For ease of access, please print and leave in staff areas for colleagues.

All Speed Reads are available on intranet in **Covid Base** or on the external site here

**ISSUED: 16 JUNE 2020**

### Staff Helplines – Updated location

We have a number of helplines and support options available for staff. **You can find this information on the NHS Lothian Staff page for COVID-19.**

### Important Information

#### Changes to on-Street Pay and Display Parking

From **Monday 22 June**, the City of Edinburgh Council will resume charges for on-street pay and display parking. For more information on this change, as well as parking prices and times please visit the City of Edinburgh Council website - [https://www.edinburgh.gov.uk/parking](https://www.edinburgh.gov.uk/parking).

#### Car Parking – Western General Hospital

Fettes College have confirmed that staff can continue to access some of their parking spaces. In March, departmental passes were issued to department managers/charge nurses, alongside instructions in their use. This parking provision will remain in place for the short term, with its wind down likely to coincide with school return planning. Any changes on this will be communicated through the Speed Read.

#### Home Working Tax Relief

For staff who are working from home as a result of the COVID-19 situation, you may be able to claim tax relief, directly from HMRC, for some of your bills. Further information can be found on the UK Government website: [https://www.gov.uk/tax-relief-for-employees/working-at-home](https://www.gov.uk/tax-relief-for-employees/working-at-home)

#### Promoting Health Literacy: Supporting Good Communication

We are all facing challenges working and living during the COVID-19 outbreak. We want to promote practice that supports good communication so both colleagues and the public can understand and act on all the health information they receive. We can achieve this through supporting techniques that promote Health Literacy.

‘Health Literacy’ is people having enough knowledge, understanding, skills and confidence to use health information, to be active partners in their care, and to navigate health and social care systems. (SG, 2014).
To explore techniques to promote health literacy visit the COVID-19 base here. Our Public Health team are offering Webinar Health Literacy Training sessions to help boost your knowledge and skills: Click here if you or your team are interested.

NHS Lothian Grand Round – “Myocardial injury and infarction in the COVID era”- Wednesday 17th June 2020, 12.30pm – 1.30pm
Dr Andrew Chapman will discuss the interpretation of cardiac troponin results, the diagnosis of myocardial injury and infarction and will review the cardiac consequences of COVID-19. More details about the Grand Rounds are available on the MED site. You can access the Grand Round via Microsoft Teams.

Reducing workplace risk from COVID-19 - Reminder

It is essential that we work together to reduce the COVID risk in our workplaces, as much as we practically can. No area is completely safe from COVID-19 if we don’t observe the rules of hygiene and social distancing. The virus is most commonly spread by droplets, so please remember to follow the following advice:

- Where possible, stay 2 metres away from other people
- Work from home, where possible
- Travel as safely as possible
- Wash your hands & follow cough/sneeze etiquette
- Minimise the number of people you meet with.

Sometimes it is not possible to maintain 2 metres physical distance when we are working, but we must follow the rule whenever we can. Colleagues from Occupational Health have produced guidance and advice on reducing the risk from COVID-19 in the workplace (available on the COVID-19 base of the intranet - published under ‘Other Staff Updates’ - or click on the following link: Reducing Workplace Risk COVID-19

Please remember that failure to maintain social distancing will lead to staff having to self-isolate for 14 days should they be identified as a contact of a colleague with COVID-19.

Update on Test and Protect for NHS, social care service managers and staff

Test and Protect is the Scottish Government implementation of the UK Test, Trace, Isolate and Support strategy. This approach involves identifying people including NHS and social care staff, that have confirmed COVID-19 and undertaking an assessment to identify their contacts in order to ask them to isolate for 14 days.

Occupational Health have produced guidance on what constitutes a ‘contact’, how these would be assessed and how staff and managers can help to keep themselves, their teams and their patients safe. This is available on the COVID-19 base of the intranet – published under ‘Workforce Guidance’ or via the following link – Test and Protect Staff Information.

