

Here is the brief for Wednesday 15 December 2021.

Staff testing programme As health & social care, if you (or someone in your household) requires a PCR test we would always advise you to book your symptomatic tests via the in-house testing programme. Our service has a more consistent and faster turnaround time for PCR tests compared to the Government testing sites and you will get your results either by phone or text. [Full details on the programme, where the test sites are, and a link to the request form are available online.](#)

If you have not received either a phonecall or a text 24 hours after a test, you should email gram.staffcovid19testing@nhs.scot and we will confirm their result. You should include your full name and date of birth in your email.

If you are a Parent / Guardian who has been tested at the same time as a family member and received you, and your family's, results through one mobile number, you will receive one text per result, each with a unique code for accessing each result.

When viewing multiple results from the same mobile, please ensure you:

- Log out and close browser windows after viewing the test result before viewing the next result. If you do not do this, there is a risk that you may view the wrong results.
- When viewing the next result, as with the first result, you should be asked to confirm the last name and date of birth for the individual's result you are now wanting to view.
- Once you have confirmed their details, the individual's name will be displayed with their test result.

If you have further results to view, please follow the above steps for each result.

Flow before you go Last week we asked everyone to be extra vigilant and test, test, and test again. This week we ask that you now test daily wherever possible, as advised by Scottish Government. We know this is a BIG ask, but the ongoing uncertainty surrounding the new Omicron variant means we must step up and build on the measures we are all, already taking.

As always, we remain grateful to those who are already testing and are aware that many of you are now testing more than twice-weekly – thank you! We are still hopeful that many of you who have not already signed up will now take the opportunity to start testing, [by clicking on this link](#) and completing the relevant staff link – remember all staff are eligible, you don't have to be in a patient/client facing role. Additional kits are available should you require extra for increased testing – **please remember these are for staff testing only**. You should now be aware how to collect extra kits but if anyone is still unsure please email the following: gram.staffcovidtestingservicemanagers@nhs.scot. Acute based staff can collect from the ARI Boardroom (next to the General Office) Monday to Friday, between 10am and 2pm.

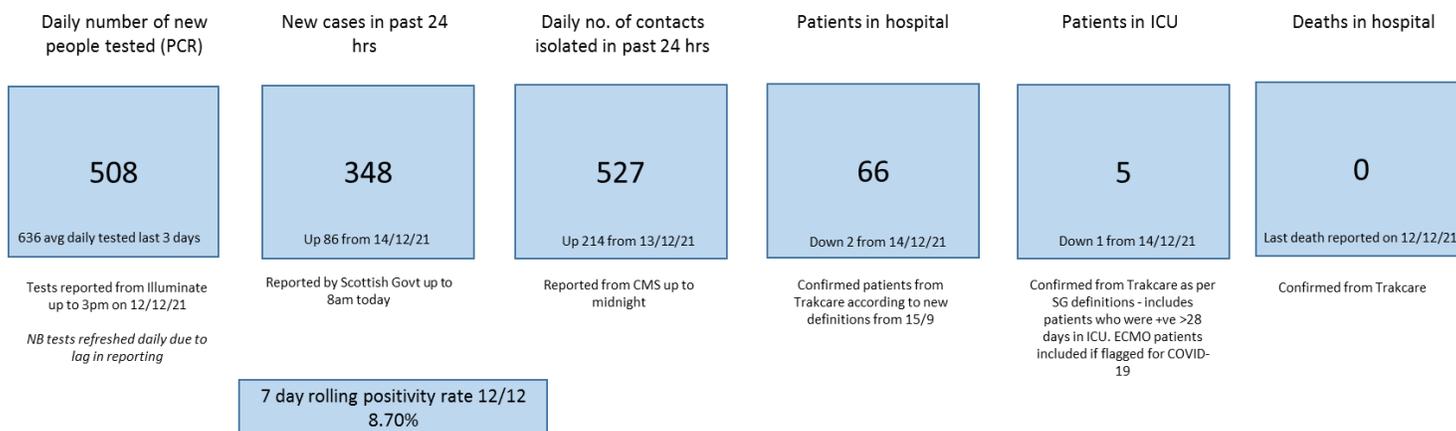
[A big thank you to those who are taking the time to record your results on the staff portal.](#) Grampian are consistently one of the best boards for reporting results – this is because you're taking a few moments extra to record all your results! This means we can continue to update you on what is happening with the virus in the community. **There is also a QR code on your box of kits that will take you to the**

portal. Remember, if you experience the classic COVID-19 symptoms, don't use a Lateral Flow Device. Book a PCR test, using the staff testing programme request form (all details above).

