

Monday 4 December 2023

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**System pressures** We want to start by acknowledging it was a particularly busy weekend; our thanks to every one of you for working so hard, in particular to the teams at Dr Gray's for their additional support and our colleagues in the Scottish Ambulance Service.

**Brain Health Service officially opens** An innovative new brain health service has been officially opened in Aberdeen today by Maree Todd, MSP, Minister for Social Care, Mental Wellbeing and Sport.

This is the first example in the UK of a brain health service that offers a drop-in, self-referral system. Our Public Health team has been working in partnership with Scottish Government and Brain Health Scotland, which is an Alzheimer Scotland initiative.

The service will be based in the Alzheimer Scotland Brain Health and Dementia Resource Centre on King Street in Aberdeen and will provide people who are worried about their brain health with support and an initial assessment. The service team can then provide a personal brain health plan to support people to take steps to improve their brain health. The service will also be accessible through NHS Grampian's Healthpoint team and by direct referral from a GP. The demonstrator site will also provide evidence of the impact of this new approach, through independent evaluation, which will inform the further development of brain health services throughout Scotland.

The service is for anyone, regardless of age, who might have concerns about their brain health and can drop-in to the Brain Health and Dementia Resource Centre on King Street, Aberdeen. Further information is available here: [Ministerial opening of innovative new brain health service \(nhsgrampian.org\)](https://www.nhsgrampian.org)

**New SIGN Dementia guidelines** The new SIGN Dementia guidelines have been published, containing 67 evidence-based recommendations across six domains covering the full patient journey from diagnosis to end of life care. These are

- Identification and diagnosis of dementia
- Further investigative procedures
- Post-diagnostic support
- Non-pharmacological approaches for distressed behaviours
- Grief and dementia
- Changing needs of people with dementia

The guidance is available to read in full here: [Assessment, diagnosis, care and support for people with dementia and their carers \(sign.ac.uk\)](https://www.sign.ac.uk) and if you want to find out more, there is a webinar this Thursday (7 December) between 2-3.30pm. [Joining information is available via this link.](#)

**Community respiratory team** The Chest Heart & Stroke Scotland/NHS Grampian community respiratory team is an exciting new team, formed in the last few months, with the aim of seeing patients with chronic respiratory disease, close to their homes, to review and improve their care and quality of life and reduce their chances of hospital admission. We are accepting referrals on sci gateway and via a form which can be accessed on Grampian Guidance. If you work with patients with respiratory disease, particularly Chronic Obstructive Pulmonary Disease (COPD), please consider referring to the team.

**Gloves - To Don or not Tae Dee** Following on from previous communications around our 'gloves off' campaign and recent staff survey, the Grampian Glove Use Group (GGUG) would like to share the report with you. It provides an insight into healthcare workers' routine use of non-sterile disposable gloves. [Click here to view the report](#) (networked devices only)

Members of the group will be presenting this at the Shared Learning event on Thursday 14 December, 12-1pm. [Please come and find out what we can do to reduce the risk of harm and unnecessary waste.](#)

Initial feedback on the report should be directed to [gram.infectioncontrol@nhs.scot](mailto:gram.infectioncontrol@nhs.scot)

**National Distribution Centre - winter schedule 2023** Pecos requisitioners and approvers should consult this year's winter ordering schedule from the National Distribution Centre. The changes are detailed on the intranet page under **Procurement > Announcements**. Your NDC order cut-off days & times **will** change during Weeks 51 - 01. Although there may be disruption to your delivery days you should still order to a responsible level during this period, anticipating a delay of a few days. To avoid increased pressure during the holiday weeks, any stock build up should be done slowly over the preceding weeks. Excessive ordering and stock holding during this period can impact on other colleagues and departments across Grampian and NHS Scotland.

**Visit to NHS Grampian by Chief Allied Health Professions Officer** Last Thursday & Friday we were delighted to welcome Professor Carolyn McDonald, Scottish Government Chief Allied Health Professions Officer (CAHPO) and Anne Wallace, Allied Health Professions Advisor. We organised a packed schedule, with the goal of them meeting as many local AHPs as possible.

They started their visit at the Radiology Department, meeting with radiographers working across several specialities before they participated in sessions, meeting with AHPs both in-person and via Teams. This successfully enabled AHPs from Moray, Aberdeenshire, and Aberdeen to showcase examples of innovation and good practice in the north-east. Carolyn was very interested to hear about some AHP initiatives, unique to Grampian. The visit also gave AHPs the opportunity to share the collaborative work between ourselves and RGU with a focus on AHP Research & Education particularly as we are currently the only board in Scotland to have a jointly funded AHP Clinical Professor.

This was a welcome opportunity for many of the AHP professions to demonstrate how they work hard to proactively respond to workforce challenges and share with the CAHPO how they hope the Allied Health Professions - Education and Workforce Policy Review recommendations could support them in the future. Thank you to all involved in such a successful visit.

**NHS Scotland event – save the date** The NHS Scotland event will return in 2024, taking place in Glasgow on 10 & 11 June. More information about the programme will be shared as it becomes available.

**Pause for thought** Sometimes the best thing to do is nothing – but often we don't see value in that. We believe we will be more valued if we take some action, if we do something. What are you tempted to get involved with that doesn't really need your input? Where will you do nothing now?

**Tune of the day** Thanks to Alan Skene (finance department) for today's request. He's marking the passing of Shane McGowan - songwriter, poet, and hellraiser - with [If I Should Fall from Grace with God](#) (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)