

Core brief

Daily update
(21 March 2.15pm)

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Occupational Health Psychological Therapies Service

The COVID-19 pandemic has been challenging for us all. Reports of burnout and staff feeling empty and mentally exhausted have not surprisingly increased during the pandemic. You may have found yourself working in ways that are not your normal due to staff shortages, COVID related restrictions or working in a redeployed role. It's completely understandable that this can lead to us feeling anxious, experiencing changes in mood and sleep difficulties, and can also lead to feelings of guilt, shame, anger and dissatisfaction.



Over the next few days we are going to highlight a bit about what services have been set up for you and your colleagues, including how to look after your own wellbeing day to day, how to support colleagues and information on how to contact the Occupational Health Psychological Therapies Service (OHPTS). Our telephone number is 0141 277 7623.

Looking after your wellbeing

[The videos below are](#) available on the NHSGGC You Tube Channel and [have been created in order to provide some quick tips and strategies for managing your own wellbeing at this time.](#)

[‘We’re exhausted! How can we keep going during the COVID-19 pandemic?!’](#)

- [Short version – Quick Tips \(7 minutes\)](#)
- [Longer version \(25 minutes\)](#)

For more information visit [Hot Topics](#) on StaffNet.

Quality Improvement Fundamentals LearnPro Module

A new LearnPro module - GGC 109 Quality Improvement Fundamentals – is now available for all staff.

This course will provide you with an awareness and basic understanding of the importance, methods and successes of Quality Improvement (QI) within NHSGGC.

The module is useful for staff, in any specialty or job within NHSGGC, who have little or no previous experience of QI and want to learn more about it, either as a standalone basic, or as a precursor to applying to start one of our more advanced QI courses.

To access this course, visit: <https://nhs.learnprouk.com>, click on 'Quality Improvement and Patient Safety' category, then Add GGC course 109 Quality Improvement Fundamentals.

For more information visit [Hot Topics](#) on StaffNet.

BME Staff Network meeting

You might be aware, our next BME Staff Network meeting is taking place this week on 23 March, 12noon – 2.00pm.

Thank you to everyone who has already confirmed attendance. If you would like to join the network, or participate in the meeting, please get in touch by emailing ggc.bmestaffnetwork@nhs.scot and the MS Teams link and joining information will be shared with you. If you are having difficulty being released to attend, please let us know at the email address above and we can support you.



The BME network is a safe, supportive and confidential forum for sharing experiences, and an opportunity to influence on issues impacting on the health, wellbeing and work of BME staff.

For more information about our BME Staff Network, our next meetings, to meet our BME staff network chair, please click visit: [NHSGGC: BME Staff Network](#)

Rescue Extreme Medics - Monday 28 March

NHSGGC in conjunction with NHS Grampian and Scottish Ambulance Service will feature in a new Channel 4 series, Rescue Extreme Medics, which starts on Monday 28 March at 9pm.

The programme focuses on the work of the Scottish Trauma Network and will feature a number of our colleagues from the QEUH and tell the stories of some of our most seriously injured patients. In episode one, our team at the QEUH play a pivotal role in treating a patient helicoptered in from a remote part of Skye, following a serious quad bike accident.



We will share the trailer with you later in the week but in the meantime, please don't forget to put a reminder in your diary to tune in and watch the tremendous work of colleagues.

Glasgow City HSCP Health Improvement Annual Report 2020-2021: now available

The latest [annual report](#) highlighting the work of Glasgow City HSCP's Health Improvement Team is now available. The report provides an insight into the progress made by Health Improvement around improving health and reducing health inequalities during 2020-21 and highlights work progressed in response to the COVID-19 pandemic.



You can read the [news article](#) and watch our [short film](#), which explains more about our [annual report](#).

Always report your LFD result - even if it's negative



Remember to report your results at:
<https://nhsnss.service-now.com/covidtesting>

Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsnss.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.

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](#)**