

Here is the brief for Wednesday 17 November 2021.

**Chief Nursing Officer visit** Alex McMahon, interim Chief Nursing Officer for Scotland, visited Aberdeen today to thank health & social care staff for their work over the last 18 months and to hear about their experiences during the pandemic. [During his visit, we caught up with Alex to record this video message.](#)

Following the visit Executive Nurse Director, June Brown, said:

“COVID-19 is a shared experience for the NHS across Scotland but, locally, the challenges we’ve faced - and continue to face - are often unique. Today’s visit from the Interim Chief Nursing Officer was welcome and another important chance for us to highlight those local challenges as well as showcase the astonishing work our teams have done to meet them.

“Perhaps most importantly, it also gave staff on the ground the opportunity to be heard and to help shape thinking at the highest level of government. It was a jam-packed visit with the CNO meeting teams from across AMH, ARI, RACH, RCH and from Aberdeen City Health & Social Care Partnership.

“I am hugely grateful to everyone who came forward to give their perspective – both positive and negative – and for being so frank and upfront in their feedback. There is no point in sugar coating things, the pressure we are facing, day in and day out, is very real, it is intense and it’s tough. It is only through open and direct discussion like we had today that we will be able to overcome the unprecedented difficulties the pandemic continues to present for us in the NHS.

“Please also know that as an executive team in Grampian, we have got your back, we will continue to fight your corner and, with the help of Alex and his colleagues, we will do everything we can to ease the pressure as best as we possibly can. Today is just one part of that though. As a team, we will leave no stone unturned in our efforts to find the resources and implement the solutions needed to move forward. However, no one has all the answers. That is why it’s vital we continue to hear from you directly, like we did today, on exactly what it is that would help most. Please, don’t think twice about getting in touch, either with me or any of my director colleagues or portfolio leads at any time – we will listen and take action to help where we can.”

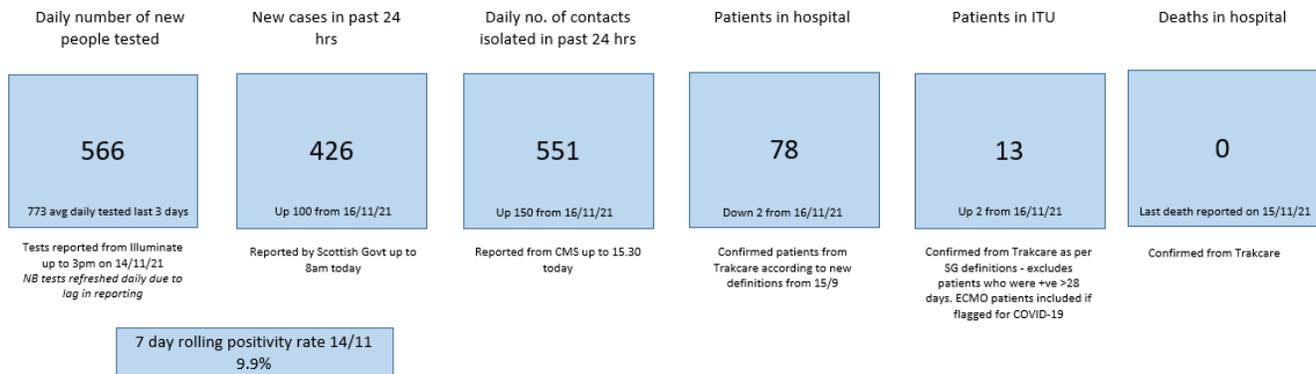
**Winter (21/22), Respiratory Infections in Health & Care settings** As highlighted in yesterday’s brief, new guidance for the management of respiratory infections is due to take effect at the end of this month. Broadly speaking, all respiratory illnesses, including COVID-19, will be managed in a respiratory pathway and we will stop using Red/Amber/Green pathways. This is an evolution of current good practice and staff already have the skills to implement this. To further support this new guidance, Q&A sessions have been arranged as follows:

