

COVID-19 Brief

coronavirus



Here is the brief for Tuesday 19 October 2021.

Values Based Reflective Practice Some of you may be familiar with the letters **VBRP®** and some will have no idea what they mean. Values-based Reflective Practice or VBRP® is all about conversation; it helps you take time out to look at what's going on for you and aims to support staff so that you are more able to provide the care you came into the service to offer.

VBRP® takes place within a facilitated group and the tools used in VBRP® are designed to keep the process safe and confidential. During a session which lasts between 20-30 minutes, staff are encouraged to think in different ways about their working life, maybe something which has “tugged” at them, or impacted upon them, for some reason.

During this particularly stressful and demanding time, there have also been opportunities to use the VBRP® techniques to offer 1-1 support where staffing levels make it difficult to release staff from areas.

Very often, people don't ask for help until there is a sense of crisis and a feeling that “I am not coping”. Taking part in a VBRP® session enables us to get behind the assumptions which we might make of one another in the hurry of life in a busy hospital and really hear each other. VBRP® doesn't force a solution, but gives staff space to look at other possibilities and it does this in a clear and supportive way which leads to an increased level of trust within teams

Here are a couple of quotes from staff members who are part of groups:

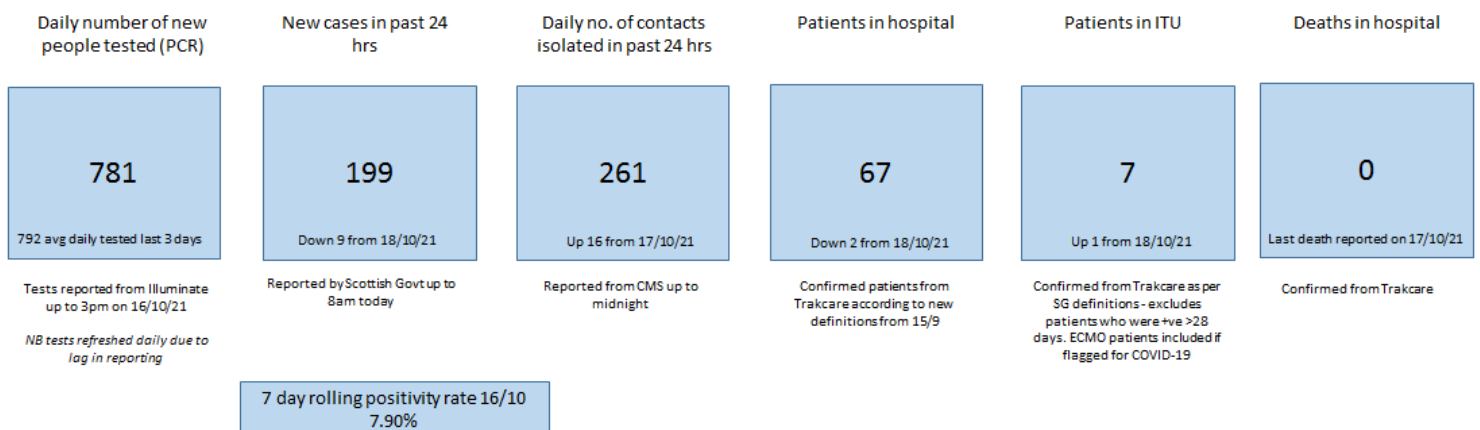
“This is a brilliant mechanism to support individuals and teams in busy demanding environments. It offers teams a short time out to listen to one another, give supportive and encouraging feedback – to give staff ‘a voice’.”

And simply

“You give us the luxury of being heard.”

VBRP® offers a regular form of support which can be embedded in our working lives reducing the build-up of stress. If you would like to find out more, book a taster session or please contact me (Sue Rayner) at susan.rayner1@nhs.net or on 07584217188

Grampian data The local update for today is shown below. [The Public Health Scotland daily dashboard is available to view via this link.](#)



International Infection Prevention Week With a focus on water safety, as part of this annual event, today the Infection Prevention & Control team are looking at biofilms:

- Biofilm formation is helped by disposal of nutrients (tea coffee bed bath water drugs) down a hand wash sink
- Biofilms are a community of microbes which are visible as sludge and staining.
- A lack of planned cleaning and maintenance can enable biofilm to settle in the grooves
- Keep equipment away from the 1metre splash zone around sinks

[A brief introduction to biofilms is available online here](#). Fiona Smith (Infection Prevention & Control Nurse) has also created [this short video](#) to support teams in understanding their role in preventing water associated infections.

eESS project update The latest newsletter from the eESS project team is attached to the email used to send out this brief. You will already be aware that the roll out of Manager Self Service has been paused, in light of the current system pressures. Managers should continue with the completion of Notification of Change and Notification of Termination forms as usual until further notice. **If these are sent electronically, please email them to gram.eess@nhs.scot from immediate effect.** There is no need to send electronic copies of Notification of Change and Notification of Termination Forms to the Payroll Team. Staff Engagement Forms should also be sent to the eESS email account, rather than Payroll. If you are sending paper forms by internal mail/post please continue to send to the HR Service Centre.

Dress policy Please remember there is a Dress Policy, which covers all NHS Grampian staff. If you are required to wear a uniform as part of work duties this should only be worn in the work environment. There may be occasions when it is appropriate to be in uniform outwith the workplace whilst engaged on NHS Grampian business. You may need to travel to work in uniform due to limited changing facilities, if this is done the uniform must be hidden by an over garment. **You must not undertake personal activities such as shopping whilst wearing uniform.** [The Dress Policy is available to read in full on the intranet – this link will only work on networked devices](#)

Grampian Winter Pride Parade – final call! Thank you to all our confirmed Grampian Winter Pride Parade participants. We still have a few wristbands available – the event takes place this Sunday (24 October) at 11am – so if you would like to join the NHS Grampian delegation, please email gram.involve@nhs.scot by 5pm this Thursday. Participants must be registered in advance – it is not possible to turn up on the day.

Chance to thank some of our own unsung heroes For those of you who are not aware, tomorrow (Wednesday 20) is “World Thank A Cleaner Day”. We are encouraging you to use this opportunity to celebrate and thank our own Domestic Services & Support Team who play such a vital role in safe, effective, hygienic healthcare delivery. In addition to taking part on social media using the hashtag #DomesticDefenders & #ProudToBeNHSG, we’d like to encourage you to take a few moments to go out of your way to thank the cleaning and domestic staff in your own area for the work they do day in day out. Like all of us, the domestic teams have had to adapt to new ways of working during the pandemic and the role they have played, particularly in infection prevention and control, cannot be overstated. Even the best hospital and medical care in the world wouldn’t work without their unending support so, to our domestics, thank you - today and every day - for everything you do!

Guided Journaling – opportunity for reflection Guided Journaling sessions are offered as part of the We Care programme. The questions posed change each week; if you aren’t able to attend a session, we offer one of the previous week’s questions in this brief, to give you an opportunity for reflection:

Depending on what they are, our habits will either make us or break us. We become what we repeatedly do. Which of your own habits ‘make you’ or are of benefit to you?

Tune of the day Diane Smith has selected today's tune – over to her:

“As a specialist radiographer measuring bone mineral density daily (in the form of DXA scanning), I want to highlight World Osteoporosis Day (20 October). Bones are constantly turning over, renewing, and repairing themselves, and something we need to take care of for an entire lifetime - they were born to be alive (you can see where I'm going here...!)”

Thanks to Diane, our tune of the day is [Born To Be Alive by Patrick Hernandez](#)

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