

Core brief

Daily update

(11 September 2020, 5.10pm)

Topics in this Core Brief:

- Keep your Distance!
- Organ Donation Week
- Public Transport Update

Keep your Distance!

Why is it important to Social Distance?

We are not immune to this virus. We are seeing people testing positive for COVID so it is essential that you follow the rules and protect yourself and colleagues.

Why is social distance and why do I need to do it?

Simply put, it means keeping a two metre gap between you and another person and reducing social catch-ups, events and activities to limit the spread of the virus. So, unless you are working under specific activity risk assessment measures, which might allow for closer working, you must:

- Keep at least two metres away from your colleagues at work
- Keep at least two meters away from your friends outside of work

Social distancing guidelines also apply during breaks and mealtimes

Adhere to strict hand hygiene measures at all times and ensure face coverings/Face Masks (FRSM) are worn in all public areas in our adult hospitals – unless unable to be worn for medical reasons or taking a meal break, when social distancing must be adhered to.

Keep your distance. Protect yourself, your family and everyone at NHSGGC. Don't take the virus home.

Organ Donation Week, 7 – 13 September

As part of our continued support of Organ Donation Week, Alison Mitchell, Specialist Nurse – Organ Donation, talks to us about her experiences of organ donation.

What is your experience (professional or personal) of organ donation?

I have been a specialist nurse in organ donation for 12 years.

I have supported many families through the organ donation process, providing information to help them make appropriate decisions on behalf of their loved one. Every family experience



is unique and they are all very courageous when considering and potentially supporting organ donation during an often very tragic and emotional time.

Most families find comfort when they receive their letter with information about the transplant recipients, knowing that their loved one has saved the life or lives of others.

Why is organ donation important?

There are thousands of people currently waiting for a lifesaving transplant in the UK. Many will sadly not get the opportunity as there are not enough organs available to meet the waiting list requirements.

For each person who receives a transplant, there is an opportunity for that person to go on and live an active life and return to many normal activities- returning to work, resuming or taking up new hobbies, being able to watch their family grow up. Every recipient and their families are forever thankful for the gift of life that has been given to them.

What would you say to someone thinking about being an organ donor?

Organ donation is the ultimate gesture that a person can make. Having the ability to potentially save and transform the lives of up to 8 people is a wonderful act.

It is important that you discuss your decision about donation with your family as this will provide support and reassurance to them that they are making the right choices should they ever find themselves in the situation where you are in the position to be considered as an organ donor.

Public Transport Update

Public Transport operators continue to review their services. From Sunday 13th September, First Glasgow are increasing the frequency of many of their bus services. For more information, [please click here](#).

**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](#)**