

Wednesday 12 July 2023

Cardiac Rehabilitation – Dr Gray’s Hospital The Cardiac Rehabilitation service at Dr Gray's is currently undergoing redesign and assessment. During this time, support from the cardiac rehabilitation team at ARI will be available to patients who would have normally accessed the service at Dr Gray's. Patients will continue to receive pre-discharge information and support from the team on site at Raigmore and ARI as well as being supplied with contact information for any post discharge queries or support via the team at ARI. We will be looking to make temporary staff appointments into the cardiac rehabilitation service at Dr Gray's while the service assessment and design take place. For any queries, please contact:

- Paul Surtees, cardiology service manager
- Diane Vass, nurse manager for Medicine and Unscheduled Care
- Brenda Anderson, cardiac rehabilitation manager

Surgical Laundry Update Following yesterday’s update on the laundry service, our Surgical Divisional is reminding staff to return any scrubs to theatres as soon as possible after use, in an effort to avoid shortages.

Staff should also return any scrubs which they have kept long term, to ensure we have ample while issues around laundry are resolved.

Contacting the Pain Management Service (Acute Pain Service) From the end of July, the acute pain service will no longer be contactable through the bleep system. Referrals should be made via Order Comms, selecting the Consultation Request heading. Once this is done, please phone 52590 to alert us to the referral. Leaving a contact number on the request is also helpful.

Alzheimer Scotland Dementia Consultants National Learning & Sharing Network The next event in this series will take place on Wednesday 26 July, 2.30-3.30pm, via MS Teams. The topic is Dementia and Technology. Kathy Wiles and Rachel McLauchlan (Digital Dementia Advisors at Alzheimer Scotland) will talk about their role and ADAM (About Dementia and Me) and Dementia Circle. These sessions are of interest to Dementia Champions, Dementia Ambassadors, and Dementia Specialist Improvement Leads. The events are free of charge, [you can register by following this EventBrite link.](#)

We Care Wellbeing Wednesday

- Staff Support – Where Can I Get Help?
We Care have a one-page summary, ‘Where Can I Get Help?’ covering support and wellbeing resources available for staff. We Care have a further support sheet, ‘Supporting Staff in Distress and Crisis Information Sheet’ please see both attached. Check out all wellbeing resources at www.nhsgrampian.org/wecare
Have a look at the sheets, share with others, and print out for circulation / We Care wellbeing boards.

- Psychological Safety

We have spaces available on our Psychological Safety sessions via We Care Turas Learn. Psychological Safety in the workplace is evidence-based, and enables an environment where people feel comfortable to speak up.

New dates:

- Monday 11th September: 13.45 - 16.00
- Thursday 21st September: 09.45 – 12.00
- Thursday 2nd November: 09.45 – 12.00
- Tuesday 28th November: 09.45 – 12.00

All staff are welcome to attend, and you can click [Psychological Safety | Turas | Learn \(nhs.scot\)](#) to book a space via Turas (requires log-in). Please feel free to get in touch if you have any questions about our Wednesday updates, or want to find out more, via gram.wecare@nhs.scot.

Tune of the day You don't need us to tell you that, on this day in 1943 the late, great Christine McVie, of Fleetwood Mac fame, was born. To mark the day, here's [Songbird](#).

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