

# Core brief

**Daily update**  
**(12 April 2022, 2.40pm)**

Topics in this Core Brief:

- Update to the Winter Respiratory IPC addendum – Testing
- Staff Mindfulness programme
- Active Staff

## **Update to the Winter Respiratory IPC addendum – Testing**

The use of rapid diagnostic tests (including POCTs) and LFDs has been included within the guidance for the following scenarios;

- Admission testing for individuals who are asymptomatic of viral respiratory symptoms  
<https://www.nipcm.hps.scot.nhs.uk/winter-2122-respiratory-infections-in-health-and-care-settings-infection-prevention-and-control-ipc-addendum/#a3063>  
<https://www.nipcm.hps.scot.nhs.uk/resources/covid-19-hospital-testing-table/>
- Elective surgical admissions who are fully vaccinated (please note appendix 19 updates are in draft form and awaiting sign off via clinical cell)
- To support patient placement on the respiratory pathway (in particular cohorting)  
<https://www.nipcm.hps.scot.nhs.uk/winter-2122-respiratory-infections-in-health-and-care-settings-infection-prevention-and-control-ipc-addendum/#a3060>
- As part of a risk assessment prior to undertaking an AGP on the non-respiratory pathway (NB: a risk assessment of respiratory symptoms prior to undertaking an AGP remains essential)  
<https://www.nipcm.hps.scot.nhs.uk/winter-2122-respiratory-infections-in-health-and-care-settings-infection-prevention-and-control-ipc-addendum/#5.15.7>
- For the management of contacts who are fully vaccinated and asymptomatic of viral respiratory symptoms  
<https://www.nipcm.hps.scot.nhs.uk/winter-2122-respiratory-infections-in-health-and-care-settings-infection-prevention-and-control-ipc-addendum/#5.12.2>

In order to support this process eHealth have developed the following supporting materials to ensure that results from LFT tests are captured within clinical notes:

## **Emergency Departments – Video and Quick Reference Guide**

[Video - Record LFT Result Against ED Episode](#)

[Record LFT Result Against ED Episode QRG](#)

## **Wards where LFT are being used for contact management - Video and Quick Reference Guide**

[Video - Add Close Contact Alert and Record LFT Result Against IP Episode](#)

[Add Close Contact Alert and Record LFT Result Against IP Episode QRG](#)

**These can also be viewed by following the link below**

<http://www.staffnet.ggc.scot.nhs.uk/Corporate%20Services/eHealth/eHT/Pages/TrakCare.aspx>

## PECOS

The PECOS code that should be used to order LFT kits for patients is [GVLFT1E](#).

## Staff Mindfulness programme

**Mindfulness** has been shown to be effective for reducing stress in the workplace.

NHSGGC is committed to supporting Mindfulness approaches with staff to enable them to gain skills and knowledge about Mindfulness. [NHSGGC Mindfulness app](#)



A Healthier Place to Work

We are offering a three stage approach:

- Mindfulness Habits
- Mindfulness Based Stress Reduction
- Maintaining a Mindfulness Practice

To access the eight week Mindfulness Based Stress Reduction course we are asking staff to join the four week mindfulness habits course to get a taste of mindfulness and see if it is for you.

### Stage one: Mindfulness Habits

Staff will be supported to develop tiny mindfulness habits over a four week period by experienced mindfulness facilitators, who are also NHSGGC staff. This will offer an opportunity to get an initial feel of how mindfulness might benefit you and explore how mindfulness might fit in to your day.

Staff will meet with the mindfulness tutor online using the Teams programme at week one, two and four to discuss effectiveness discuss their experience. This will also provide an opportunity to explore and challenges encountered and /or how you might build on what are already doing.

We will be offering plenty of resources to support you, as well as opportunities to develop your experience of mindfulness further through a mindfulness a Based Stress Reduction Course if this is of interest to you. We will also offer support to maintain a mindfulness practice.

To register for phase one please click on the link where a choice of four cohorts will be available:

<https://link.webropol.com/s/MindfulnessHabitsRegistrationForm>

\*Managers please print and display for staff who do not have regular access to their emails, thanks.

This programme is brought to you by the Staff Health Strategy.

## Active Staff

NHSGGC Active Staff programme in partnership with Scottish Ballet are once again offering some energising breath, stretch and stress relief sessions.



These sessions are offered to in response to staff requests for activity at a gentler pace. These energise sessions are accessible to all staff but have also been designed for those who would rather exercise whilst seated. We hope you will enjoy this gentler activity. The energise sessions will take place on: Tue 26 April - 8:30-8:55am and Tue 3 May - 8:30-8:55am.

We are also offering an hour long webinar “At Work Toolkit” again designed for all staff looking to exercise at a gentler pace.

This webinar will help you discover why movement and breath regulate high stress states and will offer a low impact stress relieving tool kit which is suitable for use by all in the workplace or home settings. The webinar will take place on Tue 10 May - 1:30-2:30pm.

Please click the following link to book place at any of the three sessions:  
<https://link.webropol.com/s/scottishballetonlinestaffsessions>

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### Lateral Flow Tests - Available to all staff working on site

Speak to your line manager about where to collect your test kit, then:



**Register**  
your kit



**Test**  
twice per week



**Record**  
your results

**Keep your colleagues and patients safe from COVID-19**

**Help stop the spread!**

Visit: [www.nhsggc.org.uk/lfid-stafftesting](http://www.nhsggc.org.uk/lfid-stafftesting)

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: [HR.Support@ggc.scot.nhs.uk](mailto:HR.Support@ggc.scot.nhs.uk).

\*\*\*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 [StaffNet](#)