

Here is the brief for Monday 6 December 2021.

Important change to staff isolation due to new Omicron variant If you are a household contact, you should self-isolate and book a PCR test. Please follow any isolation advice given to you personally. **Managers should be aware that some staff will need to complete 10 days self-isolation regardless of PCR result if they are a contact of a possible or confirmed Omicron case.** This applies to all staff, regardless of your vaccination status. [Please request a test using the staff testing service online form](#). Other important points to remember:

- You should continue to take LFD tests twice weekly. If you have any of the 3 cardinal symptoms, (fever of 37.8 degrees centigrade or greater, loss or change in sense of taste or smell, new continuous cough), you should isolate and book a PCR test. Do not attend work. Also, if you are unwell with other respiratory illness, do not attend work.
- Work at home wherever possible remains the key message.
- It's Kind to Remind each other to gel our hands and wear FRSMs in the workplace. FRSMs should be on the face or in the bin – they should never be kept for later.
- Use Teams where possible for team meetings, handovers etc.
- Ensure all areas are clutter free to allow easy cleaning.
- You must maintain 2m distance when not wearing FRSMs, for example when eating/drinking.
- Encourage visitors to be compliant with FRSM and LFD use. Advise visitors not to visit if unwell.
- Encourage patients to wear FRSMs and limit mobilising if in shared bay.
- Refresh your donning & doffing training (Teams session and on Turas) and Hand Hygiene.
- Even if negative LFD and/or PCR, you must continue with infection prevention & control measures. The negative result is only valid for the point in time when the test is performed.

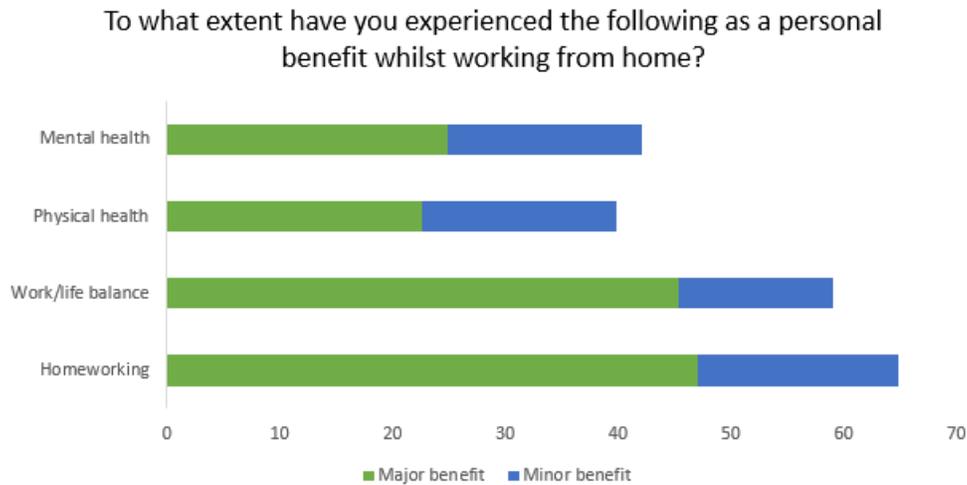
Storm Arwen mutual aid Thank you to everyone who responded to Friday's call for volunteers to support the recovery efforts across Aberdeenshire – more than 30 offers of help were received. Again, this is an amazing response, particularly in light of the pressures we are all working under.

Aberdeenshire Council have extended their call for support and that information was circulated earlier today. We are enormously grateful for all offers of help, no matter how small. Fresh weather warnings have been issued by the Met Office, with Storm Barra expected to hit Scotland and northern England from early tomorrow. While conditions are not forecast to be as severe as those seen during Storm Arwen, disruption is expected.

A significant amount of work has been undertaken across Aberdeenshire to support communities. From the Home carers out on the Friday the storm hit, to the Dieticians who made patients with feeding pumps were safe, from the Care Management Teams who worked so hard to contact all of our vulnerable people to the Arch Teams who continued to do what they do everyday and care for people. A huge thank you to everyone for helping to keep our communities cared for. Pam Milliken, Chief Officer, has recorded [this short message of thanks](#).

Smarter Working survey results – working at home experience Thank you to 892 staff who took the time to complete the Smarter Working survey with ran from 26th July to 4th September 2021. Today we're sharing the results relating to your working at home experience.

