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: 11th May 2020

Staff Helplines
We have 4 helplines available for staff. You can find this information towards the bottom of today’s Speed Read.

Important Information

Alcohol-Based Hand Rub (ABHR)

A range of alternative Alcohol-Based Hand Rub (ABHR) products have been provided while there are ongoing issues with the supply of the brand B Braun. Staff have had some questions around the new bottles, particularly the one with a twist top nozzle. Lindsay Guthrie, Lead Infection Prevention and Control Nurse, has provided some advice. She said: “Similar to taps at hand hygiene sinks – the bottle is touched by contaminated hands. However, if the bottle is held in one hand and gel dispensed into the other, the bottle is put down, then the gel is applied to both hands. That achieves a satisfactory hand hygiene episode.

“We do not currently decontaminate the pump in standard B Braun dispensers (these are disposable when the bottle is empty) – so although the surface area in contact with the dirty hand is greater, the mitigation of risk is the same. As such, unless the bottles are visibly contaminated, routine cleaning of the bottles is not required.”

A patient on my ward has Covid 19 – what do I do?– Reminder

(Infection Prevention and Control Aspects of Case Management)
This document was recently updated and can be found on the Patient Management section of Covid-19 Base on the intranet


· Wednesday 13 May 12.30-13.30
Sarah Keir, Rebecca Woolcock and Claire Gordon (Western General Hospital medicine) will be presenting some cases with unusual manifestations and effects of COVID-19 from around
Lothian and reported elsewhere. This session will be especially important as we consider the impact of this disease on other specialties and in the community. This teaching is hosted on Microsoft teams (click the link below to access). More details about the Grand Rounds are available on the MED site. Grand Round via Microsoft Teams Link Here

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

St John’s Hospital Staff Wellbeing Programme

(Building Resilience with Mindful Meditation and Calming Techniques)

Twenty minute taster sessions on building resilience with mindful meditation and calming techniques for staff will be taking place in the Wellbeing Hubs at the hospital on:

- Thursday 14 May, 10am and 3.30pm.

If you would like to join a group (sitting with social distancing in place) practising mindful meditation and other calming strategies with a compassionate stance, please contact: melissa.albany@nhslothian.scot.nhs.uk or Brenda.Kane@nhslothian.scot.nhs.uk

Self-Management Guides and Wellbeing Support - Reminder

- NHS Lothian, in collaboration with NES, has created a series of self-management guides to support colleagues as we respond to COVID-19. These are available on the intranet and internet within the COVID-19 Hubs.

- Check out these simple prompts to help you and your team end your shift well so you can let go of stress and make the most of your downtime. You can find a whole range of wellbeing materials in the COVID-19 Hubs on both the intranet and internet.

Online Tools to Help During Covid-19 – Reminder

Staff health and wellbeing is critical at all times, but we recognise the extraordinary challenges being placed upon staff in this difficult time.

A range of excellent wellbeing online tools have been made available to NHS Staff during Covid-19, free of charge, details of these resources can be found at: http://intranet.lothian.scot.nhs.uk/COVID-19/StaffWellbeing/Documents/Online%20Tools%20to%20Help%20During%20Covid-19.pdf

A Reminder

This Section contains important information previously issued which is unchanged –
Oxygen management during COVID-19 and beyond

Oxygen should always be prescribed, titrated and weaned appropriately. For up to date guidance go to Patient Management. NOTE: The new oxygen target ranges do not match the national guidelines. Prescribe oxygen targets on the main drug and administration chart. Circling 4 times a day will prompt oxygen saturation checks at drug rounds. Document new ranges in the SPECIAL INSTRUCTIONS box so that the NEWS score can be adjusted accordingly.

Please CONSERVE Oxygen, when not in use - turn off supply and unplug 02 flow-valves asap. This can save 15-20% of all piped oxygen.

Please do not hoard portable oxygen cylinders this puts staff and patients at risk. Estates, pharmacy and BOC are working together to ensure increased frequency of orders and runs to clinical area.

Information on Staff testing

- 2 sites available - Monday - Saturday West Lothian College and 7 days per week at Chalmers Hospital.
- All referrals by manager through ohenquiries@nhslothian.scot.nhs.uk with COVID-19 staff testing as the subject line.
- Staff should not access the Edinburgh Airport testing as the result does not link to the staff member’s GP record nor occupational health and takes longer.
- RIDDOR (Reporting of Injuries, Diseases and Dangerous Occurrences Regulations)
- Additional guidance to assist managers in assessing whether RIDDOR applies has been placed on the COVID-19 base under ‘Workforce guidance.’

Offers of staff testing

If you receive offers of testing from a source outside NHS Lothian or UK Gov centres, please be aware we cannot vouch for the accuracy of these and you are advised not to accept them. Also as previously mentioned, if you receive an offer for PPE this should be sent to offersofsuppliescovid19@nhslothian.scot.nhs.uk

Annual Leave

Staff and managers are reminded that annual leave should continue to be taken in line with normal departmental practice. The rest and recuperation which comes from annual leave is key to supporting health and wellbeing at any time including when restrictions are in place. All staff are therefore encouraged to take annual leave whether still in the workplace or working from home. It is recognised for the group of staff directly supporting the COVID-19 response this may be more challenging, but managers should support leave requests wherever possible.

Refresher training

The Clinical Education Team has set up a range of specific upskill and refresher training to support clinical services.

These sessions are open to all clinical staff - nurses, midwives, AHPs, medics and support staff. The focus is PPE, Infection Prevention & Control, Deteriorating Patient and Respiratory/Airway Management. This is an online resource. Click here for information on these sessions.
Staff Helplines

We have 4 helplines for staff:

If you need information about general operational issues such as workforce guidance, testing, PPE or other general queries, and you can't find what you are looking for on the NHS Inform or Health Protection Scotland websites, please call 0131 537 8530 (Ext 88530) and the staff will try to help, alternatively there may be information available on the COVID-19 page on the intranet. Lines are open: Mon-Fri, 9am-5pm.

Here For You -

If you are worried, anxious or stressed and need a listening ear from experienced clinicians please call our staff wellbeing helpline, Here For You. This line can also help you with practical concerns such as financial advice or information on supporting an elderly or vulnerable relative.

Call on: 0131 451 7445  Mon–Fri , 8am-6pm

If you can't call between 8am and 6pm, please email your contact details to Here4U@nhslothian.scot.nhs.uk.

Staff Listening Service

The Staff Listening Service is currently a phone-based listening service for all NHS Lothian staff. No appointment is necessary. It offers a place to explore your thoughts and feelings in a non-judgemental and safe environment. Whatever concerns you, the Staff Listening Service is there to offer confidential support from a member of the Spiritual Care team, and to signpost you to specialist services if appropriate.

To call for immediate support between 9am-9pm, 7 days a week: Phone: 07888 998084

The service is available for staff across NHS Lothian. Calls normally last up to 30 minutes, and you are welcome to call on more than one occasion.

Speak Up

The Speak UP service has currently moved to a call back service, but we are still open for business! If you have a concern you wish to discuss please email the confidential mailbox speakup@nhslothian.scot.nhs.uk and we will ensure that you have the opportunity to share your concerns with an Advocate or Ambassador in confidence and we will discuss with you how you can address these.

There is no waiting list, or need to make an appointment and our Speak Up team are happy to talk to you; whatever the concern.

Validated Statistics  as at 1400

A total of 74,063 people in Scotland have been tested. Of these:

- 60,436 were confirmed negative
- 13,627 were positive
- 1,862 patients who tested positive have died

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**

**UK Government Covid-19 Action Plan**

**Scottish Government: Coronavirus in Scotland**

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