

Wednesday 19 October 2022

International Infection Prevention Week – what have we learned so far? Early identification of potential transmissible infections and the application of Standard Infection Control Precautions (SICPs) / Transmission Based Precautions (TBPs) greatly reduces the risk of onward transmission of an infectious agent. [Chapter 3 of the NIPCM](#) details evidence-based practice on early recognition and supports the incident management process within a Healthcare setting.

Healthcare chaplains – here for you As we are in the middle of Chaplains Week, this seems like a suitable time to remind you of the support available to patients AND staff alike from the chaplaincy team. They are available across all the main hospital sites, providing an on-call service until 6.30pm on weekdays and 8.30am -6.30pm at the weekends. Chaplains are here to listen and support, and to encourage and enable reflection. The team come from a range of backgrounds and are here for those of all faiths and none. If you want to know more, seek support, or make a referral, call 01224 553316 or email gram.chaplaincy@nhs.scot. Remember, chapels/quiet spaces are available in ARI, RACH, AMH, Royal Cornhill, Woodend, Roxburghe House, and at Dr Gray's Hospital, as places for reflection and prayer.

Royal Mail strikes For awareness, further strikes are scheduled at Royal Mail tomorrow (20 October) and next Tuesday (25 October). As with earlier industrial action, our internal mail collections will continue as normal, but collection and onward delivery by Royal Mail is likely to be significantly disrupted. [Information from Royal Mail about the service they will be offering on strike days is here.](#)

Orange Zone (ARI) - café closure Unfortunately, due to staff shortages, the Orange Zone café will be closed tomorrow and Friday (20 & 21 October) - we apologise for any inconvenience. You can still buy a range of food and drink at the following locations:

- Aroma Café Green Zone Level 0, open 7.30am until 7.30pm
- Aroma Concourse Level 2 Yellow Zone, open 7am until 7.30pm
- Aroma Cairngorm Level 2 Yellow Zone, serving hot breakfast and lunch, open 7.30am until 7pm
- Pink Zone Café Level 1, serving hot breakfast and lunch, open 7.30am until 3pm
- Aroma Cart at Rotunda Entrance, open 8.30am until 3pm

CANCELLATION - NoSCAR Seminar Due to unforeseen circumstances, the NoSCAR Seminar scheduled for tomorrow (20 October) is now cancelled. Tomorrow is World Evidence-based Healthcare Day – there is an online event in the morning you may wish to join instead: [- Home Page | EBHC \(worldebhcd.org\)](#)

We hope to see you at the next NoSCAR Seminar - *“Spotlight on NMAHP Research in Grampian”* - on Wednesday 16 November at 1.30pm

We Care Wellbeing Wednesday

- **Menopause Awareness Month** It's Menopause Awareness Month throughout October. It is time to break the stigma, check out @Togetherall's blog post 'Let's talk about menopause' [click here](#).
- **World Osteoporosis Day- 20 October** Menopause can significantly increase the risk of osteoporosis and speed up bone loss. Research suggests 1 in 10 women over the age of 60 are affected by osteoporosis worldwide. For more information ahead of [World Osteoporosis Day click here](#).

Tune of the day It's Thank Your Cleaner Day, so I'm dedicating a tune to the 'Domestic Defenders' working across health & social care. You keep our wards, clinics, theatres, corridors, cafes, and offices clean, and we would be lost without you! I've gone for Clean Bandit (geddit?) and [Rather Be](#) (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