

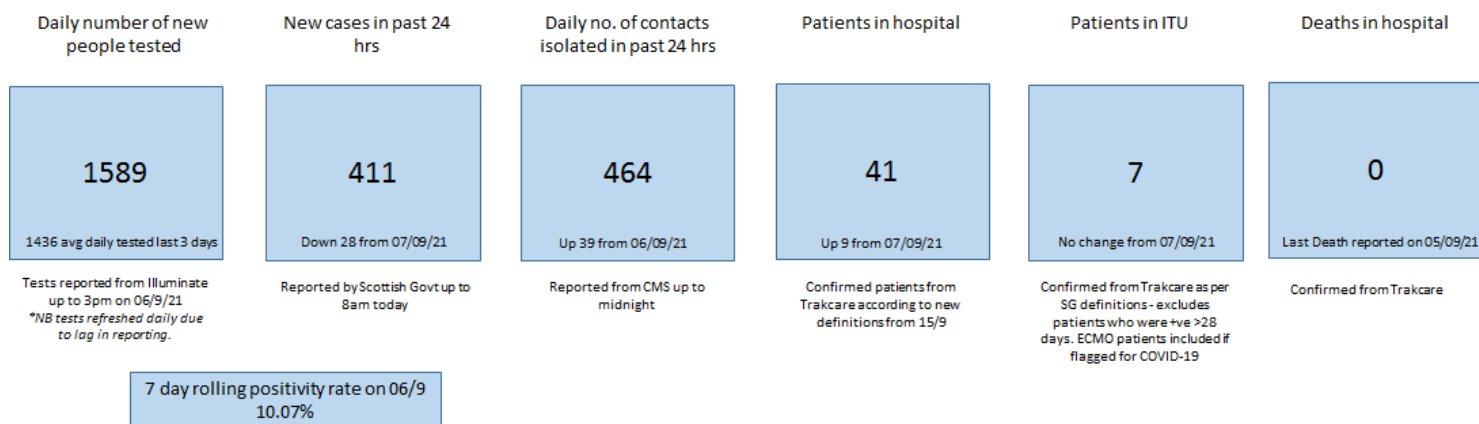
COVID-19 Brief

coronavirus



Here is the brief for Wednesday 8 September 2021.

Grampian data The local update for today is shown below. A national update is available on the [Public Health Scotland daily dashboard](#).



Self-isolation support If you test positive for COVID-19 and need support to manage through the ten day self-isolation period, remember you can contact the [Grampian COVID-19 Assistance Hub](#) either via their website or by calling 0808 196 3384 (Mon-Fri, 9am-5pm).

If you work in health & social and are advised to self-isolate as a close contact, it is possible to end self-isolation early and return to work, subject to certain conditions. The latest guidance on this was shared in the brief on 31 August – [you can read that again at this link if you missed it or want a refresher](#).

Hospital visiting – visiting passes From tomorrow (9 September) visiting passes will no longer be in use. Visitors will still be asked to abide by the current limits on numbers and to book visits in advance with ward teams. We continue to advise visitors to use Fluid Repellent Surgical Masks (available at all entrances) instead of face coverings, and to consider testing twice weekly with Lateral Flow Devices. Anyone who is unwell is asked not to visit patients in hospital.

Is the vaccine losing its effectiveness? (The short answer is NO!) At the peak of the infection in early January almost all of hospital admissions for COVID-19 were in people who were not vaccinated. Last week the majority (60%) of hospital admission for COVID-19 were in fully vaccinated people. Does this mean that the vaccine is losing effect? The answer is a resounding 'NO'.

Consider the example of road traffic accidents and seat belts. Before the introduction of compulsory seat belt wearing virtually all Road Traffic Collision (RTC) injuries were in people who were not wearing seat belts. Sometime after the seat belt legislation, nearly all RTC injuries were in people who were wearing seat belts. This is not because seat belts became ineffective; it is because previously only around 10% of car occupants wore a seat belt, whilst afterwards more than 90% of occupants wore a seat belt. The **number** of RTC injuries fell dramatically.

The analogy with COVID-19 and vaccination is clear. In early January hardly anyone had had two doses of vaccine (we only started in early December), now 84% of people over the age of 18 have had both doses. The explanation for the sharp increase in the percentage of hospital admissions is simply because the fully vaccinated population now far exceeds the unvaccinated. Like RTC injuries, the **number** of COVID-19 admissions has fallen dramatically. If you want to understand this topic a bit more,

the [BBC Radio 4 programme 'More or Less'](#) covered it this morning, you can listen again via [this link](#). There is also really useful discussion about this point in [this article](#).

Quality & Safety in Healthcare Event We are pleased to announce the Quality and Safety in Healthcare event will take place on Tuesday 26 October, between 9am and 12.30pm. Instead of the usual location of the Suttie Centre, the event will take place via Teams, with delegates able to join the event from 8.45am.

[All the details you need for registering are available on the Quality Improvement Hub's intranet pages](#) – remember this link will only be accessible on networked devices.

Our theme this year is “Be Civil, Be Safe” and, as always, a poster presentation will be available to view. Posters will be uploaded to our intranet page and you will be able to access these through the link on the intranet page. If you would like to submit a poster for this event please [select this link](#) (intranet link, networked devices only). Poster abstract should be submitted by Friday 17 September.

iMatter Staff Survey The iMatter survey is currently underway, with a closing date of 20 September. But what is iMatter? It is a staff experience continuous improvement tool, designed with staff in NHSScotland, to help individuals, teams, and Health Boards understand and improve staff experience. [You can visit the iMatter website](#) to learn how participating teams improved their staff experience and in turn improved the care and services they deliver.

We Care Wellbeing Wednesday We are pleased to share our first We Care Newsletter, available to [view online at this link](#), and also attached to the email used to send out this brief. Please share this around your teams or print a copy to add to your staff room to keep staff up to date on We Care events, information and news. If you would like to subscribe to our newsletter or provide us with some feedback, please email us at gram.wecare@nhs.scot

- Suicide Prevention and Awareness Week

This week is suicide prevention and awareness week where we will be sharing additional resources via our social media pages. We appreciate the difficulties that the pandemic has brought to most staff, both at work and at home. We want to remind you that there is always someone available to listen and talk through anything that feels overwhelming and 24-hour support is available here:



For more information on what suicidal feelings are please visit this resource on Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/>

We also have a Turas training available to help staff feel more prepared to support a colleague through a difficult time: <https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide>

Within our newsletter, we have focussed on a few pieces related to poor mental health and suicide prevention as well as compiling a list of resources available for staff in distress as a separate attachment to this brief.

And finally, this week's question to reflect on: *In times of change we can achieve much more when we collaborate with others. How could the power of collaboration support your wellbeing?*

These reflective questions are drawn from the Guided Journaling questions. [If you are interested in taking part in Guided Journaling, dates and booking details are available on the We Care website.](#)

Tune of the day We've got a very personal choice today. Lynne Davidson got in touch on behalf of the ARI Pharmacy Medical Team, to request [Waterfall by The Stone Roses](#), in tribute to their colleague Wendy Brechin, who sadly died recently. Wendy had worked at ARI since 1997, most recently as the clinical pharmacist in the Geriatric Assessment Unit (Ward 102). Our thoughts are with Wendy's family, friends, and her many colleagues.

We're always on the look-out for your suggestions of a great song to end the day (or start it, depending on when you read this brief) so just drop us a line via gram.communications@nhs.scot That's also your first port of call if you've got any queries or an item to share.