parties. While we have previously issued guidance to support you to have as safe a celebration as possible, this was written based on what we knew about Delta, as the dominant COVID-19 variant. The situation has clearly taken a turn for the worse since then, bringing uncertainty and potential high impact on services which are already under intense pressure.

Staff should contact the Endowment support team on gram.charities@nhs.scot for advice, should they have used their contribution from Endowment funds towards a deposit for an event which is now to be cancelled and the venue is unwilling to re-schedule.

During the briefing, changes to the self-isolation guidance were outlined. From tomorrow (11 December), regardless of vaccination status or a negative PCR result, all household contacts of confirmed cases will be asked to isolate for 10 days. Non-household contacts should commence self-isolation, pending the results of a PCR test. If it is negative, they may end isolation. You'll be aware that slightly different procedures govern health & social care staff on self-isolation, we await further guidance on how this change will affect us.

[You can watch the Scottish Government briefing in full here.](#)

[You can read the evidence paper on Omicron, referred to during the briefing, here.](#)







COVID-19 booster/flu vaccination Yesterday we shared information on drop-in vaccination clinics, available this weekend. We're pleased to confirm that, from Monday 13 December, all clinics in Aberdeenshire will be offering drop-in opportunities. There are clinics in Huntly, Inverurie, Banchory, Stonehaven, Macduff, Fraserburgh, and Peterhead, open Monday-Friday. If you (or someone you know) needs a first dose, a second dose, or are currently eligible for a COVID booster or 'flu jab you can drop-in to any of these venues. Please note the Aberdeen City Vaccination Centre is not offering walk-ins at present. The Fiona Elcock Vaccination Centre is offering limited afternoon drop-in sessions.

RECOVERY trial Aberdeen Royal Infirmary, along with 177 hospital sites across the UK, is a participant in this trial, led by Oxford University. A huge thank you to everyone (staff and patients alike) who have supported and continue to support this trial. The trial team have provided this update on progress so far (see below)

Three effective COVID-19 treatments

-  **Dexamethasone**
An inexpensive steroid
-  **Tocilizumab**
A treatment for arthritis
-  **Ronapreve**
Synthetic monoclonal antibody therapy

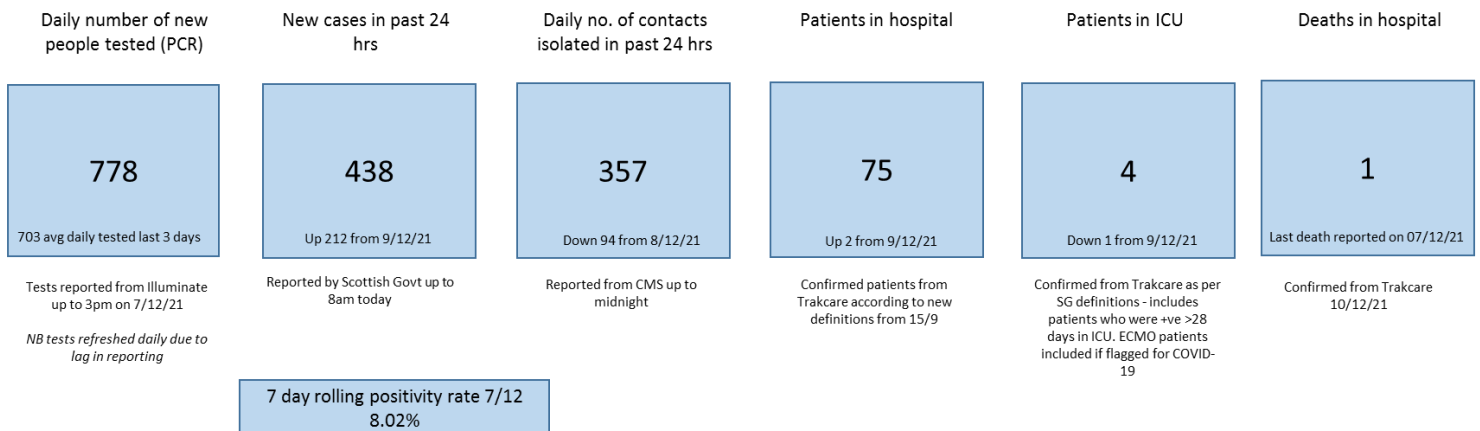
Six treatments that do **not** benefit COVID-19 patients

-  **Hydroxychloroquine**
-  **Lopinavir-ritonavir**
-  **Azithromycin**
-  **Convalescent plasma**
-  **Aspirin**
-  **Colchicine**

The study continues to investigate other potential treatments for COVID-19, including baricitinib and empagliflozin.

Grampian data

The local update for today is shown below.



[The Public Health Scotland daily dashboard is available to view via this link.](#) Please bear in mind this is no longer updated at weekends; headline figures on COVID-19 cases will be published on the Scottish Government website.

Estates on-call service The On-Call Service provided by Estates is to cover faults which represent an urgent danger to life or property. These include failure of the following systems power, water supply, heating, medical gas systems, and major leaks with the potential to cause significant damage or where there is a detrimental effect on the provision of clinical care to patients. The On-Call Service is not to be used to report routine repairs that do not require immediate attention. Thank you for your cooperation.

We Care Wellbeing Pulse Survey – we want to hear from you 1220 of you have already completed our third pulse survey – thank you. The survey will close at midnight on Monday (13 December) so please try to spare 3-5 minutes to share your experience. [To complete the survey please follow this link](#) or scan the QR code below.



Orange/STAR Award Huge congratulations to Melissa Forbes, Domestic Supervisor and recent recipient of the Orange Award. Remember, this award is transforming into the STAR Award. It's still open for anyone working in health & social care to nominate a colleague or team going above and beyond. [All you need to do is complete the online nomination form.](#)

Advent Achievements Today, we're spotlighting the Radiology team at Dr Gray's Hospital. When the pandemic hit, they were already working on changes to their shift system. Despite all the pressures COVID-19 brought, the team persevered with these changes. This now means radiology services at DGH are maintained 24/7, with support for colleagues at all times. Changes like this don't just happen, they require commitment and working in partnership, so well done to the DGH team for an outcome which benefits patients and staff alike.

Following yesterday's piece, some of you have been in touch to remind us that many Newly Qualified Nurses and Midwives also graduated this week. Their achievement is no less significant, and we send our congratulations to all of them too.

Tune of the day Diane Robertson has requested [Snowman by Sia](#) for our final tune of this working week. According to Diane (who's finger is more on the pulse than mine) this song was the subject of a TikTok challenge (ask your kids...) to sing the chorus in one breath. Could you do it?

We know today's brief will have been hard to read. The outlook feels bleaker now than it has in some time. We have no magic solution to this. As we have from the start of this, we will continue to share all the information we can with you, to allow you to make informed choices. If you are working this weekend, please take care. If not, we hope you get some time to rest and recharge. The brief will be back on Monday.

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