

Wednesday 3 May 2023

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**World Hand Hygiene Day - 5 May 2023 – Accelerate Action Together!** The day is fast approaching where we focus on the benefits of hand hygiene for ourselves, for patients, and for the organisation. Please join us in promoting this campaign and living this year's campaign slogan "Accelerate action together!" Working together is the key to achieving the goal of the campaign and for acting on the crucial role of hand hygiene at the right times. No one receiving or providing health care should be exposed to the risk of being harmed by a preventable infection.

Hand hygiene and glove use are linked. Gloves are worn to protect wearer's skin from blood, body fluids and / or chemicals. Wearing gloves at other times can damage the wearer's skin, actually get in the way of hand hygiene, and increase the risk hand hygiene will be missed and infection spread. Additional benefits to appropriate glove use include reduced environmental impact and costs.

On 5 May, IPCNs will be visiting as many clinical areas as possible to share material, provide support and promote the message. We'll be encouraging you to share and promote Hand Hygiene messaging on social media using #HandHygiene #InfectionPrevention #CleanHands #GlovesOff which will enable it to be pulled into the global conversation on this essential topic.

**Expired Honeywell FFP3 masks – action required** Honeywell 2311 masks have expiry dates of April 2023 and May 2023; Honeywell Superone 3208 masks have expiry dates of March and May 2023. These masks must **NOT** be worn/used after the expiry date. All expired/out of date Honeywell masks should be disposed of in the black bag (general waste stream); the packaging can go in the recyclables waste stream.

If you have a face-fit pass on the Honeywell 2311 or Honeywell Superone 3208 masks, you **must** book a new appointment to get a fit test pass on a different mask. To book a fit test please contact the fit testing hub via email [gram.face-fit-appointment-hub@nhs.scot](mailto:gram.face-fit-appointment-hub@nhs.scot)

**Scottish Learning Disability Week** This annual event runs until Sunday and the LD nursing team have [put together this guide](#) to the work they do and some useful training resources if your service has patients or clients with a Learning Disability. Jackie Stewart is the Acute LD Nurse Advisor, and she is there to provide support when adults with a Learning Disability are admitted to ARI or Woodend or are attending an outpatient appointment there. You can contact Jackie on 01224 557140 or [gram.acuteldnurse@nhs.scot](mailto:gram.acuteldnurse@nhs.scot)

**First Grampian patients welcomed to Highland NTC** Last week marked another first for National Treatment Centres across Scotland, with the first Grampian patients welcomed to NTC Highland ahead of joint surgery. Staff enjoyed the chance to get together, recognising networked models of care like this will make a big difference to the experiences of patients. Find out what colleagues had to say in the [NTC news release on our website](#).

**Dietetic Support Workers Day** Today we would like to highlight the importance of our dietetic support workers in Aberdeen Royal Infirmary. Carol, Gavin and Anne play a fundamental role in the dietetic service, from ensuring the hospital is stocked with dietetic products to helping on the ward. Their hard-working attitude and commitment to all that they do is very valued in our dietetic team. Thank you, Carol, Gavin, and Anne!



**Breast cancer research team win prestigious national award** The breast cancer research team is to receive the National Institute for Health Research's CREST Award. The accolade recognises the surgical team which has made the greatest contribution to clinical trials research across the UK during the last year. The multi-disciplinary breast team, based at ARI, was chosen by the NHIR award judges for excellence in the recruitment of surgical patients to cancer trials. The award committee were particularly impressed with not only how many patients the ARI breast team recruited, but also the diversity of studies and their support for next generation researchers. They will be presented with their award later this month – congratulations to all the team!

### **We Care Wellbeing Wednesday**

**#SpacesForListening – May dates** #SpacesForListening is a simple and lightly structured process, creating a space for colleagues to come together and share their thoughts and feelings in a confidential and equal space. It is open to everyone working in health & social care, all sessions are delivered via Teams, with a maximum of 8 participants. Dates, times, and booking contacts are as follows:

4 May, 8.30-9.30am - contact [fiona.soutar@nhs.scot](mailto:fiona.soutar@nhs.scot)

15 May, 2-3pm – contact [agnieszka.stephen@nhs.scot](mailto:agnieszka.stephen@nhs.scot)

22 May, 4-5pm – contact [annsmith1@aberdeencity.gov.uk](mailto:annsmith1@aberdeencity.gov.uk)

30 May, 8-9am – contact [agnieszka.stephen@nhs.scot](mailto:agnieszka.stephen@nhs.scot)

**Home Energy Scotland/Scarf Advisor Sessions** Home Energy Scotland have a series of onsite sessions, giving you the opportunity to speak to a Scarf Advisor (who can identify ways to make your home more energy efficient and can direct you towards sources of support). Sessions at ARI will be held in the Orange Zone Café, and sessions at Royal Cornhill Hospital will be held in the RCH Café/Staff lounge.

Upcoming sessions: Tuesday 16 May, 10.30am-12.30pm (ARI); Tuesday 23 May, 11.30am-1.30pm (RCH); Tuesday 30 May, 10.30am-12.30pm (ARI); Tuesday 6 June, 11.30am-1.30pm (RCH), Tuesday 13 June, 11.30am-1.30pm (ARI), Tuesday 20 June, 11.30am-1.30pm (RCH).

If you have any questions, or want to find out more, please email [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot).

**Menopause Awareness in the Workplace – Male-Only Sessions** There are still a few spaces on our male-only menopause awareness in the workplace sessions, which were set up in response to feedback from staff. These male-only sessions will be delivered by a male and will support attendees in increasing their knowledge and understanding of the menopause and the ways in which staff can access support or support their colleagues going through the menopause. Upcoming sessions: Thursday 11 May, 3-4pm, Thursday 29 June, 10-11am, and Wednesday 13 September, 3-4pm. To find out more, please email [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot) and to book a place, please click [here](#). We have several other menopause resources and ongoing menopause awareness in the workplace sessions, open to all, details available [here](#).

**Tune of the day** Thanks to Dean Murch (assistant domestic services manager) for today's request; a tune recorded during lockdown, raising money for NHS Charities Together, but with a message which still holds true. Here's UB40's Ali Campbell (and a few friends) with [Lean on Me](#) (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](mailto:gram.communications@nhs.scot)