

COVID-19 Brief

coronavirus



Here is the brief for Friday 29 April 2022.

New 'stay at home' guidance From this Sunday (1 May) public health advice will change to a 'stay at home' message replacing self-isolation for the general public, should they have symptoms or have tested positive for COVID-19.

As health & social care staff we should continue to test twice weekly using LFD tests (remembering to record results), to seek a PCR test if experiencing the following symptoms (cough, fever, loss or taste/smell), and to continue with self-isolation from work if we test positive. When/if updated guidance for health & social care staff is received it will be shared via this brief.

Although public testing sites (e.g. at Aberdeen Airport) will close on 30 April, testing **will remain available** to certain groups, including health & social care workers, care home and hospital visitors, patient groups eligible for treatment, hospital patients, unpaid carers, and people in prison.

Contact Tracing will also cease on 30 April. NHS Scotland will be taken out of its emergency footing on the same day, but there will be no immediate changes to processes as a result of this.

Update on the virus in Grampian Infections in the community continue to decline in Grampian, Scotland, and the UK as a whole. Hot off the press, the newest stats reveal 1 in 25 people in Scotland are estimated to have had COVID-19 on the w/e 23rd April, compared to 1 in 19 previously. This is equivalent to just over 4% of the population, so the risk of catching the virus is still very high. Our latest [video update](#) explains admissions to hospital have been falling, although seem to have plateaued in recent days. There has been a slight rise in admissions for people aged 70 and over which is impacting on length of stay. COVID-19 hospital occupancy remains high and not far short of our busiest period during the Delta wave in January 2021. The number of partial and complete ward closures due to outbreaks continues to reduce but care homes continue to face disruption as a result of outbreaks. Overall, the situation is hopeful, but still challenging.

Grampian data The local update is shown below; [the PHS daily dashboard can be viewed here](#).

New cases in past 24 hrs
(PCR & LFD)

224

Down 84 from 28/4/22

Reported by PHS Dashboard
NB cases refreshed daily
* Yesterday reported 419 cases
(notified today)

Patients in hospital

118

Down 6 from 28/4/22

Confirmed patients from Trakcare
according to new definitions from
15/9/21

Patients in ICU

4

Up 1 from 28/4/22

Confirmed from Trakcare as per SG
definitions - includes patients who
were +ve >28 days in ICU. ECMO
patients included if flagged for
COVID-19

Deaths in hospital

0

Last death on 27/4/22

Confirmed from Trakcare

Twiddle muffs appeal A twiddle muff is a simple knitted muff, with various items attached for the user to 'twiddle'. They are invaluable in providing warmth, distraction, and comfort to patients with dementia. Our current stock of muffs is almost completely depleted, so we're issuing a plea to local knitters to help us out. [The pattern is available here](#); if you knit – or know someone who does – please get those needles to work! Once you have finished twiddle muffs, please get in touch with Lyn Pirie (Alzheimer Scotland Dementia Nurse Consultant) on lyn.pirie@nhs.scot or 07870 905941 to arrange collection.

Scotland's Census National Records Scotland have extended the window to submit the census until the end of May. They estimate 68,000 census returns have been started online, but not completed, and a similar number of paper forms have still to be returned. There is a legal requirement to complete the census; if you require support to do so this is available on the [Scotland's Census website](#) or via a free helpline 0800 030 8308. Paper forms are also still available on request for those who need them.

That was the week that was Here's a run through of some of the key items in this week's briefs. You can [read all previous briefs online here](#).

Mon 25 – Update on BPA Culture Matters survey results, single use plastic ban, price increase in retail catering outlets.

Tues 26 – Temporary increase to mileage rates (please note, there was a typo in the original piece and the increase is valid for Apr-July 2022), new guidance on use of fluid repellent surgical masks in healthcare buildings, process for selective (non-routine) vaccinations.

Wed 27 – Survey on the future of this brief ([still open here until Tuesday 3 May](#)), opportunity to take part in Grampian Pride.

Thurs 28 – Short video update from Chief Executive, launch of FIT Surgery website, update on Platinum Jubilee Public Holiday.

Tune of the day As highlighted at the start of today's brief, the Contact Tracing service will close tomorrow. We've been inundated with requests from the team for a tune dedicated to them and we are delighted to oblige. Thank you to everyone who worked in Contact Tracing over the last two years; your support has been vital. As the team go their separate ways, we're playing [Praise You by Fatboy Slim](#) for them – we've come a long, long way together.

We hope you have a restful and enjoyable long weekend. Of course, we give our usual 'shout out' to everyone working through. The brief will return on Tuesday.

If you want to request a tune (you don't have to be retiring, it can just be a song you like!), follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot