

Thursday 16 January 2025

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**Use of face masks in all healthcare settings** Following review, we are continuing to encourage staff to wear Fluid Resistant Type IIR surgical face masks (FRSMs) in all healthcare settings 'Flu and other respiratory illnesses continue to circulate at increased levels in the community and in our healthcare settings. The correct use of FRSMs can reduce the risk of transmission and in the meantime, we need to do everything we can to reduce that risk. In addition, here's a reminder of the National Infection Prevention and Control Manual (NIPCM) guidance regarding FRSM use:

- worn by a patient known or suspected to be infected with a respiratory illness if safe to do so and patient can tolerate it.
- worn by all staff caring for suspected or confirmed 'flu or other respiratory infection illness to protect against secretions or excretions into the respiratory mucosa (nose and mouth).
- staff caring for suspected and confirmed 'flu positive patients should observe droplet precautions and if undertaking AGPs, apply airborne precautions as per NIPCM guidance.
- masks must be well fitting and fit for purpose (fully covering the mouth and nose).
- masks must be removed or changed:
  - at the end of a procedure/task
  - if the integrity of the mask is breached, e.g. from moisture build-up after prolonged use or from gross contamination
  - in accordance with specific manufacturers' instructions

We will continue to keep this guidance under review. Please contact [gram.infectioncontrol@nhs.scot](mailto:gram.infectioncontrol@nhs.scot) for further information if required.

**Data security and COWS** COWs (computers on wheels) are not approved for accessing personal information. This is because they are not designed for these uses and here is a high risk that someone else will be able to access your information if you leave yourself logged in. This is particularly pertinent when accessing email and e-payslips. COWS are only set up to be used for quick access to TRAK due the way they are configured

**Toner scam alert** NHS Counter Fraud Services have shared information about a toner scam which has been reported to them. This involves delivery of toner, which was not ordered, not required, and may be substandard. Further information is available here: [Intel Alert - Toner scam](#)

**Talking mats training** Talking Mats is a visual framework which uses picture symbols to help people with communication difficulties. It has the potential for use with a wide range of people and is an approach which helps them think about issues and provides them with a way of expressing their views more easily. The Learning Disability service now have in-house accredited trainers, and there will be half day sessions in March and April; you will need to attend both sessions. Further information is available on the intranet here: [Forthcoming Courses - Talking Mats](#) (networked devices only).

**Pharmacy application – public consultation** An application has been made to open a new pharmacy at the Berryden Retail Park in Aberdeen. As part of this process, we are required to run a joint public consultation with the applicant. Further information about the application and a link to take part in the consultation is available here: [Berryden Pharmacy](#)

**Brain Health Service Stakeholder Survey** In December 2023 a new Brain Health Service and Clinic opened in Aberdeen. This is a unique collaboration between Alzheimer Scotland, Brain Health Scotland, Scottish Government and our Public Health team and it is currently being evaluated. If you deliver care or support to people who have (or who may) access the Brain Health Service, we want to encourage you [to complete this brief survey](#) which should take 10-15 minutes. You can also access the survey by scanning the QR code below.



**Physiotherapy led ante- and postnatal online classes** Did you know we offer two specialist physiotherapy classes to support ante- and postnatal physical health? 'Fit for Pregnancy' is suitable for any stage of pregnancy, focusing on body changes, suitable exercise, and how to manage pelvic girdle pain. The postnatal class will look at regaining core strength, managing any bladder or bowel issues, and returning to exercise and intimacy with your partner. This class is ideal for anyone between 6 weeks and 6 months after giving birth.

The classes are in a group format, but there is no pressure to 'join-in', you can simply listen to the content. To book into either class, call 0345 099 0200. Please share this information with colleagues, patients, clients, and friends as appropriate.

**Tune of the day** A mellow moment to start your Thursday; [Drive by Incubus](#) is our tune of the day (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](mailto:gram.communications@nhs.scot)