

Wednesday 15 March 2023

Community feedback – Moray maternity services As part of the journey towards delivering a consultant-led maternity service at Dr Gray’s Hospital in Elgin, we have published a Community Engagement and Feedback Report containing the hopes and views of the local population.

Three key recurring themes highlighted in the report are: accessibility, wellbeing, and choice. Face-to-face community engagement and feedback submitted through Care Opinion indicated largely positive experiences of care received at DGH, with many praising the midwife-led unit as high quality and person-centred. Overall, however, there was strong demand for the consultant-led maternity services NHS Grampian is now working to deliver in Elgin and the benefits it will bring. This maternity engagement report builds on evidence gathered through the wider Dr Gray’s Plan for the Future survey, conducted in June 2022, which received 107 responses. It, together with concerns raised by elected representatives and campaign group Keep MUM, also highlighted the impact not having a consultant-led maternity service had upon the local community. [You can read the full report on our website here.](#)

National Day of Reflection The third annual National Day of Reflection will take place next Thursday (23 March) and includes a minute’s silence at 12noon, which all areas are supported to observe. There’s more information on the Marie Curie website: [National Day of Reflection | Marie Curie](#)

World Delirium Awareness Day Recognising delirium is incredibly important, as it is a serious concern for both patients and healthcare systems. To help you recognise, diagnose, investigate and manage delirium we spoke with Dr Marc Locherty, a registrar in Geriatric Medicine earlier this week. Mark has compiled this short video message for World Delirium Awareness Day and highlights resources available to assist you in practice. You can watch the short [video here](#). You can find the video along with all links mentioned [here](#). If you participate in the crossword/wordsearch competition, completed entries should be forwarded to louise.brodie@nhs.scot by 12noon on Friday 24 March.

Hospital Specialist Palliative Care Team – e-referrals on Trakcare From next Monday (20 March) the Hospital Specialist Palliative Care Team (HSPCT) will move to an electronic referral system on Trakcare. This will be an inpatient consultation request, like those already used by Renal and GI.

To complete the referral:

- Ensure you have consent from the patient and the referring consultant.
- Select the patient and click 'New request'.
- Select the 'Consultation request' tab.
- Select the HSPCT consultation.
- Fill in the questionnaire and give relevant clinical information.
- Leave a phone message on 54001 to let us know to look out for the referral.

Scanned/emailed referrals will still be accepted while the new system beds in, but please be aware they will be phased out eventually. The team aim to see all referrals within 24 hours. Please complete the referral as early in the day as possible to allow us to give advice promptly. If urgent palliative care advice is needed, please contact 59791 (Mon-Fri 9am-5pm) or 57057 (OOH/weekends).

Enhancing Care HCSW Development Day Are you new in your HCSW role? Do you want to learn more and enhance your practice? If you would be interested in attending this session next Tuesday (21 March), between 8.30am and 4pm, please contact the Practice Education Team on gram.practiceeducation@nhs.scot

Corporate Games Fitness Challenge We still have a spot open in the Fitness Challenge Competition for a male participant. The competition will take on the evening of Friday 31 March, with training dates starting from Friday 24 March in the early morning. Please contact gram.sports@nhs.scot if you are interested.

We Care Wellbeing Wednesday

- **Where can I get help?** Have a look at our Where Can I get Help? Sheet (attached to the email used to send out this brief). It's a 1-page compiled list of various support and wellbeing resources available to staff. If you would prefer a paper copy, please contact We Care via gram.wecare@nhs.scot
- **Wellbeing in the workplace for managers training** NEW Training course launched this month. Wellbeing in the workplace for managers training, discussing wellbeing reflection, access to support, resources/activities/education and a culture of kindness. The session will support you to reflect on where your team is with wellbeing in the workplace currently and start to develop a plan around building on this, whatever your starting point. Sessions will be delivered via MS Teams. To find out more see: [Wellbeing in the Workplace for Managers Training | Turas | Learn \(nhs.scot\)](#)
- **Menopause Tea & Talk Sessions** Menopause tea and talk sessions aim to support and inform colleagues who are experiencing menopausal symptoms through a range of activities and educational opportunities. The sessions are focused on improving knowledge and understanding, helping participants feel less isolated, and providing support as a positive menopause culture continues to grow across NHS Grampian. These sessions are online. To sign up please contact gram.wecare@nhs.scot Next session: Monday 3 April: Eating well during the Menopause with Laura Walker, CIMSPA Chartered Practitioner (1pm-1.35pm) and a Mindfulness session with Dr Kirsten Scott, Clinical Psychologist (1.35pm-2pm). For more upcoming sessions, and to find out more, see the attached poster!

Thought for the day I am a huge fan of the BBC2 series 'Surgeons', which focuses on the innovative treatment provided at Addenbrookes Hospital. Often the people featured are at the end of a long road and have undergone multiple previous procedures. When the surgical teams get to work, their task can be complicated by the presence of scar tissue from these operations. I bring this up because I think we in health & social care are like that. We are carrying scar tissue from the last three, incredibly punishing, years; the impact of the pandemic, lockdowns, service changes, a population which continues to age and present new challenges, a cost-of-living crisis, Brexit, conflict in places like Ukraine...the list goes on. What we used to think of as winter pressure has now just become pressure and though we are mid-way through March, it seems like there is no let up. In the coming days we plan to share some data through this brief, to illustrate what we are dealing with. For now, the point of this message is to say you are seen. You are valued. You are exhausted and doing the very best you can in difficult circumstances. Whatever today has brought, you showed up. We'll show up again tomorrow.

Tune of the day Today's request comes from Nicola Wade, part of the team on Brucklay Ward at Fraserburgh Hospital; she's asked for [Jack Johnson and Better Together](#), following the recent death of their colleague Debbie Mill. Our thoughts are with everyone who knew Debbie at this sad time (EP).

If you want to request a tune, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot