

Wednesday 18 October 2023

Storm Babet – Red and Amber weather warnings As shared via global email earlier, we are in for two days of very poor weather across Grampian. Heavy rain, high winds, and the associated disruption and dangers they bring will be prevalent.

There is a Red warning for exceptional rain fall between 6pm tomorrow and 12 noon on Friday, covering south Aberdeenshire. Amber warnings for both wind and rain covering central/northern Aberdeenshire and Aberdeen City are in place from 6am tomorrow, as are Yellow warnings for wind and rain over Moray and west Aberdeenshire.

[Please check the Met Office website](#) and their social media accounts for the latest updates and ensure you are planning for the impact this will have on you, and your team/service.

Human trafficking & exploitation – how we can stop it Today is Anti-Slavery Day. When we think about slavery, it might conjure up historical images of the past. However slavery remains very real for many people right here and right now. In Scotland we refer to modern slavery as Human Trafficking and Exploitation.

Human trafficking is the illegal trade of adults or children for the purposes of exploitation; people being forced, threatened, coerced, or deceived for the purpose of sexual exploitation, labour exploitation and domestic/industrial servitude. Trafficking often conjures up thoughts of people being transported from abroad, in fact, a large number of victims of trafficking found in the UK last year were British. In Scotland the most common victims of trafficking are Albanian nationals at 22%, then Vietnamese nationals at 19%, and UK nationals at 11%.

Human trafficking cases in Scotland are at the highest since records began. In the first quarter of 2023 the number of victims of modern slavery in the UK wide rose exponentially and a total of 4,746 potential victims referred to the Home Office showing an increase of 26% on the same time the year before.

It is possible we may encounter people who have been trafficked in the course of our jobs in health & social care. The Adult Protection team have put together a fact sheet, with more information, signs to look out for, and helpful sources of support. It is attached to the email used to send out this brief.

Doctors and Dentists in Training (DDiT) iMatter On Monday 30 October Doctors and Dentists in Training on placement and Clinical Fellows within NHS Grampian will receive their annual iMatter questionnaire via email. This shorter version of the iMatter questionnaire offers DDiT the opportunity to share their experience of working with their current placement/team. It is different from, but compliments, other surveys, allowing teams to understand which issues matter most to them.

To find out more about DDiT iMatter visit DDiT TURAS pages or our intranet page here: [Pages - DDiTiMatter \(scot.nhs.uk\)](#) (networked devices only).

International Infection Prevention & Control Week 2023 – Vaccination and Injection Safety

Vaccines protect the person receiving them, and those around them, by being highly effective and safe methods of preventing communicable (infectious) diseases. Those administering vaccinations – or administering other medication by injection - need to keep themselves safe, by remembering the following:

- One needle, one syringe, used only one time.
- Protect yourself from sharps injuries – use a sharps device with safety features.
- Prevent blood borne pathogen transmission: clean and disinfect shared glucometers with every use.
- Be aware – don't share. Injectable pens (e.g., insulin) should be dedicated to only one person.
- Technique matters – injection safety requires an aseptic (sterile) technique.
- Product evaluation is a key component of healthcare and injection safety. Ensure your team has the right tools (e.g., medical equipment, disinfecting products) to get the job done safe and sound.

Reminder - Inspiring NMAHPs award 2023 Nominations close for this year's Inspiring NMAHPs award on Monday 23 October. Three winners will be chosen and fully sponsored to attend an international conference of their choice. It's very easy to nominate, just let us know in up to 250 words why your nominee is an inspiring NMAHP, and what they have done, or do, that inspires you or others. Nominations will be received by the NMAHP Rewards & Recognition group and by completing a nomination you are agreeing for the nomination details to be shared with the nominee. The winners' information will be shared across the organisation. Please do not include specific patient or client information. You can nominate in one of three ways:

- [Complete the online nomination form](#)
- Send your 250 words statement about your nominee, along with your name, job title, ward/location, and contact details AND the same details for your nominee to gram.inspiring.nmahpaward@nhs.scot
- Scan this QR code if you are reading a printed version of the brief:



Qualitative Research Methods Workshop Dr Andrew Maclaren (Lecturer) and Dr Louisa Lawrie (Teaching Fellow) (both Institute of Applied Health Sciences, University of Aberdeen) will lead this event on Tuesday 14 November, 2-4pm. It is an in-person event, taking place in D2 Workshop, Medical Physics Building, Foresterhill. This session will provide an overview of qualitative research methods, followed by a hands-on activity in data analysis. The session is aimed at those with an interest in qualitative research methods and who may be considering conducting this type of research or may be undertaking their first qualitative study. Staff and students are welcome to come along, and the presenters will be happy to answer any questions. Booking is essential, please email gram.randdtraining@nhs.scot to reserve your space.

We Care Wellbeing Wednesday - World Menopause Day special

Today is World Menopause Day and earlier ALLIANCE, in partnership with the Scottish Government, hosted an online panel event, with a particular focus on the needs of those experiencing symptoms of menopause. While the event is now past, you can still register to receive the recording to [listen back via this link](#).

Menopause Tea and Talk The Menopause Tea and Talk sessions aim to provide a dedicated space to encourage colleagues who are experiencing menopausal symptoms to feel well informed and supported through a range of activities and educational opportunities which will run on a bi-monthly basis. See the attached poster for more details, and to register please email gram.wecare@nhs.scot

Menopause Awareness in the Workplace This course is aimed at everyone who wants to find out more about the menopause, and how it can affect lives, the importance of awareness, and how to support those going through the menopause. Upcoming dates: 17 October, 9.45am-12noon, 9 November, 1.45-4pm, 30 November, 9.45am-12noon. [Booking is via Turas \(log-in required\)](#).

Following your feedback, we have also developed men-only menopause awareness sessions, to increase knowledge and understanding of the menopause, and support available in the workplace. There are no further dates for 2023, [but you can book into the 2024 sessions via Turas \(log-in required\)](#)

If you have any questions, want to find out more about our menopause resources, or any of the other training sessions offered by We Care, email us via gram.wecare@nhs.scot , [visit the We Care website](#), or find us on [Turas \(log-in required\)](#).

Tune of the day We're back with another IPC themed tune today – this time the team have suggested The Darkness and [Growing On Me](#) (but not if you keep your hands clean!) (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