

COVID-19 Brief

coronavirus

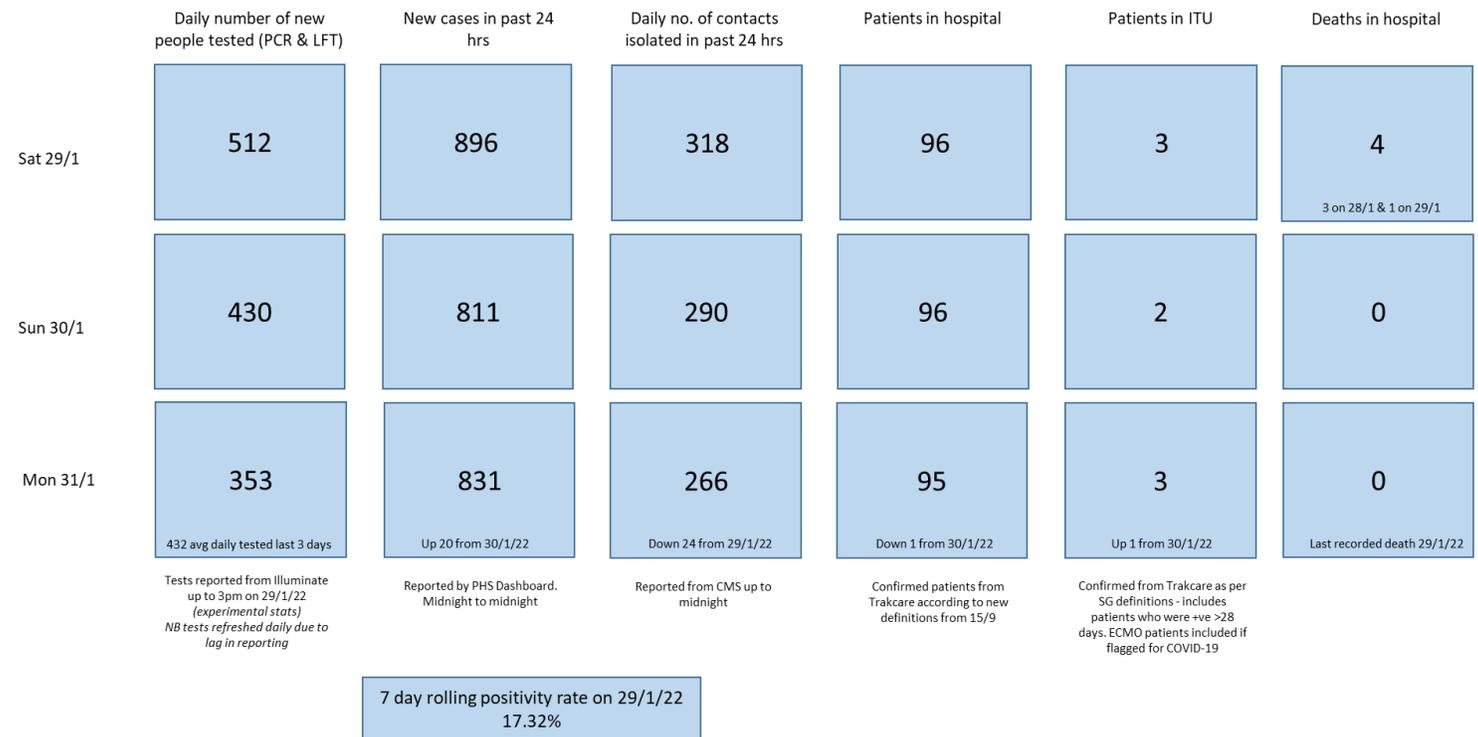


Here is the brief for Monday 31 January 2022.

Storms Malik and Corrie We want to start today’s brief with a genuine and wholehearted thank-you, after another testing weekend. The weather caused disruption across Grampian, both professionally and personally. We are extremely grateful to everyone who played a part, however small, in supporting our teams to maintain services in very challenging circumstances and in offering support to our public sector partners.

