

Monday 3 February 2025

Use of fluid resistant surgical masks – UPDATE As we have seen a reduction in both the number of positive flu samples and reports to the infection prevention & control team, we can confirm staff your return to the standard NIPCM guidance for FRSM use. As a reminder, this states:

- An FRSM should be worn by a patient known or suspected to be infected with a respiratory illness if safe to do so and if patient can tolerate it.
- An FRSM should be 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 aerosol generating procedures, should 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.

Standard Infection Control Precautions (SICPs) should be applied by **allstaff, in all care settings, at all times, for all patients, whether infection is known to be present or not** to ensure the safety of those being cared for, staff and visitors in the care environment. A link to the NIPCM is available on the desktop of every NHS Grampian device. Please contact gram.infectioncontrol@nhs.scot for further information, if required.

Supporting people requesting information People have lots of different rights under information legislation and, in many instances, can exercise those rights verbally (i.e. they don’t have to write anything down). They can also ask for information from anyone employed by NHS Grampian; they don’t have to ask the ‘right’ person or team. If anyone asks you for their information, wants to have information corrected or erased, wants us to stop holding or using their information, or wants general information about what we do or our impact on the environment and you wouldn’t normally answer questions like that, write the question down, take the person’s contact details and send the request to gram.inforgovernance@nhs.scot **It’s very important that you record the question and send it to Information Governance, rather than asking the person to do that themselves.** Please send the request quickly as the time to respond starts when you are asked; not when the request reaches Information Governance.

Welcome Wards: Refer to the guides All areas should have access to our Welcome Wards guides for visitors, available here: [Visiting Guide](#). We're as flexible as we can be with visiting these days, recognising that friends, family and carers have an important role in a person's recovery. Please work together with family members and friends to support those in hospital in the best way possible.

Updated - staff physiotherapy service self-help guide The staff physiotherapy service produces an information guide, to help you understand the different types of musculoskeletal pain, and how we can all be more physically active. The latest edition focuses on shoulder pain. [You can read the full guide here](#).

Pause for thought Wisdom is nothing more profound than an ability to follow one's own advice. What advice could you do with giving yourself?

Tune of the day You might have noticed today's brief is out a little later than usual; this is courtesy of some IT issues for our team. As a result, I'm dedicated [Help!](#) to all those working in IT, in grateful recognition of the support they provide everyday (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