

Here is the brief for Monday 28 February 2022.

Your questions answered The primary purpose of this brief is to keep you informed and respond to your questions. Today we're starting with a new question, and a reminder of some previous responses, in case you missed them.

- **I've tested positive – what you should I do about future testing?** This is fully covered in the testing flowchart, [which is available to read here](#), and has also been attached to the email used to send out this brief.

The key thing to remember is that, once you have concluded any LFD testing necessary to allow you to end self-isolation and return to work, you should stop asymptomatic LFD testing until day 29 and stop asymptomatic PCR testing until day 91 (if testing asymptotically, the day you test positive is day 1). This is because the tests may detect traces of the 'old' infection, rather than detecting new infection. If you are identified as a contact before day 29 you do not need to isolate. **If you develop new symptoms at any time you should book a PCR test using the Grampian staff testing service.**

- **The general public are being advised to step back to twice-weekly asymptomatic testing – what about health & social care staff?** The Chief Nursing Officer has written to all boards, advising healthcare staff and patient facing primary care staff (e.g. General Practice, pharmacy, dentists, optometrists) to step back from daily asymptomatic LFD testing to twice weekly testing. [Remember, all results \(positive/negative/void\) must be recorded via the online portal](#). Daily testing will still be required for those of you wishing to be exempted from self-isolation as a close contact – see the above link to the flow chart.

A review is taking place on the testing guidance for social care staff; **until this is complete those of you working in social care should continue to test before each shift.**

- **Will the removal of the legal requirement to wear masks in certain indoor settings on 21 March also apply to healthcare premises?** We follow the National Infection Prevention & Control Manual guidance, which currently includes use of Fluid Repellent Surgical Masks (and any other PPE as required) in healthcare settings. Any change to this will be shared via this brief; in the meantime, please continue to follow the current guidance.

Royal College of Nursing (RCN) – 2022 awards Nominations are open for the 2022 RCN awards. There are 14 categories, covering all aspects of nursing. You can nominate yourself/your team or make nominations on behalf of others, and you don't necessarily need to be a member of the RCN to participate. This is a fantastic opportunity to celebrate the excellent and innovative nursing taking place across Grampian. [All the information you need on categories and nominating is on the RCN website.](#)

Paediatric Dietetic Referral Guidance New referral guidance from the Paediatric Dietitians across Grampian launches today. This aims to provide referrers with guidance to streamline requests for assistance in Aberdeen City, Aberdeenshire, and Moray. It will allow the team to triage referrals in a more timely and appropriate manner. [The documents are available on Grampian Guidance](#) (networked devices only) and highlight the most appropriate department to contact for area specific requests. There are also helpful links to first line resources which we think will be invaluable for you to be able to offer families.

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

	Daily number of new people tested (PCR & LFT)	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 26/02	330	655	230	71	3	2 <small>25/2/22 and 26/2/22</small>
Sun 27/02	295	657	220	77	3	1 <small>27/2/22</small>
Mon 28/02	262 <small>296 avg daily tested last 3 days</small>	682 <small>Up 25 from 27/2/22</small>	216 <small>Down 4 from 26/2/22</small>	74 <small>Down 3 from 27/2/22</small>	3 <small>No change from 27/2/22</small>	1 <small>28/2/22</small>
	<small>Tests reported from Illuminate up to 3pm on 26/2/22 (experimental stats) NB tests refreshed daily due to lag in reporting</small>	<small>Reported by PHS Dashboard. Midnight to midnight</small>	<small>Reported from CMS up to midnight</small>	<small>Confirmed patients from Trakcare according to new definitions from 15/9</small>	<small>Confirmed from Trakcare as per SG definitions - includes patients who were +ve >28 days. ECMO patients included if flagged for COVID-19</small>	<small>Confirmed from Trakcare</small>

Cyber Scotland Week – Staying Safe Online Cyber Scotland Week is now underway and the eHealth team are working to heighten awareness of the cyber security threats we all face and the impact these may have. With the ongoing tensions in Ukraine, the threat levels are continuing to increase targeting citizens, staff, and IT systems by exploiting, for instance, the vulnerability of employees working from home and capitalising on people’s interest in COVID-related news (e.g., malicious fake coronavirus related websites). The Cyber Scotland Week information is a valuable resource to be used as a regular reference point to help keep yourself, family, friends and work colleagues cyber safe!

We are also placing a focus on staying safe at home, especially with so many of us working at home. However, there’s good advice to be applied to the family as a whole by being cyber aware when using personal computer devices and smartphones for instance. We can now take advantage of our investment in the Sophos anti-virus security software and now able to provide this free to all staff. To find out more about this free software please follow the link below. Included this year is a very short survey, which we would appreciate your taking time out to complete and help eHealth improve any aspect of cyber security awareness.

[February 28 to March 6 2022 is Cyber Security Week - Please follow this link for useful advice on Staying Safe at Work and at Home](#)

Healthcare chaplains – here for you Healthcare Chaplains continue to be around, and working onsite, to support patients and their relatives/others during their times of illness and distress. We provide a listening ear to people of all faiths, and none, and will only bring up religion when the patient does. We also provide a 24/7 on call cover for support for patients, staff, and relatives in matters that cannot wait until the next working day. Some may wish for their own faith representative to visit them, and we encourage all visitors to liaise with ward staff on arranging visits.

For any enquiries or to contact one of the chaplains, call the main office on 53316. Outwith normal working hours (8.30am -4.30pm, Monday to Friday) please call the main switchboard and ask for the On Call chaplain to be paged. If you do need support, please do get in touch. Likewise, if you feel someone you know needs support, then encourage them to get in touch also.

NHS Grampian takes on the Scottish Workplace Journey Challenge We will be taking part in the [Scottish Workplace Journey Challenge](#) run by Sustrans, starting tomorrow and running throughout March. This is a national workplaces challenge, where individuals or teams can sign up as part of their workplace to leaving the car behind and logging their sustainable journeys. For the first time, those working at home can take part too by recording local journeys or a “fake commute”. If you are interested you can [register online](#) to log the journeys you make by foot, bike, scooter, bus or train. Over £4000 worth of Scotland Loves Local cards are up for grabs for use at hundreds of shops in your local area. Register today to enter the Early Bird prize draw where you can win a £30 Scotland Loves Local card.

Opportunity for reflection It's Monday, so we offer a question from last week's Guided Journaling sessions for you to reflect on. If you are interested in Guided Journaling – or any of the We Care programme – [you can find out more on their dedicated website](#).

We all know about the need for action for environmental sustainability, and most of us take some steps to help the planet – but how much attention do we give to sustaining ourselves? On what thoughts or activities is your body or mind using more energy than you can afford and so for which of your reserves do you need to take action to bolster or protect?

Question of the day This one is strictly for fun; as tomorrow is Shrove (Pancake) Tuesday, it's time to settle that age old debate - how do you eat yours? [We've given you a range of options, just pick your favourite in our online poll](#).

Tune of the day Emily Christie makes today's suggestion – [You Will Be Found](#), from the musical 'Dear Evan Hansen':

Even when the dark comes crashing through
When you need a friend to carry you
And when you're broken on the ground
You will be found

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