Remember, 'flow before you go' to help keep us all safe, and take the pressure of all of us, and our colleagues during the festive period. Thank you all again.

Hospital visiting Yesterday's update by the Scottish Government made mention of visiting to both hospitals and care homes. We have now received updated advice from the CMO, CNO, and National Clinical Director. The visiting group are considering this and there will be a more detailed update in tomorrow's brief. In the meantime, wards should continue to operate visiting as per the current arrangements.

Grampian data The local update for today is shown below.



[The Public Health Scotland daily dashboard is available to view via this link.](#)

Updated Health and Safety Statement of Intent Everyone working within NHS Grampian is responsible for making safety at work a priority to protect themselves, their colleagues, patients, visitors and the interests of NHS Grampian. Effective control of health and safety can only be achieved through cooperative working at levels of the organisation and this [Statement of Intent Dec 2021](#) (networked devices only) reflects the importance which the organisation attach's to the health, safety and welfare for all our employees, patients, clients, contractors, volunteers and members of the public. The updated Statements of Intent are burgundy in colour, should be used to replace the green ones on notice boards, and can be ordered from gram.healthandsafety@nhs.scot.

Please advise the following when you order: Named Person/Location for the delivery/Total Number Required

Fire Safety Training Reminder We fully appreciate that all staff have been working incredibly hard and it can sometimes be difficult to fit everything into our day. Nevertheless, please do remember to take time out to refresh your online eLearning fire safety training module when this is due. An electronic reminder will usually be sent to individuals when this requires to be refreshed. Managers should encourage all staff to maintain this training especially those who may not have regular access to a computer.

The risk of fire occurring during this very difficult period has not diminished and in certain circumstances may have increased due to the challenges we are currently all working through. Additional fire safety eLearning training modules will soon be available but in the meantime guidance, including how often this training should be completed, can be found on the training section of the [fire safety intranet site](#) (networked devices only). Further fire safety support is also available by contacting gram.firesafety@nhs.scot

Advent Achievements Something a bit different today, from the physiotherapy team in Aberdeenshire. They're setting a 12 Days of Christmas fitness challenge, aiming to get us all up and moving our bodies, just a little more. Using the traditional song, they have developed a series of simple exercises. Also like the song, the exercises accumulate, so on day one you do the first exercise, then on day two, you do that exercise, plus day one. Full instructions are attached to the email used to send out this brief. Remember to start slowly and adapt the exercises to suit your needs.

We Care Wellbeing Wednesday

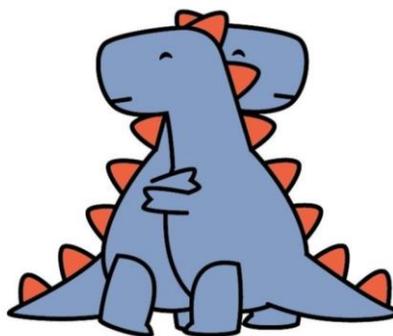
- **We Care Information Sessions** – On first look at our pulse survey results we found that 47% of participants responded that they were either 'unaware of We Care' or 'aware of We Care but not clear about what We Care does'. To help provide clarity on "What is We Care?" and "What staff support is available for individuals and teams?" the We Care team have developed a 20-30 minute information session which explores where staff are at with their own health and wellbeing, what We Care offers and what staff support options are available for individuals and teams.

Our information sessions would be beneficial for teams who are unsure of what staff support is available, what We Care does and those who wish to engage with or ask any questions to the We Care team and to think about how wellbeing practises can be integrated into your own workplace. One of the team can deliver the session in person or on MS Teams at a time that suits you and your team. Anyone from the team can enquire about a session however it would be useful to include a line manager in the email so that we can set up a time to conduct the session with your team. To find out more or to book a session please email our We Care mailbox at gram.wecare@nhs.scot.

- **We Care Flash Report update** - Please see revised We Care Flash report attached on the various workstreams ongoing within We Care as well as a summary of the feedback we have received from staff via email and our anonymous form - feel free to share with colleagues.

Thought for the day For everyone who needs this today, [via Dinos and Comics](#).

you're doing your best
and i'm proud of you



Tune of the day Yesterday's choices were rousing, today we are soothing – thank you to John Stewart for this request – [Don't Give Up by Peter Gabriel and Kate Bush](#).

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