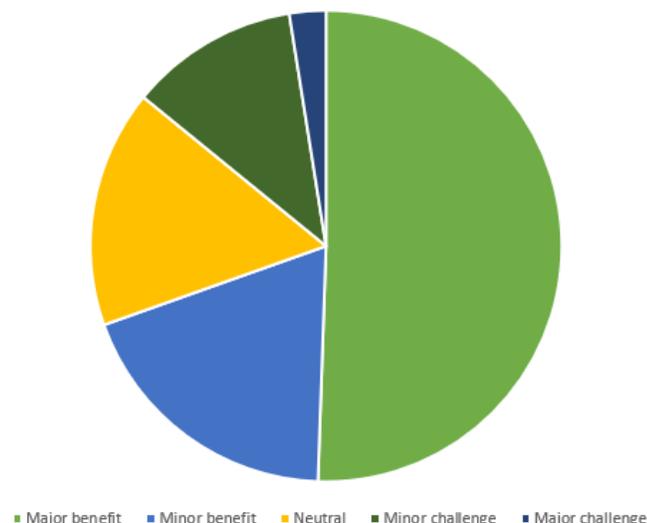
- 64.8% of you reported that homeworking has been a personal benefit to you during the pandemic.
- 59% of you reported that your work/life balance has benefitted from working at home.
- 42.1% of you reported that working from home was a benefit to your mental health and 39.8% to your physical health.



Your health and wellbeing remains our priority therefore we ask that you complete our [Health and Wellbeing document](#) every six months and discuss any changes with your Line Manager

- An astounding 69.5% of you reported virtual meetings as the greatest work-related benefit of working from home.
- To ensure we all continue to benefit from the use of virtual meetings the Senior Leadership Team suggests meetings be reduced to 50 minutes where able and a break taken over lunch. [Our MS Teams etiquette can be found here](#) (intranet link, networked devices only)

Virtual Meetings - Benefit or Challenge?



Further results from the Smarter Working survey will be shared over the coming weeks. If you have any questions please email gram.smarterworking@nhs.scot

Grampian data The local update for today (and over 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 4/12	729	139	320	89	12	3 <small>2 deaths on 3/12/21 1 deaths on 4/12/21</small>
Sun 5/12	404	265	213	87	11	2 <small>2 deaths on 5/12/21</small>
Mon 6/12	464 <small>532 avg daily tested last 3 days</small>	318 <small>Up 53 from 5/12/21</small>	218 <small>Up 5 from 4/12/21</small>	86 <small>Down 1 from 5/12/21</small>	10 <small>Down 1 from 5/12/21</small>	0 <small>Last recorded death 5/12/21</small>
	<small>Tests reported from illuminate up to 3pm on 3/12/21 NB tests refreshed daily due to lag in reporting</small>	<small>Reported by Scottish Govt up to 8am today</small>	<small>Reported from CMS up to midnight</small>	<small>Confirmed patients from Trakcare according to new definitions from 15/9</small>	<small>Confirmed from Trakcare as per SG definitions - Includes patients who were +ve >28 days. ECMO patients included if flagged for COVID-19</small>	<small>Confirmed from Trakcare</small>
	7 day rolling positivity rate on 3/12 7.36%					

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

Culture Collaborative A flash report from the most recent Culture Collaborative is attached to the email used to send out this brief. The next event will take place on Wednesday 22 December, if you are interested in taking part, please contact gram.culturematters@nhs.scot

Guided Journaling Opportunity for Reflection John O'Donohue's poem *For the Traveller* includes the lines:

*“And the urgencies
That deserve to claim you.”*

We are used to a sense of urgency being overlaid with fear, but what if it was hope? What paths might you take if you journeyed in hope?

Advent Achievements What's better than one award? Two awards! The Grampian Psychological Resilience Hub has been twice recognised for its work in supporting both healthcare staff and the general public to deal with the mental and emotional strain of the pandemic. At the start of November, the team collected the Care for Mental Health Award up at the Scottish Health Awards. Hard on the heels of that success came a QI Award for Most Inspiring or Innovative Project. This was handed out during the Children & Young People Improvement Collaborative (CYPIC) Programme learning session, which took place last week. Huge congratulations to everyone involved in the Hub!

[More information on the Psychological Resilience Hub is available here.](#)

Tune of the day Where would we be without Dave Grohl? The international treasure and Foo Fighters front man is collaborating with producer Greg Kurstin on The Hanukkah Sessions, posting videos each day during the festival. I am eternally grateful to Tina Macdonald in Health Records for drawing my attention [to this amazing cover of Copacabana*](#), but to be honest ALL the videos are worth a watch. Tina is dedicating this one to her niece Lori and all the Occupational Therapists in Elgin.

*I know we're all grown-ups here but be warned, there is some swearing on this video.

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