

Here is the brief for Wednesday 29 September 2021.

Dignity and Respect The NHS Scotland Staff Governance Standard applies to each of us who work for NHS Scotland. One key part is that NHS staff lead by example, ensuring we treat staff at all levels, patients, carers and the public fairly, professionally, and with dignity and respect. It's a two-way street, that doesn't stop at NHS staff, but should also govern our interactions with colleagues right across health AND social care. The last 18 months have been almost unbearable at times. This does not afford any of us the right to verbally (or otherwise) abuse our co-workers. Whether it's a close colleague or someone you've never spoken to; a contact tracer, a domestic, a senior manager – it doesn't matter. When we encourage and remind the general public to treat us respectfully, this also extends to the way we treat each other.

Autumn/Winter vaccinations If you are looking for more information on the 'flu and COVID-19 booster programme, a number of leaflets have been developed, as follows:

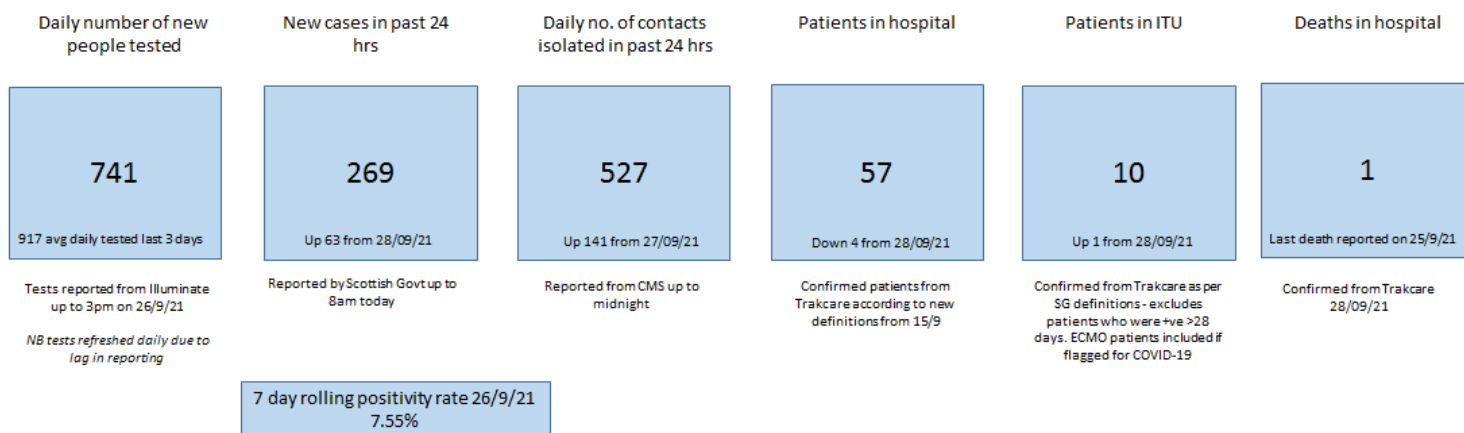
[The leaflet on 'flu vaccination for healthcare workers is available to view here.](#)

[The leaflet on 'flu vaccination for social care workers is available to view here.](#)

[The leaflet on the COVID-19 booster for adults is available to view here.](#)

[There is now also a dedicated page on the NHS Inform website.](#)

Grampian data The local update for today is shown below:

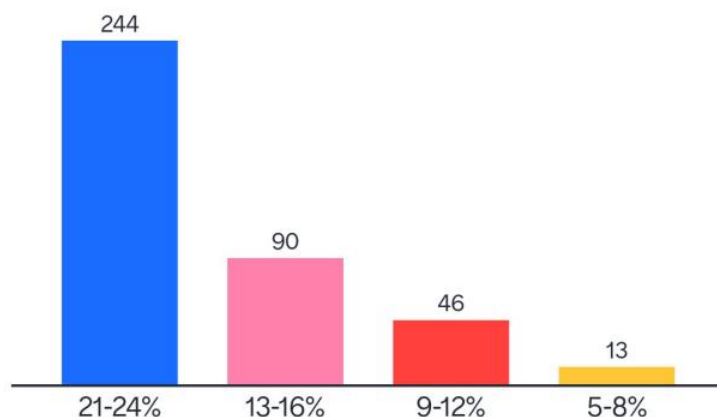


[The Public Health Scotland daily dashboard is available to view via this link.](#)

