

NHSGGC

Core Brief



Daily update
(1 September 2026, 1.45pm)

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New Lying and Standing Blood Pressure Recording Chart

Orthostatic hypotension (where blood pressure drops after standing up from a lying or sitting position) is a recognised risk factor for falling. Patients with this condition may describe upon rising and/or moving, symptoms of light-headedness, unsteadiness, nausea, blurring or tunnelling of their vision and sometimes an ache across their neck and upper back. If a significant drop in blood pressure on standing is confirmed, modification of patient's lifestyle factors and prescribed medications can improve symptoms and reduce falls risk.

Current guidance suggests that a lying and standing Blood Pressure measurement should be carried out in the following circumstances:

- anyone 65 and over admitted to hospital
- anyone admitted with a fall
- anyone who has an inpatient fall.

Within NHSGGC a lying and standing BP form is available to allow accurate recording of these measurements. This form has recently undergone a review and following engagement with staff a [new version is now available](#) (MI ref - 294647b v2.0 GGC0232) for use.

Should you have any questions then please get in touch with the hospital falls team ggc.hospitalfallscoordinatorsacute2@nhs.scot



Tour De 4 Cycle Rides – Sunday 6 September 2026 Road Closures

Following Sir Chris Hoy's diagnosis with Stage 4 cancer, Tour De 4 was established. As part of this, on Sunday 6th September 2026, there will be 4 charity cycle rides. The 4 rides vary in size, but cover Glasgow City, East Dunbartonshire, North Lanarkshire, and Stirlingshire. All rides will start and finish at the Sir Chris Hoy Velodrome.

This will result in local road closures and restrictions in the affected areas. More information is available from [Tour De 4](#).

New Weight Management SharePoint Site

NHSGGC Weight Management Service has launched a new [Weight Management Service SharePoint Site](#), for all staff to access the latest information on:

- resources to help staff raise the topic of weight
- how to refer patients
- what patients can expect
- service updates

Healthcare staff have valuable opportunities to discuss healthy weight. Evidence shows that brief, opportunistic conversations about weight, combined with referral to appropriate support, can be effective in helping adults living with obesity engage with weight management services.

Christine, an NHS Charge Nurse living with rheumatoid arthritis, lost 37kg with support from Weight Watchers, through the [Weight Management Service](#), showing that, even with demanding shifts and health challenges, lasting change is possible with the right support.

You can read more about Christine's weight loss journey [here](#).

Access to weight loss injectable medications

NHS Greater Glasgow and Clyde Weight Management Service currently does **not** prescribe **weight loss injectable medications** (such as GLP-1 medications) and cannot provide a route to accessing these within NHS Greater Glasgow and Clyde.

A full article on the new SharePoint site and new health professional resources can be found [on Staffnet](#).

Civility Spotlight: discover how Civility Leads and Champions in Corporate brought sunshine to a drizzly day

Corporate Civility Leads and Champions came together to organise a Civility Summer Picnic on the Gartnavel Campus last week. The weather didn't dampen celebrations as colleagues paused for a catch up, grabbed a coffee, and shared sweet treats.

On the day, Civility Leads also took photos of attendees and invited them to talk about what civility and kindness mean to them, writing one word or phrase to do with kindness on their photograph. These will be turned into a collage to be proudly displayed onsite.



Vivienne Davidson, one of the event organisers said: "Celebrating civility doesn't have to be complicated - sometimes it's about creating the time and space for people to come together, connect and feel valued. Our Civility Saves Lives picnic brought colleagues together over a cuppa, cake, and plenty of conversation. Everyone who joined us had an instant photograph taken and was asked to share the word or words they most associate with civility. The responses were a wonderful reminder that civility is about kindness, respect, inclusion and making every interaction count. Most importantly, it showed that creating a positive workplace culture starts with all of us."

Remember, for all your latest news stories, visit the Staffnet Hub:

[GGC-Staffnet Hub - Home \(sharepoint.com\)](https://sharepoint.com)

Be Phishing and Vishing Aware!

Phishing and Vishing are forms of social engineering, a technique used to gain access to private information, often via email. It can cause a huge amount of damage, disruption and distress. To help prevent social engineering attacks at NHSGGC and at home, remember **N.E.T.**

No Trust

Verify, via alternative means, the identity of those sending unexpected messages, even if the contacts are known to you.



Educate Yourself

Complete the Security and Threat module on LearnPro. Check online sources to see if emails, SMS messages or other forms of social engineering attacks are known or commonplace. Remember, educating yourself can protect you in both your work and personal life.



Think First

Successful attacks generally require a sense of urgency. Stop! Take a moment to reflect and investigate, this can show these attacks for what they are.



Managing technology and data safely and securely is everyone's responsibility throughout NHSGGC.
For further information, visit: [FAQ---IT-Security-v0.2.pdf](#)

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 the [website](#)