

Tuesday 14 June 2022

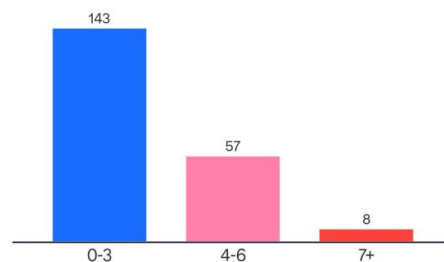
Coughs and sneezes spread diseases Coming to work with symptoms of respiratory infection will spread these viruses to colleagues and patients. Influenza, COVID-19, and other respiratory viruses are circulating in the community. LFD testing is an important tool for preventing COVID-19 transmission; however, a negative test may mean another virus is causing your symptoms. To reduce infection risk, LFD testing should be done at home prior to attending work.

If you work with patients/service users in face-to-face settings, have symptoms of a respiratory infection (i.e., cold/flu like symptoms), but test negative for COVID-19, you are advised to stay at home until absence of fever (less than 37.8oC, without taking medication to reduce fever) for 48 hours and you are feeling well enough to return. [Further guidance and advice regarding staff testing for COVID-19 can be found here.](#)

Meetings and how to manage them Yesterday we asked how many meetings you had in an average day and the results are as follows:

Thinking about an average day at work, how many meetings, of 30 mins or more, do you attend? (This can be on Teams or in-person)

Mentimeter



208

This is a very small sample and there may be those of you reading with significantly busier diaries. In a bid to balance the need to meet and collaborate, with the need to complete tasks and our own wellbeing, all portfolios and directorates are encouraged to participate in a test of change between now and the end of August. In practise, this means the following:

- Meetings should not take place before 8am or after 6pm, unless is it operationally critical to do so.
- Teams should keep a consistent meeting-free hour each day

In addition, when scheduling meetings, please consider whether an hour meeting could actually be completed in 50 minutes (or 25 minutes, instead of 30) to allow all participants a short break between calls. Work will be done in conjunction with the Smarter Working Programme, and We Care, to develop resources supporting healthy meetings practice. We will evaluate the test of change in September to determine if it has had a beneficial impact.

Portfolio working As promised last week, we are providing more information on the portfolio working approach, answering the questions raised during the recent survey:

- What is it?

Portfolio working allows services with natural connections to work together, to deliver the best services for the people of Grampian. It is not necessarily a new concept – for example, Aberdeenshire HSCP has taken a portfolio approach from the beginning, breaking down barriers between ‘health’ and ‘council’ services.

- Why are we doing it?

To deliver the best possible service to the people of Grampian. They are not concerned by departmental or organisational boundaries; they want to look after their own health, to manage their own condition(s), to get the treatment or care they need in the most co-ordinated way possible.

- What are the individual Portfolios?

Integrated Family (includes maternity and paediatrics)

Medicine & Unscheduled Care

Integrated Specialist Care Services (includes surgery and clinical support services)

Mental Health & Learning Disability

Population Health

Aberdeen City

Aberdeenshire

Moray

Our next update on portfolio working will focus on how the portfolios work, and how they work together.

NHS Scotland event – evening networking This time next week, day one of the NHS Scotland event will be drawing to a close. Two evening receptions have been organised for next Tuesday (21 June), between 7-9pm, at Robert Gordon University and Aberdeen University. NHS Grampian are co-hosting both events and anyone registered to attend the NHS Scotland event is warmly invited to attend. Both events are free, and a buffet meal will be provided. Further details are available at the links below:

[Aberdeen University reception](#)

[Robert Gordon University reception](#)

Baird & ANCHOR project The latest newsletter from the project team has been attached to the email used to send out this brief. It includes progress reports on both buildings and an update from Paul Allen, who has taken over as Senior Responsible Officer.

Alzheimer Scotland Dementia Consultants National Learning & Sharing Network The next event in this series will take place on Wednesday 27 July, 2.30-3.30pm, via MS Teams. Susan Holland, Alzheimer Scotland Dementia Nurse Consultant at NHS Ayrshire & Arran, will be leading this session, entitled ‘Supporting carers of people living with dementia’. These sessions are of interest to Dementia Champions, Dementia Ambassadors, and Dementia Specialist Improvement Leads. The events are free of charge, [you can register by following this EventBrite link](#). If you are unable to attend, recordings of all the events in this series will be [posted to the Alzheimer Scotland website](#).

Aberdeen Sports Village Corporate Games Good luck to NHS Grampian's diving team who compete tomorrow night at the Aberdeen Aquatic Centre:



(L-R) Pauline Ganley, Hannah Farquhar, Leona Tait, Simon Winstanley, Andrew Balfour, Thomas Pescuma

Also, well done to the Badminton team (David Rutledge, Fiona Doney, Martyna Chlost, Shahab Rahman, Grant Rutledge, and David Garioch) who came 4th in their competition!



We're still looking for team members for the following events:

Football (7 a-side) – females only please – event is on the afternoon of Sunday 3 July but if you can attend some training sessions too, brilliant.

Swimming – males & females – event is on the afternoon of Saturday 30 July 2022. There will be a range of events, including relays.

All participants receive an NHSG branded t-shirt and a free 5 visit pass to Aberdeen Sports Village; if you're interested, please get in touch via gram.sports@nhs.scot

Tune of the day Today's request comes from our Corporate Games Badminton team – they've collectively asked for [Jump Around by House of Pain](#). The lyrics do get a bit fruity in places, be warned! (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