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NHSGGC - Official



March 2026

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Message from Neil McCallum

Hello everyone,

As we move into spring, I want to begin by thanking you for your dedication, professionalism and compassion in providing North Sector services. The past few months have been challenging, but again I've been struck by the commitment of our staff to providing high-quality care while supporting one another.

This month's newsletter reflects the breadth of our work, which is particularly fitting to mark International Women's Day across the North Sector whose leadership, innovation and difference to colleagues and patients alike. It highlights developments at GRI, including the introduction of new services to speed up emergency cardiac care, and the impact of COVID-19 borne viruses in the Emergency Department. It also features improvement focused on better patient outcomes.

This period also brings a focus on wellbeing with Hydration Week, International Administrative Professionals Week, and on initiatives such as the Emergency Food Bank, Peer Support Hub, and opportunities to engage with our community. Update. These services and events underpin our commitment from working together across clinical and non-clinical teams.

I'd encourage you to take a few minutes to reflect on the upcoming April dates, and continue to share your experiences. Celebrating what's working well and learning from challenges ahead to the months to come.

Thank you, as always, for everything you do for our patients and for each other. I'm very proud of Team North Sector and continue to make every day.

Neil

International Women's Day: Celebrating Women in the North Sector



International Women's Day is an opportunity to celebrate the achievements of women who make the North Sector such a great place to work. Across our services, women are supporting colleagues, leading teams, and improving every day.

This year, colleagues took the time to highlight the difference to them, reminding us how powerful care can be.

One colleague shared how the guidance and support of manager, **Rosemary Brogan**, has helped them in their leadership. Through regular, thoughtful conversations, Rosemary supports both professional and personal wellbeing, encourages them to reflect, learn and develop. It also shows how one person can empower others to bring out the very best in themselves.

Another tribute invites us to remember and celebrate the life of **Amanda Wright**, a much-loved colleague who was sadly lost. Amanda's impact was felt across the organisation. As a subject specialist and tutor, Amanda supported staff to do their jobs and nurtured creativity in others. Through her involvement in Civility Saves Lives, she demonstrated deep commitment to her colleagues. Kind, patient, warm and funny,

on everyone she met. Though she is greatly
to inspire those who had the privilege of wo



These reflections capture what International
recognising contribution, valuing kindness a
many ways women support one another to

To all the women across the North Sector: t
every day. Your dedication, skill and compa
colleagues, patients and communities, and

GRI introduces rapid troponin test cardiac c



**Victoria Graham – Senior Charge Nurse
Consultant**

Glasgow Royal Infirmary (GRI) has introduced sensitivity troponin testing in its Emergency set to significantly improve the assessment presenting with suspected cardiac chest pa

The move builds on the successful rollout a

Hospital (QEUEH), which became the first in technology. Like QEUEH, GRI will now be able to deliver results in under 15 minutes, compared with a time of up to 90 minutes.

This new capability supports NHSGGC's W key component in developing a faster, more efficient chest pain pathway.

By enabling clinicians to make earlier, safer decisions, reduce overcrowding, improve patient flow, and help thousands of people who attend GRI each year.



David Jeffrey

Professor Donogh Maguire, Clinical Director, welcomed the implementation.

“Introducing rapid point of care troponin testing is a hugely positive step for our Emergency Department.”

“We see thousands of patients every year with chest pain. High quality diagnostics will make a real difference in how we can assess them.”

“This innovation will help ease pressure on our A&E decision making, and ultimately improve patient outcomes.”

The introduction at GRI also reflects close collaboration with Medicine, Cardiology, POCT Laboratory Services and the NHS Scotland Innovation network, mirroring the success of the rollout at QEUEH.

Neil McCallum, North Sector Director for NHS Forth Valley, highlighted the type of improvement that demonstrates the success of the redesign work within the North Sector.

“Rapid troponin testing will allow our teams to identify patients earlier in a patient’s journey, reducing delay and providing a more efficient experience for people who come to our services.”

“I’m incredibly proud of the collaborative effort that has gone into this. We look forward to building on this momentum as part of the Forward Programme.”

As the rollout progresses, GRI will contribute to the wider NHS Scotland network, helping inform future expansion of rapid troponin testing to other NHS Scotland sites and potentially wider NHS Scotland.

Nutrition & Hydration Week 2026: Scotland
NHS Scotland



Nutrition & Hydration Week 2026

16th to 22nd October



Nutrition & Hydration Week 2026 took place from 16th to 22nd October. NHS GGC teams joined together to highlight how good nutrition and fluid intake plays in health, recovery and wellbeing. To raise awareness, the message is one our service users and staff and drinking well matters every day, at every stage of their journey.

Community Dietitian and Practice Development Lead, Sarah Jones, said: "People often think nutrition and hydration are only important when someone is unwell, but they underpin daily life. Good nutrition, strength, concentration, immunity and independence."

“Small changes in appetite or fluid intake can be a warning sign, especially for older adults or those with long-term health conditions.”

Across NHSGGC, services work throughout the region to raise recognition of poor intake and promote practical advice for people in hospital, community services, care homes and at home.

Practice Development Dietitian Joanne Logan says that catching early signs can prevent them becoming more serious. “Loose, looser clothing, skipping meals or feeling more tired are the first signs someone isn’t eating or drinking enough.”

Many people, families and carers can help look out for signs of unplanned weight loss, reduced appetite, loss of interest in food, infrequent urination or changes in mood. “If you notice it in yourself or someone else, don’t wait. Early intervention is key, and there’s lots of support available.”

For anyone looking to stay well nourished and active, or tired or recovering from illness, the team emphasises that small changes are often the most effective.

“Regular meals and snacks, even small ones, can make a difference,” Joanne says.

“Including foods like milk, yoghurt, cheese, and eggs provides important protein, and having easy, nourishing snacks like yoghurt can really help if appetite is low.”

Hydration is just as important. Claire Stewart, Practice Development Nurse, encouraged people to take small sips and offer a variety of options.

“Sipping fluids often, rather than waiting until you’re thirsty before meals can sometimes curb appetite, so taking small sips is better if someone is struggling to eat enough.”

The team also highlights the value of small, frequent meals for energy and protein intake without large meals.

Claire explained: “Adding milk, cheese, butter to soups and drinks can make them more nourishing. Milky drinks are good for hydration and nutrition. And if appetite is poor, a little extra can make a real difference.”

Families, friends and carers also play a crucial role, especially if they may be struggling.

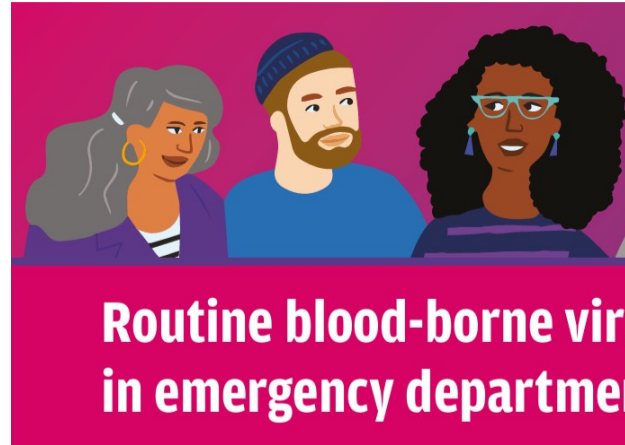
Nicole said: “Gentle check ins about eating and drinking. Sometimes people need practical support, like help with sharing a meal. And if you notice signs of dehydration, it’s encouraging someone to seek advice early.”

[NHSGGC provides a wide range of accessible resources](#) including guidance and Eating to Feel Better booklets, and clear referral routes into Community and Primary Care, supported by education around MUST screening and Food, Fluid & Nutrition standards.

Joanne added: “There’s fantastic support available through online information, self-screening tools or referral. Nutrition & Hydration Week is simple: small changes can make a difference, and help is always at hand.”

Throughout Nutrition & Hydration Week, NHS Forth Valley and [Instagram](#) shared tips, resources and stories to help raise awareness and encourage positive change.

Opt out testing for blood borne viruses
Department of Health



Announced last week, NHSGGC opt-out testing is now taking place at the GRI Emergency Department.

The approach is part of a national plan to eliminate HIV transmission.

Testing will take place where possible for people who have already having blood taken during their emergency department visit. Those not tested for HIV, Hepatitis B and Hepatitis C, will be offered testing.

Testing for blood borne viruses remains entirely confidential. Those who do not wish to be tested can let a member of staff know.

Testing will start at the GRI and may later be available in other Emergency Departments in Greater Glasgow and Clyde.

This service is only available for people who have been advised by them to attend ED. Routine blood borne virus testing is available at [sexual health services](#), GPs, alcohol and drug services, and [Waverley Care](#).

Read the [full story on Staffnet](#), and find more information about blood borne viruses and testing on the [NHS Inform website](#).

**International Adrenaline
Professionals Day**



On International Administrative Professionals Day, we celebrate the contribution of our administrative teams who ensure everything runs smoothly every day.

Why This Day Matters

Our administrative professionals play a vital role in our organisation.

- Supporting patient pathways
- Managing referrals and coordinating
- Ensuring data quality and accuracy
- Enabling clinical and managerial teams
- Their work is fundamental to the success of our NHS GGC.

How Teams Can Get Involved

We encourage all departments and service teams to get involved in the following ways:

- Recognise the commitment of administrative professionals

- Offer meaningful appreciation within
- Celebrate the skill, professionalism, and services
- Even small acts of recognition can make a difference

Share Your Celebrations

We would love to showcase how teams across NHSGGC have achieved their goals.

Please share:

- Photographs, or
- Brief examples of activities or celebrations

These contributions will help us build a collection of stories that celebrate the incredible work of our administrative workforce over the previous years.

Thank you for helping us celebrate this important milestone.

The commitment and professionalism of our staff is a key part of what we do across NHSGGC.

Support & Information Service Emergency Food on Discharge



Emergency Food on Discharge is available through the Support and Information Service across NHSGGC hospital sites in the South West.

The bags hold a 2-day supply of food items including tinned vegetables, beans, tinned fruit and tinned fish/meat. The bags also contain a list of local food banks and support services.

provided to us by Glasgow North East Food
bread and butter by our colleagues at Arom



Our service can also provide a small toiletry
currently be an inpatient or need a small su

This service is always very much in demand
help during the discharge process at hospital
home.

As part of a holistic conversation we have w

also able to offer a referral to support services, Money Advice Service or signposting to local

The service is a great example of partnership between organisations across the North East of Glasgow, providing support at the right time.

To request a foodbag, you can call Support

GRI (Tuesday to Friday 10am – 3.45pm) or
called outwith these hours)

Stobhill (Tuesday to Thursday 10am – 3.45pm)
room can be contacted outwith these hours

World Delirium Awareness Day ce



On Wednesday 11th March colleagues across
from across NHSGGC – and around the world
Awareness Day 2026, coming together to s

difference that awareness, prevention and g

World Delirium Awareness Day provided an importance of recognising delirium, promoting knowledge that supports safer, more compassionate families. Across the North Sector, the day was engaging and informative activities that reflected commitment of staff.

There was no shortage of creativity, with the based activities run by delirium superheroes and interactive activities such as “delirium d Social media was full of colour and conversations showcasing how teams got involved and sh

For those unable to take part in person, staff their desks by exploring new and updated r the covert medication training video and the [resources continue to be available](#) for anyone up on learning after the event.



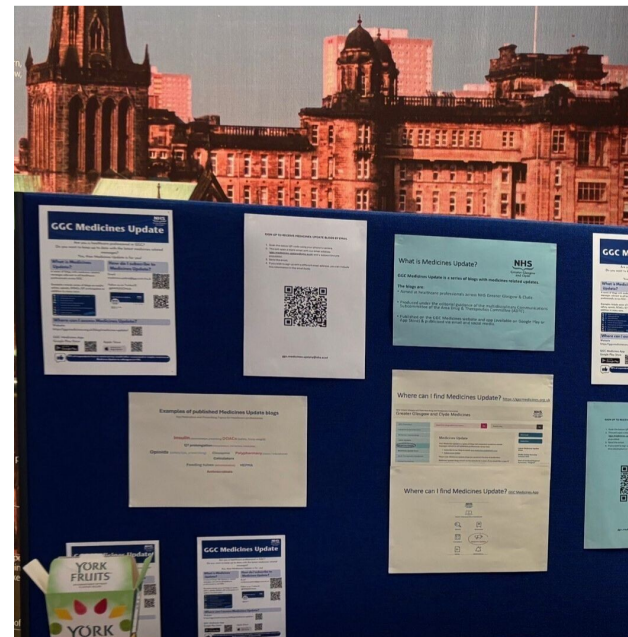
As the organisation continues its move to D and the purple 4AT/TIME sheets are phase

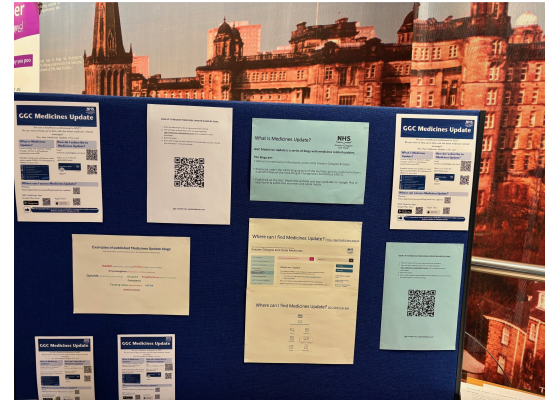
Day also served as a timely reminder that 4 for delirium risk reduction, identification and

Staff were also encouraged to share their v [survey](#), helping to establish a baseline of co delirium care. The feedback gathered will p future activity, including plans for World Del

Thank you to everyone across the North Se or helped spread awareness. The energy a demonstrated just how much impact we can focus on improving care.

GGC Medicines Update –





GGC Medicines Update is a series of blogs providing information on medicine safety, effectiveness and quality. They are intended to promote the safe use of medicines by healthcare professionals within NHS Greater Glasgow and Clyde.

Recently, the GGC Medicines Update team presented at the GRI on 3rd March. During the event, they explained the importance of medication safety and demonstrated how Medicines Update blogs are relevant to practice. They showcased examples of how the blogs are relevant to practice and discussed how the blogs are relevant to practice.

For further information about GGC Medicines Update, please email ggc.medicines.update@nhs.scot.

Medic Peer Support Hub – I



**David Livingstone Room, Glasgow Royal
– 4.30pm**

Medicine can be deeply rewarding and emotional, with many carrying experiences that don't end with the day is over. decisions, challenging situations or moments.

The Medic Peer Support Hub gives doctors confidential peer to peer conversations about build a culture where everyone feels seen and supported.

Our Medic Peer Supporter Training takes place in April Month, making April the perfect time to strengthen the Medic Peer Support network.

About the training:

We're offering a full day in person Medic Peer Supporter Training in 2026.

The training helps Doctors feel:

- More confident supporting colleagues through their personal life
- Better equipped to help colleagues request support
- Enhanced skills in listening, empowering and supporting

You'll also be connected into the wider NHS Medic Peer Support ongoing support beyond the day.

Who is this for?

This training is for doctors who:

- Want to support colleagues through their personal life
- Value peer support within the medical profession
- Are interested in contributing to a kinder culture

No previous experience is needed just a willingness to learn and support others.

If you have any questions or want to get in touch, please contact Dr Hazel Miller, Medical Wellbeing Champion: Hazel.Miller8@nhs.scot.

Book Your Place

Wednesday 29 April, 9.30am – 4.30pm
David Livingston Room, Glasgow Royal Infirmary
[Book Here](#)



Accessing Medical Peer Support

If you would like to access confidential medical peer support, please contact:

Email: ggc.peer.support@nhs.scot with the subject line: 'Medical Peer Support'.

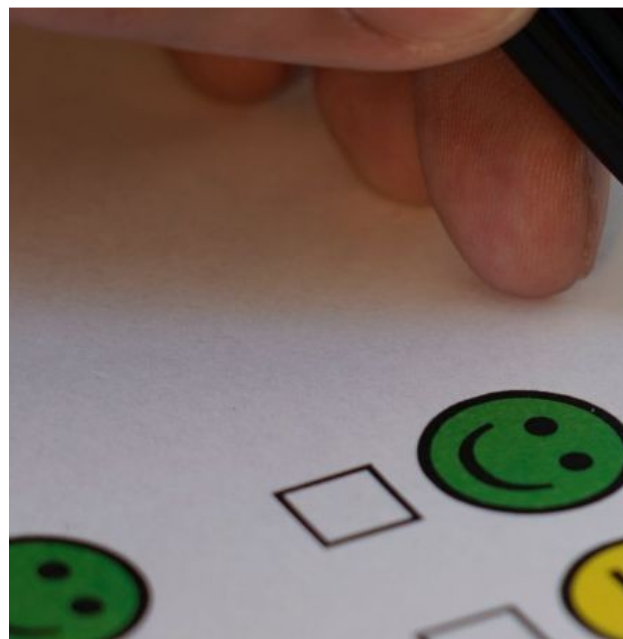
Want to know more about our Peer Support Network - [NHSGGC](#) or [Peer support in the practice - National Wellbeing Hub](#) or contact us at ggc.peer.support@nhs.scot.

Upcoming April Events

- [April - Stress Awareness Month](#)
- [April - Bowel Cancer Awareness Month](#)
- [April - Testicular Cancer Awareness Month](#)
- [4 April - Walk to Work Day](#)

- 22 April - International Administrative Professionals Day
-

Your stories and



We want to hear

We want to highlight all the amazing and dedicated people working in the North sector. No matter how small your team might be, please let us know. It could be about your team, or anything within the North sector.

Either contact your line manager with your story or email the newsletter team on your behalf. Alternatively, you can leave a comment on the newsletter page to get them in.

We also want your feedback. Is there something you like about the newsletter? Or something you'd recommend we change? Please share your feedback by clicking the button below.

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