

Tuesday 13 October 2026

Winter Infections Winter often brings an increase in respiratory and gastrointestinal infections, placing additional pressure on health and care services. Protecting everyone in our health and care settings starts with understanding transmission risk and applying the right precautions at the right time.

This year's campaign focuses on the updated Transmission based precautions (TBP) guidance and the resources available to help health and care staff understand the changes and apply them confidently in practice.

The Transmission Based Precautions (TBPs) guidance in the [National Infection Prevention and Control Manual \(NIPCM\)](#) has been updated.

These changes are designed to support a more risk-based approach to preventing and controlling the spread of infection, while protecting individuals.

Whether you are delivering care, leading teams, or supporting and championing infection prevention and control across NHSG, it is important that you understand what has changed and what this means for your role.

Find Your Spark with VBRP® What difference can a reflective conversation make? Watch *Finding the Spark*, a short video case study showing how Values-Based Reflective Practice (VBRP®) can support staff to pause, reflect and gain fresh perspective.

VBRP® is available for individuals and groups, and you don't need to be facing a particular problem to benefit. [Follow this link for an information flyer](#). A new chalkboard-style introduction to VBRP® is also coming soon. Questions? Contact June Gordon, our VBRP® facilitator via june.gordon@nnhs.scot to find out more.

Language Line Numbers Following a few enquiries from our recent Daily Brief message, we wanted to clarify the phone numbers to use for Language Line. Language Line phone number is **0800 169 2879** or **0800 028 0073**. For mobile access, dial **0330 123 9418**.

We would recommend using an NHS Grampian issued mobile phone if you are seeing patients in their own homes. Further information on Language Line is also available on the intranet - [Language Line Poster](#)

For any further queries or updated instructions, please contact gram.equalitydiversity@nhs.scot

Restart a Heart campaign We are pleased to say our resuscitation team will be back at Union Square in Aberdeen, this Friday (16 October) for Restart A Heart Day. Between 9am-3pm, they'll be teaching the public how to carry out CPR and use an Automated External Defibrillator. Fewer than 1 in 10 people survive an out of hospital cardiac arrest; having the confidence to carry out CPR could be the difference between life and death.

NHS Grampian Charity Each year the NHS Grampian Charity funds small gifts for patients who will be spending Christmas Day in hospital. Last year, more than 1,700 patients received gifts which were funded by the charity, and thoughtfully bought, wrapped and distributed by staff to bring Christmas cheer. Applications for patient Christmas gifts are now open. If you would like to apply for funding to purchase gifts for patients in your ward or hospital, [please follow this link](#) to download the application form. To ensure funds are received in plenty of time before Christmas, please make sure you return your completed application form to the charity no later than Friday 13th November.

Tune of the day You don't need us to tell you that, on this day in 1974 of Montrose, Van Halen, and later Chickenfoot, fame was born. So, for today we'll go with [Why Can't This Be Love](#) as our tune.

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.dailybrief@nhs.scot