

Wednesday 31 January 2024

Project CAELUS update The CAELUS project is leading the way in exploring how drones can transport essential medical supplies across Scotland and NHS Grampian is proud to be part of the CAELUS consortium. You can find out more in [the latest edition of the project newsletter](#) and get involved with [surveys on drone technology here](#) (surveys close on Friday). If you would like more information about the project, please get in touch with claire.nicholl3@nhs.scot (NoS Project Manager)

In-patient Heart Failure Team Consisting of a Heart Failure Advanced Nurse Practitioner and Clinical Pharmacist, the team is available during office hours Monday to Friday and can help with (but not restricted to):

- New or existing heart failure diagnosis (across whole spectrum of EF)
- Provide support and education to patients
- Support with the introduction/re-introduction of disease modifying therapy (and optimisation of therapy)
- Support the management of an acute HF decompensation
- Advise on diuretic adjustment (in both HF_rEF and HF_pEF patients), including IV to oral switch
- Advise on the safe and appropriate use of HF medications in high-risk patient groups
- Ensure appropriate follow up in place for discharge
- Provide staff education on request

We can see patients face to face on the ARI site or give remote telephone/e-mail advice to those on other sites. To refer a patient please e-mail details to gram.ipheartfailurenurse@nhs.scot or call 55361

Please note patients with valvular heart disease or who are clinically unstable would **not** be suitable for referral to this service.

Vigil for healthcare workers killed in Gaza and Israel This Friday, and for the next four Fridays, there will be a vigil held in the Medical Lecture Theatre, to remember the healthcare workers killed in the current conflict in the Middle East. These will take place between 6-7pm and all are welcome.

Royal College of Physicians of Edinburgh (RCPE) – Aberdeen symposium RCPE will be running their popular Aberdeen symposium on Wednesday 13 March in the Suttie Centre. Booking is now open; early bird registration closes on 13 February. This event provides external CPD relevant across a range of specialties and disciplines and we welcome attendance from nursing & midwifery, AHP, and medical students, clinical colleagues working in both secondary and primary care, and those working in social care. More details, along with the registration information, can be found at this link: [RCPE: Aberdeen Symposium | RCPE Events](#)

2024 Palliative Care Evening Education Series The Palliative and End-of-Life Care Network is organising another series of online evening talks, this time centred around palliative medicine in chronic diseases. These sessions will be hosted on MS Teams and are open to anyone with an interest or involvement in Palliative Medicine. The sessions are as follows:

- Wednesday 7 February, 6pm – palliative care in renal disease, with Dr Laura Clark (consultant in renal medicine). [You can register via this link](#).
- Monday 18 March, 6pm – dementia at end of life, with Kenny Davidson (specialist nurse for dementia). [You can register via this link](#).

If you have any queries about either of these events, please contact gram.mcn@nhs.scot

We Care Wellbeing Wednesday

- **Peer Support Phase 2** Peer Support is a service which offers early emotional support to healthcare staff and is delivered by their peers who have “been there” – as we know that healthcare workers often prefer to receive support from their peers after a stressful event at work, or if personal stressors are impacting their work. Peer Supporters have undergone training in delivering Psychological First Aid to mitigate acute distress and assess the need for further support. We are now trialling an expansion of the Peer Support offer, from our pool of skilled and dedicated Peer Supporters to wider ARI colleagues – though any member of staff can access support. Keep a look out for the Peer Support badge (see below), to know who is around to speak with you. For more information, [follow this link](#) or check out [our poster](#), and to get in contact with a Peer Supporter please get in touch via gram.peersupportARI@nhs.scot



- **Psychological Safety** Psychological Safety within teams is integral to ensure people feel safe to speak up, disagree openly and surface concerns without fear of negative repercussions or pressure to avoid these conversations entirely. We have spaces available on our upcoming Psychological Safety training sessions – available on TURAS. The next upcoming session is: Wednesday 28 February (1.45-4pm). [Click here to book a space](#) (Turas log-in required), or contact We Care via gram.wecare@nhs.scot if you have any questions or want to find out more.
- **Menopause tea & talk** The Menopause Tea and Talk sessions aim to provide a dedicated space to encourage colleagues who are experiencing menopausal symptoms to feel well informed and supported through a range of activities and educational opportunities which will run on a bi-monthly basis, with the next session on 5 February 2024. See the attached poster for more details, and to register please email gram.wecare@nhs.scot.

Tune of the day Our request today goes out to Christine Fraser, district nurse team leader in Kincardine & Mearns. Christine retires tomorrow after 44.5 years in a range of nursing roles. Christine has asked for [If You Leave Me Now](#) by Chicago, as it was playing on the radio when she moved into the Staff Home all those years ago. Our thanks to Christine for many years of dedicated service! (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