

Thursday 5 February 2026

Protecting your personal privacy We speak a lot about the privacy of the people we care for, but what about your personal privacy and security? This may seem like common sense, but here are some important things to remember:

- Never give any personal contact details e.g., mobile number, email address, or details of your home address, to a patient or their relatives. Any one requiring contact information for a ward or service should be given the main telephone number and generic service and/or agreed administrator's email address.
- Don't allow a patient or their relatives to use your personal mobile phone or tablet, no matter the circumstances. Similarly, NHSG devices e.g., tablet, PC, laptop are for use by NHS Grampian staff **only**.
- If you have a personal account on any social media platform, it is good practice to regularly check your security settings. Who can tag you? Who can see your photos or other posts? You can usually find these under the heading of 'Settings' and/or 'Privacy'. Remember, almost all platforms offer you the ability to remove tags on posts or in comments, but that is something you have to do personally. Our Personal Use of Social Media policy has lots of helpful advice; you can read it by [following this intranet link](#).

Protected Learning Time (PLT) All staff must be allocated time within working hours to complete statutory, mandatory and profession specific mandatory training, as part of a consistent national approach.

The 9 mandatory Once for Scotland (OfS) eLearning modules go live on Monday 2 March. You will remain compliant for all mandatory module topics you have already completed. The only new mandatory module for NHS Grampian is 'Once for Scotland – Fraud awareness', which all staff must complete by 2 September 2026. More information, including FAQs, is available in [Protected Learning Time \(PLT\) - a consistent approach](#). Please continue to complete your existing statutory, mandatory and profession specific training – do not wait for the new modules.

Meantime, managers seeking support, can refer to '5 agreed PLT methods in NHS Grampian' which can [be found via this intranet link](#). A PLT session will also be held on 18 March 2026 via the [Managers' Development Forum](#); follow the link to join the team.

HCPC registration renewals Members of the Health & Care Professions Council (HCPC) are required to renew their registration every two years. The registration renewal window is currently open for radiographers, closing **28 February**, and physiotherapists, closing **30 April**. For a full list of professions and their registration renewal dates, [please visit the HCPC website via this link](#). Renewing your registration with **any** professional body is **your** responsibility; a lapsed professional registration will impact on your ability to work.

International Day of Zero Tolerance for Female Genital Mutilation (FGM) This annual event takes place tomorrow (6 February) FGM denies women and girls their dignity, endangers their health, and causes needless pain and suffering, with consequences that endure for a lifetime.

To mark this day, [specialist midwife, Jenni Smith has prepared the article at this link](#), to outline what a healthcare professional should be aware of and the key risk factors for women and girls being affected by FGM. Further information for staff on FGM [can be viewed via this link to the](#) Public Protection intranet site.

Adults at risk of refeeding syndrome – updated guidance Refeeding syndrome is a potentially fatal condition, occurring in individuals with starvation. Local guidance to ensure patients receive safe and appropriate nutritional support has been updated; [you can read this guidance in full here](#).

Switch from D to CD Size Oxygen Cylinders – Important Information for All Staff We are moving from D size to CD size oxygen cylinders supplied by BOC. CD cylinders use an integral valve system, which differs from the traditional "pin-index" valves on D cylinders. Effective immediately, sites needing to replace D cylinders should order **101-CD cylinders** through their usual supply method. Please be aware that, from Monday (9 February), BOC will block orders of D cylinders to facilitate a smooth transition.

If you are involved in the handling or administration of medical gas cylinders you must ensure you are familiar with the safe operation of integral valve cylinders, including opening/closing mechanisms, built-in regulators, and correct connection technique. [Training on medical gas safety is available on Turas](#) and a copy of the [BOC instructions for use is available via this link](#).

Aroma Cairngorm seating Please be aware the seating in Aroma Cairngorm seating is strictly for customers who have purchased items from this outlet. Food or drink purchased outwith an Aroma/Cairngorm must not be consumed in this seating area, and individuals found doing so will respectfully be asked to leave. For customers who have purchased items elsewhere, alternative seating is available at the Pink Zone Café (24/7) and the Orange Zone Café (Monday to Friday, 7.45am-2.30pm). Thank you for your support.

Invitation to join NHS Grampian Staff Disability Network We are delighted to invite colleagues to join our Staff Disability Network, where you can connect, share experiences, and make our workplace better. The network is open to all staff, whether you identify as disabled, are diagnosed with having an impairment, disability, or a long-term health condition, or you simply wish to support disability. Our first meeting is on Tuesday 17 February, 1-2.30pm via Teams. [You can register by completing this form](#).

Tune of the day Fiona Davidson, part of the nursing administration team working out of Foresterhill Health Centre, starts a 6-month career break today. She's off to Australia to spend time with family. Colleagues say she will be much missed, but they know she'll have a ball and they can't wait to hear about her adventures. For Fiona, what else but [Land Down Under](#) by Men At Work (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