

Here is the brief for Wednesday 20 October 2021.

Thanks to our #DomesticDefenders & Healthcare Chaplains [Paul Allen has recorded a special message of thanks on behalf of the Chief Executive's team](#) for World Thank a Cleaner Day and Healthcare Chaplains Week. As Paul says in the video, while we are all busy, we'd encourage people across the organisation to join us in taking a few moments to thank these two staff groups in particular this week for the work they do.

Autumn/Winter staff vaccinations You'll be aware by now that we recommend administering both seasonal 'flu immunisation and the COVID booster (if eligible) in one appointment. People sometimes worry that the immune system may not cope receiving more than one. We would like to reassure you that even a tiny baby's immune system copes well with receiving multiple vaccines at once. At 2 months old a baby will routinely be given the 6-in-1 vaccine to protect against diphtheria, tetanus, whooping cough, polio, Haemophilus influenza type b (Hib) and hepatitis B, the MenB vaccine and the Rotavirus vaccine at one appointment.

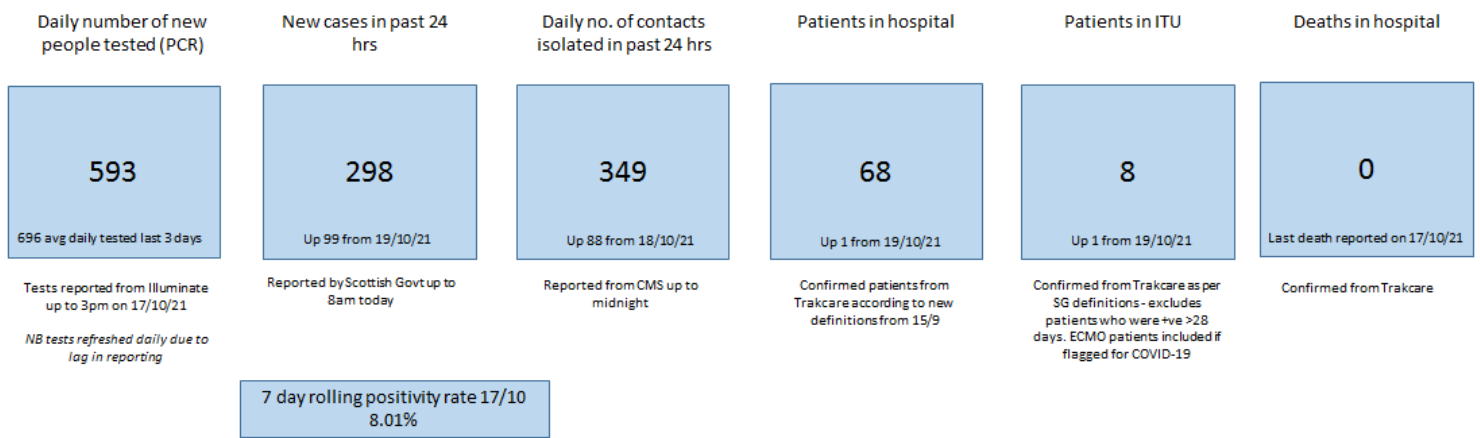
The experience among staff of co-administering so far has been positive, with the vast majority reporting only very mild after-effects (typically just a sore or tender arm, with the pain fading within 24 hours). The vaccine teams have a significant number of injections to administer, so we would encourage you to receive both doses (if eligible) in one appointment if you are able to do so. In addition, 'spreading the load' could leave you unprotected. If you would prefer to receive them separately, please be aware you will not be able to book a second appointment until your first is complete. You should wait 72 hours after your first appointment before accessing the system to book a second.

If you are unable to attend your appointment, please use the online booking system to rearrange your slot. Be aware that anyone who DNAs an appointment will not be able to use the online portal and will have to contact the national call centre to book a new appointment.

ARI staff vaccination clinic If you have yet to arrange your Autumn/Winter vaccination appointment, the staff clinic at ARI (Eye Outpatients, Yellow Zone) have appointments available from tomorrow (Thursday 21 October). Booking is preferred - [you can arrange an appointment using the online portal](#). Some walk-ins may be accepted, but please be aware if the clinic is busy, booked appointments are the priority and staff dropping-in will be asked to go away and arrange an appointment. When attending this clinic, please use the stairs (opposite M&S on the concourse), leaving the lift free for patients attending the department.

