

News

New Training Mannequin for Clinical Nutrition

A new nasogastric feeding trainer, which will increase training opportunities for staff, students and patients across Grampian, has been funded thanks to your generous donations.

The new Mr Hungry mannequin is being used by the Clinical Nutrition Nursing Team to help deliver training and practical experience in the insertion of nasogastric tubes, nasal tube retention devices, and in the insertion and management of gastrostomy tubes. These tubes play a vital role in delivering essential medication, nutrition and fluids directly into a patient's stomach if they are unable to take these orally.

As well as providing an opportunity for staff and students to safely practice their techniques, patients can also use the equipment to learn more about the care and management of feeding tubes, making them more confident in managing their own needs at home.

Staff Nurse Amy is pictured delivering one-to-one training with student Rhona.

Rhona says, "It was beneficial to have the

mannequin as part of the training. It was great to see how the different devices worked in person rather than just on the computer. It was also good to have a go at inserting them for myself."

Amy says, "I think it's had a positive impact already. It's easier for us to explain and demonstrate during our teaching sessions with staff, students and patients, which overall helps us to provide a better quality of service to our patients.

"We've had great feedback when using the Mr Hungry mannequin and find it really helps people not only to visualise what we are teaching, but also to have a practice themselves."



Rudolph's Friends Visit Foresterhill

Patients and staff welcomed some very special visitors to Foresterhill and Woodend Hospital in December.

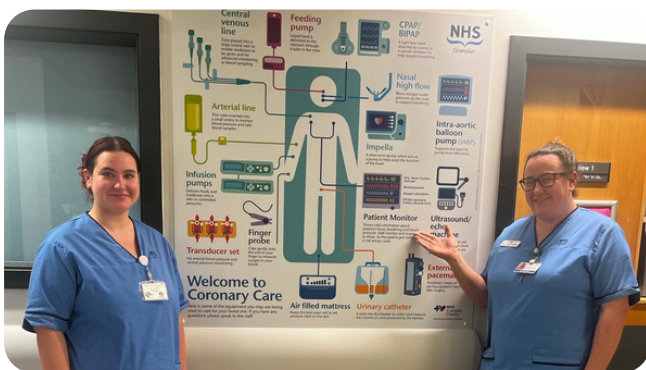
Four incredible reindeer from the Cairngorm Reindeer Herd visited both hospital sites in the lead up to Christmas, and were met with lots of excited visitors of all ages. The visits, which were funded by the generous donations given to NHS Grampian Charity, were organised by our colleagues in the Medicine and Unscheduled Care team and the Specialist Older Adults & Rehabilitation Services team.

We know Christmas is an incredibly busy and often overwhelming time of year, so opportunities like this give patients and staff a little bit of down time from their busy days to stop, take a breath, and enjoy themselves. This visit also brought some festive joy to the many patients who spent their festive period in one of NHS Grampian's hospitals, rather than at home with their loved ones.

Thank you to the staff who organised this fun experience, and thank you to all our supporters whose incredibly kind and generous donations allow us to provide opportunities like this for patients.



Signage Helps Patients Learn About Medical Equipment



We know that going into hospital for treatment can be a daunting experience – and even more so when health and care colleagues bring out equipment you have never seen or heard of before. So we were very excited when the team from the Coronary Care Unit at Aberdeen Royal Infirmary came to us with an idea to help

their patients feel more comfortable and confident during treatment.

We used some of your generous donations to fund this fantastic information board, which shows some of the equipment most commonly used in the Coronary Care Unit. The bed diagram gives a visual aid for patients and their families to let them see what a piece of equipment is and a brief description of how it is used, which can help reduce anxiety and worry around treatment.

Thanks to your support, we can continue to make hospitals a less scary and more comfortable experience for NHS Grampian patients.

Interview

NHS Grampian Charity is proud to work with an incredible team of NHS colleagues across the Grampian region. Our colleagues use the generous donations that have been gifted to the charity to enhance the healthcare services provided by NHS Grampian, both in hospitals and in the wider community. One of those colleagues is Danny Strachan, Senior Charge Nurse at Woodend Hospital's Stroke Rehabilitation Unit. We spoke to Danny about the difference he sees your donations make for patients.

The Stroke Rehabilitation Unit differs from many of the other wards and departments across Grampian because of the length of time patients may stay with us.

Once a patient has been treated for a stroke they might face weeks, months, or even years of rehabilitation. All strokes are different and all patients are affected differently, but some of the common challenges faced by recovering stroke patients are difficulties with memory and concentration, mobility challenges, reduced range of motion, and challenges with their motor skills which can affect everything from their balance to their ability to swallow food and medicine.

We've been very lucky to receive donations from current and past patients and their families, as well as from members of the public, which we can use to provide the extras that make treatment more comfortable and more enjoyable for our patients while they are in hospital.

We know that a patient's mental health and wellbeing is so important – it's just as important as their physical health – so one of the ways we use donations is to arrange activities to help break up the day. These can include everything from themed days around



special dates like Halloween and Pancake Day, to crafting classes and active games. These activities can be a great way to work on a patient's rehabilitation without it feeling like a clinical treatment. Crafting classes can help them to work on their finger dexterity and movements, and a game like bowling, for example, can help them to work on their grip strength and upper limb strength. Even something as simple as gathering everyone together for afternoon tea or a fish supper can give patients the opportunity to work on their communication and motor skills, at the same time as having the chance to socialise with others who may be experiencing similar challenges.

Click below for the full interview

[**Read More**](#)

Worried someone might be experiencing a stroke? Think **FAST**

Face – Can they smile? Does one side droop?

Arms – Can they lift both arms? Is one weak?

Speech – Is their speech slurred or muddled?

Time – To call 999

Fundraising

Festive Raffle Success

Thank you to our friends at The Stock Shop in the Aberdeen Royal Infirmary main concourse who raffled a hamper full of winter goodies before Christmas.

They managed to raise more than £240 to support the work of NHS Grampian Charity, and nurse Cara was the lucky winner of the hamper.



Join Grampian Kiltwalkers

Looking for a challenge to take on with your family, friends or colleagues this summer?

Join us on Sunday 2nd June at the Aberdeen Kiltwalk, and take on the Mighty Stride (18 miles) or the Wee Wander (4 miles). You can choose to raise money for any of our charitable funds, whether you have a hospital, ward or medical condition that is particularly close to your heart, or you just want the money raised to be used where it will have the most impact.

Visit the link below to find out more or to sign up

[Sign Up](#)

Upcoming Events

Click the links below to find out more or to sign up:

March

10th - [Inverness Half Marathon & 5K](#)

April

27th - 28th - [Run Balmoral](#)

May

12th - [Run Garioch](#)

25th - 26th - [Edinburgh Marathon Festival](#)

NHS Grampian Charity could not continue to enhance the health and wellbeing of the people of Grampian without your generous support.

Thank you

[Donate](#)

