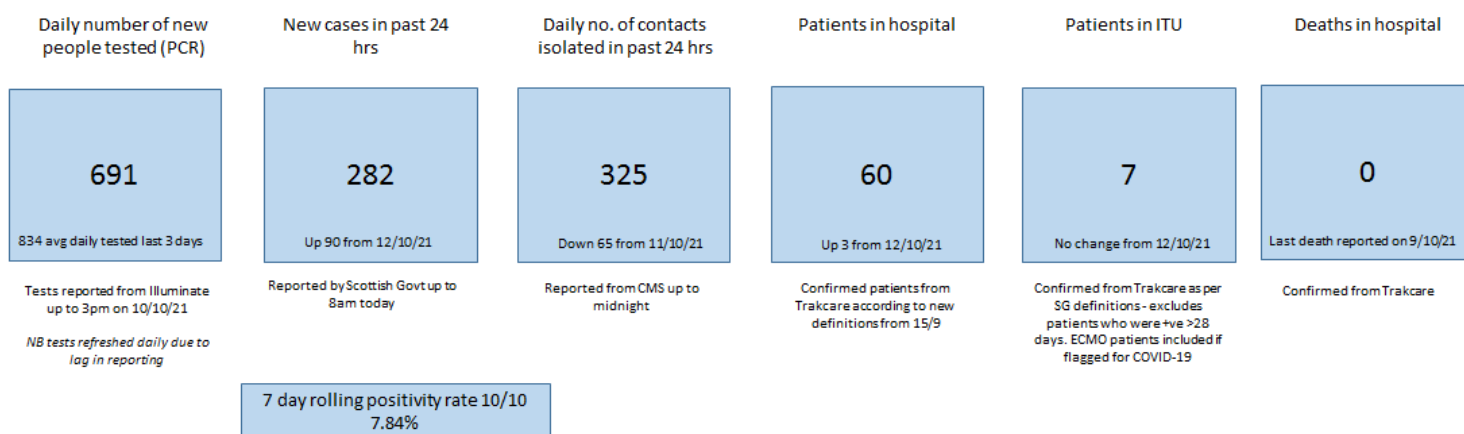


Here is the brief for Wednesday 13 October 2021.

Got symptoms? Get a PCR test! If you are experiencing any of the three classic COVID-19 symptoms it's really important you arrange a PCR test, [using the staff testing service online request form](#). It may be tempting to use a Lateral Flow Device, especially if these are readily available at home, but these should only be used for asymptomatic testing. This is because LFD tests have a lower sensitivity which mean you're more likely to get a false negative. A PCR test maximises the likelihood of correctly identifying COVID-19 infection. LFD tests are used as a surveillance tool, helping us spot cases of COVID-19 which might otherwise go undetected, because an individual doesn't have any symptoms.

Grampian data The local update for today is shown below.



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

Basic Life Support Sessions: Message from Resuscitation Team A significant number of existing staff have been attending face-to-face BLS training with the resuscitation team, apparently on advice from their managers or local cascade trainers. Please be aware that only new employees to NHS Grampian are required to attend the face-to-face course with the Resuscitation Department training staff. All current employees requiring their annual BLS update should contact their cascade trainer or practice educator. If your area does not have a cascade trainer, we would advise managers to identify a staff member to take on this role. [The cascade trainers course can be booked on Turas](#). This will ensure the maximum number of places are available for new recruits to the organisation.

Managers should also ensure that all new team members book & attend BLS and Automated External Defibrillation course. The new employee must complete the Welcome & Orientation Package prior to attending this course. The link to this course can be found at the end of the Resuscitation Department presentation. The team are grateful for the support of managers in ensuring this happens.

Scottish Patient Safety Programme (SPSP) Acute Adult Collaborative NHS Grampian is participating in the Scottish Patient Safety Programme (SPSP) Acute Adult Collaborative which launched last month and will run to March 2023. The focus of this collaborative is reducing falls and early recognition and timely intervention of deteriorating patients. [Full details of the collaborative can be accessed here](#). We are introducing a programme of work to identify deteriorating patients and attempt to lower the cardiac arrest rate in Acute. If you wish to participate in this initiative please contact gram.qiat@nhs.scot

Culture Cabinet Our apologies for not attaching the flyer for this event to yesterday's brief email – it is now attached!

Grampian Winter Pride Parade We are excited to announce that NHS Grampian will be participating in the Grampian Winter Pride Parade along Union Street in Aberdeen at 11am on Sunday 24 October. Organisers are closely managing numbers this year and we have been required to register in advance. We have a small number of places available – if you would like to be part of the parade party this year, please email gram.involve@nhs.scot by Friday 15 October.

