

Here is the brief for Thursday 28 April 2022.

Update from the Chief Executive We will have a full 'Ask Caroline' video next week; for today we are sharing [this short update from Caroline Hiscox](#), recorded earlier today.

FIT Surgery Website Launch Today has seen the launch of [FIT Surgery, a brand new website](#) which will help improve patient experience, recovery times and shorten hospital stays through providing information to enable patients to be as prepared as possible for surgery, their time in hospital, and going home. The idea for this resource followed the Elective Care Redesign workshops held in 2019, and thereafter a series of Colorectal Pathway workshops. These identified a need to provide patients with Grampian specific information, written by local clinicians, on how to best prepare ahead of surgery and aid a better recovery once they were home. A steering group formed which included Acute Sector based Dietitians, Occupational Therapists, Physiotherapists, and Speech & Language Therapists who worked alongside a wider multi-disciplinary team. The team was supported by eHealth Web Developers, with funding generously provided by the Endowment Fund.

Professor Duff M Bruce, National Treatment Centre Clinical Lead and General Surgeon, along with the involved Allied Health Professionals [have created this short video](#) explaining why this website is so important.

FIT Surgery can be accessed directly here <https://www.fitsurgery.org> or via the QR Code below. It is located within NHS Grampian's current public facing website and future initiatives supporting patients who are coming into hospital for surgery can be added.



End to formal shielding guidance The Highest Risk List – previously known as the Shielding List - will formally end on 31 May. Messages have been sent directly to those on the list to inform them of the upcoming change, and they will also receive a letter from the Chief Medical Officer. The decision has been taken following a careful review of growing clinical evidence by a team of specialist clinicians. This suggests the risk of hospitalisation or death from COVID-19 has been significantly reduced and is no greater than that of the general public.

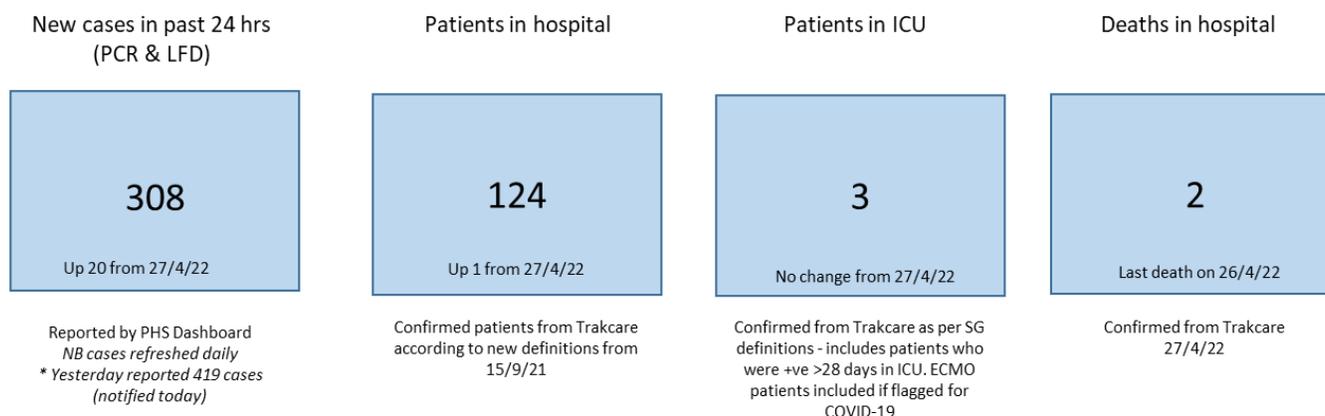
For some time now, the clinical advice has been for those on the Highest Risk List to follow the same guidance as everyone else in Scotland unless specifically advised otherwise by their own GP or clinician. Support remains in place for those who are immunosuppressed and who may still have some reduced immunity. There are more than 14,500 people in Grampian who were on the shielding list at the beginning of the pandemic. Based on national research, we believe as many as 5,000 of them are still minimising their contact with others, due to concerns about COVID-19. As a health board, we support the Distance Aware scheme, and continue to promote the use of face masks in places like supermarkets and on public transport, even though it is no longer a legal requirement. We continue to strongly encourage all patients and visitors to wear fluid repellent surgical masks in healthcare buildings.

