

Wednesday 11 May 2022

International Nurses Day Tomorrow (12 May) is International Nurses Day, a celebration of nursing in all its different guises. One of the ways we are marking the occasion is by providing every clinical area with a toolbox to support staff to embed reflection into working time. The toolbox is aimed at nurses and midwives but can be used by anyone. It includes guidance as well as models for reflection and most importantly a Kitbag. The Kitbag supports individual or group reflection as well as mindfulness – and thank you to We Care for funding the Kitbags. Look out for the arrival of your toolbox. It will be bright orange with this logo:



We cannot wave a magic wand to create time, but we can give you ideas on how to get started. Reflection is known to prevent staff burnout and support staff well-being. The Nursing and Midwifery leadership Council is hugely supportive of this project. Give it a go! You have nothing to lose. For questions and further information please contact Linda Oldroyd, Chief Nurse for Surgery at linda.oldroyd@nhs.scot

Here For Life campaign Tomorrow will also see the launch of an exciting, UK-wide, campaign focusing on nursing AND midwifery, called Here For Life. We're not able to say too much more about this right now but keep an eye on NHS Grampian's social media accounts, as well as tv and radio, tomorrow to find out more.

Cabinet Secretary says 'thank you' Yesterday the Cabinet Secretary for Health, Humza Yousaf, attended a meeting of the national Flu and Covid Vaccination Delivery Group specifically to express his and the First Minister's admiration and gratitude for the amazing work of everyone, at all levels in delivering the vaccination programmes in Scotland. He said everyone involved can feel proud that the programme in Scotland is amongst the best in the world. It seems appropriate to pass on his thanks through this brief, particularly as the programme in Grampian has been amongst the best in Scotland. To date Grampian vaccinators have administered a total of 1,331,057 doses of COVID-19 vaccine, and the Spring booster campaign has administered 38,931 doses to date. There are many figures that could be produced about the success of the programme in Grampian; here are just a few:

Uptake of dose 1 in the 40+ age group	96.3%
Uptake of dose 3 (1 st Booster) in the 40+ age group	89.4%
Uptake of dose 4 (2 nd Booster) (75+ age group only)	77.0% (Delivery ongoing)

Hats off to all involved for a job well done!

Radiology – updated guidance on IV contrast scans The guidelines for administration of IV contrasts for patients requiring CT scans have recently been updated and are now available on the intranet via Grampian Guidance: [Radiology - Intravenous Contrast Scans - Renal Impairment \(scot.nhs.uk\)](https://www.scot.nhs.uk/radiology-guidance/intravenous-contrast-scans-renal-impairment). Please familiarise yourself with the new guidelines and share with your wider team.

Realistic Medicine blog Did you know the Realistic Medicine team has a blog? This allows different teams to describe how they are putting Realistic Medicine into practice in their area. The latest piece is by Jackie Stewart and Kerry Anderson in the Learning Disability team [and can be read here](#). The team are always on the lookout for new articles/blog posts, so if you want to talk about what Realistic Medicine means for your team/ward/service then get in touch with Amanda Gotch (amanda.gotch@nhs.scot) to find out more.

Free Swimming for NHS Grampian Staff and Families: Lifting of Booking Requirements From next Tuesday (17 May), the requirement for NHS Grampian staff and families to pre-book free swimming sessions at RGU Pool will end. All you need to do is turn up and show your ID Badge at Reception.

As a reminder, the free sessions are as follows:

- Every Tuesday 6pm-8pm for lane swimming
- Every Sunday 9.30am-10.30am for family swimming

This change has been made possible by the lifting of COVID-19 restrictions previously introduced by Scottish Swimming.

We Care Wellbeing Wednesday It is Mental Health Awareness Week, hosted by the Mental Health Foundation, please click on this link to take you to the mental health foundation website, [Mental Health Awareness Week | Mental Health Foundation](https://www.mentalhealth.org.uk/awareness-week). This year the theme is 'Loneliness.' Anyone of us can feel lonely at any time or anywhere, even when surrounded by people. The Mental Health Foundation have a website with resources, podcasts and stories on help and advice on how to cope with loneliness. Please click on this link, [Help and advice on how to cope with loneliness and improve your mental health | Mental Health Foundation](https://www.mentalhealth.org.uk/help-and-advice-on-how-to-cope-with-loneliness-and-improve-your-mental-health)

The 5 Ways to Wellbeing: Connect – Be Active – Take Notice – Keep Learning – Give.

Each day of mental health awareness week the We Care social media accounts are highlighting how each of the 5 ways to wellbeing can help with this year's theme of loneliness. Follow We Care on Twitter: @GrampianWeCare, Facebook: @GrampianWeCare, Instagram: @grampianwecare

[Please click here for NHS Grampian / We Care's staff in distress sheet.](#)

Our May We Care newsletter has further information on Mental Health Awareness Week. Please click on the following link. [We Care Newsletter- May 2022 \(nhsgrampian.org\)](https://www.nhsgrampian.org/we-care-newsletter-may-2022) If you would like to join the mailing list to have the newsletter sent to you directly, please request this by emailing gram.wecare@nhs.scot.

Tune of the day Thanks to David Evans (HCSW, Kildrummy ward, Royal Cornhill) for his request – he’s rounding out Wednesday with some heavy guitars and [No Easy Way Out by Bullet For My Valentine](#). If it sounds familiar to you, this tune originally featured on the soundtrack to Rocky IV, along with ‘Living in America’ by James Brown and (of course) ‘Eye of the Tiger’

As today is also Gothenburg Day, we’ve got a two for one special. The less said about Aberdeen this season, the better, so let’s cast our minds back to 11 May 1983 with [A European Song](#) (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