

COVID-19 Brief

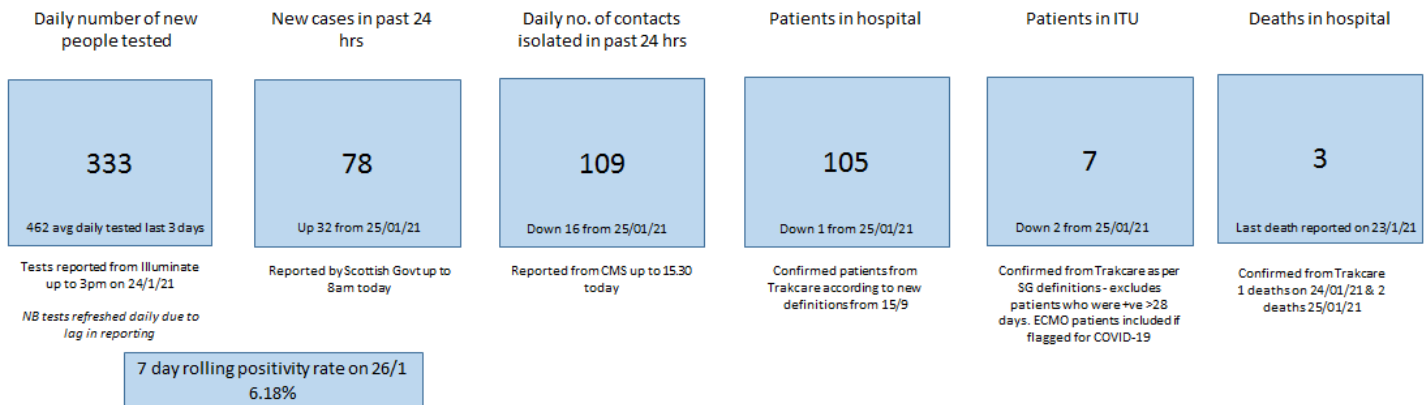
coronavirus



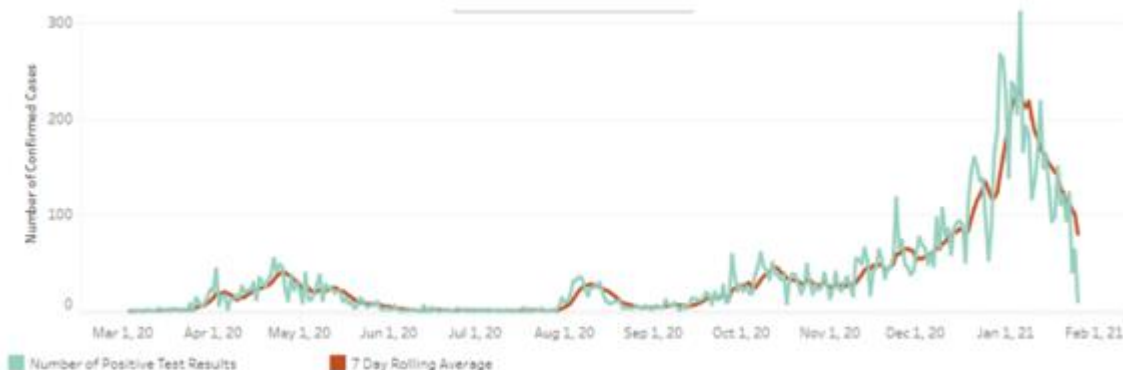
Here is the brief for Tuesday 26 January 2021.

COVID-19 vaccination programme – scam emails We are aware of a number of COVID-19 vaccination scams doing the rounds. We have shared some key information about this on our social media accounts and would encourage you to also share this with friends and family. We will **not** use email to offer appointments. We will **not** ask people to respond with key pieces of personal information. We will **never** ask people for their bank details - there is no charge for the vaccine. Any communication anyone receives suggesting otherwise - no matter how authentic it looks - is a scam and should be deleted immediately.