COVID-19, loss of smell, and Vitamin A Research is underway, led by the University of East Anglia, to see if Vitamin A can assist in the recovery of a sense of smell following viral infections. Smell loss is a common symptom of COVID-19, but even before that, many viruses had been causing smell loss and distortion and while most people naturally regain their sense of smell within a couple of weeks, many have been left with on-going smell disorders. Previous studies suggest this can lead to depression, anxiety, and isolation, as well as increased risk from hazards such as gas or spoiled food and weight loss due to reduced appetite. [More information on the study is available on the UEA website.](#)

COVID-19 – how much do you know? We started our ‘deep dive’ on some of the facts around COVID-19 by asking you how much vaccine protection may wane by. Before we get to your results, we should make it clear that the aim here is to get you thinking, rather than see who is ‘right’ or ‘wrong’ – it’s all about the learning experience.

What percentage reduction in vaccine protection happens after six months? You should only select one answer. Mentimeter



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The correct answer was (b) 13-16%. This was taken from the COVID-19 ‘ZOE’ study based on the widely used COVID symptom app run by Kings College. They reported that for the AstraZeneca vaccine effectiveness fell from 77% to 67% after 6 months (a drop of 12.98%) whilst for the Pfizer vaccine effectiveness fell from 88% to 74% (a drop of 15.9%), hence the 13-16% answer. It is important to note that no vaccine offers 100% protection, and that even 67-74% effectiveness is a lot better than having no vaccine at all. The take home message is that it is important that as many people as possible get the vaccination regardless of this drop off. [You can read their results in full here.](#)

We’re sticking with vaccination today and [asking how much more likely people who aren’t vaccinated are to get COVID-19?](#)

We Care Wellbeing Wednesday There’s a bit of a change to this feature – so many of you have taken the time to feedback to the We Care team that they couldn’t possibly fit it all in this brief. Instead, they’ve developed a separate newsletter, which is attached to the email used to send out this brief. Also attached is an information sheet on the range of support available, both internally and through outside agencies, to you or any colleague if you are experiencing distress or are in crisis.

Mind Yer Mind Live This is a free to attend, interactive, online event for anyone who wants to know more about looking after their mental wellbeing. The event takes places tomorrow (30 September) between 7-8.30pm and will feature our own Dr Emma Hepburn AKA @thepsychologymum on Instagram. [All the details you need for this event are available here.](#)

Blood Assist app The Scottish National Blood Transfusion Committee (SNBTC), formerly known as SCTAC, and NHSBT have agreed for Scotland to endorse the use of the Blood Assist app. Blood Assist is a smartphone and web-based app which summarises key guidelines and recommendations from SHOT, BSH and SaBTO and is designed for use, at the bedside, at the time of transfusion. It is free to download from the app stores and the web based version is available at: <https://www.bloodassist.co.uk/terms>. Further information on the app can be found using the following link: [Blood Assist app launched by PBM England - Serious Hazards of Transfusion \(shotuk.org\).](#)

New Community Empowerment Network The Community Empowerment Network is a forum for community groups and community organisations to connect with each other and with members of Community Planning Aberdeen's Community Empowerment Group to stay informed and develop further opportunities for public services, third sector organisations and community groups to work together on shared priorities.



ALL community groups and organisations are welcome! To find out more you can:

[Click here](#) to register for the first network event on 30 September 2021

[Click here](#) to sign up for community updates

[Click here](#) to explore the website

Tune of the day The long awaited premiere of the new Bond film – No Time To Die – took place last night, so we're throwing it back to (in my view) the very best of the Bond themes, [Nobody Does it Better](#), from 1977's The Spy Who Loved Me. If you've had a tough day today, this one is for you. Whatever has happened, remember nobody does it better than you.

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