

COVID-19 Brief

coronavirus



Here is the brief for Monday 9 August 2021.

Self-isolation for health & social care staff Following the detailed information, shared in Friday's brief, on the conditions which must be met by health & social care staff – identified as close contacts – to allow them to leave self-isolation early, we wanted to stress this is voluntary.

We also wanted to remind you all that anyone who has tested positive for COVID-19 must complete their 10 days of self-isolation.

Working at home – August update Whilst, understandably, the further easing of restrictions today is welcomed by many, we must continue to be cautious of the ongoing risk posed by COVID-19. Following a review of services and with a commitment to ensure the safety and wellbeing of staff, SLT have taken the decision to follow the Scottish Government's most recent guidance by maintaining and re-affirming our current position, **asking everyone able to work at home to continue to do so until the end of the calendar year (31st December 2021)**. Be assured, work is ongoing at this time to understand what our working lives will look like in the months and years to come. [We invite you to complete the Smarter Working survey to better inform this work](#) (click on link or use QR code below); thank you to those who have already done so. The situation will be reviewed in December and a further update for 2022 shared at that time. For further information please see the FAQ attached to the email used to send out this brief. Please note some of the links in this can only be accessed from a networked device.



Hospital visiting From **this Wednesday (11 August)** all hospitals in Grampian will be able to welcome two, named, visitors for pre-arranged visits. From **Wednesday 25 August** we will be removing the requirement for visitors to be named, allowing different people to visit on different days. Visits on or after 25 August should still be pre-arranged and the limit of two people remains in place. We continue to encourage the public to take regular Lateral Flow Device tests and if they are feeling at all unwell themselves (for any reason) to avoid hospital visiting. Prospective visitors should have a conversation with the Senior Charge Nurse/Midwife to understand what can be accommodated in each clinical area. For paediatric and maternity services visiting, please consult directly with the clinical team to understand what level of visiting is possible. Where patients have additional needs or are nearing the end of their life, we will seek to accommodate those needs as best we can.

In the longer term, it is hoped we can return to person-centred visiting, where people are able to visit friends or relatives in hospital at a time that suits them. The visiting group continue to consider how this can best be reintroduced.

We recognise the importance of receiving visitors to an individual's recovery. We are grateful for the support shown by staff, patients, and the general public as we seek to support visiting as safely as possible.

Physical distancing As confirmed by Scottish Government over the weekend, physical distancing will remain at 2 metres across healthcare settings as we move to 'beyond zero'. Please continue to abide by all the safety measures currently in place.

Flu vaccination programme extended This year, the following groups are eligible for the flu vaccine:

- all those aged 50 years of age and over
- those over 6 months of age with a medical condition which puts them in an 'at risk' group such as asthma, diabetes, cystic fibrosis, multiple sclerosis, heart and lung diseases, or autoimmune disorders.
- healthcare workers
- social care workers who deliver direct personal care
- unpaid and young carers
- pregnant women (including those with at risk conditions)
- children aged 2-5 years old (not yet at school)
- primary school children
- secondary school pupils
- NHS independent contractors including GP, dental and optometry practices, community pharmacists and laboratory staff working on COVID-19 testing
- teachers, nursery teachers and support staff in close contact with pupils (in both a local authority and independent setting)
- prison staff and support staff in close contact with the prison population (delivering direct detention services)
- those in the prison population

The flu vaccination programme will commence in September. All those who are eligible are being urged to take up the offer as soon as possible when invited to protect themselves and others and help the NHS and social care services avoid additional pressure over the winter period. We will shortly confirm the full detail of how and where the programme will run in Grampian – watch this space!

Grampian data The local update for today (and over the weekend), including the 7-day rolling positivity rate, is 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. The figure for the “daily number of new people tested” is only for the number of tests for people who have not been tested previously. A national update is available on the [Public Health Scotland daily dashboard](#).

	Daily number of new people tested	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 07/08	517	96	214	35	6	0
Sun 08/08	604	110	181	34	7	0
Mon 09/08	454	58	120	37	7	0

525 avg daily tested last 3 days	Down 52 from 08/08/21	Down 61 from 08/08/21	Up 3 from 08/8/21	No change from 08/8/21	Last recorded death 05/08/21
----------------------------------	-----------------------	-----------------------	-------------------	------------------------	------------------------------

Tests reported from Illuminate up to 3pm on 07/8/21 <i>NB tests refreshed daily due to lag in reporting</i>	Reported by Scottish Govt up to 8am today	Reported from CMS up to midnight	Confirmed patients from Trakcare according to new definitions from 15/9	Confirmed from Trakcare as per SG definitions - excludes patients who were +ve >28 days. ECMO patients included & flagged for COVID-19	Confirmed from Trakcare
--	---	----------------------------------	---	--	-------------------------

7 day rolling positivity rate on 07/8
4.41%

New cardiac scanner arrives at ARI We are delighted to announce that a new scanner, the first of its kind in Scotland, has been installed at ARI. The state-of-the-art technology, known as IQ SPECT CT, can quickly take 4D images of the heart and will benefit predominately cardiac patients with ischaemic heart disease.

Prof Roger Staff, head of Imaging Physics, said: “Ultimately, this world-class scanner will benefit our patients and their experience. Historically, cardiac scans, for instance, could take upwards of 15 minutes. With this new machine, they can now be complete in less than five minutes. The system helps improve patient comfort as people are required to stay still for less time. The technology can also work with lower doses of radiation, benefiting both the patient and saving resources.

“Quicker scan times also provide the potential, in future, for patient capacity to be increased – with more scans taking place in the same timeframe. It represents a cutting-edge development for cardiac and cancer services in the region and keeps us at the forefront of diagnostic technology.”

Thought for the day – the more that changes, the more that stays the same? Scotland might well have moved to ‘beyond zero’ at the stroke of midnight, but with physical distancing still at 2 metres in healthcare, the extended use of face masks across clinical and non-clinical settings, and the warning that increased cases are likely to follow more opportunities to mix freely, is life really all that different for us? In some respects, no, it isn’t! However, compared to previous easing of restrictions, the vaccine programme gives us real cause for optimism. This is thanks to the herculean efforts of everyone involved in the programme, who have risen to every challenge they’ve faced. Vaccination, regular testing, continuing to use face masks/face coverings wherever required, and all the other sensible, cautious, measures that have become second nature for us offer hope. Maybe this time?

Tune of the day Rosie Crighton gets us underway for a new week, requesting [Weapon of Choice by Fatboy Slim](#). The video is quite something, as actor Christopher Walken trips the light fantastic, in a routine he helped to choreograph.

Get in touch! If you’ve got a question, an item to share with people working in health & social care, or just want to suggest a tune of the day, we want to hear from you! Drop us a line via gram.communications@nhs.scot.