

Daily Brief...



Tuesday 23 September 2025

Paracetamol in pregnancy The Medicines and Healthcare products Regulatory Agency (MHRA) has reiterated the guidance that paracetamol is safe to take, as per the patient information leaflet, during pregnancy. The MHRA have further stated there is no evidence taking paracetamol during pregnancy causes autism in children. Their full statement is available to read here: [MHRA confirms taking paracetamol during pregnancy remains safe and there is no evidence it causes autism in children - GOV.UK](#)

Car parking behaviour We regularly highlight the importance of parking sensibly and appropriately on our sites; unfortunately, we continue to get reports of at best inconsiderate and at worst dangerous parking. This is not limited to our largest sites either, almost every building has reported issues to us. We must underline the following:

- Hatched areas must not be used for parking; these areas must be kept clear for emergency vehicle access.
- Spaces reserved for patients in front of our clinical buildings must not be used for parking when you are on shift.
- Ambulance bays are for ambulances. Blue badge spaces are for blue badge holders. No exceptions.
- Loading bays are not parking spaces. They must be kept clear to ensure ease of deliveries and collection of waste.
- Do **not** park on double yellow lines or move cones to be able to park. Traffic markings are in place to ensure **all** vehicles can move safely around our sites.

As a reminder, the new registration scheme for colleagues wishing to park at Foresterhill is now open, with further information available here: [Foresterhill Staff Car Parking - updated](#)

DGH palliative care e-referrals on Trakcare now live The palliative care team at DGH has moved to an electronic referral system on Trakcare. This is an inpatient consultation request, like those already used by Renal & GI. Further information is available on the intranet under 'Latest News' or via this link: [Dr Gray's Hospital Palliative Care e-referrals on Trakcare are now live](#)

Please complete referrals as early in the day as possible to allow us to give advice promptly. If urgent palliative care advice is needed, please contact 67786 (Mon-Fri 9am-5pm) or 57057 (OOH/Weekends - Roxburghe House). If you need palliative care advice but the patient does not need an inpatient review, please just phone 67786 rather than submitting an e-referral. Online palliative care guidance can be found on the Right Decisions website via this link: [Scottish Palliative Care Guidelines | Right Decisions](#)

International conference attendance Tracy Cameron, Ketogenic Diet Co-ordinator at RACH, recently attended the Global Ketogenic Diet Symposium in Paris. The programme includes speakers from around the world, aiming to increase attendees' knowledge on clinical aspects of the Ketogenic diet. Tracy presented a poster on the use of the medical Ketogenic diet in infants under 2 years of age with drug resistant epilepsy in the North of Scotland which highlights the increasing use in this age group since the service started in 2010.

Rosh Hashanah – special menu Rosh Hashanah – the Jewish New Year – got underway at sundown yesterday. To mark the occasion there will be a special lunch menu on offer in the Pink and Orange Zone cafés next Tuesday (30 September). You can enjoy matzo ball soup, chicken in a pomegranate glaze, kugel, and an apple & honey dessert. Shanah Tovah to all celebrating!

NHS Grampian Charity Did you know all items and equipment funded by an NHS Grampian Charity grant must be purchased in line with NHS Grampian's procurement protocol? All items, both clinical and non-clinical, must be purchased through PECOS, and multiple quotes or a full tender process may be required dependent on the value. The charity cannot support the purchase of items from online or marketplace-style retailers (e.g., Amazon) as this does not align with the procurement protocol, and we cannot guarantee that these items will meet health & safety and infection control requirements.

You can find more information about the procurement protocol [on the Procurement intranet site](#) (networked devices only)

Pause for thought *'Every cloud has a silver lining'*. Where, if you looked, might there be a silver lining - and what might that bring you?

P&J Live ticket offer – Hot Wheels Stunt Show We have been offered a 25% discount for all four shows, taking place this Saturday and Sunday, simply follow the relevant link below:

[Saturday 27 September, 11.30am](#)

[Saturday 27 September, 6.30pm](#)

[Sunday 28 September, 11.30am](#)

[Sunday 28 September, 6.30pm](#)

Following your feedback on previous offers for this venue, it appears accessing the ticket site via a personal device is an easier experience. As a reminder, NHS Grampian is not responsible for these offers and we do not benefit from them.

Tune of the day We say farewell today to Lesley McCabe, as she retires from the substance misuse service after many years at Royal Cornhill. She will be much missed by colleagues who have requested [Love On A Mountain Top](#) by Robert Knight to send her on her way. This is a bit of a northern soul classic, so please form an orderly queue to the dancefloor and bring your own talcum powder (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