

17 – 23 April 2021



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## COVID-19 - General

### [Further relaxation of COVID restrictions confirmed](#)

A further relaxation of COVID-19 restrictions has been confirmed by the First Minister Nicola Sturgeon. From Monday 26 April, all of Scotland will move into Level 3, and, subject to continued suppression of the virus, Scotland will move to Level 2 on 17 May. Ms Sturgeon also announced that from Monday rapid lateral flow tests will be made available to anyone without symptoms, and to those planning travel to and from the islands.

### [Latest Public Health Scotland COVID-19 figures](#)

Public Health Scotland has published its weekly COVID-19 statistical report. By Sunday 18 April, there had been 223,914 confirmed cases, with 1,421 in the latest week. In the same week, there were 95 admissions to hospital with confirmed COVID-19 and eight new patients treated in intensive care.

### [Latest weekly figures on COVID-19 deaths published by NRS](#)

The National Records of Scotland (NRS) has published the latest weekly figures on deaths involving COVID-19. As at 18 April, 10,055 deaths have been registered in Scotland where COVID-19 was mentioned on the death certificate. In the week 12-18 April, 24 COVID-19 deaths were registered, a decrease of 10 from the previous week. The number of weekly deaths due to COVID-19 are now at their lowest level since early October.



## Alzheimer's/Dementia

### [Greater dementia risk in middle-aged people who sleep six hours or less, study finds](#)

Middle aged people who regularly sleep for six hours or less each night are more likely to develop dementia than those who routinely manage seven hours, according to a study by the University of Paris. The Guardian reports that researchers used data from University College London's Whitehall II study, which launched in 1985 and followed the health and lifestyles of more than 10,000 British volunteers. The study suggests a 30% greater risk of dementia in those who during their 50s, 60s and 70s consistently had a short night's sleep, regardless of other risk factors such as heart and metabolic conditions and poor mental health.

## Care Homes/Care at Home

### [BBC publishes breakdown of COVID-related deaths in care homes](#)

A breakdown of COVID-19 related deaths in Scottish care homes has been published by the BBC. The data was released under Freedom of Information by the Crown Office unit set up to gather information on the circumstances of all Covid-linked deaths in care homes. The information has been fed into an interactive dashboard allowing people to view the homes with reported COVID-19 deaths by council area, filter by operator and view contextual information.

### [Revised report on discharges from hospitals to care homes during early pandemic](#)

Public Health Scotland (PHS) has published a revision of its report on discharges from hospitals to care homes in the early months of the pandemic. The report, originally published in October 2020, has been updated largely in response to concerns raised by the Office for Statistics Regulation in January. It finds hospital discharges were associated with an increased risk of an outbreak when considered on its own but there was no statistically significant association found between discharge and the occurrence of a care home outbreak, though PHS "cannot rule out a small effect". According to the report, care home size is much more strongly associated with the risk of an outbreak than other care home characteristics. PHS has stressed all analyses have been updated to account for the changed data and this does not impact on the main conclusions from the original report.

### [Additional weekly data on COVID-19 in adult care homes published](#)

The Scottish Government has published weekly additional data on COVID-19 in adult care homes in Scotland. The document provides weekly data on the number of deaths reported by adult care homes, including COVID-19 and non-COVID-19 related deaths, and supported visiting status as indicated by adult care homes.

### [Nominations open for Care at Home and Housing Support Awards 2021](#)

Scottish Care is now accepting nominations for the Care at Home and Housing Support Awards 2021. The awards ceremony, recognising achievements across 10 different categories, will take place on Friday 25 June.



### [Webinars on infection prevention and control in care at home](#)

A series of webinars on infection prevention and control (IPC) in care at home are to be hosted by Scottish Care and the Scottish Government. The intention of the workshops is to ensure all IPC measures are effectively implemented in care at home settings.

### **Other Health and Social Care**

#### [Think tank responds to Independent Review of Adult Social Care](#)

The Care Reform Group at the Common Weal think tank has published its response to the Independent Review of Adult Social Care. The report follows the Common Weal 'Manifesto for a National Care Service' published in January 2021 and outlines a number of concerns about the final report of the Review. The report suggests the Review "fails to create a coherent rationale and public narrative for the future of 'social care' practice and policy and economic or democratic accountability and fails to set out the terms and structures of a comprehensive National Care Service".

#### [Annual report by Chair of Chief Officer Group published](#)

An annual report by Chair of the Chief Officer Group has been published by Health and Social Care Scotland, alongside a series of reflections on the past year. The reports touch on the work of the various leadership groups, the COVID-19 response and the future of integrated care in the context of the Adult Social Care Review.

#### [Virtual event on future of health and social care nursing](#)

A virtual event looking at the future for health and social care nursing is to be hosted by Scottish Care on 24 June. The event, which will include presentations and a panel session will be supported by the Chief Nursing Officer, the Scottish Government and Care Inspectorate Chief Nurse Dr Jane Douglas.

#### [Webinars on Essentials of Safe Care guidance](#)

Scottish Care is hosting a webinar about the Essentials of Safe Care (EOSC) on Thursday 29 April. The EOSC is a package of guidance produced through the Patient Safety Programme to support health and social teams to deliver safe care.

**Disclaimer**

This weekly bulletin is produced as an update on the key issues concerning adults and health.

Each item in the bulletin has a hyperlinked headline that will take the reader to the original source.

We collate items from our parliamentary and Scottish Government monitoring covering health and social care news from throughout the UK, and current research and policy development. We use a variety of sources for the bulletin, including alerts from [Newsdirect](#), [Community Care](#), [Children & Young People Now](#) and [ISD Scotland](#).

We aim to be representative rather than comprehensive, so we try to cover only the main Scottish stories, along with some stories from the rest of the UK. The purpose of the bulletin is to alert readers to items of interest. It should be noted that these items are the works of others and are neither authorised nor endorsed by the Care Inspectorate, with the exception of publications which are identified as Care Inspectorate publications.

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