

# Core brief

**Daily update**  
**(29 April 2021, 2.05pm)**

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## **Lateral Flow Testing**

As restrictions begin to ease we know many of you will be looking forward to finally spending more time with family and friends and going out and about more widely. However as we do this, transmission in the community remains a risk.

We're delighted to welcome visitors back into our wards, albeit on a limited basis currently, which we know is so important to everyone. We must continue to adhere to FACTS guidance to help minimise risk. This, in conjunction with the use of Lateral Flow Testing twice per week, helps to ensure we're not unknowingly passing the virus on, while also giving us the assurance that we're doing all we can to help keep our patients, colleagues and families safe.

Thank you once again to all of you who are continuing to test twice weekly using the Lateral Flow Kits and record your results on the portal. We know many of you have now registered and are using your second 12-week kit, which is great!

A number of our staff have provided feedback that while they are testing regularly, they are not filling in the portal. We would like to encourage all users to use the portal and record your results even if they are negative as this gives us a good picture across the Board and provides us all with the assurance that we are continuing to minimise risk.

If you still don't have a kit and want one, please speak to your line manager who can arrange this for you. A wide range of information and FAQ on Lateral Flow Testing are available on the [website](#) and further queries can be directed to: [ggc.lft@ggc.scot.nhs.uk](mailto:ggc.lft@ggc.scot.nhs.uk).

## **Visiting Arrangements – Staff Frequently Asked Questions and Give & Go**

From Monday 26 April, every patient in Scotland (wherever possible) is able to have at least one visitor to enable family support while they are in hospital. This named visitor should not change frequently, unless for example the visitor is away or unwell.

## **Visiting resources**

In addition to the existing resources available (a [toolkit](#) and [visiting information leaflet](#)), there are now responses to [Frequently Asked Questions](#) available online. These will be updated as we become familiar with the new arrangements.

As a reminder; we would encourage staff to speak to patients about visiting on admission or transfer to ward. This will help to establish who the most appropriate person is to be chosen as their visitor. If applicable, there is space on section 12 of the MAR (My Admission Record) to document this conversation.

At the same time, the patient should be asked who they would like to be their family support person. The family support details should be recorded on the '**Visitor Record Sheet**' and filed at the front of the nurse/midwife notes. Virtual Visiting should be offered and if the patient does not have their own phone or tablet, this can be documented on the MAR. As a reminder, the Standard Operating Procedure for Person Centred Virtual Visiting is available [here](#).

## **Give & Go**

As visiting is now being re-established, the Give and Go services at GRI, RAH, IRH and QEUH will come to an end tomorrow (Friday 30 April).

Our sincere thanks go to the Give & Go volunteers, their contribution throughout this period has been immeasurable. The volunteers are rightly very proud of their contribution to this service and have really valued the opportunity to support patients and families through this very difficult time.

Many Give and Go volunteers have expressed wishes to remain involved in volunteering in NHSGGC, with some planning to return to their previous volunteering roles and others keen to take up new opportunities.

As always, thank you for your support during this time of transition; we will continue to keep you informed and updated as arrangements progress.

## **Hospital visiting – a patient's view**

As visiting returns to hospitals across NHSGGC this week, we hear of the immense impact of finally seeing loved ones again whilst in hospital.

Patients at the national spinal injuries unit at the QEUH are recovering from life-changing injuries and visits are about more than just the human connection, they are integral part of the rehabilitation process.

Alan Kinnear, spent lockdown working from home as an IT product manager. He was fit and active and took part in 10k runs. Everything changed last September, when a rogue blood clot went into his spinal column. Over three days, first his right, then his left leg stopped working. "It was brutal," he says. "They told me the damage had been done. That was it, I had a spinal stroke and was paralysed from the chest down."

"The psychological damage from an injury like mine is as bad as the physical. Obviously, the staff in here are great and they all have positive attitudes and they really helped me to get through the days sometimes. But not having your family, not having that support, can be just devastating.

"You've had no physical contact with your loved ones. That is really, really hard to take. You really miss not having it."

Senior Charge Nurse, Helena Richmond, says that it's been a tough time for patients and visitors not to be able to have in-person visits. She says: "It's been a difficult balance and staff have worked so hard to keep our patients as safe as possible.

"Our patients have been incredible too. Many of them are here for 3-6 months or even longer and they have all sustained life changing injuries. Although patients have faced those challenges without having



visitors, the multidisciplinary ward team have provided full care and attention during this time supporting both patients and families.”

[Click here to read more.](#)

## NHSGGC Flying Start

[Flying Start](#) NHS® is the national development programme that the Scottish Government and NHSGGC requires all registered nurses, midwives and allied health professionals (AHPs) to complete, in their first 12 months of practice.

Each newly qualified practitioner (NQP), during the first year of practice, should be afforded 24 hours protected learning time away from the workplace to support completion of the Flying Start NHS® programme.

### NHSGGC: Flying Start Portal – Support Sessions

To support NQPs, the Practice Education team will be hosting Flying Start Support Sessions on MS Teams, book in to attend a session by clicking [here](#).

### NHSGGC: Flying Start Portal - Podcasts

The Practice Education team have also developed Flying Start Podcasts to add to the learning resources available within the Portal, which offers staff more flexibility with their learning, listen [here](#).



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](#).\*\*\*

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](#)