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: 14 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

Allied Health Professions (AHP) Update

A range of resources to support your practice and wellbeing are available on the AHP TURAS learning site. This includes links to the AHP webinars exploring how AHP professions are using NHS NearMe to conduct their day-to-day work in the context of COVID-19 and also a practical webinar on the use of Microsoft Teams.

The site provides access to the respiratory modules developed by the Scottish Physiotherapy in Critical Care Practice Development Group. This has been updated and now hosts the full suite of modules.

Please look out for further webinars and learning opportunities which will be shared on our @NESNMAHP Twitter page. We also have been using the following hashtags which you can use to follow the conversations. #dnmahp #DigitalAHPs #AHPsNearMe #MicrosoftTeams #respPT

Remember to capture learning and reflection, and record for Health and Care Professions Council (HCPC) and appraisal purposes. Consider using the TURAS AHP Professional Portfolio

Further information can be found here and on the AHP Practice Education COVID-19 intranet pages.

Tribute to staff – Edinburgh Evening News

The Edinburgh Evening News (EEN) plans to pay tribute to our amazing staff for their dedication and care to patients during the Covid-19 pandemic by devoting its front page in an issue next week to photos of individual staff members from across Lothian.

We are asking staff who are willing to be involved to send us an individual head and shoulders photo (in uniform, if worn). Please send your photo in portrait format with a blank background to lothian.communications@nhs.net by Monday 18 May.

Depending on how many photographs we receive, they may not all be used, but the EEN will endeavour to use all photos received, if possible.
Process for applying for accommodation

Members of staff requiring accommodation should follow the process below:

**During Office Hours** (9am – 5pm), contact the NHS Lothian Travel team: travel@nhslothian.scot.nhs.uk, along with a completed authorisation TA01 form, signed by a line manager. The authorisation form can be accessed on the travel team intranet page: Travel Team.

**Out of Hours** (outside 9am – 5pm) contact 0141 223 1904. Staff should quote “front line NHS staff emergency accommodation” and provide their name, ward, hospital, and work telephone number. Staff should complete an authorisation TA01 form in retrospect, signed by a line manager, and send this to travel@nhslothian.scot.nhs.uk. The authorisation form can be accessed on the travel team intranet page: Travel Team.

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

National Wellbeing Hub for health and social care workforce

Please have a look at the new National Wellbeing Hub for health and social care workers. The Hub can be accessed at: www.promis.scot

Self-Management Guides and Wellbeing Support – Reminder

- A series of self-management guides to support colleagues 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. A range of wellbeing materials is in the COVID-19 Hubs on the intranet and internet.

Online Tools to Help During Covid-19 – Reminder

Details of a range of excellent wellbeing online tools and resources made available to NHS staff, free of charge, 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 –

Withdrawal of Tiger eye protective goggles and frames - Reminder

Following recent safety tests undertaken by the British Standards Institute, National Services Scotland have withdrawn all supplies of Tiger goggles and frames. These should no longer be used in any setting.
Occupational Health – Process for Management Referrals - Reminder
If managers wish to refer someone to Occupational Health, please discuss it first with HR Enquiries or the Employment Relations Practitioner supporting the case. Please be aware that only referrals that come via this route will be progressed, with no direct referrals being accepted via Cohort at this time.

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

Staff Helplines

We have 4 helplines for staff:

For information on general operational issues such as workforce guidance, testing, PPE or other general queries (if 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. 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 for all NHS Lothian staff, with no appointment 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 offers confidential support from a member of the Spiritual Care team, who can signpost you to specialist services if appropriate. Phone: 07888 998084 - 9am-9pm, 7 days a week.

Speak Up

The Speak UP service has moved to a call back service, but is 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.

Validated Statistics as at 1400

A total of 80,275 people in Scotland have been tested through NHS labs to date. Of these:

- 66,158 were confirmed negative
- 14,117 were positive
- 2007 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