

Wednesday 18 May 2022

Culture Matters survey – snapshot results As promised, we now have snapshot results available from this survey to share with everyone, whether you participated in phase 1 or not. This offers a high-level guide to the results of the survey overall, with additional snapshots for Nursing & Midwifery, Facilities & Estates and Moray, Aberdeenshire, and Aberdeen City HSCPs. If you did participate in the survey, these aren't a replacement for your local reports; these are being shared so the wider organisation can understand the results as we prepare for phase 2 later this year. [The snapshots can be viewed here](#) (intranet link, networked devices only).

COVID-19 testing – LFD kit arrangements for Acute Sector staff If you work in Acute, once you have registered for asymptomatic testing there is no need to wait for further instructions – kits can be collected from ARI General Office, weekdays between 10am-2pm (except Public Holidays). If you work in one of the other Foresterhill buildings with local arrangements (AMH, RACH) or at Roxburghe House, you can collect directly from there if more convenient for you, contact your local management in case of any queries.

Remember, only staff who come into face-to-face contact with patients as part of their role are offered twice weekly testing. If your job does not involve face-to-face contact with patients/clients, you are no longer eligible to collect these kits. If you still need to test, for example if you are visiting someone in hospital or a care home, [you can order kits for delivery from the GOV.uk website](#).

Ticks can tick you off! The warmer weather brings out both walkers and ticks, and a tick bite can cause Lyme disease. Lyme disease is a bacterial infection and so can be treated with antibiotics. However, it can be difficult to diagnose and its symptoms, which usually start 1 – 4 weeks after the tick bite, can be delayed for many months or even years in some cases. Commonly a rash appears round



the site of the bite, and frequently the rash is like a target, as shown. However, the rash can look quite different from this in many cases, particularly on dark skin, and some people never develop a rash. Other symptoms can be vague, like a 'flu-like' illness, headache, muscle or joint pains or fatigue. In some people, particularly if diagnosed and treated late, Lyme disease can be very serious and can cause heart problems and neurological problems. So, if walking in the countryside or forest you should:

- Wear clothing that can prevent ticks getting on your skin
- Inspect your skin for ticks and remove them, ideally with tick removing tweezers
- Contact your GP practice if you develop any of the symptoms (the earlier the better) and tell them about your exposure to ticks
- Take the full recommended course of the antibiotic

[You can read more about Lyme disease here.](#)

Clinical Trials Day To mark Clinical Trials Day (this Friday) we are holding a webinar between 1-2pm. It is open to all and will be about the different ways to get involved with research. We will have speakers from NHS Grampian, University of Aberdeen, and Robert Gordon University who will speak about their experiences and the different ways you can get involved. This is a free event but registration is required, [full details on how to register are available here.](#)

RCN Scotland Nurse of the Year Awards RCN Scotland will host their first Scotland Nurse of the Year Awards in November and nominations are now open. There are 12 categories, covering a broad range of nursing roles, including students and support staff, and a People's Choice award. You can nominate yourself/your team, or a colleague and entrants do not need to be a member of the RCN. Full information on all the categories and the nomination process [is available on the RCN Scotland website.](#) Nominations close on Monday 18 July.

Tobacco Policy We should all remember NHS Grampian buildings, premises, vehicles, and sites are smoke free. As staff, we should not smoke in uniform and/or PPE, while wearing an NHS Grampian ID badges, or while otherwise identifiable as working for the organisation. There is a Tobacco Policy [which you can read in full here](#) (intranet link, networked devices only).

If you do smoke and want to stop, you can call the Smoking Advice Service on 08085 20 20 30 or email gram.sas@nhs.scot

We Care Wellbeing Wednesday

National Wellbeing Hub - Free Money Management Courses available on retirement, wealth, mortgages and debt. There's more information [available via this link.](#)

National Trauma Training Programme Awareness Raising Webinar - Tuesday 7 June, 10 -11.30am. A flyer with further information has been attached to the email used to send out this brief.

Mindfulness taster sessions - We Care are really pleased to be able to offer these sessions, thanks to support from Captain Tom's fund via NHS Charities Together funding. The sessions are offered by the Charities Together Mindfulness Project delivered by NHSG and Highland Mindfulness facilitators. Mindfulness has been shown to help stress reduction, and support wellbeing. These sessions can also help take a restful break during work or switch off after work. The new taster session run from Monday 23 May 2022 to the end of June 2022, delivered via MS Teams, and each session is 40 minutes. Times and links are as follows:

[Mondays at 12.15pm](#)

[Mondays at 5.30pm](#)

[Fridays at 11.00am](#)

Following on from the new mindfulness taster sessions there will be a new 8 week Mindfulness Based Stress Reduction (MBSR) Courses which will be provided online via Microsoft Teams. The course will run weekly over 8 weeks and each session will last 2 hours. The start dates for the new MBSR courses are:

Thursday 9 June 2022 (7 - 9pm)

Tuesday 27 September 2022 (5.30 – 7.30pm)

Additional courses will be added. To book and further enquiries please email:

gram.mindfulness@nhs.scot

Mindfulness – New course with the Varapunya Meditation Centre, a Scottish Charity (SC043989) near Westhill, Aberdeenshire. In collaboration with NHS Grampian and the Aberdeen City Health and Social Care Partnership, providing teaching, guidance and practice in mindfulness, meditation and mindful living. Thursday 26 May for 6 weeks (excluding 2 June), at the Credo Centre/Café, John Street, Aberdeen. 12.30 - 2pm. For more information or just register with 'David' at meditationatvmc@gmail.com. A flyer with additional information is attached to email used to send out this brief.

Tune of the day Infection Prevention & Control have today's request, as they bid farewell to an absolute stalwart member of their team, in the shape of Leighanne Bruce. She is off to pastures new and goes with everyone's very best wishes. For Leighanne, the team have asked for [Don't You Forget About Me](#), by Simple Minds (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