

# Core brief

**Daily COVID-19 update**  
(11 May 2020, 4.15pm)

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## **Medical and Dental Workforce**

We have updated the staff guidance page for Doctors and Dentists in Training (DDiT) and Career Grade Doctors. This now includes details on:

- Medical Education and Training
- Contingency planning for Annual Review of Competence Progression (ARCP)
- Monitoring of Junior Doctor rotas and changes
- Changing working patterns for Consultant and SAS Doctors.

Details will be updated as further guidance becomes available.

To view the guidance please visit: <https://www.nhsggc.org.uk/your-health/health-issues/covid-19-coronavirus/for-nhsggc-staff/for-medical-staff/>

## **Referral to testing for NHSGGC health and social care staff with COVID-19 symptoms**

Staff are expected to be tested as soon as possible if they or their household become symptomatic.

As previously communicated, health and social care staff in Greater Glasgow and Clyde, including GPs and dentists, community pharmacists, care home and homecare staff who have symptoms (fever of  $\geq 37.8$  C or new persistent cough) are eligible for testing and should be referred for testing within the first 5 days of symptoms.

The new e-form [Staff Testing Referral Form](#) supports **both** line manager referral (when speaking to the member of staff) and staff self-referring either themselves or their symptomatic household contact. It should be agreed between the member of staff and the line manager who will complete the referral to ensure that it is submitted and that the member of staff/household contacted is tested.

While waiting for appointments and test results, staff and household contacts should follow guidance on self-isolation available from NHS Inform - <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19#>

For further background information on COVID-19 Testing including what to do when you receive your results go to [www.nhsggc.org.uk/covid19/stafftesting](http://www.nhsggc.org.uk/covid19/stafftesting)

## **New resources for staff, carers, volunteers and their families**

A new national digital wellbeing hub has launched today to support the challenges being faced by everyone in health and social care in our response to the impact of COVID-19.

It has been specifically tailored to provide advice on self-care and personal resilience to help users to recognise their own 'warning signs'. Comprehensive information about services and resources available at national and local level within NHS Boards, Health and Social Care Partnerships (HSCPs) and local authorities will also be available.

Special thanks go to NHSGGC's Anchor Service who collaborated with NHS Lothian's Rivers Centre to deliver this National Wellbeing Hub.

[Click here to visit the Hub.](#)

## **Choir video reaches Australia**

Last week in honour of VE day our choir from the Queen Elizabeth University Hospital and the Royal Hospital for Children came together with a rendition of the famous song 'We'll Meet Again'.

The video has proved very popular with more than 61,000 views on our social media accounts so far. The video was also carried by the Huffington Post, STV online and Glasgow Live and even reached audiences as far away as Australia after it was picked up by a news outlet there.

Medical Illustration (sometimes at very short notice) have been an integral part of our Thursday evening videos and photos which have been shared across our social media channels and our thanks go to them for helping to showcase our outstanding staff and volunteers during these times.

Thank you too to our colleagues who have given up some of their time to 'star' in our videos. From the feedback we are getting, we know that they are bringing a lot of cheer to the public and our patients.

[Click here to watch the video.](#)

## **Movement and breathing sessions for staff**

Scottish Ballet were due to be in residence at QEUH this month as part of bringing Culture of the City into our hospitals.

Due to the current situation they have sent a short programme of movement and breathing sessions developed especially for health and social care staff.

Each 10-minute 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.

[Click here to view the sessions or visit \[scottishballet.co.uk/HealthAtHand\]\(https://www.scottishballet.co.uk/HealthAtHand\)](https://www.scottishballet.co.uk/HealthAtHand)

Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.org.uk/covid19](http://www.nhsggc.org.uk/covid19). If you have any questions about the current situation please check the [FAQs](#) first. If you have any further questions, please email: [staff.covid19@ggc.scot.nhs.uk](mailto:staff.covid19@ggc.scot.nhs.uk)

Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

## Going Home Checklist

Take a moment to think about your day and acknowledge the **most difficult thing** at work today... **then let it go**.



**Hard to switch off? There is help**

[www.nhsggc.org.uk/covid19/staffsupport](http://www.nhsggc.org.uk/covid19/staffsupport)



It is important to share Core Brief with colleagues who do not have access to a computer.  
A full archive of printable PDFs are available on [StaffNet](#)