

Monday 24 April 2023

Reminder - new password policy A new password policy has been implemented across NHS Grampian, which should mean more memorable passwords, and less frequent changes. When you are next prompted to change your password, please remember the following:

- Your password must be **at least** 12 characters long.
- Capitals, special characters (e.g., ! or ?), and numbers won't be enforced, but if you can include them, great! It is good practice.
- Your password should consist of three unique random words (e.g., Toast RiverTree)

How random is random? Your password is the key to all the organisational resources you have access to. You wouldn't give the key to your home to someone you don't trust or store that key somewhere a criminal could guess? An insecure password is like risking someone you don't trust gaining access to your key. Using three unique random words as your password makes that key much harder to obtain.

If you consider all the words in the English language ([an estimated 171,146 words currently in use](#)) the odds of guessing the same three unique random words as you are high. But why stop at English? Do you speak French, German, Mandarin or even Klingon? If the words are unique, random, and you can remember them, it's a good password. For example, AppleBoatGuitar is a secure 3 random word password, AberdeenFootballClub is not. Combine three random words to create a password that's 'long enough and strong enough'.

Demystifying Death week – local events Demystifying Death week is an annual event, aimed at encouraging discussions around dying, death, and bereavement. This year's event begins on 1 May and Duncan Vickers, one of our Healthcare Chaplains, has arranged a series of talks for next week, as follows:

- **Tuesday 2 May, 1pm** [How to Have Conversations that Matter - Dr Vera Elders](#)
- **Wednesday 3 May, 10am** [From Mortuary to Resting Place](#): Q&A Session about death in the hospital and what happens after - Ishbel Gall
- **Wednesday 3 May, 12.30pm** [How to Donate Your Body to Scientific Research](#) - Prof Simon Parson
- **Thursday 4 May, 12.30pm** [Wills and Powers of Attorney](#): What you need to know - Kirsten Leckie of Burness Paull
- **Friday 5 May, 10am** [Spiritual Care Considerations for End of Life](#) - Duncan Vickers

All events take place on Teams. You do not need to book; just click on the link of the event(s) you wish to attend.

Launch of immersive simulation suite Dr Angus Cooper and the Clinical Skills Centre team invite you to join them for the launch of the immersive simulation suite in the Suttie Centre this Thursday (27 April). This is an opportunity to view some simulated teaching scenarios and find out how this could be used to support your students / learners. [You can book your preferred slot by clicking here.](#)

RCN Nursing Awards 2023 – entries close this Friday The RCN Nursing Awards celebrate outstanding care and innovation, and are open to nurses, midwives, health visitors, nursing students and nursing support workers. You do not need to be an RCN member to enter. We want **you** to share experiences of innovative nurse-led projects and inspiring nursing practice **from across NHS Grampian and the HSCPs**, so even more people can learn and benefit from the fantastic work you do. Information on the award categories and how to enter are available here: [Home | RCN Nursing Awards | RCNi](#)

Foot Health week 2023 Today, and all this week, the Podiatry service are celebrating Foot Health Week 2023. This year's theme is 'Feet are a masterpiece of engineering'. The human foot comprises 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments. It is a complex and intricate structure that can walk, run, jump, climb, and leap. As Podiatrists, the team already know feet are a masterpiece of engineering and they're keen to spread the word. For more information, please see the [Royal College of Podiatry's website](#).

Pause for thought We all know people who are more than they think they are – they are often the ones who put themselves down. What benefits do you think might be gained if they could recognise this? How might you recognise this yourself?

Tune of the day Well possums. We lost a giant of comedy at the weekend in the one and only Barry Humphries. Barry brought us Dame Edna Everage, [so here's 15 minutes or so of her in full flow](#) on Parkinson back in 2004.

Our tune of the day is [Below My Feet by Mumford & Sons](#), requested by Kirsty Symons (Lead Podiatrist, Aberdeen City HSCP) to mark Foot Health Week (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