

Wednesday 7 June 2023

**Gloves – to use or not to use?** As promised on Monday, we are launching a survey as part of our commitment to reduce incorrect usage of non-sterile disposable gloves, and with that reduce our plastic pollution.

- **What?** An anonymous survey; you as an individual cannot be identified. It will ask you a few questions about tasks you would or would not **\*routinely** wear **non-sterile, disposable gloves** for and what, if anything, influences your decision making around glove use.

\*By 'routinely' we mean occasions when Standard Infection Control Precautions (SICPs) would be enough to prevent cross transmission of specific infectious agents, and there are no other risks present such as suspected or confirmed transmissible infections, broken skin at the point of care, or exposure to chemicals or hazardous materials.

- **Who?** Employed by NHS Grampian and work in a healthcare environment? We would love to hear from you!!
- **Why?** Inappropriate glove use can contribute to hospital associated infections, unnecessary waste, and patient anxiety. Did you know we spent around £1.3 million on non-sterile disposable gloves? A small team of representatives from across the organisation want to understand why we/you choose to wear gloves so we can then work towards cleaner/greener/safer services.
- **How?** [Click here to complete the online survey](#) or scan the QR code below if you are viewing a printed copy of the brief. The survey will CLOSE on 23 June, so don't delay!



If you have any queries or comments regards this survey or would like further information, please contact the Infection Prevention & Control team by emailing [gram.infectioncontrol@nhs.scot](mailto:gram.infectioncontrol@nhs.scot)

**New bus service to ARI** We're pleased to say Stagecoach are launching a new bus service, linking Kingswells Park & Ride and the ARI bus port. The X14 starts on Monday 12 June, with services running as follows:

Kingswells Park and Ride	06:26	06:56	07:35	08:06	08:52
Kingswood Drive	06:27	06:58	07:37	08:08	08:54
Lang Stracht Lewis Road	06:33	07:04	07:44	08:15	09:01
Aberdeen Royal Infirmary	06:39	07:10	07:50	08:21	09:07

Aberdeen Royal Infirmary	15:49	16:27	17:05	17:44	18:19	18:59	19:33
Rousay Drive	15:57	16:35	17:13	17:52	18:27	19:07	19:41
Kingswood Drive	16:04	16:42	17:20	17:59	18:34	19:14	19:48
Kingswells Park and Ride	16:06	16:44	17:22	18:01	18:36	19:16	19:50

Stagecoach is offering a day return ticket, priced at £3.50, for NHS staff. Please note, this can only be purchased at Kingswell Park & Ride or ARI, not at any other stages.

**Respiratory evening roadshows** This is a series of events organised by the Grampian Respiratory MCN, with the next one taking place on Tuesday 27 June at Crimond Medical & Community Hub (Crimond, Fraserburgh, AB43 8QJ) The event begins at 5.30pm with food & refreshments, followed by a series of sessions around a specific theme. [You can register via this link](#) or contact [gram.mcn@nhs.scot](mailto:gram.mcn@nhs.scot) for more information. These events are supported by Bayer PLC; they contain promotional content, and your registration details will be shared with them.

**Volunteering – your stories** We conclude our marking of Volunteers Week with Jillian Evans, Head of Health Intelligence & Learning Health Systems:

“I volunteer with SHMU (Station House Media Unit). This charitable community media organisation provides support, encouragement and training to individuals in our regeneration communities who benefit from confidence building and skills development. It makes a huge difference to the lives of individuals and their communities. I volunteer by doing a radio show and am a trustee on the Board. It's fair to say that volunteering with SHMU revives and energises me, introduces me to new people and situations, improves my skills - and in return, I hope my knowledge and experience is useful in developing SHMU's activities. I've been doing this for about 10 years, and it is an extra commitment on top of a busy full-time job, but it is time well spent and I wouldn't change it for the world.”

**We Care Wellbeing Wednesday** All links for booking require you to log into your Turas account; if you have any question about any of these items, or about the We Care programme, please contact [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot)

- **Psychological Safety in the Workplace** This is an evidence-based concept enabling teams to create positive cultures and an environment where everyone can speak up. Research indicates benefits of a psychologically safe workplace include stronger staff morale, higher productivity and creativity levels and more staff engagement and job satisfaction. Our upcoming Psychological Safety training dates are 12 July (1.45 - 4pm); and 21 September (9.45am - 12noon). You can [book via Turas here](#).
- **Menopause in the Workplace & male-only Sessions** These sessions were created to raise awareness of the issues those who go through the menopause can face, and how these can affect the way they work. Any staff member can attend these sessions, to find out how they can support their colleagues, or to make themselves aware of the support available if they need it. To see upcoming dates and book a place, [please visit the Turas website](#). We also have a selection of male-only bitesize versions of these sessions, created in response to your feedback. [Again, these can be booked via Turas at this link](#).
- **Guided Journaling** These 30-minute guided journaling sessions provide us with an opportunity to pause and reflect; they are also responsible for the ‘Pause for thought’ we share each Monday. Though it takes place in a group setting, your experience will be entirely personal. All microphones are muted throughout, and you can leave your camera off if you choose. Sessions typically take place at either the start of the end of the working day and all you need is a pen/pencil and some paper. [To see upcoming dates and book your space visit Turas here](#).

**Tune of the day** Thanks to Katrina Schofield for getting in touch and pointing out we are halfway through Bike Week. Have you checked out [our newly refreshed Cycle2Work scheme](#) to help you make savings on a bicycle? [The Pushbike Song](#) by Mungo Jerry is our tune of the day.

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](mailto:gram.communications@nhs.scot)