

Monday 16 October 2023

Long Covid - single point of contact To support the Long Covid Adult Pathways in NHS Grampian, we have launched a referral route for GPs via Sci Gateway to the Long Covid Practitioners. Consultants and other healthcare professionals can refer via Trak Care (Specialty: Adult Long Covid, APALC and Hospital: Woodend General Hospital)

The Long Covid Practitioner will screen and vet the referral to determine the most appropriate intervention for the patient. This may include; advice only, signposting, virtual/face to face appointments, case management. You can email us for further information on gram.adultslongcovid@nhs.scot. A reminder that the Long Covid TURAS training is live and can accessed here: [Long COVID | Turas | Learn \(nhs.scot\)](#)

International Infection Prevention & Control Week 2023 - Celebrating the Fundamentals of Infection Prevention & Control Today's Focus – Hand Hygiene. Hand hygiene is the single most effective way to prevent the spread of infections – [this short video](#) from the Singapore health promotion board is a very effective reminder of how easily germs spread. Visibly dirty hands require washing with water and soap for at least 20 seconds. Alcohol-based hand rub kills germs on hands, but water and soap wash them away.

Referring for blood tests at Secondary Care Hubs An audit during August 2023 found 19% of the 3000 patients booked for blood tests at the Secondary Care Hubs did not have a request for the blood test on Trak Care. All clinical colleagues should be aware that, from Monday 6 November, the secondary care hub team will not be able to chase requests not on the Trak Care system. Please ensure you have plans in place to check the request is available for your patient's appointment to prevent cancellation. All requests must be recorded on Trak Care before the patient has been asked to call and make their appointment at the hub. If there are factors we have not considered making it difficult to ensure investigations are requested, please let us know so we can consider together the best solution. Please refer to Grampian Guidance for more information or contact us with any queries: Jennifer Fraser (jennifer.fraser2@nhs.scot) or Andrea Dryburgh (andrea.dryburgh@nhs.scot)

Chaplaincy Week The Spiritual Care team is here to support the entire hospital community. Whether it is reassuring a nervous patient before surgery or hospitalisation, listening to someone's concerns about their care, or extending an ear to a colleague, we are here to do so much more than you think, for people of all faiths and none.

During this year's chaplaincy week, we just want to join with our colleagues across the globe and remind you we are here for you because we care. During the day (8.30am - 4.30pm) chaplains can be called upon to provide emotional and/or spiritual support to patients, their relatives, and staff in any of the main hospitals' wards and units. If the referral is urgent and out-of-hours, there is a chaplain available 24 hours a day, seven days a week; just call switchboard and ask for the on-call chaplain.

Enhancing Care – healthcare support worker session The Practice Education & Development Team will be running an Enhancing Care Session for HCSWs on Tuesday 31 October from 8.30am - 4pm. This course aims to support HCSWs to further develop essential skills in practice and develop knowledge and confidence in continued professional development. Topics include tissue viability and skin health, personal wellbeing, Values Based Reflective Practise and CPD & HCSW Professional Portfolio. To book a space, please email gram.practiceeducation@nhs.scot

Aberdeen City & Aberdeenshire councils – budget engagement Both Aberdeenshire and Aberdeen City councils are running budget engagement exercises. This is your chance to have your say on local authority spending. Links below; if you are unable to access these, both councils have the details on the front pages of their websites:

- [Aberdeen City budget engagement](#)
- [Aberdeenshire budget engagement](#)

MS Society – Aberdeen volunteer group After a long absence, thanks to COVID, the MS Society Aberdeen volunteer group is back up and running. If you, a patient or client, or someone you know, are affected by MS, the group want to hear from you:

- Contact us locally for a quick response on email at aberdeen@mssociety.org.uk

OR, to register with the MS Society UK

- [Click here and ‘create an account’ to receive regular updates](#), OR
- Enter the following web address into your browser: <https://www.mssociety.org.uk/care-and-support/local-support/local-groups/aberdeen-group>

The Aberdeen group provides support to people with MS living in the following postcodes: AB10, AB11, AB12, AB13, AB14, AB15, AB16, AB22, AB23, AB24, AB25, AB31, AB33, AB34, AB35, AB36, AB39, AB32, AB30.

Pause for thought The concept of *ubuntu* translates as ‘*I am because we are*’ or ‘*A person is a person through other people*’. Who helps you to be you?

Tune of the day A bumper crop of tunes today! First up, thanks to Clare Tarr and the AHP team at ARI for the suggestions they sent in to mark AHP Day on Saturday. We don’t have space for them all, so we’ve plumped for [Milkshake by Kelis](#), the choice of the dietetics team.

The infection prevention & control team have had their thinking caps on too, suggesting tunes with an IPC flavour, for IPC week. We kick things off with MC Hammer. Dirty hands? [U Can’t Touch This!](#)

Finally, for World Restart a Heart Day, Claire Ellis offers [Whenever, Wherever](#) by Shakira. At 108 beats per minute, it’s the perfect pace for chest compressions. Nearly 200 people suffer an out of hospital cardiac arrest every day but if you keep your CPR skills up to date then whenever it happens, wherever you are, you have the power to save a life! (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