

Wednesday 26 July 2023

Adaptive radiotherapy Our radiotherapy teams have hit a key milestone, courtesy of two, £2.5million, radiotherapy machines which give us the largest adaptive cancer treatment capacity anywhere in the UK. The Ethos units are the first of their kind in Scotland, allowing the team to personalise each dose to best target tumours, as they, and the patient, change.

Consultant clinical oncologist, Rafael Moleron said: “Traditionally patients requiring radiotherapy have had their treatment designed before their first session and it doesn’t vary. With the machine’s AI, we can ensure each treatment is tailored on each day. It allows us to do radiotherapy with an incredibly high degree of precision and every treatment will provide the exact amount of radiation needed to attack the tumour.”

Although not suitable for treating all cancers, more than 100 fractions have already been delivered. The first patient to undergo the new style of treatment was Elizabeth Barron. She said: “This is the second time I’ve had radiotherapy treatment – but this was the first time with this new style. This time I haven’t been nearly as ill with the radiotherapy – not many people can compare. It’s great to know NHS Grampian is investing to be at the forefront of new technology – and that staying at the forefront of fighting cancer is a big part of that.” [More information on the Ethos units is available here.](#)

Fertility preservation referrals Clinical teams are reminded fertility preservation requests should be sent via service requests on TrakCare. Please ensure ‘Fertility Preservation’ is on the list of consultation requests. This is to integrate clinical information with fertility so appropriate appointments can be organised in a timely fashion. Any queries please email gram.abderdeenfertility@nhs.scot

Datix surgeries – your questions answered When it comes to Datix, there is no such thing as a silly question! Following positive feedback from the pilot sessions, we are now pleased to offer further drop-in events. Julia Graham, Adverse Events Advisor, is joining the Datix Team to answer your queries about anything Datix i.e., using the system, managing events (including Level 1 or 2 reviews), extracting information etc.

Date	Session One	Session Two
Thursday 24 August	1-2pm	2-3pm
Tuesday 26 September	9.30-10.30am	10.30-11.30am
Thursday 2 November	10.30-11.30am	11.30am - 12.30pm
Tuesday 12 December	1-2pm	2-3pm

These events will take place on Teams, you are not required to stay for the full time; as soon as you have your answer you can leave the virtual room. [Booking is via Turas.](#)

Reminder - contacting the Pain Management Service (Acute Pain Service) From the end of July the acute pain service will no longer be contactable through the bleep system. Referrals should be made via Order Comms, selecting the Consultation Request heading. Once this is done, please phone 52590 to alert us to the referral. Leaving a contact number on the request is also helpful.

Development opportunity - funded NIDMAR training The National Institute of Disability Management and Research (NIDMAR) is an internationally recognised organisation committed to reducing the human, social, and economic costs of disability. Their primary focus is the implementation of workplace reintegration programmes. The Scottish Government has funded places on NIDMAR training for staff, who are delivering supported employment services to veterans*, whose health (physical and/or mental) is impacting on their ability to stay in or to progress into employment. The training will be delivered online over 10 full days between September 2023 and May 2024. You will undertake a training needs assessment before starting to tailor the training to your needs. The training is modular, and the details of [the modules can be found here](#). For further information or to apply, please contact Dr Norma Clark at norma.clark@gov.scot. The deadline for applications is 7 August.

* A veteran is anyone, who has served one day or more in the Armed Forces (Royal Navy, Army, Royal Marines, Royal Air Force, Royal Fleet Auxiliary). It can also include Merchant Navy seafarers, who have been deployed on UK military operations. Although experience of supporting veterans back into employment is key, it is understood that veterans may only make up part of your caseload.

We Care Wellbeing Wednesday

- **Where Can I Get Help?** We are pleased to announce we have a new version of our 'Where Can I Get Help?' sheet (attached to this email) which now includes The Listening Service. The Listening Service provides a safe, confidential space, free from judgement, by trained Community Chaplaincy Listening (CCL) listeners. The service is open to anyone over the age of 18 in Aberdeen City and Aberdeenshire and provides 50-minute appointments. The 'Where Can I Get Help?' sheet is a condensed version of our Supporting Staff in Distress & Crisis Information sheet, which is still accessible via the link within the sheet. Please have a look, share with others, or print out for circulation/wellbeing boards. If you would prefer a paper copy, please contact We Care via gram.wecare@nhs.scot

Tune of the day Thanks to Fiona Sutherland, Community Mental Health Nurse, for today's request. She's dedicating [It Wasn't Me](#) by Shaggy to all the girls at Zumba, extending thanks to their esteemed instructor Claire who never fails to bring the sunshine through the forum of dance! Fiona's also extending an invitation to join the fun, every Monday from 6.15pm, in room 217 of The Suttie Centre.

Zumba is just one of the activities offered thanks to the NHS Grampian Sports Committee; to find out what else you can take part in, click here [Pages - NHSGrampianSportsCommittee \(scot.nhs.uk\)](#) (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