

Core brief

Daily update

(6 February 2024, 1.40pm)

Topics in this Core Brief:

- GMC Good Medical Practice 2024
- Clinical Waste Disposal - Incorrect Segregation of Waste
- Looking after yourself and others

Remember, for all your latest news stories, visit our new Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)

GMC Good Medical Practice 2024

The General Medical Council (GMC) has published an updated version of Good Medical Practice, the professional standards for all doctors in the UK. The updated version came into effect on 30 January 2024 and focuses on behaviours and values which create respectful, fair and supportive workplaces. All doctors are responsible for familiarising themselves with the updated guidance.

There are five key changes to the professional standards which are grouped under five themes:

- Creating respectful, fair and compassionate workplaces
- Promoting patient centred care
- Helping to tackle discrimination
- Championing fair and inclusive leadership
- Supporting continuity of care and safe delegation.

For further information on the key changes please click on the link below

<https://www.gmc-uk.org/professional-standards/good-medical-practice-2024>

To help doctors apply the updated professional standards when they come into effect, the GMC has also refreshed seven pieces of more detailed guidance. These

are on areas the GMC know can be challenging, or that doctors often have questions about and include:

- Delegation and referral
- Ending your professional relationship with a patient
- Identifying and managing conflicts of interest
- Intimate examinations and chaperones
- Maintaining personal and professional boundaries
- Providing witness statements or expert evidence as part of legal proceedings
- Using social media as a medical professional.

For further information on these guidance documents please click on the following link: <https://www.gmc-uk.org/professional-standards/good-medical-practice-2024/more-detailed-guidance>

Please note that National Education Scotland (NES) is in the process of updating its online appraisal documentation on SOAR to reflect the updated version of Good Medical Practice. A communication will be sent to all appraisees and appraisers when this development has been completed. NES has also invited the GMC to speak to appraisers to discuss what and how the publication of the updated Good Medical Practice 2024 might impact them, their appraisees and medical appraisal. The webinar has been scheduled for the 13 February 2024 between 10.00am and 11.00am. For booking and more details please visit the Medical Appraisal Scotland website:

[GMP and Medical Appraisal | Medical Appraisal Scotland](#)

We will continue to provide updates as and when any further information is released by the GMC.

Clinical Waste Disposal - Incorrect Segregation of Waste

Staff are reminded it is vitally important that waste is separated into the correct containers so it can be treated, recycled or disposed of properly. In late January, our clinical waste contractor suffered a mechanical breakdown in their waste treatment facility due to a solid metal object hidden within an orange bag originating from NHSGGC.



Why is this important?

This clinical waste treatment facility provides waste treatment for all Health Boards in Scotland. Issues such as this cause delays in waste treatment and collections, which in turn can impact clinical services.

Metal items or batteries in orange bags can cause



damage and/or fire to the treatment equipment which may lead to financial penalties and reputational damage to NHS GGC.

You must not dispose of anything other than infectious material in orange bags.

Contact ggc.wasteteam@ggc.scot.nhs.uk for more information.



Do	Don't
<ul style="list-style-type: none">• Comply with duty of care• Only dispose of soft material in orange bags• Use appropriate containers for the disposal of batteries, sharps and other metal items.	<ul style="list-style-type: none">• Dispose of batteries, sharps or other metal items in orange bags• Pour liquids into an orange bag• Mix orange waste stream with any other waste stream.

Looking after Yourself and Others

As we enter 2024, it is important to keep reminding ourselves of the importance of looking after ourselves and our colleagues. The Peer Support Team are delivering a 45-minute live online version of the eLearning module *Looking after Yourself and Others*, which has received fantastic feedback from staff (see below):



- *It was very good and help me to alleviate my stress.*
- *Great presentation - hit all necessary support points.*
- *This was an excellent session, really beneficial will share with colleagues.*
- *It was really effective and my tension levels really went down during the relaxation sessions.*

Looking after Yourself and Others is a brief intervention rooted in evidence-based techniques to support stress management, providing information on healthy behaviours to support your wellbeing and the wellbeing of others. It is also packed with helpful resources for NHS and HSCP staff in GGC to support your health and wellbeing.

Topics covered:

1. Understanding what a normal response to stress is
2. Understanding the basic elements of Psychological First Aid (PFA)

- 3. Learning how look after ourselves
- 4. Peer Support: Learning how to look after our colleagues/ others.

Please see booking information below:

Date	Time	Book here
Saturday 2 March 2024	11.00am – 12.00pm	Book here
Tuesday 19 March 2024	5.00pm – 6.00pm	Book here

We are delivering this session out of hours to enable weekend and late shift staff to attend.

For any questions or queries, please email: peer.support@ggc.scot.nhs.uk.

Getting the right care this winter is as easy as ABC

A
Ask yourself
 Do I need to go out?
 For information on treating minor illnesses and injuries from home, go to **NHS inform** or download the **NHS 24 App**.

B
Be aware
 There is help on your doorstep. Your local **GP, pharmacy** or **optician** offer a range of services.

C
Call 111
 If it's urgent, or you're unsure, call **NHS 24** on 111. They'll get you the care you need.

Unless it's an emergency think ABC before visiting A&E.
 For more information: www.nhsggc.scot/rcrp

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 [website](#)