

Quality award for The Oaks

We are delighted that The Oaks palliative care unit in Elgin has successfully retained the Macmillan Quality Environment Mark (MQEM) - a quality standard developed by Macmillan Cancer Support.

The assessment looks at how the environment and physical space in which care is delivered impacts on patient experience and supports patient choice and dignity. Achieving the MQEM means joining some of the UK's most forward thinking cancer care organisations and being recognised as a healthcare environment that prioritises a positive patient experience.

In confirming the achievement, Kwesi Marles, Head of Cancer Environments at Macmillan, said: "Retaining the mark evidences to your users and staff that you are committed to maintaining a quality environment. We have now assessed over 290 cancer care environments. Learning from these assessments feeds into our continuous cycle of improvement and will help to inform future iterations of the quality standards."

A number of improvements have been made at The Oaks since the previous assessment, including the replacement of carpet with hardwood flooring and the addition of new chairs. There are further plans to soften the environment through greater connection to the natural environment.



The team at The Oaks will continue to gather feedback from people who attend the unit and implement changes where required. Annual self-assessments will be carried out to ensure standards are maintained.

Pay increase for NHS staff

NHS medical and dental staff will be awarded a 4.5% pay increase for this year, backdated to 1 April 2022. This is for all NHS Scotland medical and dental staff, general medical practitioners and general dental practitioners.

The annual pay uplift of 4.5% was recommended by the independent Doctors and Dentists Pay Review Body (DDRB) and accepted by the Scottish Government.

Be free of Hep C

Tomorrow is [World Hepatitis Day](#) and NHS Grampian is reminding people at risk of Hepatitis C to come forward for testing and treatment.

The call comes as part of a public health campaign - Get Tested, Get Treated, Get Cured - working towards elimination of Hepatitis C. Without treatment, Hepatitis C is an infection that can lead to liver failure and liver cancer.

Most people have no symptoms and only discover they have Hepatitis C by getting tested. New treatments involving a short course of tablets have very few side effects and clear the virus in most cases.

Those at risk include anyone who has ever injected drugs, including anabolic steroids, and shared equipment – even if it was only occasional and many years ago. It also includes people who have had tattoos in unsterile conditions or received healthcare abroad.

If you think you may be at risk you should speak to your GP or other health care worker and ask for a test. Information on testing, referral and treatment is also available by calling the NHS Grampian Liver Service on (01224 554757) or visiting www.nhsgrampian.org/hepatitisc if you prefer not to contact your GP.

Pauline Dundas, Clinical Lead for Viral Hepatitis with NHS Grampian, joined Public Health Practitioners Penny Gillies and Susan Thom for an information session on Hepatitis C which was recorded by Keith Community Radio (KCR). Listen to the broadcast here:

<https://www.mixcloud.com/KCR1077/benefit-from-advice-world-hepatitis-day-25-july-2022/>

Frailty pathway

A new frailty pathway animation produced by Aberdeen City Health and Social Care Partnership highlights the commitment of partners across Grampian to providing the right care in the right place for older people.

People, especially older populations, remain fitter and healthier the longer they remain at home when safe to do so. Outcomes for many people following even a short stay in hospital can be negatively impacted.

It makes sense that we try to provide more services in people's homes and communities, when appropriate, and this is what people tell us they would prefer to a hospital admission.

To find out more please watch this short animation: <https://orlo.uk/O41KX>



Lasting Impact Fund

The NHS Grampian Endowment Fund has established a Lasting Impact Fund with an initial value of £2m and is working with researchers and communities on a new population health programme.

The charity, which supports research projects, arts and environment programmes, community grants and staff social activities, is keen to learn more about the main health issues facing communities across Grampian.

All are welcome to share their views – a short survey can be found [here](#).

Get checked early

Health & Social Care Moray is backing the relaunch of a national campaign to encourage people with possible symptoms of lung cancer to get checked without delay.

Common early symptoms can include unusual breathlessness or a new or different persistent cough that lasts over three weeks. If you're worried about a possible sign or symptom, your GP practice is there for you. Your initial appointment may be over the phone but you will be invited in for a face-to-face appointment if an examination or tests are needed.

Lung cancer is the most common cancer in Scotland, with around 5,300 people diagnosed each year. It is important to get checked without delay, especially if you're aged over 40, as there are more treatment options available if lung cancer is found earlier.

The Scottish Government's Detect Cancer Early campaign aims to raise awareness of the symptoms people should look out for and highlights the risks of letting lung cancer 'make itself at home', in a bid to encourage people to act.

Dr Carey Lunan, GP, said: "Some people put off contacting their GP practice because they think they'll be wasting our time, but if you're worried about potential symptoms of lung cancer, we really want to hear from you. While most symptoms are unlikely to be due to cancer, for those who do end up having a lung cancer, the sooner we hear from you the more we can do to help.

"When you call your GP practice, please give as much information over the phone as you can. Many practices will start the appointment with a phone call and then bring you in for an in-person appointment if you need to be examined.

To find out more about possible signs and symptoms of lung cancer, and what to expect when you contact your GP practice, visit getcheckedearly.org



Free cognitive behaviour apps

Difficulties with sleep and anxiety can have a negative impact on our health, wellbeing, family life and work.

Two digital cognitive behavioural therapy (CBT) apps are available free of charge to health and social care staff and all adults living in Scotland through Big Health's partnership with the Scottish Government and health boards.

Sleepio (for insomnia) and Daylight (for anxiety) are clinically approved digital therapeutics which deliver bite size sessions to help you get in control of worry and sleeplessness.

Sleepio offers you a personalised goal setting programme for your sleep issues, featuring sessions with step-by-step guidance using evidence-based techniques. In about 20 minutes per week, you learn how to quieten a racing mind, reshape behaviours, and get better sleep. Sign up to try Sleepio at [here](#).

Daylight aims to help you gain control over your anxiety. After a two-minute quiz to discover your anxiety type, you'll receive personalized techniques to help manage it. When it's needed the most, Daylight is instantly accessible and ready to check in, practice, or try a new technique. Sign up to try Daylight [here](#).