

# Core brief

**Daily update**  
**(31 May 2022, 4.30pm)**

Topics in this Core Brief:

- Chief Nursing Officer visits RHC and RAH
- Care Home Collaborative – Virtual Launch Events
- World No Tobacco Day
- Dementia Awareness Week by Sandra Shields, Alzheimer Scotland Dementia Nurse Consultant
- Carers Week Events 2022

## Chief Nursing Officer visits RHC and RAH

Yesterday we welcomed the Chief Nursing Office for Scotland, Professor Alex McMahon to the RHC and the RAH. Together with our new Director of Nursing, Professor Angela Wallace, he spoke to staff across the sites and saw the fantastic facilities on offer to patients.



Professor Wallace [shared some of her thoughts](#) on the visit alongside a message to all staff which you can view below. Chief Nursing Officer for Scotland [Professor Alex McMahon shares a message](#) with staff. (Some staff may need to copy and paste the link into Microsoft Edge to watch the video).



## Care Home Collaborative – Virtual Launch Events

The Care Home Collaborative is a new service within NHS Greater Glasgow and Clyde which will complement and work in partnership with people who visit, live and work in care homes in our area. The Collaborative is inviting staff, residents and families to join them at one of four virtual sessions to hear about the initiative, its aims, objectives and its journey so far. Staff will also be invited to share their thoughts and experiences of the care home sector to help shape work going forward. We would encourage all staff to promote these sessions to your families and residents.

Please see the below table for registration and joining details:

Session Date	Time	MS Teams Link
Wednesday 1 June	2-3pm	<a href="https://link.webpolsurveys.com/EP/64E9EF20FE2CCE8F">https://link.webpolsurveys.com/EP/64E9EF20FE2CCE8F</a>
Tuesday 7 June	3-4pm	<a href="https://link.webpolsurveys.com/EP/3B1A551A3FBDCEE5">https://link.webpolsurveys.com/EP/3B1A551A3FBDCEE5</a>
Tuesday 7 June	6:30pm-7:30pm	<a href="https://link.webpolsurveys.com/EP/DF0B7F75B63E666C">https://link.webpolsurveys.com/EP/DF0B7F75B63E666C</a>
Monday 13 June	2-3pm	<a href="https://link.webpolsurveys.com/EP/F53FE2E90357B1F1">https://link.webpolsurveys.com/EP/F53FE2E90357B1F1</a>

## World No Tobacco Day

Today (Tuesday 31 May) is World No Tobacco Day and the focus for this year's campaign is raising awareness of the environmental impact of tobacco on the environment.

Not only will stopping smoking benefit your health and your finances but will reduce the impact on the environment – giving tobacco users an extra reason to quit!

Did you know that:

- 3.5 million hectares of land is destroyed each year for growing tobacco (that's the equivalent of 2,499,000 Hampden size football pitches!)<sup>1, 2</sup>
- Trillions of cigarette butts are used and thrown into the environment every year and are the most common form of plastic pollution<sup>3</sup>
- A recent YouGov survey commissioned by ASH found 83% of people in Scotland agreed that cigarette butts that contain plastic should be banned to protect the environment<sup>3</sup>

If you have been thinking about stopping smoking, then why not use World No Tobacco Day as the day to start making a change for yourself and the environment. Our Quit Your Way (QYW) Stop Smoking Services are available across NHS GGC to help support you.

For anyone thinking about giving up smoking, our QYW team can help. Call 0800 916 8858 (9am-5:00pm Mon-Fri) or [click here](#) for more information.

If you would like to find out more about this campaign, visit Quit Your Way's [Facebook](#) and [Twitter](#) channels.

Sources:

- 1: <https://www.football-stadiums.co.uk/grounds/scotland/hampden-park/>
- 2: <https://www.who.int/news/item/13-12-2021-protect-the-environment-world-no-tobacco-day-2022-will-give-you-one-more-reason-to-quit>
- 3: <https://ash.org.uk/media-and-news/press-releases-media-and-news/tobacco-is-bad-for-our-health-and-the-health-of-our-planet-message-for-world-no-tobacco-day/>

## Dementia Awareness Week by Sandra Shields, Alzheimer Scotland Dementia Nurse Consultant

### Top tips for reducing and supporting distress in people with dementia.

I am often asked what can be done to reduce distress of a person living with dementia in the acute hospital. Often, the person has become so distressed that staff are providing care in a 1-1 situation because they are so concerned for the person. Almost all staff groups will interact with people with dementia and must be aware of the needs of this patient group and the impact that an admission to hospital may have. All staff should have the recommended skills and knowledge, as described in the [Promoting Excellence Framework](#).

**Do you understand what distress in dementia is?**

There are a variety of learning opportunities to give you the knowledge and skills that you need to support people living with dementia who are in hospitals and some learning modules for learning are available on [Turas](#).

**Help reduce the risk of someone becoming distressed at the very start of the admission.** Ask yourself, what do I do to reduce the risk of distress for people living with dementia when they come into my ward or department.

**Carry out essential assessments.** Using the 4AT with TIME bundle can really help exclude common issues such as pain and tomorrow's core brief will cover pain assessment for people living with dementia in hospital in more detail.

**Maximise communication.** Making sure any communication with the person shows empathy and respect. Remember the person who is distressed, especially with a cognitive impairment, is unlikely to be able to change their response, it is up to us to change ours.

**Maximise engagement.** Make every moment count and encourage choice and independence. Support the person to be as independent as possible. Take time to understand usual routines at home.

For more information visit [Hot Topics on StaffNet](#).

## **Carers Week Events 2022**

Carers Week takes place from 6 – 12 June 2022 and aims to raise awareness of unpaid carers, helping people to understand the challenges they face and also recognising that they may be carers themselves.

This year NHSGGC are hosting a range of events covering different aspects of the carer experience. Topics include self-care when looking after someone, death cafes, having conversations that matter, preparing for hospital and preparing for the future. More details and links to book can be found at <https://www.nhsggc.scot/your-health/planning-for-care/events/>

Whilst we hope carers themselves will find these beneficial, events are open to all and may also be of interest to anyone working with families and relatives to support the people we work with. This will include colleagues in Acute, Community, Primary, Care Home and Third Sector settings, as well as many of our volunteers.

As a reminder, staff can refer any carer to support services via the **Carers Information Line 0141 353 6504**. All they require is a name, contact number and post code to direct the referral to the relevant local service. Carers can also self-refer using the same number. More information can be found at <https://www.nhsggc.scot/carers/>

Please keep up-to-date with the latest guidance on our dedicated web pages at: [www.nhsggc.scot](http://www.nhsggc.scot). If you have any questions about the current situation please check the FAQs first. If you have any further questions, please email: [HR.Support@ggc.scot.nhs.uk](mailto:HR.Support@ggc.scot.nhs.uk).

\*\*\*Staff are reminded to make sure their [personal contact details are up to date on eESS](#).\*\*\*

**It is important to share Core Brief with colleagues who do not have access to a computer.  
A full archive of printable PDFs are available on [StaffNet](#)**