

Here is the brief for Friday 1 April 2022.

De-escalation of some COVID-19 infection prevention & control measures The Chief Nursing Officer has written to all health boards to give guidance on the de-escalation of some COVID-19 infection prevention and control measures in both acute and community hospitals. The National Infection Prevention & Control Manual has been updated accordingly. Health boards have the freedom to decide how these changes will be implemented locally and that work is already underway in Grampian. We aim to have more information on this for you early next week. However, we can confirm the following changes are effective immediately:

- The requirement to physically distance in health and care settings is removed. Please be aware it will take time to remove or update signage. Please also be respectful of those colleagues who may wish to continue with physical distancing. Finally, please be aware that bed and/or treatment chair spacing requirements remain in place.
- Guidance on car sharing is discontinued.

The National Infection Prevention & Control Manual has been clear that extended use of fluid repellent surgical masks must continue in health and care settings.

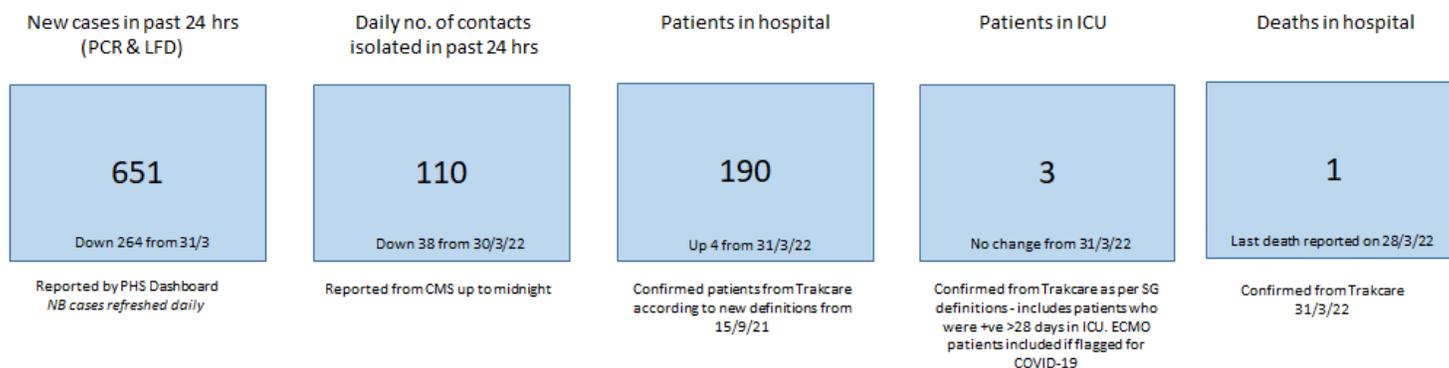
LFD tests – Pharmacy Collect From today it is no longer possible to collect LFD test kits from community pharmacies; these should be collected from local testing sites instead. Information on where sites are located and their opening hours [are available here](#). The general public will no longer be advised to take twice weekly LFD tests from 18 April, so please be aware community testing sites will begin winding down their operations. Aberdeenshire Council have already confirmed their arrangements; [more information on that is available here](#).

Remember, as members of health & social care staff, we have a separate asymptomatic testing programme, and should continue to collect tests via that service as required.

The state of the virus Our fortnightly situation update is [available to watch here](#). This five minute video from Prof Corri Black will help you get up to speed quickly on the changing face of COVID-19, both in the community and in hospital. Referring to the available Office for National Statistics (ONS) infection data at the time, Corri highlights the high prevalence of 1 in 11 people with the virus. Hot off the press, today's ONS publication estimates a slight improvement at 1 in 12, although this estimate is reported as 'uncertain'.

