

Tuesday 12 December 2023

The week in review The ice has thawed, for now, but the beginning of last week was one of the busiest we've seen because of falls and slips. With 145 patients presenting at Emergency Departments in Elgin and Aberdeen following a fall on 4 December, this was the highest number we have ever seen on any single day and was the major cause of increased ED presentations in the past week. People aged between 61-75 were most affected during this cold snap; the majority of falls were amongst people living in Moray postcodes – in Elgin, Buckie, Cullen, and Forres. In the city, most falls presentations were from people living in the north (Mastrick, Heathryfold, and Middlefield), but also from postcodes within the central and south localities.

The human cost of falls includes pain, loss of confidence, independence, and mortality – as well as affecting other family members and carers of those who fall. It has a significant impact on healthcare - 1 in 5 of the people who came to ED following a fall last week required hospital admission; 87 patients in total. For Dr Gray's, this was twice the usual number for this time of year and contributed to a spike in bed occupancy which tracked our highest planning scenario, and an unusually high level of ambulance waits. At ARI, we would typically expect about 41 falls admissions from ED at this point in the year; last week saw 58. With most of these admissions being for orthopaedics, we needed about 19 more beds than usual in Grampian to care for these patients, and about 316 more bed days overall.

Whilst we are at the mercy of the weather, there are community efforts in place to increase resilience and prevent falls. One example in Aberdeen City involves the creation of three 'ice crews' – a collaboration between the council, community councils, and public health who aim to keep 'cold spot' areas salted and gritted. It is early days in this initiative, but it is a good example of the community doing what it can to keep things going.

Staff drop-in sessions - Safe Transfer of Patients in ARI project Virtual drop-in sessions for staff are taking place each day this week between 1-2pm. The aim of these is to hear your thoughts and any concerns you may have regarding this project (sometimes known as 30/30). You do not need to attend the whole session, just drop in as/when you can anytime between 1-2pm. To request the joining link email gram.pipdirector@nhs.scot

If you are unable to attend and would like to pre-submit a question, please send this to gram.communications@nhs.scot

Last call – funding to support staff wellbeing Grampian Area Partnership Forum (GAPF) are inviting applications for funding to combat fatigue and support rest and recovery. These can be made for anything from a new kettle for hot drinks to a reclining chair for break rooms. A full set of guidance notes, along with the application form, [is available on the intranet here](#) (networked devices only), and applications should be received no later than **13 December**.

Safe & secure management of controlled drugs Information was shared via Global email earlier today regarding the appropriate handling of controlled drugs. If this applies to you, or your team, please ensure you have read the policy, [which is available here](#). In addition to the policy, individual wards/departments require their own standard operating procedure, detailing how the policy is put into practice. A template is available here, under 'C' for Controlled Drugs: [A-Z Local Policies & guidance \(nhsgrampian.org\)](#)

Christmas meals for staff – deadline approaching If you are working on Christmas Day/New Year's Day, you are now able to order a hot meal, at a reduced price, from the catering team. All you need to do is pop along to your nearest retail catering outlet, or kitchen in the community hospitals, and speak to the catering team to place your order. These will be delivered along with patient meals on 25 December/1 January. If you are based at Foresterhill, but not working on a ward, you will be able to collect your meal, by arrangement, from the ARI kitchen.

[The full menu and ordering details are available here](#) (intranet link, networked devices only).

Meals for Christmas Day must be ordered by **2pm, Friday 15 December**.

Meals for New Year's Day must be ordered by **2pm, Friday 21 December**.

Culture Collaborative The next meeting of the Culture Collaborative will take place on Monday 18 December, 3.40-5pm. This will be a spotlight session, with presentations on Reverse Mentoring by Tracey Leete, and Luan Grugeon focusing on 'Helping shape a new approach to engaging colleagues and citizens'. The Culture Collaborative is open at all; please contact gram.culturematters@nhs.scot for the joining instructions.

Engaging conversations If you are interested in the work Luan Grugeon is leading but are unable to attend the Culture Collaborative, there are two other opportunities to hear more about it. Join 'Engaging Conversations' on Teams, either this Friday (15 December) at 12noon, or on Monday 18 December at 1pm. Both sessions will last an hour. The new approach, and importantly, actions to deliver this will be based on real local lived experiences and insights, so do come along if you can and share your experiences and ideas. To access the meeting link or if you can't make the dates but are interested, please contact: brooke.elliott@nhs.scot

Culture Matters roadshow The next event in this series will take place at ARI (main concourse) **tomorrow** between 1-4pm; all welcome! If you have any questions about the roadshows, please email gram.culturematters@nhs.scot

Tune of the day It's Two for Tuesday (catchy slogan, that); Amanda Clark (vaccinator, Fiona Elcock Vaccination Centre) has asked for [Kool and the Gang's Celebrate](#) for all those, herself included, graduating with a Healthcare Practice Top-Up degree today. Meanwhile, Linda Caie closes the book on a 47-year career with the NHS today. All the team at Peterhead Vaccination Centre have requested Hue & Cry and [Looking for Linda](#) to mark the occasion (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