

Monday 17 July 2023

Message for laundry colleagues We're pleased to share a special message to all laundry colleagues today: [Caroline Hiscox video message to laundry team](#). We also want to remind everyone the service remains in contingency and continues to receive support from other boards and external accredited laundries. How can you help?

- Be mindful around the use of linen (paper for spills, not towels)
- Scrubs only be worn by appropriate services, such as theatres
- Change beds only when needed, but ensure linen is changed within a seven-day window
- Be respectful to the team

The sewing room is open; if additional uniform is required, please requisition as normal. Your ongoing co-operation is welcome and a huge thank you to the laundry team for their continuing hard work.

Disposal of Medicine Pots Pots used to dispense medicines to patients are classed as medicinal waste and should be disposed of in blue bodied waste bins only. This applies whether the pot used is paper or plastic, and whether it was used to dispense liquid medicines, tablets, or capsules, as there may still be remnants of medicine in the pot. This also applies to medicine spoons and oral syringes. Catering colleagues are reporting many of these pots are being returned to the kitchens on meal trays. They do not have facilities to dispose of medicinal waste, so please ensure these pots are disposed of appropriately at ward level. Thank you for your co-operation, as always.

Aseptic technique training The proper application of aseptic technique is central to reducing HAIs and preventing infection linked to invasive devices. There is a wealth of information and training available on Turas and we encourage the relevant staff to view and complete the appropriate modules. The resources are available here: [Aseptic technique | Turas | Learn \(nhs.scot\)](#) (requires log-in to Turas)

Realistic Medicine and Value Based Health & Care Conference – save the date! We are delighted to announce this event will take place on 6 September, running simultaneously in NHS Grampian and NHS Orkney. This conference is going to be different...it's all about you. The working title of the conference is *"Realistic Medicine and Value Based Health and Care - Your Conference for Showcasing, Sharing and Spreading the Ethos"*.

We will of course be sharing new information with you, and have some wonderful speakers booked to share their insights and knowledge. The theme of the day, however, is about giving you the opportunity to reflect on how you demonstrate Realistic Medicine and Value Based Health & Care in your work.

We know there are so many excellent examples of you using the principles and ethos of Realistic Medicine and VBH&C, this is the time for you to celebrate these and share the difference they make to those you work with and for. With this in mind, we are now accepting posters - with a deadline of 1 September - for display on the day in the networking areas to give you the opportunity to share your

amazing work and discuss this with interested colleagues at the conference. A simple poster template is [available via this link](#) and attached for ease.

Please email us at gram.realisticmedicine@nhs.scot for further information or to supply a copy of your poster which we will print in A3 for you. The conference programme and further information will be shared shortly, please feel free to share this date widely with your colleagues.

NHS Scotland event All resources from the 2023 NHS Scotland event are now available to watch or download here: [Programme | NHS Scotland Events](#).

Pause for thought What in life has value for you? In what ways do you share this out with others, and what does this give you?

Tune of the day It's a two for one Monday, because why not? Our first tune comes courtesy of the Corporate H&S Team and dedicated to team member Martyn Phillips. Last year Martyn swam 10 miles to raise mental health awareness and funds for Reach Across. This Wednesday, he is upping the challenge and swimming a minimum of 21 miles of open water around Knockburn Sports Loch in Aberdeenshire. The whole team are so proud of Martyn and have asked us to dedicate Frightened Rabbit and [Swim Until You Can't See Land](#) to him

Secondly, we had to mark the death of all-round icon Jane Birkin. Actress, singer, and inspiration for a really very expensive handbag. [Je t'aime...Moi non plus](#) is our second tune of the day. It's a bit of a fruity one, so exercise caution before you hit play (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