Meet the Regulator – Q&A session Thank you to everyone who was able to attend the Meet the Regulator session with the Nursing & Midwifery Council which took place recently. As promised, this event was recorded and is [now available to view via this link](#).

Grampian data The local update for today is shown below. [The Public Health Scotland daily dashboard is available to view via this link](#).



Quality & Safety in Healthcare – event POSTPONED This event, scheduled to take place on Tuesday 26 October, has been postponed until further notice. We understand current higher activity in the organisation and wider would not allow many staff the time to attend. We recognise how constrained and precious time is to our colleagues. The rescheduled event will again be open to all colleagues and held on a future date when all who wish to attend are able to do so.

On a positive note, we have a suite of poster presentations uploaded and ready to be viewed. There are 23 posters in total. These are inspiring, diverse, and rich in content, and a testament to what can be achieved during these extraordinary times. We wish to thank all who submitted posters, a significant amount of work has been carried out and this is appreciated. You can view the posters by [following this link](#). The posters are currently being judged and the top three will receive prizes. These will be announced in the Daily Brief. Winners will also be given the opportunity to present their poster at the Clinical Board, to convey the quality of the work carried out and share knowledge.

We look forward to getting in touch with you again once we can identify a suitable date for the event to take place in the future.

International Infection Prevention Week Yesterday we highlighted the challenge of biofilms in water supplies. To avoid the risk of colonisation, and the formation of biofilms, water systems are controlled by

- system maintenance
- temperature control
- system disinfection
- preventing stagnation by implementing flushing regimes as required

If you notice slow drainage of water in your area, this must be reported to Facilities & Estates. Below are some helpful links with more information:

[Pages - RiskControlNotices \(scot.nhs.uk\)](#) (Intranet link)

[Managing legionella in hot and cold water systems \(hse.gov.uk\)](#)

[Pages - MicroOrganisms \(scot.nhs.uk\)](#) (Intranet link)

The menopause and you It is often said that there are only two certainties in life: death and taxes. In fact, for many of you reading this, there are three certainties: death, taxes, and going through the menopause. As part of World Menopause Day (which took place on Monday) we spotted a video, [featuring Debra Holloway, a gynaecology nurse consultant at Guy's and St Thomas' Hospital](#), filmed earlier this year for the Maternity & Midwifery Forum. It is just over half an hour long and offers a lot of helpful information on symptoms, treatment, and coping at work while menopausal. We hope you find it informative and helpful!

We Care Wellbeing Wednesday

- **Values Based Reflective Practice** Our apologies for providing an out-of-date email address for Sue Rayner in yesterday's brief! The correct address is susan.rayner1@nhs.scot If you are looking for more information on VBRP, [this short video has also been produced](#).
- **Friday 22nd October – International Stuttering Awareness Day** About 1% of the population suffer from a stutter, a speech disorder which involves frequent and significant problems with normal fluency and flow of speech. Unfortunately, there is no cure for a stutter but there are mechanisms available to enable sufferers to cope better with day-to-day speech. The National Stuttering Association was set up to allow sufferers to share experiences and stories.
- **Spaces for Listening** This is a simple, structured process which creates a space in which we each have an equal opportunity to share our thoughts and feelings, and to experience an equality of listening; there is no hierarchy. It is about sharing what is going on for each of us. More information is available in the briefing sheet attached to the email used to send out this brief; there are currently spaces available on the dates & times shown below, please contact Fiona Soutar (fiona.soutar@nhs.scot) to book a place.

Thursday 21 October, 3-4pm / Monday 25 October, 4-5pm / Monday 1 November, 5-6pm

Tuesday 2 November, 2-3pm / Wednesday 17 November, 10.30-11.30am

Thursday 18 November, 3-4pm / Wednesday 24 November, 2-3pm / Monday 20 December, 4-5pm

Tune of the day I have been wracking my brains for a song for our #DomesticDefenders today and there are no decent songs that reference cleaning! So, I've plumped for [I Want To Break Free by Queen](#). Freddie's get up is certainly not compliant with cleaning in healthcare!

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot