

Wednesday 13 December 2023

'Flu/COVID-19 vaccinations – staff walk-in clinic Due to the volume of interest in yesterday's drop-in clinic at eye outpatients (Yellow Zone, ARI), there will be another clinic tomorrow (Thursday), between 9.30am-4pm. This is open to anyone working in health & social care; please note at very busy times you may be asked to come back later.

Data security – don't let the phishers reel you in! Phishing is a type of cybercrime where hackers and cybercriminals trick others by pretending to be trustworthy sources to steal sensitive information like passwords or credit card details. They do this through fake emails, websites, or messages that look real. Phishing uses tricks to manipulate people into sharing private information.

To keep yourself, our patients, and our colleagues safe, it's important to be aware of phishing tactics and verify requests to avoid falling for scams. Email phishing is one of the most common types of phishing. It has been widespread since the early days of e-mail. The attacker sends an email purporting to be someone trustworthy and familiar (a colleague, an online retailer, bank, social media company, etc.), and asks you to click a link to take an important action, or perhaps download an attachment. Please see the Cybersecurity guidance page for tips on how to spot phishing emails -

<https://nhsgintranet.grampian.scot.nhs.uk/depts/ITSecurity/Pages/default.aspx>

Staff physiotherapy service Last month, the staff physiotherapy service launched an information guide, to help you understand the different types of musculo-skeletal pain, and how we can all be more physically active. This will be regularly updated; the latest addition covers stress and relaxation.

[You can view the guide via this link.](#)

Understanding DNACPR – new e-learning The resuscitation department are pleased to announce the launch of a brand-new e-learning course entitled 'Understanding DNACPR'. This course is open to all staff, and although it is not mandatory, it is strongly recommended. This 20 minute e-learning is based on the NHS Scotland integrated DNACPR policy, which was created with the aim of preventing inappropriate, futile or unwanted resuscitation attempts which may cause significant distress to patients and their relatives. Links to the full guidance and decision-making framework can be found throughout the module. [To complete the course, click here](#), or search 'Understanding DNACPR' on Turas. Please contact gram.resustraining@nhs.scot with any queries.

Do you have experience of chronic pain at work? Chronic pain can impact people at work in many ways. Researchers at the University of Aberdeen have developed a new questionnaire to measure these impacts and have asked us to help them test it. The questionnaire should take about 15 minutes to complete. If you have experience of working with chronic pain for any reason and are interested in completing the questionnaire, [you can access it here](#).

Secret Santa Gleneagles draw – have you entered? We have 38 vouchers for an overnight stay for two at Gleneagles, including a full Scottish breakfast, up for grabs. The draw will run until 11.45pm on Wednesday 20 December [Read the terms and enter here](#) (intranet link, networked devices only) or scan the QR code below if you are reading a printed copy of the brief. One entry per employee. If you manage people who do not have an active email address or easy access to a computer, please contact us at gram.staffthanksandrecognition@nhs.scot



Reindeers at ARI No, your eyes are not playing tricks on you, we really will have reindeers at ARI next week, specifically on Wednesday 20 December. We couldn't manage Rudolph et al (they need their rest ahead of the big day) but some of their friends from Cairngorm Reindeers will be at the grassy area outside ARI, opposite the Suttie Centre (turn left leaving the Rotunda entrance and walk past the garden and car park) between 10am-2pm. Staff and patients alike are welcome to pop along, there will be free hot chocolate & mince pies (while stocks last) and a very famous gentleman, all dressed in red, will be there between 12-1pm.

Brought to life for all to enjoy by Fiona Mitchell, Nurse Manager and Nicola Taylor, Assistant Support Manager of the Long Term Conditions Pathway within Medicine and Unscheduled Care Portfolio. Funded by NHS Grampian Charity.

We Care Wellbeing Wednesday

- **Introducing Healthy Working Lives Wellbeing Calendar** As we edge closer to the winter break and the New Year- My Healthy Working Lives have created a brilliant Wellbeing Calendar which can be used to look after our wellbeing. Attached to the Daily brief you will find a copy of the calendar why not consider following along the calendars prompts as a team?
- **Psychological Safety - sessions for 2024 so far** Psychological Safety training is in four sections:

What psychological safety is and why it is important

Things that undermine psychological safety, i.e., why people might be unwilling to speak up

Participants are encouraged to reflect on what drives psychological safety, so what makes people feel comfortable speaking up

Tips and ideas on what a manager can do to promote psychological safety in their team and guides the participants towards drawing an action plan.

[Here you will find a short video exploring Psychological Safety in more depth](#); training sessions are available on 9 January and 28 February 2024, and you can book via Turas (requires log-in):

[Psychological Safety | Turas | Learn \(nhs.scot\)](#)

Tune of the day Thanks to Denise Donald, who's getting in the festive mood with her request of Mike Oldfield's [In Dulci Jubilo](#)

For something completely different, if you (like me) are a fan of Brooklyn 9-9, you will have been saddened by news of Andre Braugher's death. As the always dry, and frequently hilarious, Captain Holt, he stole the show on a regular basis. If you've had a rough day, [treat yourself to 20 minutes of Holt sass](#)

(video does contain some mild swears, for info) (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