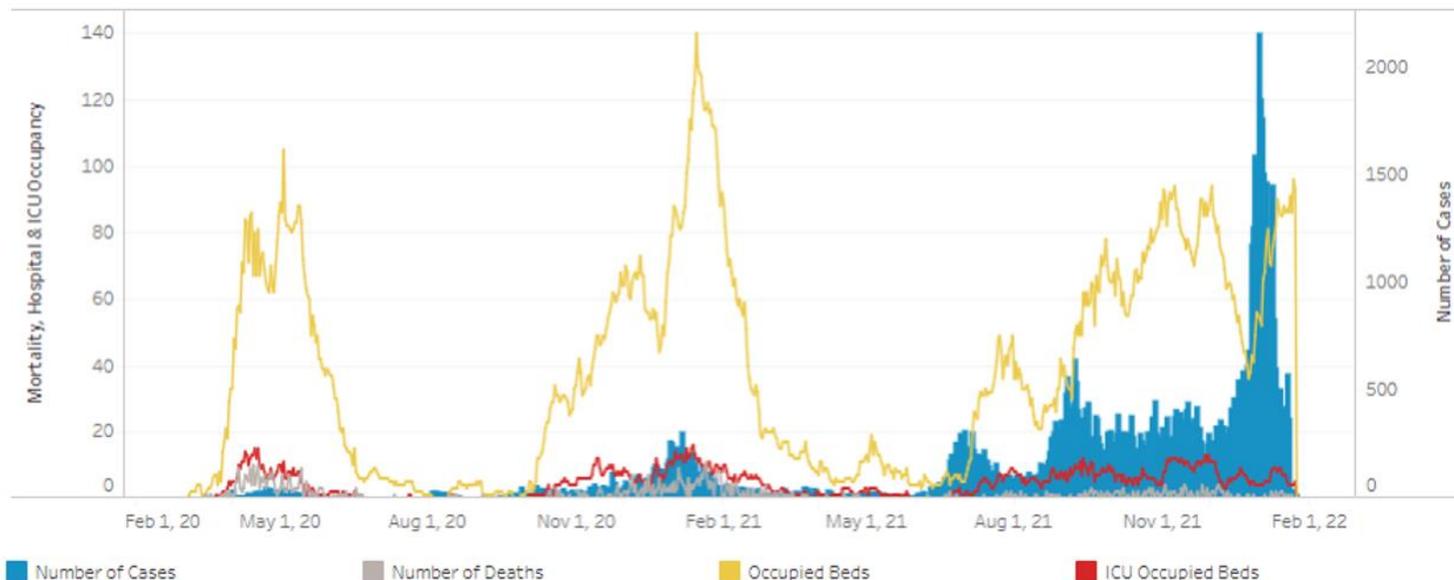
Self-isolation and testing flowchart A reminder that the most up to date version of this flowchart is stored on the COVID-19 pages of the NHS Grampian website. To make it as easy to find as possible, we have moved it to [the Information for NHS Grampian staff front page](#) – it is entitled Updated Testing Guidance for Staff Flowchart

Grampian data The local update for today (and across the weekend) is shown below. A complete national report, including the option to view cases at a neighbourhood level, is available on the [Public Health Scotland daily dashboard](#).



We have come such a long way since the start of the pandemic as the graph (below) charting case numbers, hospitalisation, and death since the first cases were confirmed illustrates. Omicron is significantly more contagious than Delta but less severe, and the risk of hospitalisation is estimated to be between 30-50% lower[i] Latest data shows that boosters significantly reduce the risk of death with protection increasing to 95% (from 60% after second dose) in the over 50s.[ii]

Cases, Mortality & Occupancy Summary



[i] UKHSA. Technical briefing: Update on hospitalisation and vaccine effectiveness for Omicron 31/12/21

[ii] UKHSA. <https://www.gov.uk/government/publications/covid-19-vaccine-weekly-surveillance-reports>

Focus groups A number of you assisted us, back at the beginning of the pandemic, with several focus groups. The primary aim of these was to understand how you wanted to be communicated with and we were able to implement a number of changes to this brief as a result. However, these conversations were also hugely helpful in highlighting your wider concerns. As we continue to plan for recovery from the impact of COVID-19, we are re-establishing the focus groups. All we need is an hour of your time in the first instance and access somehow to Microsoft Teams. If you would be interested in taking part, please send an e-mail to derek.cox@nhs.scot indicating your interest, mentioning your job and place of work. This is an open invite to people working across health & social care – we want the broadest representation possible – we look forward to talking with you!

Opportunity for Reflection *The pandemic has left many of us slightly adrift, not quite lost, but certainly looking for something to grab hold of. Play is often thought of as something for children, something we adults don't have time for, and we often give it up for pursuits with a more serious or practical purpose. What could play look like for you? If you allowed yourself to play, how might this be of value to you?*

This reflection is taken from the questions asked during the Guided Journaling sessions last week. If you're interested in taking part in this, or any other We Care opportunities, [visit the programme website](#) for more information.

Tune of the day I was raised (despite frequent objections!) with a strong folk music influence, so was struck by the news today that Norma Waterson has died. A stalwart of the English folk scene, she ensured many traditional songs were remembered and regularly performed. For today, we've gone for her rendition of [Death and The Lady](#) – this video is particularly lovely, as Norma explains some of the story behind the song.

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