Public Holidays A reminder that Monday 2 May is a Public Holiday for NHS Grampian and we will not be issuing a brief that day. More information is also available on the upcoming holiday to mark HM The Queen's Platinum Jubilee on 3 June; [please take a look at the Q&A available here](#) (intranet link, networked devices only).

Foresterhill Health Campus - car parking The multi-storey car park may be used by staff, provided we use Level 6 and above only. The lower levels must be kept free to allow patients and visitors easy access to clinical buildings. In addition, please do not park in spaces on the 'core' site which are reserved for patients.

From 1 May entrances and exits to buildings will no longer be staffed, with teams returning to their usual duties. This will include patrols of the site to ensure safe and appropriate parking. A huge thank-you to the team, both NHS Grampian staff and external contractors, who have 'manned' the doors over the last two years. Entrances/exits remain designated for staff or patients - please continue to observe this.

Grampian data The local update is shown below; [the PHS daily dashboard can be viewed here](#).



Meno & Pause Co-lab Café This series of events – organised by Aberdeen City HSCP - are open to anyone who is interested, men and women. The next event, on Thursday 12 May, is focussed on the impact menopause has on others around you, so it's a great opportunity for managers and colleagues to come along and gain a valuable understanding on the subject. The event will take place in the Legends Lounge at Pittodrie Stadium.

Event timings:

- 10.15am doors open and registration
- 10.30am event starts (health walk will be included)
- 12.30-13.30pm informal networking and lunch

The event finishes at 12:30pm but the room will remain open until 13:30 for any networking or discussions. Feel free to bring a packed lunch along as there is no rush to leave.

[Just click on the link to book your FREE ticket today!](#)

Deaf Awareness Week 2022 This awareness campaign gets underway on Monday, running until 8 May. The theme for this year is "Deaf Inclusion." The aim of celebrating Deaf Awareness Week is to highlight the impact of hearing loss on everyday life and increase the visibility and inclusion of Deaf people. As a healthcare provider, we must ensure we offer suitable communication support, such as BSL interpreters, and use other communication tools to have effective communication with Deaf patients and their family. There are two useful training sessions coming up next week (all delivered via MS Teams):

Fingerspelling and basic BSL – available to book via Turas.

3 May (9.30am to 11.30am) and 4 May (1pm to 3pm)

Communication Support for Deaf Patients - please email roda.bird@nhs.scot to book a place.

Two sessions on 5 May 10.30am to 11.30am and 1pm to 2pm

NoSCAR Spring workshop The North-East Scotland Centre for Applied Nursing, Midwifery & Allied Health Professions Research are hosting a workshop on Wednesday 25 May, between 2-4pm. Any nurse, midwife, or AHP in Grampian with an interest in research and evidence-based practice is invited to help co-produce events/sessions/support mechanisms to further develop the research culture and support the implementation of evidence-based practice within NHS Grampian. A flyer with joining information is attached to the email used to send out this brief.

Tune of the day We bid farewell to another colleague today – this time it's Karen Tosh. Karen has worked in Public Health for 27 years, most of them working on Oral Health. Setting up the tooth brushing programme back in the mid 2000's, the Health Improvement team initially suggested 'You're a Pink Toothbrush' by Mr Tumble, but frankly I have to draw the line somewhere! Instead, we've gone for a nod to Karen's Mancunian roots: [Oasis – Don't Look Back In Anger](#). We wish Karen all the very best!

If you want to request a tune (you don't have to be retiring, it can just be a song you like!), follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot