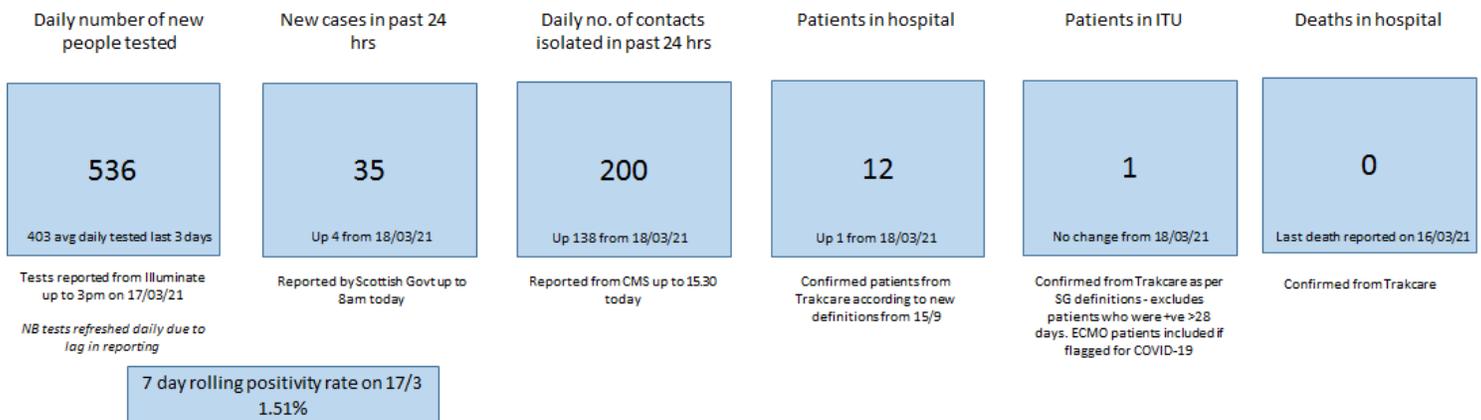


Here is the brief for Friday 19 March 2021.

Grampian data The local figures for today (and over the weekend) and the 7 day rolling positivity rate are 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, whereas the figures we show here only record new tests. If you want to see more detailed information, including cases at neighbourhood level, click [here](#) for the Public Health Scotland daily dashboard.



PPE Summary

PPE Summary - Predicted Equipment Remaining at the end of each week

	FFP3 Mask	type IIR mask	Covid Gowns	Theatre Gowns	Visors + Goggles	Aprons	Gloves
March 15, 2021	160,778	348,650	13,027	16,240	86,640	1,202,094	1,926,416
March 22, 2021	160,799	347,997	13,007	16,813	86,720	1,202,094	1,926,416
March 29, 2021	160,819	347,343	12,987	17,386	86,801	1,202,094	1,926,416
April 5, 2021	160,839	346,689	12,967	17,959	86,882	1,202,094	1,926,416

■ Stock < 0
 ■ Stock <= 2 Days
 ■ Stock <= 5 Days
 ■ Stock > 5 Days

Pregnant women and Covid-19 vaccination The COVID-19 vaccination is currently only offered to two groups of pregnant women:

1. Those with high-risk medical conditions who have a greater risk of serious complications from COVID-19
2. Health or social care workers – who are at very high risk of exposure to the virus causing COVID-19 due to their work

Whether to take the vaccination in pregnancy is your choice. Current guidance recommends pregnant women who are in these groups are given the opportunity to discuss the covid-19 vaccination to allow you to make an informed decision. If you are in group one and have received your vaccination

appointment, an obstetrician will contact you by phone to answer any questions you may have regarding the vaccination. If you are in group two please contact your community midwife who will arrange a telephone appointment with an obstetrician for you. Click [here](#) for more info.

Lateral Flow Device Tests Thanks for keeping this up. Just a wee housekeeping reminder: tests should always be undertaken at home, and prior to coming into your workplace. Any positive LFD test should result in the individual not coming into the workplace, and self-isolating with their other household members, to reduce the risk of infecting others, and minimise transmission opportunities. Your line manager should be informed of your positive result.

Don't do them at work – do them at home. The current waste contractor does not permit these devices within orange nor black stream waste within our healthcare settings

- A negative test should be discarded into your normal household waste
- A positive test should be placed in a plastic bag and kept for 72 hours, prior to being discarded into your household waste.
- Any used LFD kits which are discovered in healthcare premises, should be reported on the DATIX system and to the Waste Management Officer [neil.duncan3@nhs.scot], who will arrange for pick up and disposal.

