

Wednesday 8 January 2025

Please wear face masks in all healthcare settings 'Flu and other respiratory illnesses continue to circulate at increased levels in the community and in our healthcare settings. Staff are encouraged to wear Fluid Resistant Type IIR surgical face masks (FRSMs) in all healthcare settings during this time. This will be reviewed again on Wednesday 15 January. 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 guidance available in the National Infection Prevention and Control Manual (NIPCM) regarding FRSM use:

- worn by a patient known or suspected to be infected with a respiratory illness if safe to do so and patient is able to 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

Please contact gram.infectioncontrol@nhs.scot for further information if required.

2025 Step Count Challenge This year's staff challenge starts in just a couple of weeks, on Monday 20 January. 200 teams are already signed up, and if you would like to join in please email gram.activetravel@nhs.scot For more information, visit the [My Healthy Workplace](#) website.

Paths for All staff will be at the ARI Orange Zone Cafe at lunchtime on Wednesday 8 January and at Cornhill Canteen on Wednesday 15 January to discuss the Step Count Challenge and other aspects of their work. Please go along and chat with them and receive a voucher for a free hot drink.

Preceptorship Our Best Practice Guidance for all newly qualified, return to practice, and new to role NMC and HCPC registrants, and healthcare support workers has been updated. Please familiarise yourself with the new guidance document on the intranet under Practice Education -> Preceptorship or [by clicking on this link](#) (networked devices only).

Pulmonary rehab referrals The form to be used for referrals to pulmonary rehab across Grampian has been updated. [It is available on Grampian Guidance via this link](#); please only use this form and destroy/delete previous versions.

Share your cancer prehabilitation insights – one week to go The North Cancer Alliance mapping consultation is ongoing. Are you thinking of how you can meet [the national cancer plan actions](#)? We would love to hear about any current or planned activities or ideas from your team, no matter how modest. Please share [your input using this form](#), available until next Wednesday (15 January).

Drop-in for a vaccination Airyhall Vaccination Centre as well as the Vaccination & Wellbeing Hub are now available for all NHS staff to drop into at any time during normal opening hours. More information about [vaccinations for staff](#) is available on the intranet (networked devices only).

Book Blether 2025 sessions will start at 1pm on Thursday 9 January. Go along to these online events to connect with other NHS Grampian staff about books and discuss 'Reading in a Cold Climate - what books get you through the cold, dark months?' Email cornhill.library@nhs.scot for a joining link or find out more in this [NHSG Book Blether](#) Sway.

Wintering Wild and Well webinars Interested in getting together with others to celebrate wellbeing, nature and our local environment? Take part in a series of Wednesday 7-8pm evening events with the RSPB in a friendly online space, supported by a range of local experts. More information is available on our [intranet news](#) pages (networked devices only) and you can email nesevents@rspb.org.uk to book.

Wellbeing, Culture, and Development Wednesday

Coaching Skills for Managers: There is still time to apply for a place on one of the cohorts of this course, starting monthly Feb – May 2025. If you are a manager who is keen to develop and use coaching skills as a way of leading your team, [please apply](#) by 12 January. For more information, [view this poster](#) (networked devices only).

[Leading an Empowered Organisation programme](#): We now offer two cohorts of this sought-after leadership course specifically to managers outwith the NMAHP directorate. If you want to transform your leadership practice in 2025, [apply now](#) for programmes commencing in March or June 2025.

Please note that Guided Journaling on Mondays is now starting at 4pm. Dates for 2025 are available on [Turas Learn](#). New dates are also now available for Your Financial Wellbeing on [Turas Learn](#).

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

Tune of the day Thanks to Frances Bruce, Lead Podiatrist for Aberdeenshire Health and Social Care Partnership, for submitting today's request. We hope everyone's managing to keep their toes comfy and cosy. Good news from Podiatry Services is coming soon. In the meantime, Depeche Mode and [Walking In My Shoes](#) seems fitting (KJ).

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