

COVID-19 Brief

coronavirus



Here is the brief for Wednesday 28 July 2021.

Safer and Smarter workplaces The pandemic has turned our workplaces upside down. A significant proportion of us continue to work at home, while those of us still in the workplace have seen physical distancing and the extended use of face masks change the shape of wards and offices.

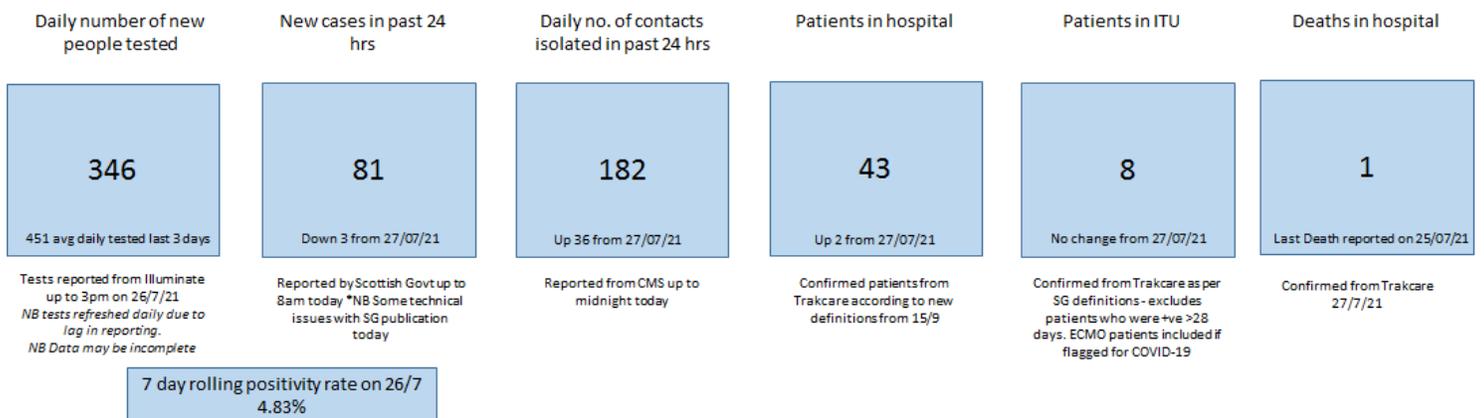
The Safer Workplaces team continue to support staff to understand and implement the required measures in the workplace. While we continue to have 2 metre physical distancing and enhanced use of face masks in place at present, we do anticipate a time when these measures will ease. The team are keen to get the views of staff about any potential changes – [you can get involved by completing this short form](#) – it should only take a couple of minutes. Please note, the current rules remain in place and any changes will be clearly communicated in advance. This form will be open for **one week**.

The Smarter Workplaces team are working to understand what our working lives will look like in the months and years to come. What will any return to the office look like? Will we adopt a hybrid approach, mixing time at home and on-site? To inform this work, they have prepared a more detailed survey, looking at the working experience over the last 16 months. This will take around 10 minutes to complete and is available [here](#) or by using the QR code below. This form will be open for the next **four weeks**, to give as many of you the opportunity to participate as possible.



These projects will shape our workplaces for the future and this is your opportunity to play your part in that. Both groups appreciate the pressure staff are currently under and want to underline their thanks, in advance, to everyone who takes part.

Grampian data Here is the local update for today, including the 7-day rolling positivity rate. 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](#).

Vue Motion PACS User guides As you may be aware after the PACS server upgrade many users across NHS Grampian are being asked to use the new Vue Motion software for viewing PACS images. Although this is a fully functioning programme that covers the requirements of most users there will be a period of adjustment as people get used to the new interface. [Further information, including the Vue Motion User Guide, is available on the intranet](#) (this link will only work on networked devices). The PACS team are aware that TRAK does not launch Vue Motion and are speaking to NSS and Phillips to see if we can get this resolved.

Management Development Digital Programme The 2-days Middle Managers Course was redesigned for delivery in accordance with the new ways of working in the response to COVID- 19. An innovative digital version was created using a blended approach of eLearning, tutor-led and Q&A live sessions. The programme aims to ensure that managers are supported in the workplace and have the opportunity to continue developing their skills in managing effective teams. The course is delivered over 9 weeks using a Teams Group with channels assigned to each topic where sessions are scheduled, resources shared, and updates posted. For further information and to book a place please check the course page in Turas Learn on this link [Management Development Digital Programme](#). If you have any further queries please email gram.learningdevelopment@nhs.scot

We Care programme – guided journaling New dates are available if you are interested in taking part in a short, guided journaling session. Journaling is recognised as being helpful in reducing anxiety through providing clarity; identifying patterns; revealing emotions, and processing decisions. These sessions are delivered via MS Teams, with a facilitator taking you through the process. Microphones are muted, you can keep your camera off if you prefer, and you can share what you write – or not – as you wish. Join us in taking 30-minutes to pause and connect with yourself. No prior journaling experience is necessary - all you need is something to write with and some paper. As someone who has participated in these sessions, I can confirm the opportunity to stop, reflect, and write down your experiences and feelings is incredibly valuable! The following dates/times are now open for booking:

Monday 2 August 6-6.30pm	Thursday 2 September 8-8.30am
Wednesday 11 August 7.30-8am	Thursday 9 September 8-8.30am
Wednesday 18 August 8-8.30am	Thursday 16 September 8-8.30am
Friday 20 August 5-5.30pm	Thursday 23 September 8-8.30am
Tuesday 24 August 4-4.30pm	Thursday 7 October 8-8.30am
Friday 27 August 12-12.30pm	Thursday 14 October 8-8.30am
Friday 30 August 8.30-9am	Thursday 21 October 8-8.30am
Wednesday 1 September 5.30-6pm	Thursday 28 October 8-8.30am

To book a place on any of these sessions please contact sandra.brown9@nhs.scot

Book Blether Come along to NHS Grampian Libraries book blether and have a chat about the books you've been reading this summer. Whether you want to talk about you've read recently or come along and get some inspiration for your next read. All health and social care staff from across the Grampian area are invited to join in the chat. This is a great opportunity for people to connect over a shared love of reading for pleasure which has also been proven to help mental health and emotional wellbeing such as reducing stress, aiding sleep and alleviating depression ([The Reading Agency](#))

The meeting is held on Teams and takes place at 1pm Thursday 5th August. If you would like to come along or have any more queries, please contact cornhill.library@nhs.scot for more information.

Thought for the day We've been a bit quiet on the reflections side of things recently. I don't know about you, but all my energy has been focused on just keeping going. We live with so much uncertainty right now, sometimes all we can do is keep putting one foot in front of the other. If you've been feeling similarly uninspired or dispirited, you are not alone. Be gentle with yourself, sometimes making it to the end of each day in one piece is achievement enough.



(This illustration is by the fantastically talented [Gemma Correll](#) – check her out!)

Tune of the day One of the perks of writing this bit of the brief is the opportunity to indulge my own musical tastes! Today's tune (inspired by the weather **and** the general mood of 'meh' – see above) is [Manic Street Preachers take on Raindrops Keep Falling On My Head](#) – we're always in safe hands with Bacharach & David.

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.