Business miles and Lease Car Drivers We are aware that flexible working practices may be reducing business miles undertaken by lease car drivers . Principles have been agreed in Partnership and were approved by GAPF on February 18 . Information can be found by [clicking here from a networked machine](#)

Thought for the day The last few weeks have seen a lot of misinformation and concern around vaccines. So today we got thinking about conspiracy and confusion, how we process information, and how that can work against critical thinking.

Critical thinking is difficult. It is not laziness or ignorance (or in my case too much casual gaming and cat pictures) or even too much information. There has always been too much to absorb and as a species we have evolved to do lots of “near enough” processing. We interpret all manner of things through the lens of what we already believe. While efficient, and most of the time effective, it can also can mean unintentionally ignoring that which contradicts or confounds.

When issues are novel or emotive, or when we are tired, our ability to think critically can further degrade. Which pretty much is me for the last year. There is a dark irony that the times I have lost perspective, is when I have most needed it.

We can however test information. Query its validity and source, identify the problem and assumptions made, understand the implications, and account for the loose threads of contradiction or error.

Humour can also be useful to test assumptions - both our own and what we are exposed to. If it is claimed that a vaccine tracks us, then we are rapidly taken to a point where we have to ask why an internet billionaire would be interested in the daily movements of the elderly residents of the North of Scotland. Wondering whether Mrs MacDonald at Number 32 is going to have another cup of tea before a wee spot of gardening.... although she has become quite fond of Teams since COVID.....

Sorry. As we were reminded a few days ago in the brief correlation is not causality. The reality is these types of propositions are insidious. They fall on the fertile ground of legitimate concerns (about privacy, the role of technology in our lives, the desire for authenticity and connection, the desire to care for ourselves, or our planet).

Our inclination is often to see patterns and focus on the novel - which means we are all prone to errors and distortion of judgement. The fallacy of a vaccine that tracks, sits in sharp contrast to our sharing information online or via our phone usage. But we are accustomed to that, and in familiarity there is acceptance. In an age when we tweet pictures of breakfast, if our tech billionaire wanted to know what any of us do, he would only have to check our social media feeds.

Social media can also mirror our brains own “near enough” inclinations. As our interests drive what we see, we risk a narrower lens, and a spiral of endless confirmation. At its most simple, last year I brought a new wheelbarrow, and now I cannot open Facebook without someone trying to sell me a wheelbarrow... Then you find yourself watching videos of wheelbarrow racing and then wheelbarrow jousting... (It really is a thing for those of you who doubt).

So in that spirit of disclosure, we at the Daily Brief wish for the vaccine to be taken up by all those who can. Because we know and believe - as do the majority of the public and our colleagues who are giving their full efforts to deliver vaccine - that it is the best way to save life, and for each one of us to get their life back. I defy anyone to dismiss the fact of what that effort represents.

But we are human beings, sublime and ridiculous, and the loftiest intent sits next to the most petty of desires. My own personal agenda, along with a wish to see the terrible toll of COVID end, is that I want a decent dinner out, one that I did not have to cook, and that is not eaten out of takeaway cardboard.

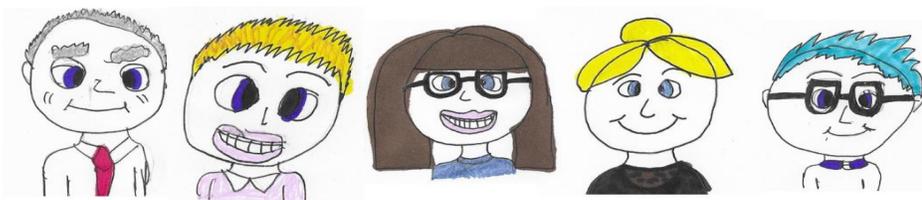
“If you never change your mind, why have one” – Edward de Bono

“The first principle is that you must not fool yourself — and you are the easiest person to fool” – Richard Feynman

“We want cake” – Daily Brief Team

Shucks! We have been absolutely overwhelmed by the positivity and love shared by so many this week about how much the Daily Brief has meant to you over the last 12 months. Some of you want to know who we are....well, the super-talented Freya Greig aged 9, from Loirston Primary School has unveiled our identities at last...

Happy weekend people!



Derek

Jillian

Dianne

Jo

Emma P



Louise

Gary

Lesley

Iona



Marie

Emma W

James

Lydia

Questions to ask? Information to share? If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via gram.communications@nhs.scot. Please also use that email address if you have items for consideration for future briefs.