

Thursday 27 April 2023

First Aid at work This training is now delivered in a blended approach which involves applying for the First Aid modules and completing ahead of the practical session These are available on Turas under the OHS page. Managers must ensure staff have time, in work, to complete these

There are 3 options:

- Emergency First Aid at Work – 7 modules and 3.5 practical hours (half day)
- First Aid at Work – new staff – 13 modules and 12 practical hours (2 days)
- First Aid at Work Refresh –for those have previously completed the course before and due to expire-13 modules and 6 practical hours. (1day)

Application form for modules to be completed, with Manager's approval, are again available on Turas. Managers should refer to the First Aid at Work Policy available on the intranet to guide them through the risk assessment for First Aid provision within their workplace

Please note, if you have already applied and completed the modules you **must** attend a practical course otherwise no certificate will be issued. You may be asked to complete the modules again if there is a lengthy lapse. Timeframe to complete both the modules and the practical is 10 weeks. Dates available at the Suttie Centre, with occasional Elgin dates available too

If you have any queries, please email OHS via gram.OHS@nhs.scot or call on Ext 53663

Scottish National Diabetes Inpatient Audit (NaDIA) The Scottish National Diabetes Inpatient Audit (NaDIA) will run 9-15 May and we will be taking part across all acute adult inpatient wards in ARI, Woodend, and Dr Gray's. The audit will be carried out by our diabetologists and specialist nurses, looking to gather data on, for example, incidence and severity of hypoglycaemia, general foot care, and prescribing and administration practices.

Teams do not need to do anything to prepare and there will be very minimal impact on daily routines.

Up to 15% of inpatients will have diabetes. People with diabetes are more likely to have adverse outcomes compared to those without diabetes and improving inpatient care for people with diabetes is one of the key priorities of the [Scottish diabetes improvement plan](#). Data will be collected on the online national portal, Sci-diabetes (<https://www.sci-diabetes.scot.nhs.uk/>) The audit will give us data at a national, regional, and local level to help drive improvements to care and outcomes, and results will be shared widely once available. For more information regarding the audit within Grampian contact Dr Jane Dymott, SCD Diabetes (jane.dymott@nhs.scot) or Lisa Forbes, Service Manager (lisa.forbes2@nhs.scot)

Sustainable Postal Practices We are committed to being as sustainable as possible and ensuring we spend our budgets appropriately. One area we are keen to improve is our posting practice. Here are some simple things we need you to remember:

- Prior to printing and posting, consider if your communication can be sent digitally. If not, can your communications include links and QR codes to reduce the document size?
- Ensure correct sizes of envelopes are used for items.
- Ensure second class mail is used as default for external mail. Line management approval is required for first class mail and should only be used if deemed clinically or legally necessary.
- Postage priority should not be written on the envelope.

Thank you for your support by undertaking these changes.

Realistic Medicine - [Monthly Programme Flash Report for March - April 2023](#) We are very pleased to share with you the flash reports from the NHS Grampian and NHS Orkney Realistic Medicine Programme for March to April 2023. This is a snapshot of the activity undertaken in the programme over the last 2 months and where work will be directed in the coming month. We hope you find the report interesting, if you have any queries about the content of these, please e-mail gram.realisticmedicine@nhs.scot

Are you part of a team involved in sexual and reproductive health? The next online Sexual and Reproductive Health North-East Update Event will take place online, on Friday 5 May from 9am – 1pm via Teams. The event is aimed at multi-agency teams involved in sexual and reproductive health, for educational training and briefing purposes. It is aimed at health care professionals working in both primary and secondary care settings, such as GPs, advanced nurse practitioners, practice nurses, school nurses, midwives, doctors, nurses and pharmacists working in sexual health, and also trainees in relevant specialities.

The event will cover various training themes to brief and educate primary and secondary care associates on current topics of interest and the latest developments in sexual and reproductive health, so they are kept up-to-date by our service and partner organisations. To see the full programme and flyer and to secure your place at this event, please visit the [LEARNING ZONE](#), or email gram.srhtraining@nhs.scot with any queries.

On your bike, for Bike Month May is Bike Month, aimed at getting more of us out on two wheels, and we are taking part in the challenge! The more people riding their bikes and earning points, the higher NHS G will climb. If you haven't been on your bicycle in years – don't worry – the platform is designed to support new and born-again riders with free courses and an online community to encourage you.

Register before Monday 1 May to enter the £1000 early bird prize draw! There will be plenty other [prizes up for grabs](#) throughout the competition. To find out more about events happening in Bike Month and beyond, join the [NHS Grampian Active Travel mailing list](#). Register at lovetoride.net/abz, invite your co-workers to join in, and let's get ready for a bit of fun and friendly competition. Don't forget to add NHS Grampian as your workplace!

Please prioritise essential equipment in lifts Please can all staff in the Pink Zone at ARI be mindful when taking lifts. Colleagues on Level -1 are finding it increasingly difficult to deliver beds and other medical equipment to wards as people are getting in lifts going down when they want to go up. This means there is no room for staff to move equipment as there are staff in each lift. They are continually seeing waiting times of over an hour to deliver equipment. Please use the stairs if you can.

Tune of the day Another day, another birthday request, this time going out to Rachel Jukes in ARI Hand Trauma theatres. We know it's a big birthday today, though no number was revealed. The team have asked us to play [Unstoppable by Sia](#) to mark the occasion. Happy Thursday (KJ)!

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