Staff Helplines

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

Important Information

Withdrawal of Tiger eye protective goggles and frames

National Services Scotland have issued a notice regarding the withdrawal of all supplies of Tiger goggles and frames following recent safety tests undertaken by the British Standards Institute that have shown the product does not meet the current requirements for splash protection. These should no longer be used in any setting.

Full-face visors have been supplied to all areas that require them to ensure that staff have access to appropriate eye and face protection with the following recommendations:

- Visors can be worn for sessional use
- General practice and community settings – visors should be single use only
- Hospital settings – where reusable visors have been supplied these can be reused after following the decontamination process outlined in the approved standard operating procedure. Single use visors should be disposed after each sessional use.

Occupational Health – Process for Management Referrals

Whilst responding to the Covid-19 priorities, Occupational Health were required to suspend the handling of management referrals. It is now possible to begin to gradually reintroduce core business. If Managers do have a case they wish to refer, they are advised to discuss it in the first instance with HR Enquiries or the Employment Relations Practitioner supporting the case. The Practitioner will then confirm to the manager...
whether the case meets the current criteria for progression to referral. Please be aware that the only referrals that will be progressed will be those that come via this route with no direct referrals being accepted via Cohort at this time.

Referral for musculoskeletal problems continues to be picked up by the Occupational Health Physiotherapy Service. Please use the self-referral pathway detailed on the Intranet.

**Supporting people with a learning disability and people with autism**

A new guidance document has been created for assessing and treating patients with a learning disability or with autism who are Covid positive, or suspected of being Covid positive. This document can be found on the [Patient Management](http://intranet.lothian.scot.nhs.uk) page of COVID-19 Base on the intranet.

**Changes to advice on going outdoors**

The Scottish Government advice on how often people can venture outdoors has changed. People can go outside more than once a day to exercise. This activity should continue to be undertaken close to home. Those going out to exercise should either go alone or with members of their own household.

This change will be monitored carefully and reviewed in order to assess the effects on physical distancing and infection spread. The change does not allow people to mix with those from different households, to gather in groups, or to go out to relax outdoors.

The First Minister confirmed that “**the core principles of lockdown in Scotland remain the same, people should stay at home to help save lives and protect the NHS**”.

**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.

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## Staff Health

**Cycling to Work**

For those interested in cycling to work, NHS Lothian runs a cycle to work scheme. Staff can save on a bike package of up to £4K and spread the cost over 12, 18 or 24 months. For more details on the scheme visit [http://intranet.lothian.scot.nhs.uk/StaffRoom/StaffBenefits/Cycle-2-Work%20Scheme/Pages/default.aspx](http://intranet.lothian.scot.nhs.uk/StaffRoom/StaffBenefits/Cycle-2-Work%20Scheme/Pages/default.aspx). For any queries contact financial.accounts@nhslothian.scot.nhs.uk.

The Charity Sustrans has also created an interactive map to help key workers find bike offers and services in their area. The map includes cycle offers and discounts available to all key workers across the UK and all the bike shops that are staying open during the pandemic. [https://www.sustrans.org.uk/campaigns/cycles-for-key-workers/](https://www.sustrans.org.uk/campaigns/cycles-for-key-workers/)
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

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?

(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

Reassignment of Corporate Services Non-Clinical Staff - update

A central register of non-clinical staff from within corporate areas has now been created. It holds details of staff who are able and willing to be reassigned, on a temporary basis, from their current roles to areas of greater need.

To date, a number of staff have been reassigned, so should you need additional non-clinical support you can complete the request form which can be found here and submit via the dedicated email address Covid19.nonclinicalsupport@nhslothian.scot.nhs.uk

A copy of the Staff Reassignment Guide can be found here, with copies of all documentation also available on the Covid-19 Base on the intranet.

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.

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
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

There have been 75,570 people in Scotland have been tested for COVID-19
- 61,807 confirmed negative
13,763 positive
1,912 patients who tested positive have sadly 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
https://www.hps.scot.nhs.uk/a-to-z-of-topics/wuhan-novel-coronavirus/#news

**World Health Organisation Covid-19**
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

**UK Government Covid-19 Action Plan**

**Scottish Government: Coronavirus in Scotland**

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