

Monday 9 May 2022

Mental Health Awareness week This year's Mental Health Awareness week is focused on loneliness. One in four adults report feeling lonely some or all of the time. There can be multiple reasons for this and as many potential solutions. [The Mental Health Foundation have a range of advice](#) for you if you are feeling lonely, or to help you support someone you know who is dealing with loneliness, The Foundation is also encouraging all of us to use social media as a force for good, by sharing our experiences of loneliness and using #IveBeenThere.

Asymptomatic COVID testing – non-patient facing staff We have been asked to provide further clarity on whether those of you in jobs which DON'T involve direct patient/client contact should continue with twice-weekly asymptomatic testing, in light of new guidance. We have consulted with Public Health and there is no specific guidance for non-patient facing staff with regards to LFD testing. However, you are supported to continue with twice weekly testing if you wish. Should you test positive and/or develop any respiratory symptoms, you should now [follow the same guidance as the general public](#).

As a reminder, there is still specific guidance on testing and self-isolation for those of you who DO have direct patient contact as part of your job; [an updated flowchart is available to view here](#).

Safe and Clean Care Audit Tool (SACCAT) Following extensive review, this audit tool is now live, replacing the local HEI Audit. The Infection Prevention & Control Team will be in touch with clinical areas directly from this week onwards to schedule visits, thereafter audits should take place at least every 6 months. [Guidance to support audit completion is available here](#) (intranet link, networked devices only)

NHS Scotland Event 2022 Registration is now open for the NHS Scotland Event, taking place at P&J Live in Aberdeen on 21 & 22 June. It's the first time the event has come to Aberdeen, and we are encouraging as many of you to register for the event as possible. In another first, we have worked closely with event organisers to develop an Experience Day. Taking place on 20 June, this will showcase some of the amazing work underway in Grampian to our colleagues from across Scotland. [Full details on the event programme and how to register are available here](#).

TrakCare Evidence Button Do you use Trakcare? Have you used the Evidence button?



If the answer is yes we would love to hear from you by completing this [short survey](#). NHS Education for Scotland Knowledge Services are reviewing the Evidence page with the aim to improve it to better meet your needs. If you have not used this button on Trakcare, it was developed by NHS Education for Scotland and local NHS library services to provide you with a range of trustworthy, up to date evidence including point of care evidence summaries, drug information, and specialised materials for nursing and allied health professionals.

Innovation Fellowship Scheme Launches Cohort 1 of the Innovation Fellowship Scheme launched last week. [All information is available online here](#). An online information session will take place 4-5pm on Tuesday 10 May. Please email InnovationFellowship@gov.scot to register.

Applications for the first Cohort of this Fellowship will close at 5pm on Wednesday 15 June. If you would welcome an informal chat, please contact Dr Andy Keen, Clinical Lead for Innovation, email: andrew.keen@nhs.scot and/or Hazel Dempsey - Programme Manager NHSG Innovation HUB, email: hazel.dempsey@nhs.scot

PhD training opportunity Are you interested in pursuing a clinical academic research career and have been considering undertaking a PhD? Well, this opportunity might be for you! The strategic nursing team and the School of Nursing, Midwifery & Paramedic Practice at Robert Gordon University are working in partnership to offer one nurse or midwife in NHS Grampian the opportunity to undertake a part-time PhD at RGU starting September this year. Further information is available in the attached flyer. Support is available to all applicants, please contact Deborah Baldie (Deborah.Baldie@nhs.scot).

Evaluation Clinics The Evaluation Network have released new Evaluation Clinic slots for May and June. These are designed for staff who are planning a service change or project and would appreciate advice on any aspect of planning, implementing, writing up or disseminating an evaluation. If you are interested in attending, [please complete this form to book](#) or email calum.leask@nhs.scot or duncan.sage@phs.scot if you have further queries.

Countdown to Carers Week This annual event will take place 6-12 June. The Carers Positive organisation, which aims to encourage employers to create a supportive working environment for carers in the workplace, has organised two events. The first, taking place this Wednesday (11 May), is aimed at employers sharing ideas and inspiration about events to be held during Carers Week. It is free and starts at 10am; [you can register via Eventbrite here](#).

The second event takes place during Carers Week on Wednesday 8 June; a meeting of a newly established network for working carers in Grampian, open to all working carers and Carer Positive employers in the region. If you are a working carer, or manage someone who is also a carer, you are encouraged to attend. [Registration is already open, again via Eventbrite](#).

Pause for thought Taken from last week's Guided Journaling sessions, here is this week's opportunity for reflection:

Albert Einstein said: "Imagination is more important than knowledge; for knowledge is limited to all we know and understand, while imagination embraces the entire world, and all there will ever be to know and understand." How might you grow if you could embrace your imagination?

Tune of the day Keith Urban is currently on tour across the UK, in a series of concerts much delayed by the pandemic. Antoinette McNeil (Nuclear Medicine Technologist) is one of many with tickets, she's requested [The Fighter](#) as tune of the day, dedicated to her colleagues in Nuclear Medicine. (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