

Wednesday 11 October 2023

Mental health & wellbeing Yesterday we marked World Mental Health Day by sharing some of the sources of support open to you. Your mental health is important every day, therefore we wanted to draw your attention to the mental health & wellbeing policy. This applies to all NHS Grampian employees, including bank workers, [and is available to read on the intranet](#). If you don't have access to a networked device, please speak to your line manager about getting a copy.

Bed Base Review Project – FAQ updated Recent staff survey feedback has been incorporated into the FAQ document first published in early summer, which is attached to the email used to send this brief. For any project queries please email us at: gram.programmesteam@nhs.scot

Help change the future Thank you to everyone who took part in the recent workshops on the four key themes embedded in our draft [NHS Grampian Climate and Sustainability Strategy](#). In the wise words of Phil Mackie, consultant in public health who led the greening health systems workshop, "Our systems need to adapt to the pressure climate change will put on us... more often and more aggressively."

The draft strategy was discussed and agreed by the board when they met last week, and we are keen to highlight that this is now available online for all staff to have a read through. We will be asking for your support in the coming months and years to help shape the delivery of this plan; in action, on the frontline and through our work with patients, communities and partners.

The strategy is aligned with the [UN Sustainable Development Goals](#) as well as the [Scottish Government's sustainability strategy](#). How can you engage with it and act in your own area? Have a read and get in touch with any questions or feedback you have by emailing gram.scar@nhs.scot

New person-centred visiting materials to support families An updated package of 'Welcome Wards' information is being shared across our sites, to help you have conversations with patients, relatives, and friends about person-centred visiting. Person-centred visiting is less about having fixed visiting times and more about everyone involved – staff, relatives, carers - working together to support people in hospital in the best way possible.

Friends, family members and carers can help by supporting a restful environment, visiting during the daytime or evening, respecting other patients' and visitors' need for privacy, supervising children who are visiting, and being considerate of others. Our role is to recognise the important role family and friends can play in supporting people's recovery. A compassionate approach helps us deliver safe, person-centred care to all those who need to be in hospital.

Guidance specific to different areas is available within our range of visiting guides and these are also available within updated pages on our website: [Visiting Guide \(nhsgrampian.org\)](#)

HEPMA downtime HEPMA will be unavailable tomorrow (12 October) between 3-3.15pm In addition, the CDD/HEPMA medicine import (via CDD Check HEPMA button) will be unavailable. Medication can still be manually added to a patient's CDD during this time. For wards using HEPMA it is advised you print patient MAC and MAP reports as appropriate. If wards choose to print charts for every patient, this can be done via their assigned EPMA fallback terminal. If it is more appropriate to only print for certain patients, this should be done from the reporting tile on the HEPMA homepage. Detailed instruction is available:

- [SOP-HEPMA-052: Preparing MAP for scheduled downtime](#)
- [SOP-HEPMA-050: Preparing MAC for scheduled downtime](#)
- [SOP-HEPMA-034: Printing MAP and MAC](#)
- [SOP-HEPMA-053 EPMA Fallback Terminal - How to Use](#)

After downtime, when HEPMA is accessible, chart any drugs that have been administered to ensure the last dose is correctly recorded in HEPMA. For any downtime queries please contact the Medicine Systems Management Team via gram.ehealthmsm@nhs.scot

Leading an Empowered Organisation (LEO) programme A LEO session will take place at Dr Gray's Hospital, 5-7 February 2024. This is a leadership programme used worldwide. This session – you need to attend all three days – would be of interest to nurses, midwives, AHPs, psychologists, or healthcare scientists with a minimum of 3 years' experience in their role. If you would be interested in taking part please see attached flyer for further details and contact gram.practiceeducation@nhs.scot to secure your place. Dates are in place for LEO sessions at ARI in 2024; please use the same address to find out more.

Paediatric MTC education session The next paediatric MTC education session will take place on Friday (13 October), between 12-1pm. The topic is paediatric head injury pathway, please contact gram.nosmtc@nhs.scot for joining details.

Chaplains' Week 16-20 October 2023 Chaplains' Week is an annual opportunity to highlight the work of Healthcare Chaplains and there will be site-specific displays at ARI (Rotunda entrance), WGH (opposite Aroma Cafe) and RCH (display corner - main corridor) all week showcasing the work of the Spiritual Care Department within NHS Grampian. Check them out to find out more!

Community Planning Aberdeen – local outcome improvement plan NHS Grampian is part of Community Planning Aberdeen, a group of public, private, and third sector organisations working together to improve lives across the city. The group is currently refreshing the local outcome improvement plan and there are several ways to get involved. If you live in Aberdeen and want to take part, just follow this link: [LOIP Refresh - Community Planning Aberdeen](#)

Physical activity survey – final call There's just a few days left to take part in this survey on physical activity. A huge thank-you to the 789 of you who have already taken part; your views will be shared with We Care and the sports committee. [You can complete the survey by clicking this link](#) (you **don't** need to be using an NHS device to access the link) or by scanning the QR code below if you are reading a printed copy of the brief:



We Care Wellbeing Wednesday

- **Talking Menopause: World Menopause Day Discussion** Next Wednesday is World Menopause Day and ALLIANCE, in partnership with the Scottish Government, is hosting an online panel event. The session itself is for anyone who would like to know more about the menopause – with a particular focus on the needs of those experiencing symptoms of menopause. While the live event is fully booked, [you can still register to receive the recording to listen via this link](#).
- **Training Sessions** [You can access all our training sessions via TURAS](#) (requires log-in). Everything from guided journaling to mental health training, to menopause awareness in the workplace, is on offer. If you have any questions, or want to find out more about our training sessions, please contact We Care via gram.wecare@nhs.scot
- **Culture Matters Roadshow** We are looking forward to the next ‘Culture Matters’ roadshow at Seaford Hospital in Buckie on the 23 October from 10:30am – 1pm. The roadshows aim to increase awareness across NHS Grampian and the HSCPs, of values-based cultures that are supportive, inclusive and empowering. We look forward to seeing you there. If you have any questions about the roadshows, please email gram.culturematters@nhs.scot

Tune of the day For no other reason than her Celebration tour starts this weekend, our tune of the day is [Madonna and Vogue](#), live on the Blond Ambition tour in 1990 (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