Staff Helplines

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

Important Information

Workforce Issues

The Workforce Guidance has been updated to reflect the addition of the new recognised symptom of COVID-19, i.e. loss of, or change in sense of smell or taste (anosmia). Staff with these symptoms should not attend work and should self-isolate for 7 days in line with the guidance for the original declared symptoms of fever or a new continuous cough.

The national workforce guidance contains advice on staff travel. A link to the national guidance is available in the Covid-19 hub in the workforce guidance section or within the NHS Lothian Workforce Guidance.

Guidance for At Risk Staff

The national guidance on health issues which fall within the highest risk category has been refined. The NHS Lothian Guidance for Staff in the At Risk Groups has been updated with the refined definitions. This category applies to those who should have received a communication from their GP to advise them to shield. There is no change to the guidance for staff in this category to remain at home.

Wellbeing Hub in a Tub initiative launched to support NHS Lothian community teams

NHS Lothian and its official charity partner, Edinburgh and Lothians Health Foundation, are working together to prepare and deliver wellbeing boxes to NHS Lothian staff working in the community.

Click here to read the full story
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

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 -

Ear loop fluid resistant surgical face masks – use of adaptors

Plastic adaptors are being produced locally (and NHS Lothian is exploring options to manufacturer these) for staff to use where they have difficulty in achieving a comfortable or secure fit with the ear loop surgical face masks. Knitted or fabric adaptors should not be used as due to the type of material used these may stretch and move and affect the fit of the mask. Please see Monday 18th May edition of Speed Read for more information.

Community Anticipatory Care Planning Bundle

During the COVID-19 pandemic, we have been responding to the challenge of providing care and treatment for people who are at high-risk by having Anticipatory Care Planning (ACP) discussions.

Edinburgh Health and Social Care Partnership’s Long Term Conditions Programme has provided an ACP bundle to support community teams with ACP discussions, and a process for sharing key information across the integrated system. Please see Monday 18th May edition of Speed Read for more information.

You can access the community ACP bundle on the NHS Lothian Intranet at: http://intranet.lothian.scot.nhs.uk/COVID-19/PatientManagement/Pages/ACP-community-bundle.aspx

Or request the resources and further support by contacting: AnticipatoryCarePlanning@nhslothian.scot.nhs.uk
COVID-19 Guidance Glossary

A new document with guidance to support flow for admissions, discharge and transferring of patients during the COVID-19 pandemic has been created and is available on the Patient Management section of the COVID-19 Base on the intranet here

Admission and discharge guidance

Two new guides have been created to support you when admitting patients to hospital. Both documents can be found on the patient management page on CIVID-19 Base on the intranet. They are:

Who to swab on admission to hospital
Guidance for discharge to care homes during COVID-19 pandemic

Infection Control FAQ

Over the past number of weeks the Infection and Prevention Control team have received questions from all over the organisation regarding how we do things to keep ourselves and our patients safe. The team have now put together a list of frequently asked questions that covers a range of questions from services and departments right across the organisation. You can find these on the COVID-19 Base on the intranet here

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 90,421 people in Scotland tested for COVID-19

- 75,766 confirmed negative
- 14,655 positive
- 2,134 patients who tested positive have sadly died.

**Important Reminders**

You can find useful links for the latest guidance and information now on the COVID-19 Base on the intranet above the daily Speed Reads.

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