

Wednesday 10 January 2024

Staff vaccination Yesterday we used the brief to focus on the high levels of respiratory illness, including 'flu and COVID-19, currently circulating and the challenges this poses us. If you have still to get the winter vaccinations you are eligible for, we're pleased to say there will be three further staff drop-in vaccination clinics in ARI (eye-outpatients, Yellow Zone) as follows:

- Tomorrow (Thursday 11 January), 10am-4.30pm
- Tuesday 16 January, 10am-4.30pm
- Tuesday 23 January, 10am-4.30pm

These clinics are open to any member of health & social care staff. At particularly busy times you may be asked to come back later. Please note the clinics will close between 12.30-1.30pm for lunch.

If these clinics are not convenient for you, please remember all vaccination centres in Grampian are open for drop-in vaccination for health & social care staff.

Patients with respiratory symptoms Following on from yesterday's Daily Brief, we wanted to clarify advice regarding testing has not changed. Clinical teams should contact their IPCN for advice if required.

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 **29 February**. For a full list of professions and their registration renewal dates, please visit the HCPC website here: [When to renew | \(hcpc-uk.org\)](https://www.hcpc-uk.org/when-to-renew)

Renewing your registration with any professional body is your responsibility; a lapsed professional registration will impact on your ability to work.

ICYMI - Health and Care (Staffing) (Scotland) Act 2019 This legislation will come into effect on 1 April 2024. It aims to enable high quality care and improved outcomes for patients by helping to ensure appropriate staffing. The act places duties upon health boards, care service providers, Healthcare Improvement Scotland, the Care Inspectorate and Scottish Ministers. Health boards, integration authorities, and local authorities will be expected to submit annual reports on their compliance with the act, high-cost agency use, and any severe and recurrent risks.

There will be much more to share in the coming months about this legislation; in the meantime, you can [read more about it on the Scottish Government website here](#). You may also be interested in these webinars, taking place in February:

- **Introduction to Real Time Staffing Resources for all Healthcare Professionals – Webinar 1**
This webinar will cover the background to RTSRs, what the difference is between staffing level tools and RTSRs, legislative requirements for organisations, and what is possible for the future. Tuesday 13 February, 11am-12noon, [registration via this link](#).
- **Introduction to Real Time Staffing Resources for all Healthcare Professionals – Webinar 2**
This webinar will have a demonstration of an in-use real time staffing resource and staff experience of utilising the tool to support safe staffing and risk escalation in line with legislation. Wednesday 21 February, 1-2pm, [registration via this link](#).

Medical Illustration/medical photography service The Medical Photography team has increased its services and is able to accept patients back into the Medical School and its clinical studio. The revised service for patients requiring clinical photography, by professionally trained staff, will initially be via appointment only. At this time, call outs to hospital sites and drop-ins cannot be accommodated, but work is underway to facilitate this soon. Please see attached SOP for detailed information regarding how to make an appointment. Medical Illustration apologises for the prolonged delay in resuming its medical photography service. If you have any questions related to this, please contact us either via email gram.medill@nhs.scot or phone 01224 437029.

We Care Wellbeing Wednesday

- **Menopause Awareness in the Workplace** This training aims to raise awareness of the issues faced by those going through menopause, and how these can affect the way they work. This course is aimed at everyone who wants to find out more about the menopause, and how it can affect lives, the importance of awareness, and how to support those going through the menopause. Upcoming dates: 11 January, 1.45-4pm, and 6 February, 1.45-4pm. Booking is via Turas (requires log-in): [Menopause Awareness in the Workplace | Turas | Learn \(nhs.scot\)](#)

We also have some sessions designed for men only, in response to feedback, to increase knowledge and understanding of the menopause, and support available in the workplace as an initial step. Upcoming dates: 15 February and 10 September. [Again, booking is via Turas](#) (requires log-in). If you have any questions or want to find out more about our menopause resources, or other training sessions, please contact us via gram.wecare@nhs.scot, visit our website: [We Care \(wellbeing support for health and social care staff across Grampian\) \(nhsgrampian.org\)](#) or find us on Turas: [We Care | Turas | Learn \(nhs.scot\)](#)

- **Self-Compassion** New Year New you? Are you feeling disheartened by not being able to keep up with unrealistic expectations you have set yourself, of the new improved you for 2024? Let's scrap those expectations and consider being kind to ourselves. All you can do is improve on yesterday. To bed a little earlier, a few more steps outside, that extra piece of fruit, connect with a person who is chicken soup for your soul. Take time for you, whatever that looks like. If you hear that negative self-talk when we are not meeting those unrealistic expectation, notice it, then consider ...would you talk to your best friend like that? Very unlikely so why accept those standards for yourself? You are enough! Let's focus on self-kindness. Exploring what self-kindness looks like to you can be about revisiting what you value, consider what self-care routines that work for you and how you can nurture your wellbeing. Vision boards (see example below) can help explore this and can be a visual reminder to be kind to ourselves whatever that might look like for you.



Tune of the day Something completely different today, but I hope you will indulge me. Less of a song more of a guide to life: [Thou Shalt Always Kill](#) by Dan Le Sac vs Scroobius Pip. Does include some swears (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