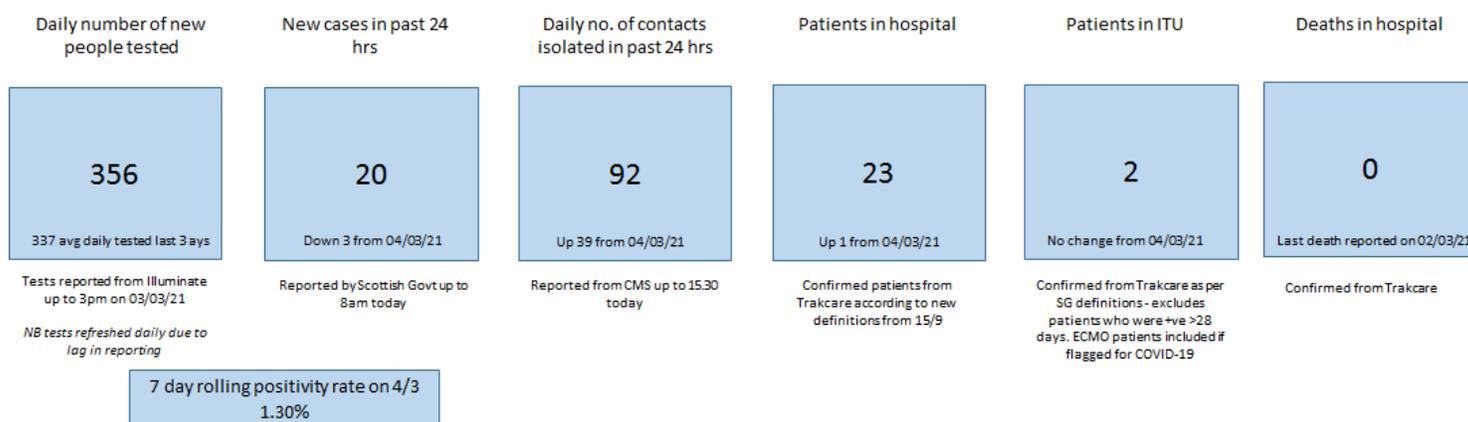


Here is the brief for Friday 5 March 2021.

Grampian data The local figures for today and the 7 day rolling positivity rate are shown below. As a reminder, this rate is arrived at 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 here only record new tests.



PPE 3 week look ahead

PPE Summary - Predicted Equipment Remaining at the end of each week

	FFP3 Mask	type IIR mask	Covid Gowns	Theatre Gowns	Visors + Goggles	Aprons	Gloves
March 1, 2021	131,966	451,406	13,025	16,296	111,501	1,261,869	2,047,415
March 8, 2021	131,348	452,750	13,003	16,924	112,137	1,261,869	2,047,415
March 15, 2021	130,731	454,094	12,981	17,553	112,773	1,261,869	2,047,415
March 22, 2021	130,113	455,438	12,959	18,181	113,409	1,261,869	2,047,415

■ Stock < 0
 ■ Stock <= 2 Days
 ■ Stock <= 5 Days
 ■ Stock > 5 Days

Vaccination Appointments A gentle reminder that if individuals plan to not attend a booked COVID-19 vaccination appointment, for whatever reason, it is important that they get in touch to advise the relevant booking team. Clinics are arranged to minimise vaccine wastage and any DNAs mean that there is a risk that vaccine will be wasted. In addition, with the ongoing roll out of the programme, there will have been someone else who could have been allocated the place, helping us work through everyone quicker.

Orange Award We've got two sets of winners to tell you about this week! Firstly, congratulations to Richard Armstrong (Portering) who was last week's winner and received his prize this week. Secondly, Lynda Munro, Michael Coulthard and Dawn Ellis. We have been told, the trio are part of the hidden team supporting the Flu & Covid-19 vaccination Programmes and without them we would not have the success we have. They have worked many hours to ensure the information sent to the National system is correct so residents of Grampian receive their vaccinations on the correct day and time.



They have worked with new systems, had to co-operate with colleagues locally and nationally with demands on them time after time. The three of them do this with professionalism and good humour. Nominating a colleague (or colleagues!) for an Orange Award is really straightforward – just click [here](#) or drop an email with their details and why they're worthy of an award to gram.nmahporangeawards@nhs.scot

Eye protection update Only products ordered via gram.covid19supplies@nhs.scot or PECOS meet the required H&S and IPC Standards.

