

Friday 3 November 2023

**Oral cancer awareness month** This runs throughout November and is a perfect reminder for us to spend a little bit more time checking our mouths in the mirror. Mouth cancer is the 6th most common cancer in the world and in the UK around 7700 cases are diagnosed every year.

What to look out for:

- Red or white patches
- Unusual lumps or bumps in your mouth
- Ulcers that do not heal within 2 weeks
- Persistent soreness in your mouth

If you notice any changes in your mouth that don't go away after two weeks, see your dentist or GP. You can find more information about mouth cancer including how to reduce your risk, on the Let's Talk About Mouth Cancer webpage: <https://www.ltamc.org> If you don't have a dentist, visit [Dental Services \(nhsgrampian.org\)](https://nhs.uk/services/dental) to get information on dental services, details on NHS dentists accepting new patients, and what to do in a dental emergency. Alternatively call the NHS Grampian DIAL helpline on 0345 45 65 990. If you have an acute dental emergency at night or the weekend, call NHS 24 on 111.

**Are you a hyper-doer?** Thanks to Clare Bostock, a geriatrician at Woodend, for sharing an article she has written for the Journal of the Royal College of Physicians of Edinburgh. In it, Clare looks at signs of hyper-doing and ways to slow down. While we can't share the full article, the table below may provide some helpful advice for us all:

Signs of hyper-doing
Obsession with ticking things off the to-do list
Negative attitudes towards rest
Multi-tasking
Judging worth and value on accomplishments
Measuring a day by how much is achieved
Experiencing shame or anxiety when things are not done
Running late because of trying to fit too much in
Inability to sit and do nothing - every spare 5 minutes is a chance to complete a task
Inability to do something for pleasure until everything else is done
Doing things faster becomes the solution for having too much to do
Focusing on what hasn't been accomplished
A constant need to be busy and occupied
Doing trivial or unimportant things, to have a feeling of getting things done

<b>Antidotes to hyper-doing</b>
Be present and attentive
Write a 'to-be' list, instead of a 'to-do' list
Focus on kindness rather than productivity
Schedule rest
Write a list of things that you are <i>not</i> going to do
Learn to say 'no', especially to things that are not important or nourishing
Relabel 'procrastination' as 'preparation'
Reduce expectations
Stop 'should-ing'
Embrace JOMO - Joy of missing out
Redefine your worth

**That was the week that was** Not sure when we shared a particular item? We know how that goes; here's a quick guide to this week's key updates:

Monday 30 – Foresterhill site – staff car parking update & survey results, award for NHS Grampian surgeon.

Tuesday 31 – WhatsApp – reminder of policy, iMatter launched for Doctors & Dentists in Training.

Wednesday 1 – NHS Scotland Work/Life balance policies – now live, overseas patient administrator role.

Thursday 2 - Staff vaccination clinics – new dates, national menopause & menstrual health policy.

[All briefs are stored online, just click this link](#) or visit Working with Us>HR Portal>NHSG Staff Daily Briefs on the NHS Grampian website.

**STAR Award** A team STAR award was handed out this week, so an enormous 'well done' to the call handler team in ARI's flow navigation centre. If you want to make a STAR Award nomination, simply [complete the online nomination form](#), or email the details of the person/team you want to nominate to [gram.staffthanksandrecognition@nhs.scot](mailto:gram.staffthanksandrecognition@nhs.scot)

**Tune of the day** We round off the working week with [Firework by Katy Perry](#), because I am exactly that obvious. If you're watching the 'squeeps' this weekend, have fun. I'm taking a little holiday, so the brief will return on Monday in the safe hands of my colleagues (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)