

Monday 17 March 2025

Phishing emails – don't get hooked! Malicious, or phishing, e-mails are a risk to our cyber-security. They are increasingly sophisticated and usually try to either get you to download malware or handover your usernames and/or passwords. If you receive unusual or unexpected emails, requests to download, or **any** request for your username and password over email, report and discard them safely using the following steps:

- Right-Click the Malicious Email
- Click **“Report”**
- Click **“Report Phishing”**
- Click the Blue **“Report”** Button
- Navigate to your **“Deleted Items”** folder
- Delete the Malicious Email from the **“Deleted Items”** Folder

This reports the email as a phishing email. This improves our detection methods and prevents future malicious emails reaching your inbox. Additionally, it deletes the email and removes it from your inbox, preventing any interaction with it. Useful advice and guidance from the cyber security team is available here: [NHS Grampian Cyber Week 2025](#)

Shortage of intravenous paracetamol – a prescribing opportunity Supplies of intravenous paracetamol are currently reduced (more information available here - [Pages - MedicinesShortages](#) - networked devices only) offering an opportunity to reflect on medicine prescribing and administering practices locally. We have high usage of intravenous paracetamol, almost twice as much when compared to other boards in Scotland. This indicates unwarranted variation and waste of resources.

Practicing Realistic Medicine will help us deliver value-based health and care. Switching to tablet-form paracetamol is significantly less costly and reduces our carbon footprint and waste produced. Unless contraindicated, think tablet paracetamol first. Find out more about conscious prescribing here: [Conscious Prescribing: Value Based Health & Care](#).

Retail catering – price increase There will be a 10% price increase* at all retail catering outlets from 31 March. This is due to increased costs and prices increases by suppliers. Hospitality booking forms will also reflect the price increase.

*The price of Sandwich Larder products will increase by more than 10% due to higher increases from the supplier

Launch of Maternity Prevention Pathway Colleagues in both maternity and public health have developed a new pathway to offer support during pregnancy to those who smoke tobacco, have recently stopped, or have a carbon monoxide (CO) reading of 4ppm or above. Healthpoint teams, who are trained in smoking cessation support, will offer a personalised wellbeing conversation to provide advice and support across a range of health and non-health topics.

The new pathway launches today and will mean we are working to an opt-out pathway for tobacco dependency in pregnancy. Evidence suggests using an opt-out pathway alongside CO monitoring can double engagement and quit rates. If you are asked about the new pathway, please reassure the patient this is part of their package of care.

If **you** would like free support to stop smoking, please contact Healthpoint. More information can be found here: [Specialist Smoking Support in Grampian](#)

Nutrition and Hydration Week – starts today! There are 3 million people who are malnourished or at risk of malnutrition in the UK. Nutrition and Hydration Week aims to raise the awareness of the risks and promote good practice to help prevent malnutrition and dehydration. Prevention improves health and well-being, helping to reduce the burden on health and social care services in treating and supporting those suffering from under nutrition and dehydration.

To mark this year's event, the ARI dietitians are pleased to announce the launch of new and updated guidance on Enteral Tube Feeding, Nutritional Support, and wound healing. Laminated copies will be distributed in ARI by your ward dietitian. Be sure to look out for the team's videos on social media this week too!

Datix surgeries There are two Datix surgeries taking place tomorrow (18 March), between 9.30-10am and 10-10.30am. Book on to ask a question or seek advice on anything to do with Datix. Booking is via Turas (requires log-in): [Datix Surgeries | Turas | Learn \(nhs.scot\)](#)

Medical Device workshop – registration deadline extended The University of Aberdeen is hosting a free, in-person, interactive workshop led by RegMetrics on medical device regulations (EU) on Friday 28 March 12.30 – 3pm at The Rowett Institute, Level 2 seminar room, Foresterhill. The deadline for registration has been extended to next Monday (24 March) and [registration is via this form.](#)

Pause for thought Where might you benefit from being a little more curious, and what might that bring?

Tune of the day It's St Patrick's Day, so clearly, it's time for some Irish artists. First up, a soothing start to Monday courtesy of Glenn Hansard and Markéta Irglová and [Falling Slowly](#) from the movie Once. For something completely (really!) different, why not listen to KNEECAP and [Parful](#) (what the word 'powerful' sounds like in a Northern Irish accent) They too feature in a film, also called KNEECAP (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