

Here is the brief for Wednesday 9 March 2022.

Testing without symptoms – ‘flow to know’ We expect an updated national Test & Protect strategy to be published in the coming weeks. This will cover the future of testing, self-isolation, contact tracing, and so on. In the meantime, health and social care staff are still encouraged and supported to test, using Lateral Flow Devices, when they don't have symptoms. Healthcare staff are advised to test twice weekly; when you do this is up to you. We're suggesting you 'flow to know', so consider testing before work, social gatherings, or before visiting friends or relatives in hospitals/care homes.

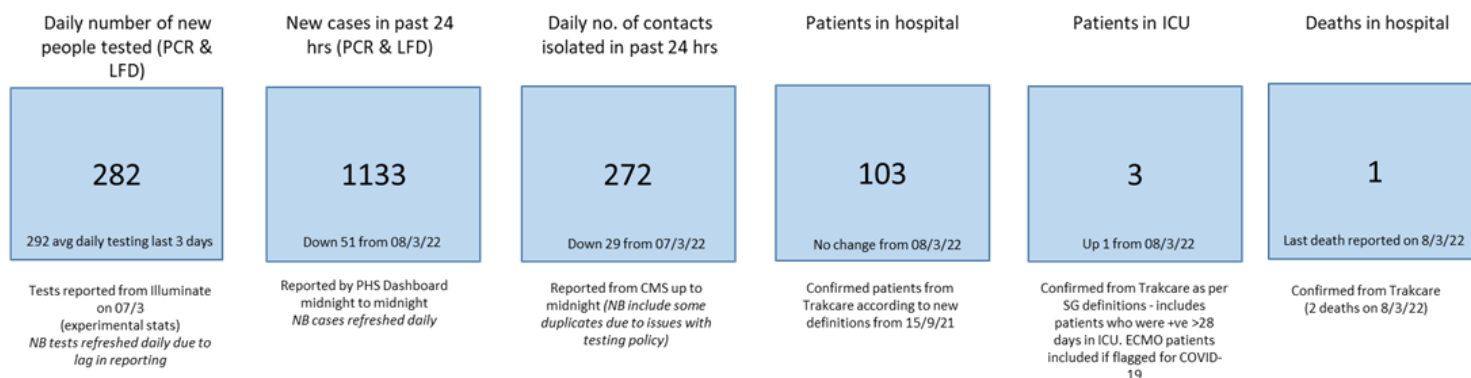
Social care staff should continue to test before each shift, while a review is undertaken on testing for this sector.

We're delighted to say NHS Grampian continues to hold top spot among mainland boards for LFD testing. Thank you so much to everyone who is taking part in testing and - crucially – recording their results. Whether positive, negative, or invalid, recording all results gives the clearest picture possible of what is happening with the virus. If you set up an account [on the national LFD results portal](#), inputting results should take less than a minute. You can also report individual results without setting up an account.

It's not too late to join the testing programme. All the details you need to sign up are available [on the asymptomatic staff testing website](#) (part of the staff section of the COVID-19 pages of the NHS Grampian website).

Finally, we've said it many times before, but it bears repeating: if you have any symptoms suggestive of COVID-19, do not use an LFD test. Instead, book a PCR test using the [staff testing programme request form](#). You can also arrange tests for household members using this form.

Grampian data The local report is shown below. A complete national report, including the option to view cases at a neighbourhood level, [is available via the Public Health Scotland daily dashboard](#).



Proper use of PPE Here's another message we've shared many times before, but again it bears repeating: Fluid Repellent Surgical Masks should be worn correctly at **all** times. Below is a miniature version of a poster from the National Infection Prevention & Control Manual. [These can be downloaded for use here](#) and we've also attached this poster to the email used to send out this brief for ease.

Wearing a Face Mask

Key Points

- Ensure physical distancing where possible and IPC measures are maintained (follow COVID-19 UK IPC guidance).
- Always perform hand hygiene before applying and after removing your face mask.
- Change face mask in line with manufacturers instructions and if it becomes damaged, contaminated or uncomfortable.
- Change face mask between COVID and Non-COVID areas.
- Face masks must meet approved standards (BS EN 14683).

Do



Don't



vi.0 July 2020

Cyber Security Awareness Over the last few years we have seen a rise in sophisticated and damaging cyber-attacks to the public sector. Alongside this there has been the exploitation of supply chain and software vulnerabilities. The crisis in Ukraine is heightening concerns significantly around the potential for malicious online activity. As such UK public sector organisations are being urged to bolster their cyber security resilience at a time of this heightened cyber risk. It is vital we always remain vigilant and take account of cyber security best practice.

As an organisation our strongest weapon against these attacks is our staff. Any weakness in our defences can put at risk patient and staff data as well compromise our IT systems. Here are some very simple tips:

- Guard against Phishing attacks – if an email looks suspicious it probably is; if in any doubt delete it and contact the IT service Desk
- Do not share your password with anyone
- Do not leave passwords with your computer or mobile device
- Do not write passwords down and leave for others to see

Further best practice & guidance can be found via the link below:

[Cyber Awareness - Please follow this link for useful advice on Staying Safe at Work and at Home](#)

NHS Scotland Event - Poster Abstracts Thank you to everyone who has written a poster abstract for the 2022 NHS Scotland Event, taking place at P&J Live on 21-22 June. Authors who requested central feedback should all have received comments by this stage, so this is a reminder that any changes should now be made and the abstract submitted by the deadline of **5pm, Friday 11 March 2022**.

Abstracts should be uploaded via the online submission portal here: [Online submission for final abstracts | NHS Scotland Events \(wsdev.org\)](#) Abstracts must be submitted by individuals, they are not submitted by Corporate Communication. They will then be reviewed by the event organiser and those shortlisted for development into posters will be announced on 12 April.

World Kidney Day Thanks to Jacqui Annand and Denise Edgar for alerting us to this annual awareness event, taking place tomorrow (10 March). The campaign aims to raise awareness amongst everyone about the important role kidneys play in our general health, from removing toxins in our systems to keeping our bones healthy. This year's event has a particular focus on chronic kidney disease, a condition affecting 1 in 10 adults worldwide. There's more information on this on [the dedicated World Kidney Day website](#).

We Care Wellbeing Wednesday

- **March newsletter** [We Care's March Newsletter is now live online here](#) and also attached to the email used to send out this brief. If you would like to subscribe to the newsletter mailing list then please email us at gram.wecare@nhs.scot
- **Staff Rest & Refresh Boxes** Taking a break can often be challenging however breaks are essential in helping us all to de-stress and re-charge for the rest of your workday / shift. Working in partnership with RVS a trial is being conducted to supply 112 Rest and Refresh boxes to areas where staff are struggling to get a break. Hopefully the box will help provide staff the chance to have a cup of tea with a small treat or a hot soup if a lunch or snack had been forgotten.

These are for all staff in the area of work. In phase 1 the first boxes were delivered into Dr Gray's, Aberdeen Maternity Hospital (AMH), Royal Cornhill Hospital (RCH) and Royal Aberdeen Children's Hospital (RACH) last week. Phase 2 includes Domestics, Porters, the Mortuary and Community hospitals in Moray. Phases 3 and 4 will cover Community Hospitals in Aberdeenshire and ARI.

We Care and RVS are keen to hear your views and thoughts and encourage staff to feedback using this QR code.



Tune of the day Today we bring you [Smoke Gets In Your Eyes by The Platters](#), to mark No Smoking Day. If you smoke and want to stop, the [Smoking Advice Service](#) are here to help, just click on the link to find out more.

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