Grampian data The local figures for today and the 7 day rolling positivity rate are shown below. The positivity rate is calculated by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories, whereas the figures we show you below only record new tests.



We have been seeing a reduction in the number of new cases in Grampian since the beginning of the month, with a clear downward trend now in Aberdeenshire and Aberdeen City. This demonstrates the impact of lockdown but whilst the direction is great, the position is not. Case numbers remain significantly higher than in the spring, summer and autumn. And our hospitals remain under severe pressure with high numbers of both COVID and non-COVID patients. With about 6% of our population vaccinated, we still have a way to go. Thank you for keeping up the good work!



If you click [here](#) you can visit the Public Health Scotland website, which includes neighbourhood figures for all local authority areas in Scotland.

Final reminder - Survey on the impact of face masks and other PPE on skin We have previously shared details of this survey in the brief. It will close at the end of the month, so time is running out to support research into skin and/or respiratory problems associated with prolonged use of surgical face masks (FRSM), FFP3 respirators, and other PPE during the pandemic. You do not need to have experienced difficulties personally to complete the survey, which is available [here](#). The survey is completely anonymous and conducted in collaboration with colleagues from the dermatology departments from Stanford University and Cleveland Clinic. For any queries, please contact Dr Markus Steiner on markus.steiner@nhs.scot. Additional information is available [here](#) (intranet link, networked devices only).

Coronavirus anxiety workbook The Wellness Society have developed a toolkit you may find useful to support your own wellbeing, or the wellbeing of people in your team. It is available [here](#) and it contains tips, worksheets, and further resources to build resilience and manage anxiety.

Mindfulness Mondays – now online Many of you will already be familiar with the Mindfulness Monday sessions which were a regular event at the Health Village in Aberdeen. These were led by the Varapunya Meditation Centre, who are delighted to announce that the sessions are now available on Zoom. The focus of Mindfulness Monday will be to help people learn mindfulness techniques to help cope with some of challenges that have been caused by the pandemic, including isolation, stress and anxiety.

Mindfulness Monday will take place on the last Monday of each month at 12.30pm. You do not need to have experience of Mindfulness to join in, the sessions are open to everyone and are free of charge. For further information please email meditationatvmc@gmail.com or visit the website [here](#).

Thought for the day Our thanks to Dr Lindsay Grant, a GP at Calsayseat Medical Group in Aberdeen, who has contributed today's thought:

“While much of the focus, rightly, in the press is on the pressures in Secondary Care, we in Primary Care and wider Community Services have also had to deal with the challenges of the endless shifting sands of COVID-19. Our challenges, while they may appear less critical, have been difficult in different ways and continue to be so. The burden of patients' unhappiness, poverty, loneliness, domestic abuse, self-harm and parental burnout, to name but a few, not to mention physical illness (including COVID-19) continues to rightly dominate our days. The mental health demand, particularly, appears to increase like a tsunami week on week.

“You may not (naturally) therefore be drawn to use your own ‘down time’ to read yet more about the virus - but I highly recommend ‘Intensive Care: A GP, a Community and COVID-19’ by the Scottish GP Gavin Francis. It's a down to earth, sensible, measured take on this last year which will echo with us all wherever we work. It validates our experience in an eloquent fashion without resorting to hyperbole.

“Despite the limitations and difficulties within which we necessarily work at present (I, for one, look forward more than I ever thought possible to mixing with colleagues in the coffee room again!), we plough on. The final lines of Amanda Gorman's inspiring poem*, presented at the Inauguration of President Biden last week, also resonate:

For there is always light,
If only we're brave enough to see it,
If only we are brave enough to be it

“I suspect we are the light for patients more often than we give ourselves credit for.”

*If you haven't seen this – or simply wish to lift your spirits by watching it again – you can view it [here](#).

Questions to ask? Information to share? If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via gram.communications@nhs.scot. Please also use that email address if you have items for consideration for future briefs.