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: 02 April 2020

Staff Helpline

Please try the Health Protection Scotland website for advice on COVID-19 guidance in the first instance. If you can’t find what you are looking for call our advice line for Health and Social Care Staff and Volunteers in Lothian:

0131 537 8530 (ext. 88530). Lines open: Mon to Fri 8am to 6pm.

Please do not call colleagues in RIDU, Public Health or Infection Prevention and Control who are already under extreme pressure. Thank you

Important Information

MED - Doctors in Training
med.scot.nhs.uk

The MED has been working on a number of initiatives for junior doctors in NHS Lothian during COVID-19.

Reskilling: Over 100 FYs, trainees and consultants have taken part in the webinars designed by James Tiernan (respiratory cons) and Emma Scahill (anaesthetics CTF) on practical advice for managing COVID-19 patients. These will be running daily for all doctors with access through the MED site (please email med.website@nhslothian.scot.nhs.uk for site access if required).

Re-allocation of trainees: Any moves to COVID units are arranged through the MED. Our guidance for trainees and trainers, with useful information and resources for all, are available on the MED site.

ACP resources: Along with this, we have worked with the NHS Lothian Palliative Care team to produce resources and videos for discussions around Anticipatory Care Planning.

Get involved: There are plenty of routes to get involved through virtual drop-in sessions with our CTFs, our developing network for doctors not able to work on the wards, the upcoming Trainee Management Forum on Wednesday 8th April, and sharing your views on Trickle.

All information, resources and sessions are available through the MED website -
Childcare Volunteers

Medical students from Edinburgh University are offering free childcare to NHS staff to allow them to attend work. The babysitting app, “Bubble” has agreed to host this initiative on their behalf. The app usually matches parents to babysitters for a fee and this will still be available to staff to use but there is scope for free babysitting from the med students and others subject to availability. Sitters have had to go through several verification steps and many also have PVGs/DBS verified and viewable on their profiles.

You need an NHS email address and an identifier like regulatory body number to verify you are an NHS employee. For staff who do not have an identifier like an NMC number, there is an email address to seek assistance to be able to access the service. The app can be downloaded via the Apple or Google Play stores. The service is available now.

Covid-19 exclusion staff testing - update

- all results are being issued by SMS
- managers should liaise with their staff member 48 hours after referral to find out if a return to the workplace is possible
- results to date show 85% of tests will remove the requirements for household isolation

Western General Gears Up

Visit the BBC iPlayer to see a report from 01/04 edition of BBC Reporting Scotland on how the Western General is gearing up.

Call MIA Service Launch

The new Minor Injuries Assessment service via video link, CALL MIA, launched this week and was featured on last night’s STV News at Six. This ground breaking and timely new service enables people to be assessed without leaving their home. You can see STV's coverage on twitter here

Social Media Guidance

We’re seeing a huge amount of staff appreciation on social media which is terrific. Please remember to be careful about sharing photos from departments which can potentially breach confidentiality or identification of patients. Be careful too about sharing guidance which is potentially incorrect and not NHS Lothian policy. All the latest official guidance is available on the COVID-19 hub on the intranet. Given the generosity of some companies to NHS staff at this time, you may be asked to share photos for their publicity. Please be mindful of the appropriateness of any photos and if in doubt, please check it out with:
lothian.communications@nhs.net

Keep Your Distance Whenever You Can -

It is appreciated for staff in patient facing roles, social distancing is not possible when providing direct patient care. However, staff are asked to remember the guidance on social distancing and where possible to keep 2m apart at all other times.
Free breakdown cover for NHS staff

The AA are offering free breakdown cover for NHS workers during the current Coronavirus outbreak. To take up this offer click on the link below read the terms and conditions and complete the form


Staff Health

‘Here for You’ telephone helpline – Reminder

The ‘Here for You’ telephone helpline, providing staff with confidential psychological support and guidance is now live. This helpline is open to all NHS Lothian staff as well as social care colleagues within the Health and Social Care Partnerships, community staff and colleagues within Primary Care.

The helpline can be accessed by calling 0131 451 7445 and is available Mon-Fri 8am-6pm.

If you can’t call between 8am and 6pm, please email Here4U@nhslothian.scot.nhs.uk with your name and contact details and we’ll be in touch to arrange a time to speak with you. Please note that emails are monitored during office hours only.

