

Core brief

Daily update
(22 March 2022, 12.15pm)

Topics in this Core Brief:

- Occupational Health Psychological Therapies Service
- Realistic Medicine Week
- Covid Sense campaign

Occupational Health Psychological Therapies Service

Following on from [yesterday's Core Brief](#) we are keen to ensure all staff know where they can find out different ways to look after your own mental health and wellbeing and how to contact the Occupational Health Psychological Therapies Service (OHPTS). If you would like to speak to us, our telephone number is 0141 277 7623.



Looking after your wellbeing

[eModules](#) - the eModules below are available on Turas Learn to all health and social care staff. They provide introductions to the concept of Psychological First Aid (PFA) which is a way of helping us to focus on elements of our situation that we can control, to build resilience and strengthen our coping strategies and supports.

- [PFA for staff](#)
- [Looking after your team – PFA for managers/leaders](#)

If you have not used Turas Learn before, the registration form offers all locations for health and staff working in HSCPs and can be accessed here - [Home | Turas | Learn \(nhs.scot\)](#).

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

Realistic Medicine Week

Time is running out to book a place on the NHSGGC Realistic Medicine week seminars: the week starts on Thursday with Claire O'Neill's Communication Skills session, on the challenges of a Shared Decision Making conversation. On Monday (28) Dr Christine Goodall, Maxillo-facial Surgeon and founder of Medics Against Violence and the Navigator Service, shows us how the power of personalised care in the darkest moments of the lives of victims of violence has a far reaching, positive and life-saving impact. Kate Stock shows us that nothing is more 'realistic' than the street medicine being practiced by the Pharmacy Homeless Outreach team (PHOENIX).

On Tuesday (29) National Clinical Director Prof Jason Leitch has kindly agreed to answer your questions on the recovery from the pandemic as we explore new 'realistic' ways of working (send your questions to alastair.ireland@gcc.scot.nhs.uk).

On Wednesday Alastair will be teaming up with GP and Anticipatory Care Planning lead, Dr Jude Marshall to talk about ACPs and Treatment Escalation Plans and the week closes on Thursday (31) with a

presentation from Prof Tom Inns, visiting professor from Strathclyde University, on bringing a new perspective to designing and putting people at the centre of healthcare quality improvement.

The full programme is below and [click here](#) to register for any of the sessions.



NHSGGC Realistic Medicine Week 2022
24 March to 1 April 2022 | #RMGGC22 | @GGCREALMED

Join us to hear from:

- Prof Jason Leitch, National Clinical Director
- Dr Christine Goodall, Medics Against Violence
- Prof Tom Inns, Director, Cofink Ltd
- Dr Kirsty Boyd, Co-Founder EC4H
- Richard Lowrie, Lead Pharmacist, PHOENIX team
- Kate Stock, Homeless Health Pharmacist

As well as...

- Dr Paul Keeley, Consultant in Palliative Care (GRI)
- Dr Alastair Ireland, Clinical Lead, RM (NHSGGC)
- Dr Jude Marshall, GP and ACP Lead (NHSGGC)
- Claire O'Neill, Lead Communications Skills Tutor and Lead Nurse, Palliative care (NHSGGC)

Register at www.nhsggc.org.uk/patients-and-visitors/realistic-medicine

Covid Sense campaign

This week the Scottish Government have launched the 'Covid Sense' Campaign, which has been developed to recognise the current stage of the pandemic both in terms of current public mind set and reflecting the changes in regulations taking place.

The COVID-19 safety behaviours are well-known and have been a part of our everyday life for the past two years. The 'Covid Sense' Campaign aims to provide a little reminder of these behaviours and the positive impact they can have.

Remember 'Covid Sense' is protecting yourself and others by:

- Opening windows when socialising indoors
- Wearing a face covering in indoor public places or on public transport
- Washing your hands to protect yourself
- Taking LFD tests twice a week before visiting busy places or vulnerable people
- Getting your vaccine when offered to ensure you are fully protected.



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NHS SCOTLAND | gov.scot/coronavirus | Healthier Scotland

Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsggc.org.uk/covid19. 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.

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](#)