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

All Speed Reads are available in the ‘Covid Base’ on the intranet and the ‘Staff’ section of the NHS Lothian website.

ISSUED: 1 APRIL 2020

Staff Helpline

If you have questions about coronavirus (COVID-19), please try the Health Protection Scotland website in the first instance. If you can’t find what you are looking for call our advice line for Health and Social Care staff and volunteers in Lothian is available on:

0131 537 8530 (ext. 88530). Lines open: Mon to Fri 8am to 6pm.

Please do not call colleagues in RIDU, Public Health or Infection Prevention and Control who are already under extreme pressure. Thank you

Important Information

Department of Clinical Neurosciences To Move from 11 MAY

The Cabinet Secretary has announced that the DCN move to Little France will begin from w/c 11 May. This date is slightly ahead of schedule as the works are on track to be completed earlier than anticipated. This is very good news for DCN who have waited a long time for the move and will have the additional benefit of potentially freeing extra capacity to use as Covid step-down beds subject to staffing availability. The operational detail of this is being worked through by the management teams from the RIE, WGH and DTACC.

ELHF COVID-19 Appeal

The Edinburgh & Lothians Health Foundation (ELHF) has launched a COVID-19 Appeal to help NHS Lothian staff in their response to the coronavirus pandemic.

They say “During the Covid-19/Coronavirus pandemic we are relying more than ever on the NHS. The staff go over and above their usual commitment and compassion to care for us. Whilst the NHS puts huge additional resource into its response, your donations will greatly help to provide additional items and extra support needed.”
The appeal, which has so far raised more than £138,000 towards its £1 million target, has already helped provide funds for NHS Lothian staff who are self-isolating from their families to stay in hotel rooms and mobile phones and tablets for patients who do not have any means to contact family or friends.

The ELHF, which is the official NHS Lothian charity, stresses that money raised from the appeal will not be used to buy essential equipment such as Personal Protective Equipment (PPE).

We are aware that some staff and members of the public have set up their own Covid-19 appeals on Just Giving. We remind staff that if they would like money to buy extras for patients or staff, please contact the Foundation to fund it.

Questions about donations and offers of volunteering

Edinburgh and Lothians Health Foundation (ELHF) has seen a huge number of offers of help and donations. If you receive any enquiries, please direct people to the following websites or contacts:

- **Volunteering:** The Volunteering Team have received a large volume of enquiries and are managing these in a steady flow. Please contact the Volunteering team at volunteer.enquiries@nhslothian.scot.nhs.uk or through the internet page [https://www.nhslothian.scot/GetInvolved/Volunteering/Pages/default.aspx](https://www.nhslothian.scot/GetInvolved/Volunteering/Pages/default.aspx)

- **Donations:** To read more about the Appeal, and to see the messages of support for you, our staff, from the public, see the ELHF appeal page at: [www.justgiving.com/campaign/NHSLothian](http://www.justgiving.com/campaign/NHSLothian)

One comment reads: “You’ve always been there for me when I’ve needed you and I owe my life, several times over, to your care and dedication. You’re all precious links in the priceless chain that forms our NHS. Respect.” Another says: “Keep up the fabulous work everyone. Truly remarkable efforts by all involved.”

- **Gifts-in-Kind:** For offers of other items, including food and drink, toiletries, accommodation: Contact ELHF@nhslothian.scot.nhs.uk The Foundation has created a register of gifts which they are coordinating with colleagues in NHS Lothian, and matching against requests for help.

Update on Lothian Buses

We are in discussion with Lothian buses following their most recent reduction in services. They have agreed to review and where possible look to provide some additional links to support our staff getting to and from our sites. Please keep checking Lothian Buses website ([https://www.lothianbuses.com/timetables](https://www.lothianbuses.com/timetables)) for information on different services

Please contact Iain Sneddon (iain.sneddon@nhslothian.scot.nhs.uk) with any specific issues.
Staff Health

‘Here for You’ telephone helpline – Reminder

The ‘Here for You’ telephone helpline, providing staff with confidential psychological support and guidance is now live. **This helpline is open to all NHS Lothian staff as well as social care colleagues within the Health and Social Care Partnerships, community staff and colleagues within Primary Care.**

The helpline can be accessed by calling 0131 451 7445 and is available Mon-Fri 8am-6pm.

If you can’t call between 8am and 6pm, please email Here4U@nhslothian.scot.nhs.uk with your name and contact details and we’ll be in touch to arrange a time to speak with you. Please note that emails are monitored during office hours only.

If you need to talk to someone out with these hours you can access support through: **Breathing Space on 0800 83 85 87.** They are available Mon- Thurs 6pm – 2am and Friday 6pm to Monday 6am

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**Headspace**

All NHS employees with an nhs.net, nhsemployers.org and nhs.uk email address are eligible to receive full access to the **Headspace Plus** library, which houses 1,000+ hours of guided meditations across topics such as stress, sleep, commuting, focus, parenting, kids, and much more, as well as eyes-open exercises, workouts and sleep content. Information is available at: [https://www.headspace.com/nhs](https://www.headspace.com/nhs)

Even if you can’t get full access, Headspace has collated a collection called ‘weathering the storm’ which is free for everyone. It includes meditations, sleep and movement exercises. The link is [https://www.headspace.com/covid-19](https://www.headspace.com/covid-19)

Also, remember that the Feeling Good App is available to staff and you can get full access to the App using the following login (lothianwidef1) and password (positive). This is one of the apps that can be downloaded onto an NHS Lothian mobile phone.