If you need to talk to someone out with these hours you can access support through: Breathing Space on 0800 83 85 87. They are available Mon- Thurs 6pm – 2am and Friday 6pm to Monday 6am.

Headspace - Reminder

All NHS employees with an nhs.net, nhsemployers.org and nhs.uk email address are eligible to receive full access to the Headspace Plus library, which houses 1,000+ hours of guided meditations across topics such as stress, sleep, commuting, focus, parenting, kids, and much more, as well as eyes-open exercises, workouts and sleep content. Information is available at: https://www.headspace.com/nhs

Even if you can’t get full access, Headspace has collated a collection called ‘weathering the storm’ which is free for everyone. It includes meditations, sleep and movement exercises. The link is https://www.headspace.com/covid-19

Also, remember that the Feeling Good App is available to staff and you can get full access to the App using the following login (lothianwidef1) and password (positive). This is one of the apps that can be downloaded onto an NHS Lothian mobile phone.
**A Reminder**

**This Section contains important information previously issued which is unchanged**

**PPE POSTER**

As mentioned in previous COVID-19 Speed Read, there is also a poster detailing the PPE required by staff for use in different situations and procedures within the acute setting, which can be found [here](#).

**Fundraising and Donations**

We are aware that some staff and members of the public have set up their own Covid-19 appeals on JustGiving. We remind staff that if they would like money to buy extras for patients or staff, please contact the Foundation to fund it. ELHF@nhslothian.scot.nhs.uk

**Questions about donations and offers of volunteering**

There has been a huge number of offers of help and donations. If you receive any enquiries, please direct people to the following websites or contacts:

- **Volunteering:** The Volunteering Team have received a large volume of enquiries and are managing these in a steady flow. Please contact the Volunteering team at volunteer.enquiries@nhslothian.scot.nhs.uk or through the internet page [https://www.nhslothian.scot:GetInvolved/Volunteering/Pages/default.aspx](https://www.nhslothian.scot:GetInvolved/Volunteering/Pages/default.aspx)

- **Donations:** To read more about the Appeal, and to see the messages of support for you, our staff, from the public, see the ELHF appeal page at: [www.justgiving.com/campaign/NHSLothian](http://www.justgiving.com/campaign/NHSLothian)

- **Gifts-in-Kind:** For offers of other items, including food and drink, toiletries, accommodation: Contact ELHF@nhslothian.scot.nhs.uk The Foundation has created a register of gifts which they are coordinating with colleagues in NHS Lothian, and matching against requests for help.

**COVID Upskill and Refresher Training**

All COVID-19 upskill and refresher training has now moved on line. This is open to all staff in acute and community settings and focuses on PPE, Infection Prevention & Control, Deteriorating Patient and Respiratory/Airway Management.

The resources are available via the COVID-19 Training Intranet and COVID-19 Staff Internet and include direct links to the NES national COVID-19 resources available on Turas.

**COVID-19 Intranet Hub**

Staff are reminded that the COVID-19 hub on the intranet contains a range of helpful information on topics such as PPE, workforce guidance and patient management.

If teams or areas require updates to any information which is already available on the COVID-19 hub, or they would like new information added, please email the details to lothian.communications@nhs.net
Validated Statistics as at 1400
As of 2pm today, 18,128 Scottish tests have concluded. 15,526 confirmed negative and 2,602 positive. 126 patients who tested positive have sadly died.

<table>
<thead>
<tr>
<th>Important Reminders</th>
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<tbody>
<tr>
<td>Please refer to these websites for the latest guidance and information:</td>
</tr>
<tr>
<td>Health Protection Scotland Covid-19</td>
</tr>
<tr>
<td><a href="https://www.hps.scot.nhs.uk/a-to-z-of-topics/wuhan-novel-coronavirus/#news">https://www.hps.scot.nhs.uk/a-to-z-of-topics/wuhan-novel-coronavirus/#news</a></td>
</tr>
<tr>
<td>World Health Organisation Covid-19</td>
</tr>
<tr>
<td><a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019">https://www.who.int/emergencies/diseases/novel-coronavirus-2019</a></td>
</tr>
<tr>
<td>UK Government Covid-19 Action Plan</td>
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<tr>
<td>Scottish Government: Coronavirus in Scotland</td>
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If you have any communication related questions, please email: lothian.communications@nhs.net