DailyBrief...



Wednesday 14 February 2024

HIV prevention & the role of pre-exposure prophylaxis There were 20 new HIV diagnoses in Grampian in 2023 (compared to 14 in 2022). There remains a risk of sexual acquisition in the local population, particularly for sexually active gay, bisexual, and other men who have sex with men (GBMSM). This risk may not be fully appreciated, and the protective benefits of pre-exposure prophylaxis (PrEP), post-exposure prophylaxis (PEP) and condoms amongst sexually active GBMSM might be underestimated. PrEP is available free from Grampian Sexual Health Service. PEP can be accessed from Grampian Sexual Health and via NHS24 out of hours. Free condoms can be accessed via gram.freecondoms@nhs.scot

We recommend anyone who feels they may benefit from PrEP attends Grampian Sexual Health for assessment, especially GBMSM who are sexually active with new partners. Please promote this advice within your services and encourage anyone who may benefit from it to discuss their options with Grampian Sexual Health Service.

(Dr Daniela Brawley, Consultant in Consultant in Sexual Health & HIV, and Sexual Health & HIV Lead for NHS Grampian Sexual Health and Blood Borne Virus MCN & Chris Littlejohn, Consultant in Public Health & Strategic Lead for Sexual Health and BBV)

Financial position Our first staff drop-in focusing on the board's financial position will take place tomorrow (Thursday), on Teams, 12.30-1.30pm. You can join using this link; if you cannot attend, there will be two further sessions, as follows (same link for all sessions):

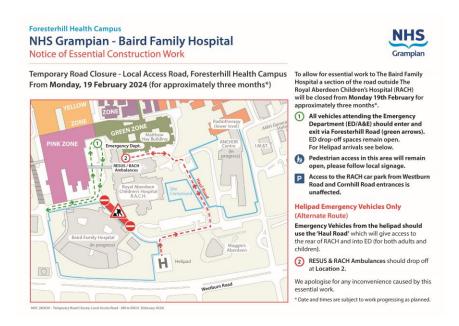
- Wednesday 21 February, 5-6pm
- Monday 26 February, 10-11am

We would encourage everyone to watch Adam Coldwells' video update before attending one of these meetings; it's available to view here: Finance Update - Adam Coldwells (youtube.com)

Measles update Last week we shared a detailed update on the current position with measles, given rising cases across Europe and in some parts of England. Not had the chance to read it? It's available on the NHS Grampian website here.

Baird & ANCHOR project – road closure To allow for essential work at The Baird Family Hospital, a section of road outside RACH will be CLOSED from Monday 19 February, for approximately 3 months. Access to the Emergency Departments for RACH and ED is unchanged; to access the car park at RACH, please use the Westburn Road or Cornhill Road entrances. An alternative route is in place for emergency vehicles from the helipad only – please see map below. We apologise for any inconvenience caused.

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Disposing of medicine waste and containers A new Toolbox Talk on the disposal of medicinal packaging is now available; this is aimed at all patient-facing and clinical colleagues.

All primary packaging produced in a healthcare setting that has been in contact with a medicine must be classed as medicinal waste and disposed of in 'Blue' or 'Purple' stream bins even if it is completely empty. This is not new guidance, but recent audits have highlighted confusion and misunderstanding around disposal of these items, resulting in them being disposed of incorrectly. As waste producers we have a legal obligation to ensure all our waste is disposed of properly, hence the requirement for this Toolbox talk.

You can access the Toolbox talk via Turas here (log-in required). Please contact Neil Duncan, our waste management officer, via neil.duncan3@nhs.scot if you have any questions around this.

ICYMI - Hand Hygiene module and assessment The Hand Hygiene module and assessment has now been added to the mandatory IPC training on an annual basis. This applies to both clinical and non-clinical staff. This module and assessment are in addition to the mandatory IPC training that is currently in place. The NHS Grampian Mandatory and Statutory training can be found within this framework (requires Turas log-in)

Non- executive board member recruitment We are looking for not one, but two, new non-executive members of the Grampian NHS board. This is an opportunity open to all; we serve a diverse community in north-east Scotland, and we want the make-up of our board to reflect this. The full recruitment pack is available here: <a href="Board Member appointments: Grampian NHS Board in Aberdeen | Careers at Aberdeen (icims.com). Closing date for applications is **Wednesday 21 February**.

We Care Wellbeing Wednesday

• Nurse Lifeline Nurse Lifeline is a registered charity providing a free, confidential, UK-wide, peer-led Listening Service. It is available to all nurses, midwives, and healthcare support workers, students, nursing associates, and the friends and family of such staff. Nurses and Midwives can access the service by calling 0808 801 0455 or by emailing: alex@nurselifeline.org.uk There is also a Request a Call-back function. Lines are open from 7–10 pm, Monday to Friday. Nurse Lifeline also has The Blog and offers a range of supportive resources.

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Public Health mental health training calendar Feb-April Public Health offer a range of
wellbeing sessions, all bookable through Turas, details below. Training is limited to 20
participants per session and takes place via MS Teams. If you don't have a Turas account, please
click here to register. The register button is at the top right of screen. Once in Turas, to book on,
please select the course dates tab and book from there. The courses are open to everyone
working for the NHS, health & social care partnerships, and Third Sector organisations in
Grampian.

COURSE	DATE	TIME
Promoting Resilience	Monday 19 February	10.00 – 12.00
Recovery in Mental Health	Tuesday 20 February	10.00 – 11.30
Relaxation Workshop	Monday 26 February	14.00 – 15.30
Promoting Resilience	Tuesday 27 February	14.00 – 16.00
Recovery in Mental Health	Monday 4 March	14.00 – 15.30
Stress Awareness	Tuesday 5 March	14.00 – 15.30
Relaxation Workshop	Monday 11 March	10.00 - 11.30
Stress Awareness	Tuesday 12 March	10.00 – 11.30
Promoting Resilience	Monday 18 March	10.00 – 12.00
Recovery in Mental Health	Tuesday 19 March	09.30 – 11.00
Relaxation Workshop	Monday 25 March	14.00 – 15.30
Stress Awareness	Tuesday 26 March	14.00 – 15.30
Recovery in Mental Health	Tuesday 2 April	14.00 – 15.30
Relaxation Workshop	Monday 8 April	10.00 – 11.30
Stress Awareness	Tuesday 9 April	10.00 – 11.30
Promoting Resilience	Monday 15 April	10.00 – 12.00
Recovery in Mental Health	Tuesday 16 April	10.00 – 11.30
Relaxation Workshop	Monday 22 April	14.00 – 15.30
Stress Awareness	Tuesday 23 April	14.00 – 15.30
Promoting Resilience	Monday 29 April	10.00 – 12.00
Recovery in Mental Health	Tuesday 30 April	10.00 – 11.30

For any issues with training course sign-ups, please contact: gram.mentalhealthtraining@nhs.scot

Tune of the day We are feeling the love on St Valentine's Day! First up, Lynsey McIntosh (tissue viability nurse specialist) got in touch to ask for a tune, simply because she enjoys this feature so much. Lynsey's requested Edge of Seventeen by Stevie Nicks. Secondly Lesley Hall (assistant board secretary) has asked for a little something from ABC. The band recently performed The Lexicon of Love in full in Glasgow and we understand Martin Fry looked as suave as ever! The Look of Love seems appropriate.

If this is all too touchy-feely for you, go straight to Love Stinks by J Geils Band (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

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