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**A Reminder**

**This Section contains important information previously issued which is unchanged**

**Personal Protective Equipment**

**FFP3 respirator masks: additional supplies**
There is understandable anxiety about the supply of Personal Protective Equipment (PPE) and this issue continues to be reviewed every day at a national and local level. We are working hard to get the full range of PPE out into all parts of our system and we are having twice daily, whole-system phone calls to review the situation.

Additional supplies of FFP3 respirator masks are being made available to NHS staff, following confirmation that FFP3 respirator masks with expiry dates that have passed are safe to use.

Authorisation to use FFP3 face mask stock that has passed the expiry date is confirmed in a letter from Dr Catherine Calderwood, Chief Medical Officer, NHS Scotland and Fiona McQueen, Chief Nursing Officer, NHS Scotland. The letter, dated 30 March, says that independent test reports confirm that this stock of equipment has passed a series of stringent quality assurance tests and that the Health and Safety Executive (HSE) and Health Protection Scotland (HPS), having reviewed the independent test evidence, are content with the assessment that such stock is safe and can be used by NHS staff.

The letter begins: “We are committed to keeping all of our staff safe and ensuring we are fully engaged with all of our Services to ensure that they have the resources they need for staff, including access to appropriate Personal Protection Equipment (PPE).”

The letter includes advice from The Health & Safety Executive that all individual users of the FFP3 respirator masks which have expiry dates that have passed, must visually inspect the equipment (to check integrity of foam seals, straps, valves, nose clips as applicable) and these should be fit-checked by the wearer before use.

To see the letter, which includes Frequently Asked Questions (FAQs) on using FFP3 Respiratory Protective Equipment (RPE), click on the following link: CMO/CNO Letter FFP3 Respirators.

**PPE POSTER**

As mentioned in yesterday’s COVID-19 Speed Read, there is also a poster detailing the PPE required by staff for use in different situations and procedures within the acute setting, which can be found here.

**COVID-19 Intranet Hub**

Staff are reminded that the COVID-19 hub on the intranet contains a range of helpful information on topics such as PPE, workforce guidance and patient management.

If teams or areas require updates to any information which is already available on the COVID-19 hub, or they would like new information added, please email the details to lothian.communications@nhs.net

**Testing**

The testing of symptomatic staff and household contacts in order to support the response to Covid-19 is evolving and we are now looking for managers to refer staff for consideration of exclusion testing on day one of their symptoms.

We are following improved guidance and expert virology advice and our experience on the ground. The most effective time to identify the virus, and also to exclude the virus, is within the first 3 days from the onset of symptoms. Excluding the virus at this time has the biggest impact on business continuity.

We are now looking for managers to:

- refer staff members for consideration of exclusion testing on day 1 of their symptoms
• assess both how crucial their service is in mounting a response to Covid-19 and how key their staff member is in delivering that service - a matrix is included in the updated guide – ‘Staff testing to exclude Covid 19’, to assist.

This is important to reduce time and effort reviewing requests which do not meet these criteria. As we are required by the Scottish Government to offer testing to other key workers and the resources are limited we must effectively target them. If we get this right we can return more than 80% of staff who are isolating to the workplace.

We are urgently working on an SMS result reporting but currently only notify those who are positive by telephone. If your staff member has not heard within 48 hours of being swabbed you can assume it is negative as the results are being checked in virology and double checked in the occupational health department.

**COVID Upskill and Refresher Training**

All COVID-19 upskill and refresher training has now moved on line. This is open to all staff in acute and community settings and focuses on PPE, Infection Prevention & Control, Deteriorating Patient and Respiratory/Airway Management. The resources are available via the COVID-19 Training Intranet and COVID-19 Staff Internet and include direct links to the NES national COVID-19 resources available on Turas.

The resources are available via the [COVID-19 Training Intranet](#) and [COVID-19 Staff Internet](#) and include direct links to the NES national COVID-19 resources available on [Turas](#).

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**Validated Statistics as at 1400**

As of 2pm today 17,007 Scottish tests have concluded 14,697 confirmed negative, 2,310 positive 76 patients who tested positive have sadly died.

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**Important Reminders**

**Please refer to these website for the latest guidance and information:**

**Health Protection Scotland Covid-19**
This includes guidance documents for clinicians, advice for staff in other settings, etc

**World Health Organisation Covid-19**
[https://www.who.int/emergencies/diseases/novel-coronavirus](https://www.who.int/emergencies/diseases/novel-coronavirus)

**UK Government Covid-19 Action Plan**
If you have any communication related questions please email: lothian.communications@nhs.net