

Wednesday 21 June 2023

NHS at 75 – your stories Next month the NHS will mark its 75th anniversary. As an organisation we are nothing without our people – you – so we’re asking for your stories of when you started in the NHS. If you would like to contribute, please send a short (as a guide, aim for 150-200 words, though shorter is fine) piece to gram.communications@nhs.scot We want to know when you started, where you were working, and what your memories are of that time. If you have photos you would like to share, then even better! Please title your email ‘NHS at 75 – my story’ and let us know if you are happy for your story to be shared on social media, or internally only.

Waiting Well service marks 1st anniversary The Waiting Well service, delivered by the Public Health Healthpoint team, is celebrating its first anniversary this week. In its first 12 months, the team have supported 8000 patients on the waiting list with person-centred wellbeing conversations providing reassurance, advice, and support to maintain and improve their health whilst they wait for their procedure. Huge thanks to both the Healthpoint team for their hard work, and to the clinical teams who signed up for the service, for all their efforts.

To make it easier for you to refer any patient you feel would benefit from a wellbeing conversation from the Healthpoint team, referrals are now available on Trakcare. The 'ordering' process is straightforward (for those with access to order comms, consultation requests); just select the patient’s relevant episode of care on Trakcare, enter “Healthpoint Referral” in the “Item” field and double click to select from the drop-down box. Users will then be prompted to enter a “Reason for Referral”. Upon receipt of the referral, the Healthpoint team will contact the patient within 2 working days and will undertake a person-centred conversation to identify appropriate support and/or information. For further information or to discuss with a member of the team please contact gram.healthpoint@nhs.scot

Decontaminating electronic equipment - advice from Infection Prevention & Control team To reduce the risk of Healthcare Acquired Infection (HAI) and as recognised by Healthcare Improvement Scotland inspections in other boards, it is vital electronic equipment is decontaminated between patients. The IPC team understand there is a growing need for electronic equipment e.g., computers on wheels, to be present in patient rooms, particularly with the rollout of HEPMA, so they have put together this guidance:

- Where possible, electronic equipment should not be present within a room where transmission-based precautions are applied. If this is an absolute requirement, the device should be decontaminated (as per manufacturer's instructions) following use.
- Remember the 5 moments of hand hygiene - hand hygiene to be performed prior to patient contact and after patient / environment contact to break the chain of infection
- We understand it is not always possible to clean the device after each individual patient environment. Therefore, if the device is not contaminated and the 5 moments of hand hygiene has been followed, please ensure the device is cleaned once the round is complete (i.e., drug round or medical staff round).

- Electronic devices including the structure they sit on (i.e., frame / wheels) require to be on a cleaning schedule as per the manufacturer's instructions.

There's further advice in the [National Infection Prevention and Control Manual: Home \(scot.nhs.uk\)](#) which is also available as a shortcut on the desktops of all NHS Grampian devices.

HEPMA training All HEPMA users must complete this mandatory training before they can receive access: [North of Scotland HEPMA training courses | Turas | Learn \(nhs.scot\)](#). More classroom training sessions (both in person and digital) are being offered by the HEPMA training team. You can find information about the courses here: [Pages - HEPMA-Training \(scot.nhs.uk\)](#) and book them via the [training calendar](#)

Global MND awareness day Our thanks to Clinical Nurse Special Susan Stewart for writing this piece to mark Global MND awareness day:

"Motor neurone disease (MND) is a rapidly progressing terminal illness which robs people of the ability to walk, talk, swallow and breathe unaided. MND is not rare; people have a 1 in 300 lifetime risk of developing MND. In Scotland, 200 new diagnoses are made every year and 200 people die of MND every year. In Grampian we have one Clinical Nurse Specialist (me) who sees patients from diagnosis until death. Due to the quick progression and debilitating nature of the disease I see people in their own homes. People with MND require input from a wide range of health and social care teams both in acute and community. These include neurologist, OT, physio, SLT, dietitian, respiratory and GI teams, and home care. I'm sure I speak for us all when I say we are passionate about our roles in the care and support of families living with MND. Currently there is no treatment and no cure for MND. However, research into this devastating disease is at a pivotal stage and NHS Grampian is proud to be a host site for the first clinical trial - MND-SMART - in over 20 years."

We Care Wellbeing Wednesday

- **We Care Website and Flash Report** Our new simplified, and easier to use, website is now live! [Click here to have a look](#). Along with our colleagues in Corporate Comms, we have finished a review of the contents and layout of our new website to ensure it is as user friendly as possible. The aim the website is to highlight support available and to ensure it is as accessible as possible. Going forward, a range of different information and resources will be shared through the website, for example our new flash report – which we have [linked here](#).
- **Wellbeing in the Workplace for Managers** We have more dates available for our Wellbeing in the Workplace for Managers training. These sessions are aimed at supporting you to reflect on where your team is with wellbeing in the workplace currently and start to develop a plan around building on this, whatever your starting point. Upcoming dates include: 5 July (1.45-4pm); 13 September (1.45-4pm); 27 September (9.45am-12noon); and 19 October (9.45am -12noon). To book a space, see [our Turas page](#), and if you have any questions or want to find out more, please email us at: gram.wecare@nhs.scot.

Get the sharpest tool in your shed over to CAMHS Our Children and Adolescent Mental Health Service (CAMHS) garden project team is looking for garden tools they can borrow this weekend. They will be welcoming volunteers en-masse to the Links Unit site on Urquhart Road in Aberdeen on both Saturday and Sunday, and need to be able to equip the group with the tools they'll need to get the job done. Hand trowels and forks, watering cans, spades, forks, kneelers, gloves and garden twine would be particularly helpful. If you can spare any, please label them if you would like them returned to you and drop them off for the attention of Siobhan Crawford at the Links Unit (part of the City Hospital site). If you have any questions or would like to put yourself forward to help this weekend, please email siobhan.crawford@nhs.scot

Tune of the day Today's request comes from Suzanne Rogerson (Deeside area support manager); no theme, no special message, just an absolute corker in the shape of [Gin Soaked Boy](#) by The Divine Comedy. Enjoy! (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