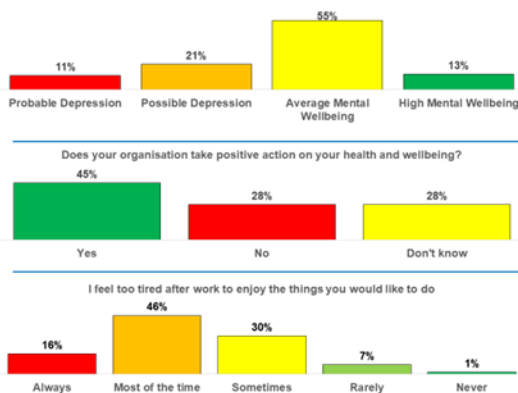
We Care Wellbeing Wednesday

- **We Care August pulse survey summary** - Thank you to all staff who took part in the 'We Care' Pulse Survey in August 2021- a summary of the results is attached to today's brief. The findings from this survey as well as the feedback we have received via our mailbox and anonymous form are crucial to help us gather staff views to inform the 'We Care programme' and develop our priorities going forward. We were pleased to see a 62% increase in responses – this helps us get a better idea of our colleague's views and wellbeing. It also ensures that these results are more representative of the whole workforce.



We Care August Pulse Survey Results

Thank you to 1947 staff that took time to complete the We Care Pulse survey
Going forward we hope to increase the response rate.

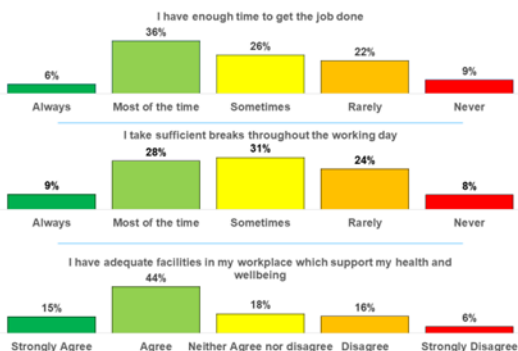


- 68% of you reported average or high mental wellbeing
- 86% told us your physical health was fair, good or very good
- 45% told us the organisation was taking positive action on health & wellbeing
- 62% of you stated you often feel too tired after work to enjoy things you would like to do at home.

This highlights work life balance is a key predictor of good wellbeing this has been challenging due to increasing pressures. How do we ensure this?



We Care August Pulse Survey Results



- 42% of you said that most of the time you have enough time to get the job done.
- 32% of staff reported to us that they rarely or never take breaks.
- 59% of staff agree or strongly agree that the organisation provides adequate facilities to support your health & wellbeing whilst at work.

We really want We Care to work for you

Tell us:

1. Top 3 things that impact your wellbeing at work
2. Top 3 things that you would like to see to support your wellbeing at work

Please reply to gram.wecare@nhs.scot or complete our anonymous form via <https://forms.office.com/r/xqrcdtqKQg> and feel free to contact the team at any time



To date, the findings have helped inform our communication approach in a number of ways. We are working to ensure we capture as many views of our staff as possible in future pulse surveys. The findings have also helped shape our communications via the We Care Wednesdays in the daily brief, our newsletter and new resources that have been developed in the last few months, including our information sessions and supporting staff in distress handout [We-Care-Supporting-staff-in-distress-Information-sheet.pdf \(nhsgrampian.org\)](#). Please look out for further information in on how to access information sessions for your team in the We Care Wednesday section of the brief in the coming weeks.

Thanks once again for taking the time to complete the 'We Care' pulse survey. Please let us know if you have any questions or ideas in regard to the topics highlighted above, or any other feedback, ideas or support you would like from the 'We Care' Team. You can email us on gram.wecare@nhs.net or [send anonymous feedback via this form](#).

- **Hospital at Night team (H@N)** - The hospital at night (H@N) team was set up in Aberdeen in 2004 to support care, safety and outcome of patients who become unwell during the evening and through the night. The Hospital at night team have videos looking at Health and Wellbeing, handovers, team roles and TrakCare. Please view the videos via the following YouTube links: [Health and wellbeing](#)
[Handover](#)
[Team roles](#)
[TrakCare](#)

Please also have a look at the Nightshift hospital at night Wellbeing Guide. This is a guide to your wellbeing before your shift, during your shift and after your shift. This can be accessed at [Night Shift Wellbeing Guide.pdf \(scot.nhs.uk\)](#). [Further information about the hospital at night team can be found on their dedicated intranet page](#) (networked devices only).

For ease of distribution, the Pulse survey results, and the Night Shift wellbeing guide are also attached to the email used to send out this brief.

Tune of the day Dawn-Anne Beattie has been in touch on behalf of the admin team at HMP & YO1 Grampian health centre and her request is, frankly, a stone cold classic: [Take on Me by a-ha](#). Whether you're marvelling at the artistry of the video, wondering how much oil they basted the band members in (they glisten!), or just trying (and failing) to hit those high notes, we hope this is fitting end (or beginning) to your working day.

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