

Wednesday 21 December 2022

Industrial Action update As you may already be aware, the Royal College of Nurses (RCN) and the Royal College of Midwives (RCM) have today confirmed rejection of the NHS Scotland Agenda for Change pay offer. The RCN have indicated they are planning for strike dates in the New Year.

The Scottish Terms & Conditions Committee (STAC) staffside group, which includes representatives of all unions and professional organisations, is due to meet tomorrow when they will discuss the next steps for those unions and professional organisations. We will share further updates via this brief as we receive them.

Reminder – staff vaccinations There will be a drop-in vaccination clinic at ARI tomorrow:

- Thursday 22 December – Level 1 Tutorial Room, Green Zone, ARI, 10.30am - 4.30pm

If you are eligible for either 'flu or COVID-19 vaccination (or both) you are warmly invited to drop in and get your jabs. [The latest data from Public Health Scotland](#) highlights the incidence of 'flu has risen to Extraordinary levels, so it is more important than ever we are as protected as we can be.

Payslip delays We alerted you yesterday to a possible delay in the delivery of monthly payslips, following a national printing issue. Unfortunately, it has been confirmed today delivery of all monthly payslips will be delayed. **Please be assured salaries will be paid into bank accounts tomorrow as planned, the delay only relates to the distribution of the physical payslips.** Apologies for any inconvenience this issue may cause.

Patient Placement Tool The NHS Grampian Infection Prevention & Control Patient Placement Tool (PPT) has been updated. Following your feedback, it includes the addition of MRSA score information. There are no other changes to the form or to the procedure, it simply aids the process. Version 17 December 2022 can be access via the Infection Prevention & Control Intranet page at the following link: [Pages - PatientPlacement \(scot.nhs.uk\)](#)

Infection Prevention & Control resources Antimicrobial Resistance & Healthcare Associated Infection (ARHAI) Scotland have produced several infographics you can add to email signatures and any infection prevention & control communications. To view the resources and download them for yourself, [just click here](#).

National Cardiac Arrest Audit Since October 2021 NHS Grampian has been part of the National Cardiac Arrest Audit (NCAA). The NCAA is a National clinical audit of in-hospital cardiac arrests in the UK and Ireland, which aims to reduce the number of potentially avoidable in-hospital cardiac arrests. It also aims to improve patient outcomes following cardiac arrest, ensuring all hospitals consistently maintain the best possible patient outcomes. The NHS Grampian resuscitation department collect data from all cardiac arrests at ARI, where 2222 has been called, to add to the audit. Patient information posters outlining involvement in NCAA have now been displayed digitally on the information screens throughout ARI. Patients and visitors do have the right to ask that their data, or their relative's data, not

be used as part of the audit. Please direct any enquiries about NCAA to the resuscitation department at gram.resustraining@nhs.scot or by calling 01224 437767.

Realistic Medicine The Realistic Medicine Programme Board want to take the opportunity to celebrate all the amazing work that's gone on this year. Despite the challenges faced across the system, we see the principles of Realistic Medicine are clear in the work that you do. Next year, we look forward to building upon current networks, continuing our focus on communication and engagement with professionals, beginning work on Shared Decision Making with citizens, and delivering the new Scottish Government Value Based Health & Care: A Vision for Scotland document launching in Spring which builds on the Realistic Medicine approach and will support us to deliver a more sustainable system for the future. [Click here to read more about Realistic Medicine](#) and get an invitation to connect with the team in 2023.

Baird and ANCHOR Project newsletter The latest edition of the Baird and ANCHOR Project is out now and [available to read here](#).

We Care Wellbeing Wednesday

- Time out for Wellbeing Pilot: Horseback UK

As part of the Timeout for Wellbeing pilot, and in conjunction with the We Care programme, we are now able to offer a bespoke 4-week online course run by staff at Horseback UK. This is open to all staff in Facilities and Estates. There are 4 online sessions, which are 1.5 hours each and will take place weekly starting in 2023. The course aims to help people make sense of their experiences throughout the pandemic and the ongoing system pressures to develop coping strategies to help manage the impact on their day to day lives. The staff at Horseback UK work with individuals, using the behaviour of horses, to help make sense of how people feel and develop helpful coping strategies. [This video](#) from Horseback UK explains more.

If you would like to discuss this further, please contact Chantal Wood at chantal.wood@nhs.scot, Lucy Murray at lucy.murray3@nhs.scot or Emma Condon emma.condon@nhs.scot

- Understanding, Developing and Maintaining Personal Resilience Sessions

We would like to update you on the sessions scheduled for the Understanding, Developing and Maintaining Personal Resilience Sessions featured in the We Care Section of last week's Daily Brief.

The session scheduled for Tuesday 24 January at 1 – 4.30pm has been rescheduled for Wednesday 25 January at the same time. If you would like to book onto this session or other session available in March, [please click here](#) (requires Turas log-in).

Lastly, as we approach the end of the year, we would like to take this time to wish you all the best for the festive season and the New Year.

Festive Frolics I can safely say food poisoning is one Christmas 'gift' none of us want, so I'm pleased to say most of you selected the right answer for the temperature of your turkey! Properly cooked, it should reach 75°C - remember to check the temperature at the thickest part of the meat. More useful advice on safely preparing the big meal [is available on the Food Standards Scotland website](#). Onto today's question – do you open presents before lunch, or after? [Get involved by clicking here](#).

As for tune of the day, Carolyn Leonard retires from her role as co-ordinator in Clinic G at ARI at the end of this month. Medical Secretaries Laura and Linda have requested [We Gotta Get Out Of This Place](#) by The Animals to mark the occasion; their tongues are definitely in their cheeks with this one!

Today is the shortest day. Here's to the light returning; here's to longer days. Here's to keeping our friends and communities close. Here's to the coorie, here's to the cosy, here's to the fire we keep burning (With thanks to Dr Sara Thomas for those words) (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