

Daily Brief...



Monday 5 August 2024

At your best with rest Your wellbeing is important to both you and us, so we are pleased to promote the "At your best with rest" campaign to further enhance a culture of positive health and wellbeing in the workplace. Research highlights many benefits of rest and the ability to reset to deal with life's challenges. However, prioritising rest can sometimes be difficult. All colleagues should be supported and encouraged to take their scheduled breaks on time to help them work at their best, to maintain service delivery, and provide high-quality patient care. We all need to give ourselves the time and space to support healthy brain function and maintain our physical health.

We have established a joint working group of the Area Clinical Forum and Grampian Area Partnership Forum to improve the uptake of staff taking their breaks. For more information on the health benefits and importance of taking breaks and rest, [check out this poster](#). You may also be interested in the wellbeing [resources shared on the We Care website](#).

Update to isolation period for COVID-19 for hospitalised individuals As highlighted on Friday – and effective immediately - national guidance for the isolation period for hospitalised SARS-CoV-2 (COVID-19) detected patients has been revised. It is now 5 days from symptom onset (or first positive test if symptom onset undetermined), including fever resolution for 48 hours without medication.

If the patient is severely immunosuppressed or symptoms persist beyond 5 days, testing may be used to support decision-making (2 negative LFD tests taken 24 hours apart). Please also refer to the National Infection Prevention and Control Manual (NIPCM) for further details (available on the desktop for all networked devices), contact the infection prevention and control team on 53249 (Monday to Friday 8.30am -4.30pm) or contact the on-call microbiologist via switchboard, outwith these times.

Server migration – Elgin – this Saturday Data stored on Funafuti (Elgin file server) will be migrated to a new server this Saturday (10 August). There will be a brief outage at approximately 10.30am; we expect the server to be accessible again by 11.30am. More information on the migration and preparations required [is available on the intranet here](#) (networked devices only).

Policies out for consultation A draft NHS Grampian tobacco policy is now out for consultation. A copy of the draft policy and instructions for feedback [are available on the intranet here](#) (networked devices only). The deadline for comment is Thursday 12 September.

The draft dress policy is also out for consultation; [full details on the intranet here](#). The deadline for comment on this policy Thursday 5 September.

Face fitting hub – move to online appointments for Rosehill House It remains vital for those colleagues who require – or may require – to wear FFP3 masks that they are properly fitted. The face fitting hub is moving to an online booking system for fitting appointments at Rosehill House (Foresterhill) from **tomorrow (6 August)**. To access online booking, please scan the QR code below:



Face fit appointments at any other location in Grampian should be booked via the hub email address – gram.face-fit-appointment-hub@nhs.scot - or your local fit tester.

Double-check letters before posting them. Picking up two letters instead of one is an easy mistake to make if you're working your way through a stack of them. Ask a colleague to double-check that the right letter is in the right envelope before you post them. Or you could use place-markers to help you spot where one letter ends and the next one starts.

Multi-morbidity PhD opportunity – clarification Following the item in Friday's brief about this PhD opportunity, we want to clarify it is open to doctors, nurses, pharmacists, dentists, clinical psychologists, healthcare scientists, and allied health professionals. More information is available here: [University of Glasgow - Postgraduate study - Centres for Doctoral Training - Multimorbidity PhD programme for Health Professionals](#)

Child Health Commissioner newsletter The latest newsletter from Tracy Davis, our Child Health Commissioner, is available to read here: [Child Health Commissioner Newsletter \(cloud.microsoft\)](#)

SQA results The parents and carers among you don't need me to tell you tomorrow is SQA results day. The Skills Development Scotland results helpline opens at 8am tomorrow, on 0808 100 8000

Pause for thought Here is the only place we can start from. We start from where we are, not from over there. To get started, what must you notice about where you are now?

Tune of the day With the news over the weekend that a Britney biopic is in the works, here's a little bit of Ms Spears to take us to the end of Monday: [Gimme More](#) (mild swear at the beginning, for info) (EP)

If you want to request a tune, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot