

Here is the brief for Wednesday 20 April 2022.

**De-escalation of COVID-19 infection prevention & control measures** We are continuing to implement the de-escalation of COVID-19 infection prevention & control measures and have two updates to provide today:

- We have ended the requirement to PCR test inpatients on day 5 of their hospital stay. You may find it helpful to review [this summary table on hospital testing for COVID-19](#).
- Following the item in last night's brief about face masks, we want to be clear that masks may only be removed when sitting at a desk in a **non-clinical area**. We apologise for any confusion we may have caused.

Thank you for your patience and understanding as we work through these changes and implement the required adjustments to our local policies.

**ARI/RACH Emergency Departments – road access restrictions** The road entrance to the Emergency Departments at ARI and RACH will be closed from **9pm on Thursday 28 April** until **7am on Friday 29 April**. This is to allow construction of a link bridge between The Baird Family Hospital and ARI/RACH. Alternative access will be in place, with designated routes for the public and for emergency vehicles. Details on these alternative routes have been attached to the email used to send out this brief; please share with colleagues as appropriate.

**The RACH car park will be closed during works therefore staff should use the multi-storey car park instead.**

**COVID-19 Spring booster** The programme to offer a Spring booster vaccination is well underway. Please remember, health & social care staff are NOT automatically included in this campaign. The guidance from the Joint Committee on Vaccinations & Immunisations says the following groups should receive a Spring booster:

- adults aged 75 years and over (or who will turn 75 by 30 June 2022)
- residents in care homes for older adults
- individuals aged 12 years and over who have a [weakened immune system](#) (please follow link for a complete list of eligible conditions)

Appointments are being sent directly to those who are eligible. Anyone attending a vaccination clinic for a Spring booster who is not in one of the above groups will not be vaccinated.

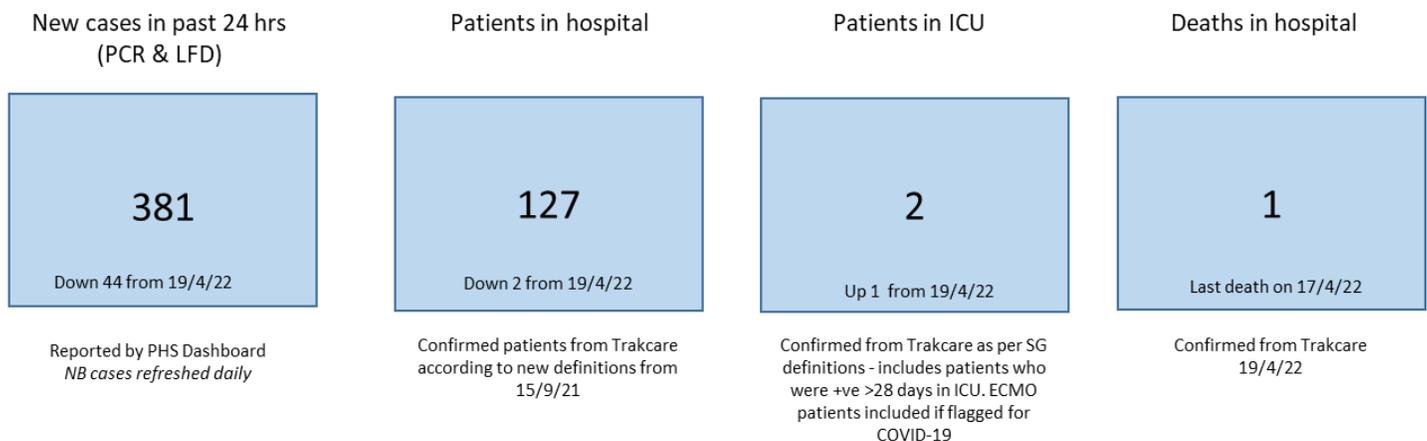
**Ukrainian Support** Aberdeen City Council is working with partners including NHS Grampian to support the UK Government's Homes for Ukrainians and the Scottish Government's Super Sponsor programmes. Information in English and Ukrainian on housing, healthcare, emergency services and legal advice [is available on the council's website](#). The Ukrainian Community Centre is open at Rosemount Community Centre (Belgrave Terrace) every Friday and Sunday from 10am-4pm. The community hub has been created to welcome Ukrainian nationals to the city, and to help encourage new social connections, share information, and try new activities. It is open to all Ukrainian refugees and host families.

