

Thursday 24 October 2024

NHS Grampian annual review – Chair's report Our ministerial annual review took place in Elgin on Monday. Our Chair, Alison Evison, has written a report of the day, which you can read here: [Annual Review - Chair's report](#) The report includes a link to the public Q&A session, which was recorded for those unable to attend.

New process for digital requests We implemented a digital 'pause' in May, to allow a thorough review of our existing assets and our current process. Whilst the majority of requests submitted for progression during the pause were still supported, we recognise this period was challenging for teams and would like to thank you all for your patience. The pause enabled improvements to be made in information governance, digital security and procurement, transparency of our digital product catalogue, and savings of more than £60k.

The 'pause' will end on 31 October. However, as demand continues to exceed available capacity, the mechanism used to request digital services will remain. This process will be overseen by a newly established Digital Board. [You can submit requests using this form](#) (intranet link, networked devices only) and the digital team has committed to review and respond to requests within 7 working days. Any questions or comments should be sent to gram.chiefdigitalofficer@nhs.scot

Dr Gray's Hospital – Healthcare Improvement Scotland (HIS) report HIS carried out an unannounced follow up inspection at Dr Gray's Hospital in July. The resulting report was published today. You can read it, and the action plan we have provided to HIS, here: [Dr Gray's Hospital – safe delivery of care inspection: October 2024 – Healthcare Improvement Scotland](#). In response to the report, Helen Chisholm, chief nurse for Health & Social Care Moray said:

"We welcome the positive findings of the HIS team. We are pleased with the recognition of five areas of good practice and of the significant improvements the team have made that are specifically highlighted by HIS.

"We remain fully committed to providing the best experience possible for our patients and our staff at Dr Gray's Hospital and will continue to work hard to build on the progress already made to meet the additional recommendations and requirements in the report."

Inspiring NMAHPs award 2024 Nominations are now open for this this year's Inspiring NMAHPs award. To nominate an inspiring nurse, midwife, or allied health professional, just let us know (in 250 words or less) why your nominee is an inspiring NMAHP, and what they have done, or do, that inspires you or others. By completing a nomination, you are agreeing for the nomination details to be shared with the nominee. The winners' information will be shared across the organisation. Please do not include specific patient or client information. Nominations close on 6 November 2024; you can nominate in one of three ways:

- [Complete the online nomination form](#)
- Send your statement about your nominee, along with your name, job title, ward/location, and contact details AND the same details for your nominee to gram.inspiring.nmahpaward@nhs.scot
- Scan this QR code if you are reading a printed version of the brief:



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.

Looking after yourself in winter It’s that time of year again; the clocks go back this weekend, and we pay the price for living in the north-east with ever shorter days. There will be those of you who cannot wait for this and those of you who are dreading it. Whichever camp you fall into, there are a few things we can all do to look after your overall health and wellbeing at this time of year:

- Get exposure to natural light. If you can, get outside around noon, to soak up some natural light.
- Make sure you’re getting enough Vitamin D. In spring and summer, we can usually absorb what we need from sunlight. In autumn and winter, not so much! Government advice is to take a Vitamin D supplement – [there's more information on this on the NHS Inform website](#).
- Trouble sleeping? One thing you can do is adjust the screen settings on your devices. They often emit a bluish light, tricking our bodies into thinking it’s daytime. Most devices have the option to adjust this, so check your settings.

What are your top tips for getting through the winter? Drop us a line and let us know!

Tune of the day Today we’re sending best wishes to all the current (and former) members of NHS Grampian staff who are part of the Aberdeen Chorus of Sweet Adelines. They’re on their way to Kansas City to compete in the Sweet Adelines International competition. To wish you over the rainbow and back there the song requested for you is [I Got Rhythm](#) by the Queen of Jazz, Ella Fitzgerald. You’ve got this! (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