Staff Helplines – Updated location

We have a number of helplines and support options available for staff. You can find this information on our NHS Lothian Staff page for COVID-19 here.

Important Information

How to take care of your voice when wearing PPE

During these challenging times and with widespread need for use of PPE for long periods staff may be at increased risk of experiencing problems with their voice. Straining to be clearly heard and understood through a mask and visor can be difficult and can lead to pain, changes in voice quality and longer term can lead to damage to the larynx. Consider these six steps to help care for your voice.

If you wish further information please contact: Georgina Parkinson, Specialist Speech and Language Therapist.

Reducing workplace risk from COVID-19 – protect yourself, your colleagues, your patients – Update to link (reminder)

**Please note there was an issue with the previous link sent yesterday. The online versions have been updated and the updated link is below. For full information please see yesterday’s Speed Read here.**

Colleagues from NHS Lothian’s Occupational Health and Safety Service have produced new guidance and advice on reducing the risk from COVID-19 in the workplace. The guidance describes how both now, and as the lockdown eases and more people return to the workplace, we need to work together to reduce the risk in our workplaces as much as we practically can.

The guidance is on the COVID-19 base of the intranet (under ‘Other Staff Updates’) or click on the following link: Reducing Workplace Risk from COVID-19.
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
St John’s Staff Wellbeing
As part of the St John’s staff wellbeing and support service, we are introducing an email address (Support.WellBeingSJH@nhslothian.scot.nhs.uk) which can be used to request direct support. Please note that those emails will be responded to Monday – Thursday, 9am -5.30pm. It may take up to 48 hours to receive a response and longer outwith these times.

Reoccurring Staff health information
The current Staff Health and Wellbeing information can be found on NHS Lothian website by clicking here: https://staff.nhslothian.scot/COVID-19/Pages/NHS-Lothian-Staff-Wellbeing.aspx

A Reminder
This section contains important information previously issued which is unchanged -

COVID-19 Staff Advice Line Closing Date - 22nd May at 5pm
Please note that we are closing the COVID-19 Advice Line from 5pm on Friday 22 May. The advice line (0131 537 8530/ext. 88530) opened on 16th March 2020 and to date we have received 2,454 calls from staff in various areas. We are delighted that so many staff contacted us during this very challenging time and we hope that we have provided staff with the help and support they required.

We would very much appreciate feedback from staff who have used the advice line. We will soon publish details of a short “Staff Feedback Survey” in the daily Speed Read and we would welcome your feedback.
From all of the Advice Line Team, we wish you well and hope our service has been helpful.

Infection Control FAQ
Over recent 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 put together a list of frequently asked questions, which you will find on the COVID-19 Base on the intranet here

Validated Statistics as at 1400
There have been 95,173 people in Scotland tested for COVID-19

- 80,317 confirmed negative
- 14,856 positive
- 2,221 patients who tested positive have sadly died

Important Reminders
You can now find useful links for the latest guidance and information 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