

Wednesday 16 October 2024

Let's prepare for winter Every winter, demand for our services further increases, thanks to a range of seasonal viruses. These include 'flu, respiratory syncytial virus (RSV), COVID-19 as well as gastrointestinal viruses such as norovirus. There is, of course, lots we can all do to reduce this demand – thanks to our colleagues in infection prevention and control for compiling these handy hints:

- Do not to come into work if unwell with an illness that can be passed on to others.
- Do not attend work until 48 hours after your last symptom of diarrhoea and/or sickness
- Practice good hand hygiene and cough etiquette (e.g., cough into your elbow).
- Ensure you are up to date with your face fit testing (FFP3 mask)
- Book your seasonal vaccinations to protect you, your colleagues, and your friends and families
- Keep your working environment and any shared equipment clean.
- Ensure areas has adequate stocks of PPE and use it appropriately.
- Have all your Transmission Based Precautions Posters up to date and laminated-Contact, Droplet, and Airborne.
- Promptly isolate patients who have symptoms of a respiratory illness and/or those with diarrhoea or vomiting, or both.
- Remind visitors not to visit if they themselves are unwell.
- Provide service users with tissues, plastic bags for used tissues, and hand hygiene facilities as necessary.
- Encourage service users showing symptoms of respiratory illness to wear a surgical (Type II R FRSM) face mask where it is clinically safe and tolerated by the wearer.
- Promote ventilation by opening windows in the absence of mechanical ventilation to help with dilution of air and reduce transmission of respiratory infections.

Standard Infection Control Precautions (SICPs) should **always be followed**. SICPs are the basic infection prevention and control measures necessary to reduce the risk of transmission of infectious agents from both recognised and unrecognised sources of infection. Hand hygiene using soap and water should be used where a service user has symptoms of a gastro-intestinal infection (vomiting and/or diarrhoea).

Further information is available via the [NIPCM National Infection Prevention and Control Manual](#) and [NHS Inform](#).

Safe Access Zones – local policy Following implementation of the Abortion Services (Safe Access Zones) legislation across Scotland, a local standard operating policy has been agreed. This is available on Grampian Guidance here: [Abortion Services - Safe Access Zones SOP.pdf \(sharepoint.com\)](#)

Secondary care medical appraisers training There are spaces on the upcoming appraisers training course, taking place on 21 & 28 November (attendance required on both dates). We have 350 doctors currently awaiting an appraiser; therefore, we'd encourage anyone interested in this role to get in touch via gram.appraisal@nhs.scot. The deadline to apply is Friday 25 October.

Team 'Shire budget update Attached is a special, budget focused, edition of Team 'Shire News, highlighting the difficult financial position which Aberdeenshire HSCP is currently in and some of the measures put in place to control budgetary overspends.

Who's your Green Star? Our short, post-Climate Week, survey revealed turning off computers fully at the end of the day was the most popular small change you've made to impact positively on the environment. This is great – the more of us who remember, the more carbon we can save. Re-using items and shopping local weren't far behind; these are, again, great steps for everyone to consider.

If you know someone who's setting a leading example for others to follow, please remember to nominate them for a Green Star Award. You can nominate any colleague, group or team who have undertaken a project, change in practice or just go the extra mile everyday to reduce our impact on the environment.

[Nominate for a Green Star Award now.](#)

Wellbeing, Culture, and Development Wednesday

- **World Menopause Day – this Friday!** With a large proportion of the workforce experiencing menopause, it is crucial to raise awareness about menopause at work. [World Menopause Day](#) is a great time to start or reignite the conversation. This year's theme is Menopause Hormone Therapy (MHT), focusing on raising awareness about the benefits and controversies surrounding MHT. [There's more information on MHT via this link.](#) The next Tea and Talk for Menopause will take place on Monday 2 December focusing on alternatives to HRT with Wendy Knoops, Menopause Specialist and GP specialising in Women's Health. This is delivered online between 1-2pm and please contact gram.wcd@nhs.scot to book a place.
- **Your Financial Wellbeing** Affinity Connect specialise in supporting employees financial wellbeing through education and training on Retirement, Redundancy and the Annual and Lifetime Allowances. This course is suited for those who wish to gain greater confidence in financial matters through increased financial knowledge covering the following areas:
 - Personal budgeting
 - Mortgages and lending
 - Personal taxation
 - Savings and investment
 - The state pension
 - Workplace pension
 - Estate planningSessions for the rest of the year are available to book via Turas (log-in required) - there are still spaces in next Monday's course (21 October): [Your Financial Wellbeing | Turas | Learn \(nhs.scot\)](#)
- **Kindness in Practice** This popular course is now booking into 2025! It concentrates on understanding the importance of kindness in the workplace and how this relates to psychological safety. You learn how to develop practical ways to show kindness and nurture respectful interactions in the workplace. [The course is booked via Turas](#) (log-in required) with dates available in November and December, as well as into the new year.

To contact Wellbeing, Culture and Development please email gram.wcd@nhs.scot

Ticket offer – Les Misérables A small number of £30 (plus fees) tickets have been released for the **Sunday** performance of Les Misérables at P&J Live. [You can purchase your tickets via this link.](#)

Tune of the day Baby Loss Awareness Week may be ‘officially’ over for another year, but for the families who experience loss during pregnancy, birth, or immediately afterwards, it is something they live with all year round. In this spirit, June Tytler has requested [Gone Too Soon](#) by Michael Jackson, in memory of her beautiful grandson Harris and all the babies who didn’t get to stay (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