

Core brief

Daily update

(12 December 2024, 12.20pm)

Topics in this Core Brief:

- Seasonal influenza: use of antivirals 2024-25
- Peer Support Training – 2025 date
- Quality Strategy Implementation Newsletter

Seasonal influenza: use of antivirals 2024-25

The IPCT have seen a significant rise of Influenza cases within our hospitals. This is in line with recent intelligence provided by Public Health Scotland (PHS) of increases in laboratory-confirmed influenza incidence, and test positivity in general practices (GPs) now suggests sustained community-level influenza transmission in Scotland.

PHS also has confirmed increases in hospitalisations due to influenza. Based on PHS's intelligence, it is a reminder that antiviral medicines (specifically oseltamivir and zanamivir) can be prescribed to treat influenza where clinically indicated, and in particular, among those vulnerable to severe disease or presenting with severe infection/symptoms.

Antiviral use may help to prevent infection following exposure and, amongst those with infection, to lessen symptoms, shorten the period of illness and reduce the risk of complications.

Please see attached the CMO Letter issued 03.12.24: [cmo-2024-20.pdf](#)

Peer Support Training – 2025 dates

Are you compassionate, empathic, and a good listener? Do you want to foster a culture of support and understanding in your workplace? Join our **full day Peer Supporter training** where you will gain essential skills to support your fellow colleagues through both tough times and triumphs.



By becoming a Peer Supporter, you'll not only help your colleagues navigate daily stresses but also enhance your own personal and professional growth. Hundreds have already joined the NHSGGC peer support network – why not be the next to help?

14/01/2025 – Stobhill ACH, [Book here](#)

30/01/2025 – Gartnavel General Hospital, [Book here](#)

12/02/2025 – New Victoria ACH, [Book here](#)

27/02/2025 – Stobhill ACH, [Book here](#)

11/03/2025 – New Victoria ACH, [Book here](#)

26/03/2025 – Royal Alexandra Hospital, [Book here](#)

10/04/2025 – Vale of Leven, PG Education Centre, [Book here](#)

22/04/2025 – Stobhill ACH, [Book here](#)

You can find more information and training dates under 'Level 2 – Become a Peer Supporter' on our website [Peer Support Network - NHSGGC](#).

Quality Strategy Implementation Newsletter

The second issue of the Quality Strategy newsletter is out now!

This edition will focus on:

- Spotlight on two of the key priorities of Quality Everyone Everywhere with case studies to show success in action
- Implementation Design and Development Group re-establishment



[Quality Strategy Newsletter](#)

Issue 2 – Implementation Phase

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Sway](#)

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[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)

Getting the right care is as easy as ABC



A
Ask yourself
Do I need to go out?
For information on treating minor illnesses and injuries from home, go to **NHS inform** or download the **NHS 24 App**.

B
Be aware
There is help on your doorstep.
Your local **GP, pharmacy, dental practice and optician** offer a range of services.

C
Call 111
If it's urgent, or you're unsure, call **NHS 24** on **111**.
They'll get you the care you need.

Unless it's an emergency - think ABC before visiting A&E.
For more information: www.nhsggc.scot/rcrp



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

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 [website](#)