

COVID-19 Brief

coronavirus



Here is the brief for Monday 20 December 2021.

In Case You Missed It - Staff “Exemption from Isolation” to attend work This information was included in Friday’s brief, but we are sharing it again in case you missed it.

Further clarification from Public Health Scotland has been received, as follows:

- Household contacts

Across the population, those in the same household as a case of COVID-19 must isolate for 10 days. Healthcare and social care staff who are living in an affected household can attend work if they meet the [specified “exemption” criteria](#). This is an exemption from household isolation **to attend work only**. Staff who are exempted **must complete isolation with their household when not at work**

- Non-household contacts

Across the population, those identified as a contact of a case of COVID-19 must isolate for 10 days unless they meet [the criteria to shorten this](#). These criteria also apply to those who are employed as healthcare and social care workers in relation to their lives **outside of work**. Please note that healthcare and social care staff, who are identified as a non-household contact of a case, must also meet the additional [specified “exemption” criteria](#) to be able to attend their work.

Grampian data The local update for today (and across the weekend) is shown below.

	Daily number of new people tested (PCR)	New cases in past 24 hrs	Daily no. of contacts isolated in past 24 hrs	Patients in hospital	Patients in ITU	Deaths in hospital
Sat 18/12	958	410	196	57	7	1
Sun 19/12	999	465	162	54	8	1
Mon 20/12	562	452	195	56	8	0

840 avg daily tested last 3 days

Tests reported from Illuminate up to 3pm on 17/12/21

NB tests refreshed daily due to lag in reporting

Down 13 from 19/12/21

Reported by Scottish Govt up to 8am today

Up 33 from 18/12/21

Reported from CMS up to midnight

Up 2 from 19/12/21

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

No change from 19/12/21

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

Last recorded death 19/12/21

Confirmed from Trakcare

7 day rolling positivity rate on 17/12
8.74%

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

ARI Discharge Hub The discharge hub will be commencing a 7-day service from week beginning 27 December. The working hours will be 8am – 4pm initially. The contact number for the Hub will remain the same as weekdays: Ext 50700 or 01224 550700

Positivitrees and the NHS Grampian Plan for the Future As part of the development of NHS Grampian's Plan for the Future, our phase one engagement took place between June and August 2021. During these engagement sessions, we asked the people of Grampian and health & social care staff to help us develop our new plan by telling us what is important to them about health and care services by way of completing an online survey or attending a facilitated focus group. Feedback from the general public has been used to develop Positivitrees, while staff responses were grouped according to theme. The latest Positivitree, along with the first staff survey feedback report, are attached to the email used to send out this brief.

Digital Ward Update – December 2021 has been quite a year for the IP EPR. What started in one ward as a proof of concept has, since July, been introduced in 65% of wards in ARI, where we hope to finish by March/ April, then work with Dr Gray's and the Community Hospitals (deliveries of your new hardware is in progress). At last count, we'd trained 1225 nurses, HCSWs, AHPs & Doctors and you continue to tell us about the positive impact it's having - we've been told it's 'total class'!

You may recently have seen some changes which we hope will bring some improvements:

- Additional designations
- Increased the height of some text boxes
- Additional responses for pregnancy testing recording
- Updated patient placement tool with the new respiratory/non-respiratory pathways

Nursing have introduced ASSSKINGME generic risk assessment on admission, to identify risks relating to Pressure damage, Falls, Nutrition and Cognition and enable the planning of care based on a best practice statement. During admission, it offers the opportunity to build a purposeful, focused conversation with the person and their family/carer, to understand the strengths the person has and keep a positive focus on what they can do rather than what they can't do! Evaluation to date has evidenced great examples of identifying risk and subsequent planning of person-centred care.

You can find a [Digital Ward Short Guide](#) and all other resources on the [Training and Support](#) section of the [Digital Ward intranet page](#) or for more information, email gram.epr@nhs.scot

As always, thank you for all your support and openness to this change in working, particularly considering the pressures wards are currently experiencing. Wishing you all a safe, restful and happy Christmas from everyone involved in the Digital Ward project.

The 3rd Annual NHS Grampian Staff Step Count Challenge We are running a Step Count Challenge again, starting on Monday 17 January 2022. As before this is for teams of up to 5 people over 4 weeks and is fully funded by Public Health. We can even offer you a free pedometer (while stocks last so please only ask for one if you really need). Want to take part? Nothing could be easier! The team captain emails gram.activetravel@nhs.scot, they will then receive a link to set up a team. Once this is done, they can invite up to 4 others to join.

As before there will be prizes for the winning team, but all the other prizes will value participation and having fun over competition. More information on prizes and activities to follow early in the new year.

If the weather is poor during the period of the challenge, we will share lots of different ways you can exercise indoors or safely outdoors. The challenge evaluates extremely well and the benefits of getting active, are well known. Please step safely and follow the Scottish Government guidance on mixing with other households.

Advent Achievements Since January, our dedicated Contact Tracing Team have dealt with **54,597** cases and have provided advice and support to **82,247** people across Grampian. The team have also, when able, offered support to NHS colleagues in other parts of the country if they were dealing with localised surges in COVID-19.

We are so proud of the team, who work 7 days a week, 365 days a year, with the overwhelming majority working remotely at home.

The team is led by Public Health Consultant Prof Shantini Paranjothy and consists of 1 Public Health Lead Manager, 1 Public Health Nurse Specialist, 1 Service Manager and 1 Support Manager, 166 Contact Tracing Practitioners, 24 Team Leads and 3 Admin staff. Our team come from a wide variety of backgrounds to offer a varied and complementary skill set and are placed to quickly and efficiently adapt and deal with an ever-changing situation. As we head into 2022, the team will continue to offer a high standard of service, supporting the general public and our fellow health and social care colleagues in the weeks and months to come. To borrow a catchphrase from Strictly Come Dancing, our team would say 'Keeeeeep Testing'

Opportunity for reflection With the continued rise in Omicron cases, the strong guidance issued by the Government, and the requests being made of many of us to work differently - what do you need from others to sustain and bring you comfort in the days ahead, and what can you offer them?

These opportunities for reflection are drawn from the Guided Journaling sessions, offered as part of the We Care programme.

Tuneful thought for the day We bring you a mash-up today. Jarvis Cocker, working with Riton presents Gucci Soundssystem, has released what he's calling 'the world's first sustainable banger'. The video for [Let's Stick Around](#) was filmed over two days in Glasgow, during COP26. The lyrics are absolutely focused on the climate crisis; however, they are also very applicable to the pandemic:

It's a sticky situation
How do we get out of this mess?
My heart is in my mouth
I don't know what to do for the best
But seeing as we're stuck with it
The idea I've found
Is to help one another
You know what?

Let's stick around

This helped me today, I hope it helps you.

The video features testimony from groups gathered to lobby at COP26 and more than a few swear words, just FYI.

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