

Wednesday 8 May 2024

Respiratory infections and personal protective equipment There are a lot of different respiratory infections currently circulating in the community. These include pertussis (whooping cough) and parvovirus B19 (slapped cheek). While both infections typically lead to mild illness for the majority, they can have a serious effect on more vulnerable people. This includes anyone who is pregnant, anyone with an underlying hemolytic condition, or anyone whose immune system is compromised.

The infection prevention and control team are urging all staff to make sure they are protected from the spray or splash of bodily fluids, when looking after someone with suspected/confirmed respiratory infections or chronic respiratory symptoms. This can be done by following:

- droplet transmission-based precautions - which should always include a type II fluid repellent surgical mask and eye protection

Or

- airborne transmission-based precautions (when a patient is on an aerosol generating procedure and is suspected/confirmed to have a transmissible infection) - this should always include the FFP3 mask which you were face fit tested for, including eye protection.

End PJ paralysis During the month of May, the acute physiotherapy therapy team in ARI are highlighting the importance of the 'End PJ Paralysis' campaign. This week is 'get up' week. When people are unwell, it is easy to give them the benefit of the doubt and let them have a bit of a rest, but this can be detrimental to their recovery. Spending a long period of time (even just 24 hours) in bed can cause:

- Hospital acquired deconditioning where muscles get weaker
- Decreased mobility
- Longer length of stay
- 5 times more likely to need institutional care on discharge
- Incontinence
- Higher risk of infections
- Reduced energy levels
- Increased falls risk

It is everyone's responsibility to make sure people are getting up out of bed during the day, especially for their meals (you do not have to wait for a physiotherapy assessment). If you are not sure how to safely transfer or mobilise a patient, please ask your ward physiotherapist or refer for help!

Funded clinical doctorate The time of year has come when again we are seeking applications from nursing, midwifery and allied health professionals for the clinical doctorate programme in the University of Stirling. This year there is one funded place (fees only) available. Details of the programme, application form and dates for interview can all be found in an attachment circulated in today's Daily Brief email. Kay Cooper k.cooper@rgu.ac.uk (for AHPs) and Debbie Baldie deborah.baldie@nhs.scot

(for nurses and midwives) are happy to provide one review of application forms and have an informal discussion with any potential applicants prior to application.

Dress policy We are all expected to follow the [NHS Grampian Dress Policy](#). This clearly states uniform should only be worn in the work setting. If you are unable to change at work, you must ensure you cover your uniform with appropriate overgarments. You should not undertake personal activities e.g. shopping while in uniform. This applies to all types of uniform, including scrubs/theatre greens.

Online cancer education Today is the official launch date of Gateway C in Scotland, a free online cancer education platform for primary care health professionals. You will find launch and registration information in the following link: <https://bit.ly/3Uoi9su>

RACH communication board update The speech and language therapy team at Royal Aberdeen Children's Hospital are excited to share their communication and symbol boards will be installed into the play/activity area and outpatients next Wednesday (15 May). We will provide an update on how these fantastic boards can be used to support conversations in the coming weeks, so please stay tuned. If you have any questions in the meantime, please do not hesitate to contact the team.

Mini massage at RACH The Archie Foundation are hosting a mini massage day within Royal Aberdeen Children's Hospital to thank NHS staff. It will take place this Friday 10th May and will run from 10am-4pm. You can book your free 10-minute slot by filling in this [online booking form](#). Any questions, please contact Josie at josie.campbell@archie.org We look forward to seeing you on Friday.

We Care Wellbeing Wednesday Sleepio and Daylight are two fully automated treatment apps, delivering digital Cognitive Behavioural Therapy (CBT) for Insomnia (Sleepio) and Generalised Anxiety (Daylight), which is the recommended treatment for both disorders. The Sleepio and Daylight apps offer a range of cognitive and behavioural techniques, including those based on exposure therapy, stimulus control, cognitive restructuring and relaxation techniques. Accessing both apps is simple – visit either: www.sleepio.com/nhs or www.trydaylight.com/nhs - no waiting list or activation code required. Both treatments are free and have been fully funded by the Scottish Government for the next 7 years. For more information, visit: [Using Daylight in Primary Care - Dr Ian Wood explains on Vimeo](#) and [Sleepio User Stories on Vimeo](#).

Our 140th WWW! Wellbeing Wednesday has been a regular Daily Brief feature since August 2021, sharing wellbeing resources and 'what's on'. We thought our 140th We Care Wellbeing Wednesday was a fantastic milestone to share as Sarah Morgan, who has been responsible for producing them since January 2023, is moving on to pastures new within NHS Grampian. A big thank you to Sarah and others who have helped this become a weekly staple. If you have any questions or are interested in finding out more about all things wellbeing, please visit: [We Care](#) or email gram.wecare@nhs.scot

Blue Light ticket offer If you are a Michael McIntyre fan, your luck is in. The promoter has kindly provided a staff offer for his show at P&J Live on Wednesday 15th May. [Visit this link](#) and please note tickets are subject to availability.

Tune of the day Good luck to medical secretary Hayley Annand as you're whisked away to a mystery hen do destination tomorrow. Vicki Annand tells us [Unwritten](#) by Natasha Bedingfield is your favourite song to murder on karaoke and we hope you have a lot of fun on your way to becoming Mrs Cassie!

We also continue the Eurovision build up with Lordi's [Hard Rock Hallelujah](#) for Pamela Adam from chaplaincy. It comes from the pyro-loving, Finnish rockers who claimed the Eurovision crown in 2006. 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