- **18 November, 10am (open session)**
- **19 November, 11am (This session will have a focus on the dental sector, but is open to other staff)**
- **24 November, 2.30pm (open session)**
- **25 November, 2.30pm (open session)**

The sessions will take place on Teams, to book a place please email [gram.saferworkplaces@nhs.scot](mailto:gram.saferworkplaces@nhs.scot)

**HR Q&As** [These provide guidance for staff and managers as well as links to useful forms and documents during the Covid-19 pandemic.](#) The Q&As are regularly updated and as such it is recommended this document is viewed electronically only and not printed off. Please do not read the questions in isolation, read through the whole section as there may be another scenario more suited to your particular query.

**Grampian data** The local update for today is shown below.



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

**Stop the Pressure** Tomorrow (18 November) is Stop The Pressure Day, a day dedicated to raise awareness of pressure ulcer prevention. The Tissue Viability Team are hosting an information session on Teams between 2-3pm tomorrow – [this link will take you directly to that meeting.](#)

**World Antimicrobial Awareness Week** This global event, starting tomorrow, aims to increase awareness of antimicrobial resistance (AMR) and to encourage best practice among the general public, health workers, and policy makers to avoid the further emergence and spread of drug resistant infections which remain a major public health issue. This year's theme is [Spread awareness, stop resistance.](#) The World Health Organisation (WHO) are encouraging individuals and workplaces to 'Go Blue' for the week. [Our local antimicrobial guidance is available to view here](#) or via the Antimicrobial Companion app which can be downloaded [here](#).

**ARI Dispensary** The ARI dispensary can be found on Level One of the Green Zone (directly opposite Ward 101). The previous location (on the main concourse) is now the SIREN Hub.

**We Care Wellbeing Wednesday** This week's update is reflecting on three key awareness events:

- Alcohol Awareness Week – The theme this year is Alcohol and relationships. Many of us associate alcohol and socialising, and alcohol can become a big part of our connections and interactions with those around us. On top of this, research suggests many of us have found ourselves drinking more to deal with feelings of loneliness and isolation during the pandemic. In addition the pressures we put on ourselves to 'get back to normal' and 'sober shaming' can see us drink more. These resources provide further information:

[Fact sheets | Alcohol Change UK](#)

[Interactive tools | Alcohol Change UK](#)

[Alcohol Support in Grampian \(video\)](#)

[My Healthy Workplace website article on alcohol support](#)

- Self-Care Week – Self-care is the actions we take for ourselves, on behalf of, and with others in order to develop, protect, maintain and improve health, wellbeing, or wellness. At all times but particularly during times of increased stress and anxiety, it is important to pay attention to what you have in place to take care of yourself and when you might need to prioritise your own wellbeing. There are a number of sessions available in our [We Care calendar](#) which help you take part in self-care exercises such as reflective listening, journaling, and relaxation. Additionally, the [National Wellbeing Hub](#) have a number of podcasts and webinars which look at self-care techniques and information. For more ideas and information on self-care and wellbeing check out the [5 ways to wellbeing](#) and the [Action for Happiness initiatives](#).
- Anti-bullying Week –You should feel able to voice concerns about any aspect of care, the health and safety of patients, visitors or staff, or about any other matter affecting your work, and be confident they will be listened to. There are a number of HR policies that could be relevant dependent upon circumstances; Grievance, Dealing with Bullying and Harassment, Employee Conduct, Framework for Support for Medical and Dental Employees and Whistleblowing. All of these policies are available on the [intranet here](#). Please visit the [Voicing a Concern page](#) on My Healthy Workplace to find out what options you have to raise a concern.

*Many thanks to Julie Phillips, My Healthy Workplace, and the Self-care forum for providing information on these topics.*

**Tune of the day** In the spirit of World Antimicrobial Awareness Week, we're going blue for the tune of the day. There were so many potential choices and I've struggled to limit myself to just one, so for today, please enjoy [I Guess That's Why They Call It The Blues](#) by Elton John and (or?) [Tangled Up In Blue](#) by Bob Dylan

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](mailto:gram.communications@nhs.scot)