

Dear Colleagues,

Another really busy week, with sustained pressure across the health and care system. I hope folk got some time off over the Easter weekend, but I know that won't have been the case for everyone.

Today's update does give us a glimmer of hope with covid peaking, but we all know that it will take time to recover from the pressure, both individually and as a system.

If we looked back at the last years' worth of weekly updates, despite the pressures there have been a number of good news stories of developments and initiatives, with this weekly update containing some of those.

Please let's share these widely so we can all celebrate success and recognise the great work that often goes un-noticed. Contributions can be sent to involvement@moray.gov.uk.



Simon Bokor-Ingram
Chief Officer
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System update

While health and care services remain under very significant pressure, there are hopeful signs that we have passed the latest peak in Covid admissions, and projections for the coming weeks suggest that the numbers of cases will continue to reduce.

This should bring some relief to hospitals, care homes and community services which over the past few weeks have faced some of the most challenging times of the past two years.

Changes to the way we manage Covid – with the general public no longer advised to routinely test if asymptomatic, access to free lateral flow tests at an end and PCR testing ending this month - does not mean the virus has gone away.

Covid spread could continue to significantly affect individuals, services and communities for some time and Health & Social Care Moray is urging people to continue to apply the measures we know can help prevent transmission.

Supporting people with neurological conditions

A collaborative project to help people in Grampian with migraine is to benefit from funding as part of Scotland's five-year neurological care and support action plan.

The Migraine Trust, with support from NHS Grampian and the Pharmacy Medicines Directorate, has been awarded £78,500 to work with community, primary and secondary care pharmacists to help people with migraines manage their symptoms and treatments more effectively. Migraine affects one in seven Scots and can have a hugely negative impact on their lives.

Hospital visiting

NHS Grampian is reintroducing person-centred visiting across additional wards and hospitals from today (Wednesday) following the success of an initial trial.

Patients can have more visitors on any given day. This will be agreed with each patient following a discussion with the clinical team taking care of them and taking into consideration the number of people that can be safely accommodated in each area. The extension of the visiting trial means the following wards/hospitals are now offering person-centred visiting:

- Wards 102, 109, 112, and 114, Aberdeen Royal Infirmary
- Paediatrics – Royal Aberdeen Children's Hospital and Dr Gray's Hospital
- Ward 4, Dr Gray's Hospital
- Roxburghe House
- Woodend Hospital (all wards)
- Rosewell House
- All Aberdeenshire Community Hospitals
- Muirton Ward, Seafield Community Hospital, Buckie

Lyn Pirie, Nurse Lead for Person-Centred Visiting, said: "I must stress how important it is for relatives or friends to discuss any changes to their plans with the Senior Charge Nurse before making those changes. If anyone has a loved one being cared for in one of the areas not listed, they must continue to follow the current arrangements of no more than two visitors daily. I want to say a big 'thank-you' to the people of Grampian for their support and understanding as we work to fully reinstate person-centred visiting."

Measures remain in place to manage visiting safely and minimise risk. Fluid repellent surgical masks are still in use in hospitals and healthcare buildings for patients, visitors, and staff alike, and existing hand hygiene measures will continue.

Visits should not take place if the visitor has symptoms of Covid, is required to self-isolate as a close contact or if they are at all unwell. This includes things like vomiting and/or diarrhoea, as well as the symptoms of any respiratory infection (coughing, sneezing, fever, sore throat, muscle aches).

Mental health first aid training

Third sector organisations in Moray are invited to book their places on a two day course, accredited by NHS Scotland, which aims to give participants the tools to help support mental health and support others in crisis.

The training, running on 9 and 11 May in Cummington, near Elgin, will be delivered by accredited Moray Wellbeing Hub Champions who use their professional skills as facilitators alongside lived and living experiences of life challenges.

This open course is run in partnership with Outfit Moray and welcomes bookings from any Moray third sector organisations or those connected to third sector organisations. Booking details are available at:

<https://www.tickettailor.com/events/moraywellbeinghub/679581>

Travel Health Service

With travel restrictions easing, more people are planning to get away to destinations around the world. It's important to know if you need specific vaccines for the country you are visiting and how long before travel you need to receive them.

Rather than making an appointment with your GP, travel vaccinations can now be arranged at one of 35 community pharmacies across Grampian. Your medical record will be fully updated to reflect the vaccinations administered.

The vaccines available free of charge through community pharmacies are:

- diphtheria, polio, and tetanus (combined booster)
- hepatitis A
- typhoid
- cholera

Some travellers may need vaccines and anti-malarials which are not provided free of charge through this NHS service. Pharmacies may provide this additional service, however there will be a charge for it.

Details on which community pharmacies are participating in the scheme are available on www.grampianvax.com/travel-vaccination

Air ambulance consultation

The Scottish Ambulance Service (SAS) is seeking views and opinions of the future of the Air Ambulance Service ahead of the government contract renewal.

The Air Ambulance Service, which is funded in its entirety by the Scottish Government, transfers patients living in remote, rural and island communities to and from hospital. It also provides air ambulance support to the ScotSTAR retrieval teams and responds to 999 calls in a Helicopter Emergency Medical Service (HEMS) role.

The service is delivered through a managed contract of two helicopters; one based in Glasgow and one in Inverness and two fixed wing aircraft; one at Aberdeen Airport and one at Glasgow Airport. All aircraft are operated on a 24/7 basis and are fitted out to a clinical specification developed by the Scottish Ambulance Service. In addition to the four government funded aircraft, the service is supplemented by two helicopters provided by Scotland's Charity Air Ambulance. These aircraft are based in Perth and Aberdeen and are available 12 hours per day.

Online responses to the consultation can be submitted [here](#).

Share your good news stories

Help us shine a spotlight on the great work which goes on within health and social care by sharing your good news stories with everyone. Please send your contributions to involvement@moray.gov.uk.