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: 15 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

Social Distancing - Reminder

We are learning all the time about Covid-19 and it can be difficult to keep up. But some advice hasn’t really changed and is still valid. Despite its discomfort Personal Protective Equipment (PPE) is widely adopted and used appropriately but this is the last line of protection.

Placing a barrier between or distancing yourself from a patient with Covid-19 is the most important way of reducing exposure. Restricting entry to higher risk areas with appropriate signage is more effective than PPE. Reminders to wash hands frequently remains good advice. However, there are times where we have to deliver care near or directly to the patient and this is where appropriate PPE is mandatory.

All this advice is also valid in the staff room or the changing room or tea room. Maintaining your social distancing prevents infection with Covid-19 from people you meet on the way to and from work, or meet at work just as it does from your patients.

NHS Lothian Grand Round - Diabetes and COVID-19

Grand Round: Wednesday 20th May 1230-1330

This week's Grand Round is from Dr Stuart Ritchie (medicine / endocrinology, WGH) on the effects COVID-19 is having on diabetes. This is especially important given recent publications from England highlighting the proportion of affected patients who are diabetic.

As always, the meeting is on Microsoft Teams (accessed using your NHS Lothian accounts), with more information on the MED site.
Visiting at Marie Curie Hospice Edinburgh – Update

As of 14 May 2020 Marie Curie Hospice will now support visiting as follows:

- One off visits on admission and at times of significant change
- Visiting for end of life
- No routine visits
- If your loved one’s condition significantly changes and we can see things are not stable
- If your loved one is very disturbed or agitated and we think your presence will be a support to them

More information is provided in their leaflet on the intranet.

Public Transport – Update

Lothian Buses

Lothian Buses is planning to make the following adjustments to timetables next week. Further details on their services are available on their website below:

- Service 4 - extended to operate from Oxgangs to The Jewel on Mondays to Saturdays
- Service 16 – increased frequency to every 15-mins between Silverknowes and Morningside on Monday to Saturday daytime
- Service 21 – journeys terminating at Westside Plaza will now extend to Clovenstone roundabout
- Service 30 – increased Monday to Saturday daytime frequency to every 20-mins across the route
- Service 41 – the Sunday service is suspended
- Service 47 – introduced on Mondays to Fridays to provide additional links to the Western General, in addition to the NHS sites at Lauriston Place
- Service 106 – increased Monday to Saturday daytime frequency between Haddington and West Granton (will now be every 30-mins)

https://www.lothianbuses.com/timetables

First Bus

First Bus has no plans to make any new adjustments to timetables next week. Further details on their services and the ability to feedback directly to the operator are available on their website below:


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

Mental Health Week Commencing 18 May 2020

Message from the Foundation for Positive Mental Health: remember the Feeling Good: Positive Mindset App for all staff and patients.

An NHS Lothian and Borders service provision, this audio relaxation based mental training app, based on Olympic sports coaching, is evidence-based for stress, worry, depression and burnout. Also very helpful for improving sleep and coping with shift work. **NHS digital accredited.**

For ease of use we have a Covid19 code to be used in the app. Simply download from the app store and enter **username coboost1** and **password positive**. Safe and anonymous.

Download [this patient information sheet](#) for staff and patients. For more information contact Dr Alastair Dobbin Alastair@foundationforpositivementalhealth.com

St John’s Hospital Staff Wellbeing Programme

Opening Times

All St John’s staff will now be able to access the St John’s Wellness Hub at all times of the day, using their swipe card out of hours.

Foot Massage

We are excited to offer free foot massages for all staff in the Deans Room, St John’s Education Centre, funded by Edinburgh & Lothians Health Foundation.

These will be on offer from 19th May and appointments will be available between 1pm and 4pm Tuesday and Thursday, and 10am and 1pm Wednesday and Friday. Please complete form on the door of the Deans Room, Education Centre to book your appointment.

The therapist providing the massage will be wearing appropriate PPE at all times.

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](http://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](#).
A Reminder

This section contains important information previously issued which is unchanged –

Allied Health Professions (AHP) Update – Reminder

A range of resources to support your practice and wellbeing are available on the [AHP TURAS learning site](http://intranet.lothian.scot.nhs.uk/COVID-19/StaffWellbeing/Documents/Online%20Tools%20to%20Help%20During%20Covid-19.pdf).

The site provides access to the [respiratory modules](http://intranet.lothian.scot.nhs.uk/COVID-19/StaffWellbeing/Documents/Online%20Tools%20to%20Help%20During%20Covid-19.pdf) developed by the Scottish Physiotherapy in Critical Care Practice Development Group. This has been updated and now hosts the full suite of modules.

**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](http://intranet.lothian.scot.nhs.uk/COVID-19/StaffWellbeing/Documents/Online%20Tools%20to%20Help%20During%20Covid-19.pdf).


Tribute to staff – Edinburgh Evening News - Reminder

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 include the name of the person in the photo and 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 – Reminder

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.
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 82,266 people in Scotland have been tested through NHS labs to date. Of these:

- 68,006 were confirmed negative
- 14,260 were positive
- 2,053 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

**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