

Here is the brief for Tuesday 26 October 2021.

Discharge and patient transport The best place for patients to recover is at home in their own beds. To assist with patient flow it is critical to start discharge discussions with patients as early as possible. To aid these conversations posters and leaflets (designed by the Cross System Discharged Expert Group) have been distributed throughout NHS Grampian for reference (please see below). Look out for these in both patient and staff areas, copies have also been attached to the email used to send out this brief.

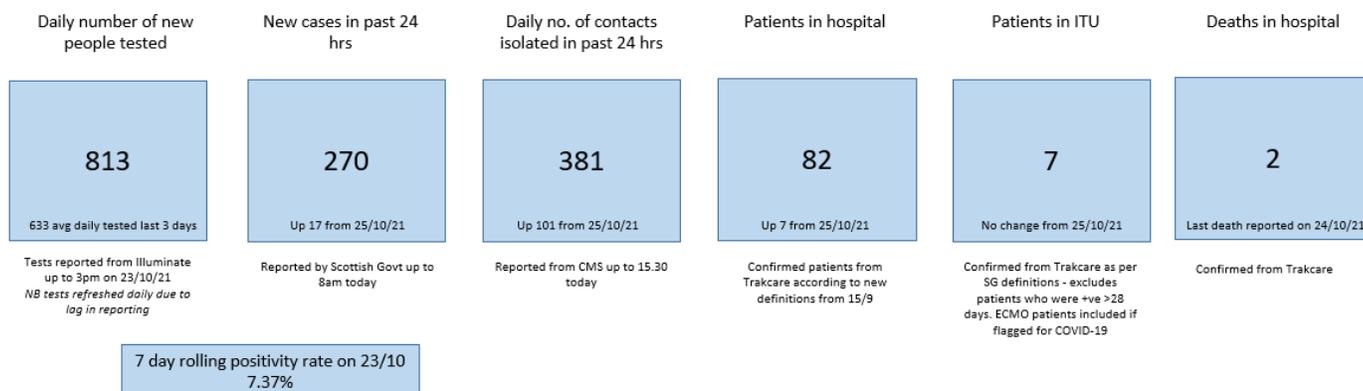


- D** Discharge planning will start from the day you come into hospital.
- I** Inform staff of any concerns about your care and needs.
- S** Stay active in hospital.
- C** Chat with staff if you have any worries about going home.
- H** Home is the best place to recover.
- A** Arrange what support you will need from family and friends when you go home.
- R** Ready – you will be discharged as early as possible on your planned date of discharge, have you got transport planned?
- G** Get up, get dressed, keep moving if you can do this throughout your hospital stay this will help your mobility, improve your independence and enhance your recovery.
- E** Expectation – we aim to make your time in hospital as short as possible, the best place for you to recover is at home, the best bed is your own bed.

If you have any questions on the patient and staff posters or leaflets, please contact your local Nurse Manager for guidance. With the current pressure on services, when appropriate patients should be encouraged through conversations to arrange their own transport using family and friends before other options are explored.

Impact of pandemic on Senior Charge Nurses/Midwives NHS Grampian is supporting new research, being led by the University of Stirling, exploring the impact of COVID-19 on Senior Charge Nurses and Midwives. Experts from the University's Faculty of Health Sciences and Sport will lead the project which is seeking to understand the unique pandemic challenges and experiences of the group. NHS Lothian are also supporting the study and [more information is available on the University of Stirling website.](#)

Grampian data The local update for today is shown below.



[The Public Health Scotland daily dashboard is available to view via this link.](#)

Access to Language Line (telephone interpreter) There was an issue recently when staff phoning Language Line on **0800 169 2879** were asked to "key in your 6-digit client ID". This was leading to longer waits to speak to an operator. This issue has now been resolved and we apologise for any inconvenience caused. Alternatively, you can also phone Language Line on **0800 028 0073** or **0330 123 9418** to access an interpreter. If you have any further issues with Language Line, please email roda.bird@nhs.scot or phone 07557203560.

Clock change – this Sunday! The clocks will go back in the early hours of this Sunday morning. Although we all talk about enjoying an extra hour in bed, very few of us actually get the benefit. It's often just another disruption to our internal clock. The team at Sleepio (an app designed to improve sleep and available free to health & social care staff) have provided these top tips:

- Before the Clock Change

Keep your sleep schedule Defining your bedtime and rise time is a great way to enjoy satisfying, efficient sleep.

Have a wind-down routine Making time for a relaxing nighttime ritual can help your body wind down before bed.

- After the Clock Change

Have a wake-up routine Avoid the snooze, get out of bed immediately upon awakening, and expose yourself to bright light.

If you have to nap, keep it short and early Daytime naps can interfere with nighttime sleep if they're too long and too late in the day.

If you need additional help adjusting to the clock change, try Sleepio. [Visit their website to take the Sleep Quiz and discover how you can improve your sleep tonight.](#)

Tune for the day It has been a decidedly damp day here in Aberdeen, so Carole Clarke's suggestion of [Walk Between Raindrops by Donald Fagen](#) is enormously appropriate.

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot