



Daily update
(22 September 2026, 2.30pm)

Topics in this Core Brief:

- [Chief Executive of NHS Scotland appointed](#)
- [Psychology Pilot Transforming Care in Intensive Care Units](#)
- [Menopause Peer Support Drop-in](#)

Chief Executive of NHS Scotland appointed

Christine McLaughlin CBE has been appointed as the Scottish Government's Director General for Health and Social Care and Chief Executive of NHS Scotland.

She will lead NHS Scotland through an ambitious programme of reform focused on improving outcomes for people, strengthening performance and ensuring the sustainability of services.



Cabinet Secretary for Health and Care, Angela Constance, said: "Our NHS reforms will remove duplication, variability, organisational boundaries and bureaucracy to ensure people across Scotland regardless of where they live receive the best treatment and care.

"I am pleased to welcome Christine to this significant and influential leadership role in the Scottish health sector. Her extensive leadership experience and a strong track record of delivering change across complex systems will be an asset in delivering our ambition for sustainable, high-quality health and social care services for Scotland."

[Click here for more information.](#)

Psychology Pilot Transforming Care in Intensive Care Units

A pioneering two-year psychology service embedded within NHS Greater Glasgow and Clyde's adult Intensive Care Units (ICUs) is making a positive difference for patients, families and staff.

The Critical Care Psychology Service (CCPS) was established in November 2025



across Glasgow Royal Infirmary, Queen Elizabeth University Hospital and the Royal Alexandra Hospital.

The service provides specialist psychological support for patients experiencing distress, supports families through difficult periods, and helps staff deliver psychologically informed and trauma-informed care.

Critical illness can have a profound psychological impact. Research suggests more than half of ICU survivors experience clinically significant symptoms of anxiety, depression or post-traumatic stress during the first year after discharge. Families can also experience significant distress, while critical care staff face high levels of psychological pressure through repeated exposure to trauma, bereavement and complex decision-making.

During its first six months, CCPS received 176 referrals from ICU multidisciplinary teams, with around half involving family support. The team also received 18 referrals relating to High Dependency Unit patients, highlighting psychological need across the wider critical care pathway.

Early outcomes indicate improvements in patients' psychological adjustment, including reduced distress, greater understanding of their ICU experience, increased resilience and stronger engagement with rehabilitation.

Patients have described the service as "invaluable" and said it helped them "make sense of everything that had happened" during their ICU stay. Families have also reported feeling supported during overwhelming and traumatic periods.

The service is also strengthening psychologically informed practice among ICU teams, supporting communication, rehabilitation and trauma-informed care. In a recent staff survey across the three sites, 95% agreed that the service has had a positive impact within ICU, improves patient care, supports families and adds value to the multidisciplinary team.

As the pilot develops, CCPS will continue evaluating its impact and exploring opportunities to further embed psychological support across critical care pathways.

[Click here for more information.](#)

Menopause Peer Support Drop-in

Let's chat about menopause and support each other!

Thursday 1 October 2026, 12.30pm - 1.15pm, MS Teams.

Please follow the QR code or link to register: [Menopause Hub Peer Support Drop In event - 1st October 2026: Registration Powered by Webropol](#)

In celebration of October being Menopause Awareness Month, we will chat about our experiences and thoughts about menopause and



support each other in a group. The Peer Supporters will be there to help facilitate, guide and support.

Please join us, whether you're going through menopause, thinking about what it might be like in the future or supporting others through it!

We just ask that you keep the discussions respectful and confidential, and only share what you're comfortable with. Join on Teams with a mic and camera to participate.

More details available on the [Menopause Peer Support Hub Sharepoint](#).

Please get in touch for any questions: ggc.peer.support@nhs.scot

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

[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)

A blue poster with white and orange text. The top left has a dark blue banner with the text 'Fighting Flu. It starts with you!'. Below this, the text reads 'The flu vaccine is available to **all** frontline health and social care workers and **all** NHS staff.' In the bottom left, there is a circular icon with a person and the text 'Find out more'. In the bottom right, there is an illustration of a hand holding a syringe. The NHS logo and 'Greater Glasgow and Clyde' are in the top right corner. There are also small virus icons scattered around.

Fighting Flu. It starts with you!

The flu vaccine is available to **all** frontline health and social care workers and **all** NHS staff.

 Find out more

NHS
Greater Glasgow
and Clyde

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](#)