

COVID-19 Brief

coronavirus



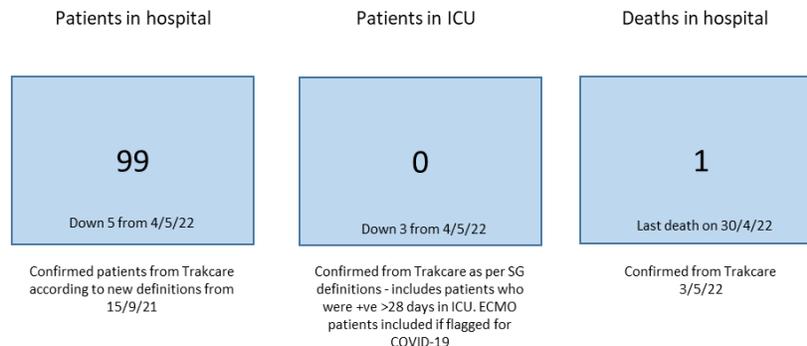
Here is the brief for Wednesday 4 May 2022.

NMC temporary register The Nursing & Midwifery Council have confirmed their temporary register will close on 30 September 2022. If you are on the temporary register and wish to continue practising you will need to join the permanent register as soon as possible, to allow enough time for applications to be processed. [Information on returning to the permanent register is available on the NMC website](#). Further information about [support available to Return to Practice in Scotland is available via the NES website](#).

If you are on the temporary register and do not intend to join the permanent register, please advise your line manager as soon as possible. The NMC will be writing to all temporary registrants when the register closes; if you wished to be removed sooner, please contact them directly.

Hospital visiting Further to last night's item on the extension of person-centred visiting, we want to be clear that **only** Muirton ward at Seafield Community Hospital is offering person-centred visiting at present.

Grampian data The local update is shown below. As confirmed yesterday, the changes in testing provision mean a reduction in quantity and quality of data, therefore we will no longer include new case numbers. It is worth noting this is the first time the number of patients in hospital has dropped below 100 since the first week of March.



[The PHS daily dashboard can be viewed here.](#)

World Hand Hygiene Day Arguably every day in healthcare is hand hygiene day, but the World Health Organisation have designated 5 May as a global day of action on this topic. The theme this year is 'Unite for Safety – Clean your Hands'. The WHO have arranged a webinar at 12.30 tomorrow, details and a registration link [are available here](#). Performing regular, effective, hand hygiene using water and soap (or hand rub if sinks aren't accessible) is something we can all do to protect ourselves, our colleagues, and the people we care for. This also brings us on nicely to...

Glove Awareness week Did you know it's glove awareness week? When used correctly, medical gloves are an essential part of PPE, but there are situations when gloves are not required, and thorough hand hygiene is effective in protecting you and your patients. What can you do to make healthcare more sustainable? Do you wear gloves because the NIPCM advises it or are you not sure, so wear them just in case? Glove awareness Week is a chance for you to reflect on your glove use and consider if there are any changes you can make. This campaign is run by the Royal College of Nursing – but applies to anyone who has patient contact as part of their role. [There's more information on the RCN website.](#)

International Day of the Midwife – 5 May 2022 marks the centenary of the International Confederation of Midwives, so the theme for #IDM2022 is '100 years of progress'. As always, we're encouraging midwifery teams to share stories and photos with us on social media. You can either tag in @NHSGrampian if you're posting yourself on Twitter or send material to gram.communications@nhs.scot and we'll take it from there.

The end of an era? To mark the ending of COVID-19 contact tracing, around 40 of the contact tracing team met up on Teams on Saturday evening, and I was privileged to join them for this celebratory session. It was an event full of emotions. The striking things were sadness to be ending the work, a great sense of pride in a worthwhile job well done and much appreciation for the mutual support provided in the team. There were clear lumps in the throat as people spoke of their experiences, there were even some tears, but there was also much laughter and even a poem. Perhaps the most common theme in the session was how many lifelong friendships have been formed and the feeling of how well the team worked together, and this in a situation where virtually none of the team had ever met up 'in the flesh'. From my personal perspective it has been an honour to have been involved with the rapid setting up of this team and sharing the hard work, challenges, and joy in the work. In my (very) long and varied career, this will have been one of the highlights! (Dr Derek Cox)

We Care Wellbeing Wednesday

- Finishing touches are being made to the May We Care newsletter; it will be shared very soon.
- National Wellbeing Hub – 2 Free Courses: Be Kind to your Mind: Tools to manage worry and reduce stress – Wednesday 4 May at 12noon -13.00pm. Understand the science behind stress and anxiety, it is the first step to learning how to overcome it. Please click on the following link to book your free place - [Be kind to your mind: Tools to manage worry and reduce stress Tickets, Wed 4 May 2022 at 12:00 | Eventbrite](#)

Reflective Practice in the Workplace – Wednesday 11 May at 10.30am – 12noon. Reflective practice has been shown to reduce stress and burnout. Introduction to what reflective practice is, and how to make the best use of it in the workplace as a supportive, learning mechanism and as an enabler of wellbeing and personal resilience. Please click on the following link to book your free place - [Reflective Practice in the workplace Tickets, Wed 11 May 2022 at 10:30 | Eventbrite](#)

- Aberdeenshire Wellbeing Festival – Monday 9 to Sunday 15 May 2022 – The Aberdeenshire Wellbeing festival is an annual event which seeks to bring together community activity and events which promote and support mental health and wellbeing. Please click on the link to access this year's information booklet. [Aberdeenshire Wellbeing Festival 2022 \(nhsgrampian.org\)](http://nhsgrampian.org) If you're reading a printed version of this brief, you can scan the QR code below.



- New dates for free training (Introduction to Suicide Prevention training (ISP) and Introduction to Youth Suicide Prevention (IYSP) training), delivered online by SAMH via Microsoft teams and free for staff and volunteers across Aberdeen City, Aberdeenshire, or Moray. Spaces are limited to 20 attendees per session, so early booking is recommended. For any questions or requests for a closed training for your staff team(s), please contact, christy.sandbergen@samh.org.uk. If you book yourself a space and are then unable to attend, please either cancel your space via Eventbrite or email us to inform us of your need to cancel. Eventbrite will hold waiting lists for each session, therefore someone else may benefit from your space, if you are unable to attend. The two trainings advertised have quite a bit of overlap in content, so we recommend selecting the training which feels most relevant for you.

Date	Time	Training	Eventbrite
Tuesday 10 th May	2:00pm – 4:0pm	ISP	Click to book
Tuesday 17 th May	10:30am – 12:30pm	ISP	Click to book
Thursday 19 th May	11:00am – 1:00pm	IYSP	Click to book
Tuesday 24 th May	10:30am – 12:30pm	IYSP	Click to book
Wednesday 25 th May	2:00pm – 4:00pm	ISP	Click to book
Thursday 26 th May	11:30am – 1:30pm	ISP	Click to book
Thursday 26 th May	3:00am - 5:00pm	ISP	Click to book
Tuesday 31 st May	2:00 - 4:00pm	IYSP	Click to book

Tune of the day Another special request today – dedicated to Roy Browning. As a former Lead Infection Prevention & Control Nurse, Roy came out of retirement at the start of the pandemic. Many of you will have benefited from his advice during countless donning and doffing training sessions. Roy marks a big birthday this weekend, so the IPC team have asked for [Always Look on the Bright Side of Life](#) especially for him.

If you want to request a tune, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot