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

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

Important Information

Reminder PPE – Use of Alpha Solway 3030V FFP3 Masks

On 9 April we issued a statement in Speed Read highlighting that significant volumes of Alpha Solway 3030V masks that had passed their original use-by date had been issued from the national pandemic stock. They had been successfully re-validated following stringent laboratory tests. These masks are now in use across NHS Lothian and there have been a number of recent queries to Health and Safety about their use. We have again verified with National Services Scotland (NSS) that Alpha Solway 3030V FFP3 masks with a sterilisation date of July 2012 remain absolutely fit for purpose. They have been approved for use by the Health and Safety Executive, Health Protection Scotland, Scottish Government and the Academy of Medical Royal Colleges.

A patient on my ward has Covid 19 – what do I do?— Update (Infection Prevention and Control Aspects of Case Management)

This document has been updated this week and can be found on the Patient Management section of Covid-19 Base on the intranet


- Wednesday 13 May 12.30-13.30

Sarah Keir, Rebecca Woolcock and Claire Gordon (Western General Hospital medicine) will be presenting some cases with unusual manifestations and effects of COVID-19 from around Lothian and reported elsewhere. This session will be especially important as we consider the impact of this disease on other specialties and in the community.
Public Transport Update

Lothian Buses

Lothian have no plans to make any new adjustments to timetables next week. Further details on their services are available on their website below:

https://www.lothianbuses.com/timetables

First Bus

First bus have 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

Stress Management Classes

A series of six, one and a half hour online stress control classes are being offered by stresscontrol.org starting on Monday 11 and Tuesday 12 May. There are afternoon and evening classes available and the series will run for three weeks. More information is available at the stresscontrol.org website.

St John’s Hospital Staff Wellbeing Programme – (Building Resilience with Mindful Meditation and Calming Techniques)

Twenty minute taster sessions on building resilience with mindful meditation and calming techniques for staff will be taking place in the Wellbeing Hubs at the hospital on:

- Thursday 14 May, 10am and 3.30pm.

If you would like to join a group (sitting with social distancing in place) practising mindful meditation and other calming strategies with a compassionate stance, please contact: melissa.albany@nhslothian.scot.nhs.uk or Brenda.Kane@nhslothian.scot.nhs.uk
Tips for eating well and links for accessing food - Reminder

During this time it is important that we eat well and all have access to food. NHS Lothian’s Health Promotion Service has compiled a help sheet with some key messages to promote a balanced diet and a healthy immune system, as well as some links to local authority websites across the Lothians to support access to food.

To see the help sheet, click on the following link:

If you have any questions or queries about community food provision across the Lothians, please contact Robbie Snowden, Senior Health Promotion Specialist: Food and Health, at Robbie.snowden@nhslothian.scot.nhs.uk

Psychologists’ advice for key workers and their children - Reminder

Psychologists from the British Psychological Society have produced guidance for key workers and their children on navigating the emotional effects of the COVID-19 pandemic. The new resources available are:

- ‘Advice for Key Worker Parents – helping your child adapt to changes due to the COVID-19 pandemic’
- ‘When Your Parent is a Key Worker,’ providing information and advice for children and young people on some of the changes that have happened because of the pandemic.

Both new booklets are on the British Psychological Society website at:

Feeling Good: Positive Mindset App - Reminder

Please remember the Feeling Good: Positive Mindset App for all staff and patients. An NHS Lothian service provision, this audio relaxation-based app is evidence-based for stress, worry, depression and burnout. It is also very helpful for improving sleep and coping with shift work and is NHS digital accredited.

For ease of use we have a Covid-19 code to be used in the app. Simply download from the app store and enter username coboost1 and password positive. Safe & anonymous.
Download this patient information sheet. For more information contact Dr Alastair Dobbin Alastair@foundationforpositivementalhealth.com

Self-Management Guides and Wellbeing Support - Reminder

- NHS Lothian, in collaboration with NES, has created a series of self-management guides to support colleagues as we respond to Covid-19. These 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. You can find a whole range of wellbeing materials in the Covid-19 Hubs on both the intranet and internet.
Online Tools to Help During Covid-19 - Reminder

Staff health and wellbeing is critical at all times, but we recognise the extraordinary challenges being placed upon staff in this difficult time.

A range of excellent wellbeing online tools have been made available to NHS Staff during Covid-19, free of charge. Details of these resources can be found at: [http://intranet.lothian.scot.nhs.uk/COVID-19/StaffWellbeing/Documents/Online%20Tools%20to%20Help%20During%20Covid-19.pdf](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 –

Reassignment of Corporate Services Non-Clinical Staff - update

A central register of non-clinical staff from within corporate areas has now been created. It holds details of staff who are able and willing to be reassigned, on a temporary basis, from their current roles to areas of greater need.

To date, a number of staff have been reassigned, so should you need additional non-clinical support you can complete the request form which can be found here and submit via the dedicated email address Covid19.nonclinicalsupport@nhslothian.scot.nhs.uk

A copy of the Staff Reassignment Guide can be found here, with copies of all documentation also available on the Covid-19 Base on the intranet.

Movement and Breath sessions for physical and mental health

Scottish Ballet has created movement and breath sessions for NHS and Social Care staff. Each 10-minute movement and breath session is designed to address physical and mental health and is accompanied by specially created music.

The sessions can be delivered with small groups of staff together in office/corridor spaces (while maintaining social distancing), following along on YouTube with a laptop screen/tablet during handover or team time. The resources are also ideal for staff to follow on a smartphone alone at home to promote physical and mental balance. For more details, see [https://www.scottishballet.co.uk/health-at-hand](https://www.scottishballet.co.uk/health-at-hand)

Health Innovation South East Scotland website now ‘live’

Health Innovation South East Scotland (HISES) is the Innovation Test Bed for the South East Region of Scotland, with funding from the Chief Scientist Office (CSO).

The HISES website is now live (visit [https://hises.edinburghbioquarter.com/](https://hises.edinburghbioquarter.com/) ), enabling open access to all stakeholder collaborators, including health and care staff, patients, citizens, third sector organisations, academia, industry, Scottish Government and funders.

Formed through a collaboration of three NHS Boards (NHS Borders, NHS Fife and NHS Lothian), HISES forms part of a national innovation network created to deliver the Scottish Government’s vision to make Scotland a healthier and wealthier nation.

Follow on Twitter: @hises_scotland
To register interest in receiving direct communications from the team, please email innovations@nhslothian.scot.nhs.uk
Oxygen management during COVID-19 and beyond

Oxygen should always be prescribed, titrated and weaned appropriately. For up to date guidance go to Patient Management. NOTE: The new oxygen target ranges do not match the national guidelines. Prescribe oxygen targets on the main drug and administration chart. Circling 4 times a day will prompt oxygen saturation checks at drug rounds. Document new ranges in the SPECIAL INSTRUCTIONS box so that the NEWS score can be adjusted accordingly.

Please CONSERVE Oxygen, when not in use - turn off supply and unplug 02 flow-valves asap. This can save 15-20% of all piped oxygen.

Please do not hoard portable oxygen cylinders, as this puts staff and patients at risk. Estates, pharmacy and BOC are working together to ensure increased frequency of orders and runs to clinical area.

Refresher training

The Clinical Education Team has set up a range of specific upskill and refresher training to support clinical services. These sessions are open to all clinical staff - nurses, midwives, AHPs, medics and support staff. The focus is PPE, Infection Prevention & Control, Deteriorating Patient and Respiratory/Airway Management. This is an online resource. Click here for information on these sessions.

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

A total of 69,191 people in Scotland have been tested through NHS labs. Of these:

- 56,042 were confirmed negative
- 13,149 were positive
- 1,811 patients who tested positive have 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
https://www.hps.scot.nhs.uk/a-to-z-of-topics/wuhan-novel-coronavirus/#news

World Health Organisation Covid-19
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

UK Government Covid-19 Action Plan

Scottish Government: Coronavirus in Scotland

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