**NHS Grampian Plan for the Future** Our new strategy has been in development since summer 2021. This has involved engagement with those providing our services, those using our services, and the wider population of Grampian. The new strategy is intended to be aspirational, taking us on a journey from where we are now, to how health and care services will be in the future, looking towards our children's children. It replaces the clinical strategy many of you will have been familiar with.

We are now in the final stages of strategy development, and we want to engage further with you, as health & social care staff, and the public about the key areas of focus identified through the engagement done so far. We also want to explore what it should be called. If you would like to help us select a name, we have [a very quick opinion poll you can take part in by clicking here](#).

If you would be willing to take part in one of the 30-minute staff discussion group sessions planned to take place this week, to hear about the key areas of focus and give your views on this please email your interest to [gram.involve@nhs.scot](mailto:gram.involve@nhs.scot)

**Grampian data** The local update is shown below; [the PHS daily dashboard can be viewed here](#).



**Performance Appraisal Skills for Managers and Reviewers** Teams are really busy just now and finding the precious time for appraisal and personal development planning (amongst your many other priorities) is a real challenge. However we in Learning and Development want to help you make best use of this opportunity, which is in effect "care planning, supporting well-being and development for staff". We are willing to attend your team meetings, share tips and knowledge on 1-1 basis and discuss with you how best we can help.

[New courses on Performance Appraisal skills are now available to book on Turas Learn](#) (you will require a Turas account to access this link). A short video on how to navigate Turas Appraisal is also available on the same page. Please "take the time" and let us know how we can help. For any queries, please contact us on [gram.learningdevelopment@nhs.scot](mailto:gram.learningdevelopment@nhs.scot)

**Grampian Pride 2022** We are excited to announce NHS Grampian will once again be participating in the Grampian Pride Parade along Union Street in Aberdeen on Saturday 28 May. For more information – and if you would like to be part of #TeamNHSG - [please complete this form](#).

**Reminder - Leancoil Hospital – asset transfer request** NHS Grampian has received an asset transfer request for Leancoil Hospital in Forres, made by the Leancoil Trust Ltd. [The request can be read in full here](#); any comments on the request should be submitted to [gram.involve@nhs.scot](mailto:gram.involve@nhs.scot) by 26 April.

## We Care Wellbeing Wednesday

- **Introducing Peer Support Networks to NHS Grampian**

Do you feel stressed at work?

Do you need someone to listen?

Do you just need to vent?

Peer support is here...



Peer support is a service which offers early emotional support to healthcare staff and is delivered by their peers who have “been there”. This is because we know that healthcare workers prefer to receive support from their peers after a stressful event at work, or if personal stressors are impacting on their work. In a nutshell Peer Support is....

- Early emotional support or “psychological first aid “for staff with a Peer Support programme in their department
- Provided by upskilled colleagues who have “been there”
- For support due to stressful events at work or personal stressors impacting on your work life
- Peer support is not a counselling or mentoring service

During March this year 22 staff across the Emergency Department, Radiotherapy, Theatres, Radiology and Neonatal received certified training to launch a Peer Support network in their department. The first to launch is the Emergency Department, ARI. They’re hosting an event tomorrow (21 April) in the ED Handover room – you can drop in at any time between 8.30am and 1pm and find out more about the Peer Support Network and the pilot project in the Emergency Department. Other departments will follow shortly, and we’ll have more updates in future briefs. If your department would like to get involved and have a Peer Support network, please contact [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot) for more information.

- **World Book Night - Free Books!**

Over the coming weeks copies of [Live Well Every Day: Your plan for a happy body and mind](#) will be distributed among staff in Facilities & Estates to celebrate World Book Night. If you are not in Facilities & Estates and would like to receive a copy you can email

[gram.drgrayslibrary@nhs.scot](mailto:gram.drgrayslibrary@nhs.scot) or [cornhill.library@nhs.scot](mailto:cornhill.library@nhs.scot) and we get a copy to you through internal mail. Find out about #ReadingHour and other World Book Night activities [here](#)

[Why is reading for pleasure important? | Impact | World Book Night](#)

**Tune of the day** Today’s suggestion comes from Betty Milne and is dedicated to the team at Turriff Community Hospital, and to all her colleagues in the Turriff, Huntly, and Banff X-Ray departments. Betty has requested the super appropriate [Mr Blue Sky by ELO](#) (sorry if the haar got in the way of your blue skies today).

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](mailto:gram.communications@nhs.scot)