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](#).

<table>
<thead>
<tr>
<th>Important Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NHS Lothian To Play Vital Role in Covid-19 Vaccine Trial</strong></td>
</tr>
</tbody>
</table>

NHS Lothian is set to become involved in a major clinical vaccine trial testing the new Covid-19 vaccine in collaboration with Oxford University and 17 other sites across the UK. The vaccine study will run at both the Western General Hospital and the Royal Infirmary of Edinburgh.

The aim is to enrol approximately 600 volunteers from Lothian frontline health and social care workers which will include doctors, nurses, emergency department staff, paramedics, care home nurses, porters and domestics to test a new vaccine. Screening volunteer health and social care workers is planned to begin from next week. The main focus of the study will be to develop a safe vaccine for use across the population. More information can be found [here](#).

<table>
<thead>
<tr>
<th>Infection Prevention and Control Guidance – Update</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Use of Electric Fans</td>
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</tbody>
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As warmer weather returns, staff are advised that electric fans (desk fans, free standing fans) should not be used under any circumstances in clinical areas at this time. This is because fans will increase and extend dispersal of respiratory droplets throughout the clinical area and may increase a risk to both staff and patients of COVID 19 infection.

Similarly, we would advise against the use of electric fans in non-clinical areas (e.g. offices) at this time, and in particular, in shared offices where staff are able to maintain two metre physical distancing and are not wearing fluid resistant surgical face masks.
2. Aerosol Generating Procedures

Health Protection Scotland has confirmed that staff should continue to wear FFP3 for all aerosol generating procedures (AGP) in all patients in all care settings irrespective of their current infection status. This includes all patients who have been confirmed as COVID-19 positive, and have had two or more negative samples and are making a good clinical recovery.

Online Resource for Parents and Carers

The Scottish Government has announced that all families in Scotland will have free access to the full Solihull Online resource for parents and carers. This initiative is being delivered in partnership with NHS Education for Scotland (NES). Solihull Online is a universal resource for parents and carers from the antenatal period to 19 years. It offers a series of modules containing interactive activities, quizzes and video clips. The online resource focuses on developing nurturing and supportive relationships between children and their carers. It aims to help parents understand their child’s behaviour in the context of their child’s development and the parent-child relationship.

The following courses are available free for parents/carers in Scotland

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child
- Understanding your teenager’s brain

To access these courses for free, families need to use the access code TARTAN. https://inourplace.heiapply.com/online-learning/

Further well-being and mental health information and helpful resources for parents and children and young people are available on the NHS Lothian CAMHS website:

https://services.nhslothian.scot/camhs/Resources/Pages/Online-Resources.aspx

Public Transport – Update

Lothian Buses

Lothian Buses has no plans to make any new adjustments to timetables next week. Further details on their services is available on their website below.

https://www.lothianbuses.com/timetables

First Bus

First bus has no plans to make any new adjustments to timetables next week, however will be operating services using more double deck vehicles to meet social distancing requirements. Further details on their services, how they plan to manage demand and social distancing and the ability to feedback directly to the operator is 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

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 that 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 -

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.

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 97,607 people in Scotland tested for COVID-19

- 82,638 confirmed negative
- 14,969 positive
- 2,245 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