We know case numbers are influenced by testing behaviour and are likely to be an undercount, but nonetheless, the trends here are going in a better direction and are no longer accelerating each day. They remain exceptionally high however and widespread across Grampian. COVID-19 hospital occupancy remains at extraordinary high levels, though the good news is there has been a fall in new admissions with symptomatic disease over the past 10 days or so. Looking ahead to what we might expect over the next 6-8 weeks, if the case numbers are a good reflection of actual trends, then we may see hospital occupancy continue to climb until mid-April before falling. Of course, the situation remains uncertain, and we are constantly tracking to refine our forecasts and highlight changes to help with short term planning.

Grampian data The local report is shown below. [The Public Health Scotland daily dashboard can be viewed here](#)



Social Media: how to use it safely Phishing is a huge threat and growing more widespread every year; recent research has shown employees receive an average of 14 malicious emails per year and at least one person clicked a phishing link in around 86% of organizations. Criminals use information about you that's available online (including on social media sites) to make their phishing messages more convincing. It is important to know how to manage the security and privacy settings on your accounts, so your personal information remains inaccessible to anyone but you. You can reduce the likelihood of being phished by thinking about what personal information you (and others) post about you, and by reviewing your privacy settings within your social media accounts. The link below from the National Cyber Security Centre (NCSC) pulls together security settings from the major social media services; please review, take any action necessary, and stay safe online

[Cyber Awareness - Social Media: how to use it safely](#)

NHS Grampian's cyber awareness information can be found here:

[Cyber Awareness - Please follow this link for useful advice on Staying Safe at Work and at Home](#)

That was the week that was Judging by the emails I've received, this feature was a hit, so we present again a round-up of what was in this week's briefs. [All briefs are saved on the NHS Grampian website.](#)

Monday 28 – Episode 5 of 'Ask Caroline', changes to the Turas dashboard.

Tuesday 29 – Link to clinical guidance on COVID-19 antiviral treatment, launch of the community Perinatal Mental Health team.

Wednesday 30 – Scottish Government statement on Moray Maternity Review, update on legal protective measures, Leancoil Hospital asset transfer request.

Thursday 31 – closure of surge wards 303/304 at ARI, steps to keep our workplaces safer, relaunch of the Endowment Fund staff social fund.

Sun Room refurbishment This week saw the official opening of the refurbished Sun Room in the ARI Theatre Suite. This work was supported by the NHS Grampian Organ Donation Committee, recognising the support provided by the theatres team to organ donation. The room will be used by theatre teams for individual and team development, meetings, and training. This space will also provide the visiting Specialist Retrieval Teams with a quiet area where handovers can be given without interrupting the local teams break away from their theatre. Linda Murray (patient representative), and Specialist Nurse for Organ Donation Carolyn Reid are shown below cutting the ribbon on the refurbished space:



Ramadan The holy month of Ramadan will begin this weekend. To all those reading and observing the occasion, we say Ramadan Kareem.

Care Experienced History Month Today brings the start of Care Experienced History Month which marks the accomplishments, impact, and stories of those with experience of care across the world. Since the earliest recorded history, Care Experienced people have aided the advancement of humanity. Figures such as the pioneering Sir Isaac Newton, revolutionists such as Nelson Mandela, and advocates of human rights such as Eleanor Roosevelt, have all left their mark on the world. These are but a few stories, and there are many more to be told.

Who Cares? Scotland has launched Untold Stories: a lecture series taking place throughout April, both in live and in virtual spaces, to trace the impact of Care Experienced people across the world. This year we'll be hosting the stories of a holocaust survivor, a group of Care Experienced campaigners and much more. Click on the link below to learn more about the events, and to sign-up for a lecture.

[Untold Stories: Care Experienced History Month 2022 - whocaresscotland.org](https://whocaresscotland.org)

Tune of the day It's the end of the working week – we made it! For the parents and carers among you, it's also the start of the school holidays. Whatever the weekend holds for you, we hope you manage a break of some description and as ever we wish those of working a safe and productive shift. Our tune of the day is [It's 5 o'clock somewhere by Alan Jackson and Jimmy Buffet](#). The brief will return on Monday.

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