This Personal Protective Equipment (PPE) is intended to prevent eye exposure to chemicals, blood or bodily fluids by splash or spray (including transmissible infectious agents, such as COVID-19).

It is very important that while wearing wear visors or goggles whilst undertaking any aerosol-generating procedures if the FFP3 device used does not have a valve.

If the FFP3 device you use has a valve, only a visor can be worn.

Please be aware that if you are using FFP3 equipment, you must wear the same model of eye protection that you wore when being fit tested. If you wish to change your eye protection, you will be required to be fit tested again with the appropriate eye protection.

- Eye protection should be removed after providing direct care for patient(s) isolated with suspected or known infectious pathogens such as COVID-19 and whenever departing from the high & medium risk COVID-19 pathways (Red and Amber)
- Staff must not purchase items independently as these may not meet the required safety standards.
- Regular corrective spectacles are not classified as Personal Protective Equipment and do not protect the eyes from exposure risks, therefore those wearing spectacles should also wear goggles. If the goggles available do not fit over the prescription glasses then a visor should be worn.
- Safety glasses are NOT currently considered eye protection under EN standards and therefore not recommended in Scotland at present.
- Eye protection must be changed if damaged, soiled, compromised or it becomes uncomfortable.

There are several eye protection product options available, which have recently been reviewed by IPCT colleagues on behalf of the local PPE Cell.

Please be aware that single use, disposable visors remain the primary stock item held in NHSG which are suitable for the application of both droplet and airborne precautions.

Reusable goggles are also available, for droplet and airborne precautions, where it has been risk assessed that visors are not suitable to undertake care delivery.

Question of the Day Yesterday we asked about how safe you felt at your workplace, wherever that may be at the moment. We are keeping the poll open over the weekend and will review the results on Monday. Our thanks to those who already responded. To participate, just [click here](#) or copy this link into your browser: <https://www.menti.com/k892bkg9fc>

Thought for the Day As we'll see below, across NHSG we have a wide range of hobbies. I count in my lockdown hobbies eating Thain's Bakery pies (other local bakers are available), sitting in a hot tub and cleaning up after my dogs - because we care deeply about each and every one of you, no pictures of me undertaking any of these activities were included in today's brief.

But on a more serious note, hobbies are important for us all, more so through this pandemic – they distract us, give us a different focus away from work, help us relax and hopefully have some fun.

Whether you've had the drive to learn a new musical instrument; mastered the harder yoga poses; revived an old hobby; or are simply spending more time relaxing on the sofa (with or without a pie) streaming a boxset, to let your mind switch off; each of these and everything in between plays an important role in ensuring we look after ourselves and recharge. Don't feel guilty, none of it is wasted time and none of it is lazy – you need and deserve downtime to decompress.

That said, after months of lockdown it's easy to feel we're stuck in a rut away from work and things are all a bit stale - that hobby you loved might not provide as much joy as usual. So, if you are lucky enough to have this weekend off, why not do something a bit different?

- Find (locally) a new place to walk.
- Create a scrapbook with all the old photos you have boxed-up.
- Dig out your old sewing machine.
- Play chess – you can do this online if you've no board or live alone.
- Trace your family tree.
- Get a dart board.
- Pick up a music instrument you played in the past. Imagine the sheer happiness when you dig out your primary school recorder and delight your wider household with Three Blind Mice and Twinkle Twinkle Little Star.
- Find a new box set to let you switch-off - current recommendations from my household to numb your mind include Australian Survivor.

There are hundreds of other options and something to suit everyone, just pause and consider what would bring you joy and help you relax. Who knows, I might even try a different pie filling. Have a great weekend folks, and make sure to take care. See you all next week.

And finally, The Gallery... Last week we asked about your hobbies and it is safe to say you all have a broad range of interests away from work! Thank you to everyone for your submissions, we're sorry we don't have room for all of them!

Shonagh Reid (Staff Nurse, Seafield Hospital) makes beautiful wreaths:



Rachel Medich (Senior ODP, AMH Theatres) is a rally co-driver:



Leona Lowe is doing a 52 week photography challenge – with a different theme every seven days. These pictures were from Wednesday night when Marischal College was lit up for LGBTQ+ adoption and fostering week.



Angela Smith (Health Protection Team) is a yoga instructor:



And Emily Christie (Speech & Language Therapist, Tillydrone Clinic) is a keen wildlife photographer. She took this amazing shot of a howling coyote at Yellowstone National Park last February and is itching for an opportunity to return:



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.