

Tuesday 9 January 2024

The week in review Do you know anyone who escaped without a respiratory illness over the holiday period? If so, they were one of the lucky ones! During mid-December 1 in 24 people in Scotland were estimated to have COVID-19. The latest data about 'flu shows Grampian to be at 'high' level. As well as impacting on a greater need for primary health care, the last couple of weeks have shown a significant rise in people with symptoms severe enough to present at ED. Respiratory attendances on 1 Jan 24 (our highest daily level so far this winter) were approximately 75% the level seen on the highest day last winter – and remember 2022/23 was an exceptionally high flu season. Respiratory admissions from ED were also higher last week than usual, requiring about 90 more bed days than we would expect at this time of year.

The need for care is across all ages of the adult population, but particularly so amongst people living in the poorest parts of Grampian. As staff, family, and community members, we can all help to reduce the spread of respiratory infections. Doing so prevents us from being unwell ourselves, protects those who are more at risk of severe illness, and helps to reduce demand on our healthcare services. There are two very simple ways to do this; firstly, if you have any respiratory symptoms, resist the temptation to 'push on through' and stay away from work until your symptoms have cleared up. Secondly, if you haven't already had your winter vaccinations, visit NHS Inform to check your eligibility. All vaccination centres across Grampian are open for drop-ins by health & social care staff. Details on locations and opening hours are available online: [Centres | Vax Grampian \(grampianvax.com\)](#). Keep an eye on this brief for details of dedicated staff pop-up clinics.

LFD testing for COVID-19 Clinical colleagues are reminded patients displaying respiratory symptoms should be isolated. If COVID-19 is suspected, an LFD test can be undertaken to support patient placement. Results must be uploaded onto Trak Care, and if the LFD is positive, it must be followed up with a PCR test. If the LFD is negative, symptomatic patients still require to be isolated and a full respiratory screen should be requested.

Hearing Loss Awareness Hearing loss affects 1 in 5 adults across the UK; this means we will all encounter colleagues, patients, and/or members of the public with some level of hearing loss whilst carrying out our routine jobs. To support colleagues with hearing loss and to assist them in overcoming the barriers of hearing loss, Turas has resources such as [Deaf Awareness e-learning course](#) and [Briefing - hearing loss publication](#). The NHS Grampian Equality and Diversity Team delivers Deaf Awareness Training and Introduction to British Sign Language, please email gram.equalitydiversity@nhs.scot. Staff are also encouraged to speak to their Line Manager and OHS to discuss reasonable adjustments in the workplace.

Staff physiotherapy service – self-help guide updated The staff physiotherapy service produce an information guide, to help you understand the different types of musculo-skeletal pain, and how we can all be more physically active. [The latest edition covers building up physical activity](#).

Nursing & midwifery titles – what do we call ourselves? There are currently hundreds of different nursing/midwifery job titles in use, across the various Agenda for Change bands. This can lead to confusion, both amongst ourselves, and the wider public. Dr June Brown, Executive Nurse Director, has commissioned a review of job titles for the nursing and midwifery workforce across Grampian. As part of this review, we are offering you the opportunity to feedback on the most appropriate titles. You can do so [via this short Microsoft form](#). If you are viewing a printed copy of the brief, please scan the QR code below. This survey is open to all staff, with responses due by close of play on Wednesday 31 January.



Culture Matters roadshow The next event in this series will take place tomorrow (Wednesday 10 January) from 10am - 12 noon at Recovery Resource Centre (RRC) Alcove, Royal Cornhill Hospital. The roadshows are designed to enhance awareness across NHSG and the HSCPs, fostering the development of values-based cultures that are supportive, inclusive and empowering. All welcome! If you have any questions about the roadshows, please email gram.culturematters@nhs.scot

Paediatric MTC education session The next paediatric MTC education session will take place this Thursday (11 January) between 12-1pm, with a focus on child protection. This event takes place on Teams, to request the joining link please email gram.nosmtc@nhs.scot

NHS Grampian Charity – get answers to your questions NHS Grampian Charity is launching a weekly virtual drop-in service to support you to learn more about the charity, or how apply for funding. The drop-in sessions will take place on Teams every Thursday morning between 10-11am. You're welcome to come along at any point during the hour to ask any questions they have about the charity, get help with donations and fundraising ideas, and to receive support with a funding application or report. There is no need to pre-register, just click the [link on the charity's intranet page to attend](#) (networked devices only) or email gram.charities@nhs.scot to request the link.

2024 Staff Stepcount Challenge 'Step Forth for 2024' - the clock is ticking! Over 200 teams have entered this year's challenge. If you want to join them, time is running out. Entries close at 5pm Wednesday so contact gram.activetravel@nhs.scot to claim your place or for more information. The challenge commences on Monday!

Tune of the day Today's request comes from Rosa Holt and colleagues, dedicated to Georgia Darling (specialist trauma dietitian) who is leaving for a new post in Manchester. She will be much missed by all the team, but a real asset to her new colleagues. [Dancing Queen](#) goes out to Georgia with our very best wishes (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