If you have information that you would like to be considered for the Speed Read please send it to lothian.communications@nhs.net by 3.30pm each day. Please ensure that your service is content with information before sending.

Staff Health

Recurring Staff health information
The current Staff Health and Wellbeing information can be found on NHS Lothian website by clicking here: https://staff.nhslothian.scot/COVID-19/Pages/NHS-Lothian-Staff-Wellbeing.aspx
A Reminder

This Section contains previously issued important information, which is unchanged –

**NHS Lothian Remdesivir Treatment Guidance**

Remdesivir is an *unlicensed medicine* being provided through the Medicines and Healthcare products Regulatory Agency (MHRA) Early Access to Medicines Scheme (EAMS) for the treatment of patients hospitalised with suspected or laboratory-confirmed COVID-19 who meet the clinical criteria.

Patients most likely to benefit are those at an early stage of a COVID-19 infection who have high probability of developing severe disease. **Contact the Infectious Diseases (ID) Consultant on call for approval to use Remdesivir.**

Guidance on the use of Remdesivir to treat COVID-19 patients has been approved by NHS Lothian’s Drug and Therapeutics Committee and is on the COVID-19 Base of the intranet, under ‘Other Staff Updates’, or you can access it through the following link: [NHS Lothian Remdesivir Guidance](#).

**The importance of Transfusion Traceability**

The Blood Safety and Quality Regulations (2005) require that all blood components are traced from donor to recipient to allow individuals to be contacted in future if required.

The RIE Transfusion Team ask all members of staff involved in administering blood components to ensure that they fully complete the transfusion traceability documentation at the time of the transfusion, and to return it to the blood bank as soon as possible. Please remember to:

- Complete the blue tag with signature, printed name, date and time
- Complete pink sticker with two signatures, date and time > place patient’s transfusion record

It can be very challenging to confirm traceability of a transfusion in retrospect, so all efforts by staff to complete the traceability documentation at the time of the transfusion – and to return the blue tag to the lab – are of vital importance and greatly appreciated. Thank you to everyone for all your help with achieving this.

**Frontline Reflections - Open call**

Tonic Arts - Edinburgh & Lothians Health Foundation’s arts programme - is commissioning a film project to share the reflections of staff on working through the COVID-19 pandemic. We invite NHS Lothian staff to be involved in this exciting project and tell their stories.

‘Frontline Reflections’ will share NHS Lothian staff stories of how COVID-19 and lockdown has changed us professionally, not only in our workplace, but also our ways of working, and personally in terms of how we relate to and communicate with our colleagues and patients and what this means for the wider NHS Lothian community.

To participate in this exciting project, please send an email with a short response to the question below to angela.gray@nhslothian.scot.nhs.uk by 5pm on Friday 3 July:

**Q:** Thinking back over the past months, is there an event, moment or thought you remember that gives real insight into your professional world and which people who don't work for the NHS couldn't possibly imagine?

**Please note:** a few sentences is sufficient - **250 words max.**

Please also include the following information in your email: name, job/position/role, contact details (email and phone if possible), geographic location in Lothian, gender and age.
Support yourself and your Team

It’s important to remember to sustain your energy to enable and support both yourself and your team. This will allow you to keep prioritising your emotional and psychological wellbeing. For ideas and resources go to https://www.promis.scot, the national wellbeing hub for both health and social care. You can also find information about the wellbeing hub on our Intranet here.

Validated Statistics as at 1400

A total of 213,527 people in Scotland have been tested through NHS Scotland labs and Regional Testing Centres to date. Of these:
- 195,482 were confirmed negative
- 18,045 were positive
- 2,453 have sadly died

Important Reminders

You can now find useful links for the latest guidance and information on the COVID-19 Base on the intranet above the daily Speed Reads.

If you have any communication related questions please email: lothian.communications@nhs.net