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: 29 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.

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**Important Information**

**Upcoming Webinar on Environmental Sustainability and Covid-19**

Speakers from NHS Lothian, Medact Scotland and the University of Edinburgh will discuss the climate crisis, NHS Lothian's sustainability work and the connections with the current pandemic. Chaired by Mr Martin Hill, Vice chair of NHS Lothian Board. For more information go to the intranet events page

'The New Normal': Environmental Sustainability and Covid-19; Reflecting and Rebuilding in NHS Lothian, takes place Thursday 9th July 12:30 - 13:30. Access via teams: Meeting Link

**Marie Curie Hospice – Changes to Visiting**

The Marie Curie Hospice, Edinburgh have updated their visiting guidance to allow some visiting in exceptional circumstances while observing strict conditions in the interest of infection control. More information is available on the COVID-19 hub on the intranet.


Dr Andrew Watson will provide an insight into how presentations with psychiatric illness has changed as a result of COVID 19. More details about the Grand Rounds are available on the MED site. You can access the Grand Round via Microsoft Teams.

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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

Maintaining a Good Sleep Pattern

Most of us have nights when our sleep isn't as good as we would like it to be, especially during the current pandemic. So, how about trying a free app for improving sleep? Sleepio or Daylight.

For self-care tips check out our Staff Health & Wellbeing page or our National Wellbeing hub. Maintaining a good sleep pattern will help you care for your physical and mental wellbeing.

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

FAQ on extended use of face coverings in Health and Social Care

As you may be aware Scottish Government has issued new guidance on the extended use of face masks and face coverings in hospitals and care homes which we will be introducing on Monday 29th June. Due to the new guidance the Infection Prevention and Control Team (IPCT) have been receiving an exceptional high number of calls from staff. To help answer many of the common questions and concerns from staff the IPCT have put together a FAQ document which you can find here.

If you do have any concerns or questions please read through this document before speaking to your line manager or contacting IPCT.

Visiting care homes for adults and older people

The Scottish Government have announced that Care home residents will be able to receive visitors outside from 3 July. This is provided the care home meets strict criteria, with infection control measures remaining in place. The Cabinet Secretary Jeane Freeman has written a letter to care homes for adults outlining plans and the Scottish Government has issued guidance on visiting arrangements.

Key points:
- The guidance sets out what precautions will be taken to keep residents, visitors and staff safe.
- At a national level, each stage of easing of restrictions will be assessed depending on scientific advice and the progress of the infection rates. If risks are identified with this approach, restrictions may be resumed. Any home that has an ongoing outbreak will have to close to non-essential visitors.

If you have any concerns about how this new measure may impact you, please speak to your line manager or service manager.

Validated Statistics as at 1400

As of 2pm today 258,399 people in Scotland have been tested for COVID-19

- 240,158 confirmed negative
• 18,241 positive

2,482 patients who tested positive 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