

Monday 23 January 2023

System pressures update Last week more than 160 people, working across NHS Grampian, met to discuss the current pressure the system is under. There was an honest and frank conversation; the Chief Executive's Team have already shared this update with those who attended and wanted to share it with you all more widely:

Firstly, we know the current situation is incredibly difficult. It is cold comfort to remember this is not a situation unique to Grampian, or something that has arisen because of things we have done wrong. Across Scotland, across the UK, the NHS is challenged on all fronts. Every part of the system, starting at primary care and community services, moving into acute hospitals, and then back out, into social care and care homes, is working at or above full capacity.

Many of you have raised concerns you are not delivering the standard of care you would wish, and departing from usual practice could see you referred to your professional regulator. Please be assured your professional code and principles of practice are there to guide and support your judgments and decision-making in all circumstances. This includes taking into account local realities and the need at times to adapt practice at times of significantly increased national pressure. You can also be assured of organisational support.

NHS boards and Health & Social Care Partnerships have been asked to urgently review all people currently receiving in-patient care, with a focus on identifying Planned Days of Discharge and/or enabling discharge home – or to a homely environment. We know this is a key component of your regular work – we want you to tell us what the blocks are, and how we can help you overcome them. The easiest way to do this is to email gram.communications@nhs.scot, using Delayed Discharge as the subject. We cannot promise to act on every suggestion, but we do want to hear from you, no matter how minor the change might appear.

There are various initiatives underway to assist with patient movement through hospital – from the Flow Navigation Centre to intermediate care beds and the Discharge Hub. We thought it would be helpful to explain a little more about how these work in practice and will be doing so throughout the week.

Finally, last week's meeting highlighted not everyone is aware of our Winter plan. It is [available to view here](#) for anyone who would like to read it.

Disclosure Scheme Domestic Abuse Scotland (DSDAS) On average 9 women are killed in domestic homicide cases in Scotland every year. In 2020-2021, 65251 incidences of domestic abuse were reported to the police. It is estimated women will endure 50 incidents and wait an average of 3 years before getting help. The Disclosure Scheme Domestic Abuse Scotland (DSDAS) gives people the right to ask about the background of their partner if they suspect they may have an abusive past. It also gives a pathway for the power to tell if you have knowledge of a perpetrator embarking on a new relationship. Police Scotland [have produced this short video](#) explaining DSDAS and how health professionals can refer into the scheme.

IT Procurement Requests Following the launch of the new [IT Self Service Portal](#) there is no longer a requirement to complete and submit a NPC2/WEBREQ form. All requests should now be submitted using the appropriate procurement form within the Portal. For more information on this please visit the [IT Procurement Intranet page](#).

Open University Nursing Programme If you are interested in learning more about undertaking nursing training with the Open University, an information session is taking place on Wednesday 25 January, between 2-3.30pm. No booking required; [all you need is this Teams link](#).

World Holocaust Memorial Day This annual event will take on Friday. Aberdeen Art Gallery is running a full programme on the day; in addition, there are exhibitions taking place both there and at Aberdeen Central Library. More information is available here: [World Holocaust Memorial Day: Ordinary People | Aberdeen City Council](#)

Coronation Public Holiday In case you missed Friday's brief, it has been confirmed there will be an additional Public Holiday on Monday 8 May to mark the Coronation. [Full details are available here](#).

Birth In Grampian... on Instagram A 'Birth In Grampian' Instagram page has been set up to support prospective parents and those with young children by sharing helpful advice and updates, as well as bonnie babies of course. It will also share news from across our maternity, neonatal and perinatal mental health teams. Find the page on Instagram by searching @birth_in_grampian. If there is something you would like to share on the page, please email gram.communications@nhs.scot

Pause for thought Something to reflect upon for a Monday. As ever, these questions are taken from the previous week's Guided Journaling sessions:

What ingredients do you need for a good day? What directions would you give yourself to concoct this wonderful recipe, and what could you do with leaving out?

Tune of the day This (very timely) request comes in from Sarina Geddes, part of the theatre team at AMH. With payday still a few days away, she's gone for [I Need a Dollar by Aloe Blacc](#) (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