

spectra



THE STAFF MAGAZINE FOR NHS TAYSIDE



Healthy Living in NHS Tayside

NHS Tayside dining rooms
offer healthy choices

Issue 40
February – March 2009

Dear spectra readers,

With Christmas now just a distant memory, thoughts are turning to the months ahead and though there may still be snow on the hills, many of us are already planning our summer holidays.

Experts are predicting that as the effects of the recession hit us harder than ever we will be looking at more ways to save money. It's believed that luxuries, such as holidays abroad, will be among the first things to go.

Enter the 'staycation'. More and more people are expected to trade in their fortnight in the sun this year for a holiday in Britain. This prompted the spectra team to relive memories of childhood trips to the seaside and road trips to visit relatives in far flung corners of Britain.

We decided to ask some of our readers about their holiday plans and whether they are opting to stay at home this year or forgetting about the credit crunch and flying off to the sun.

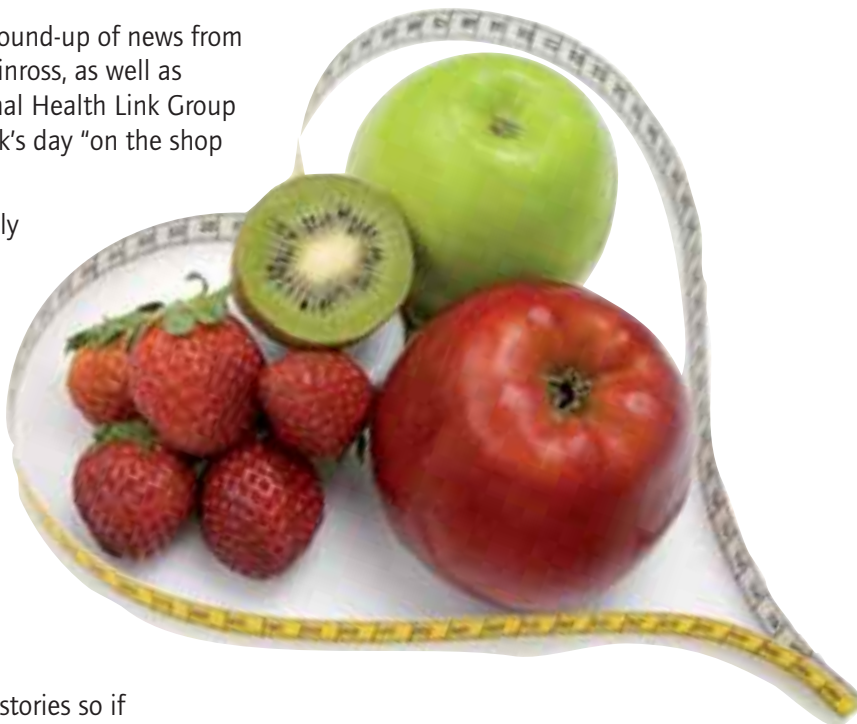
Also in this issue we have our usual round-up of news from across Angus, Dundee and Perth & Kinross, as well as features on NHS Tayside's International Health Link Group and Director for Workforce Alex Killick's day "on the shop floor" at Ninewells.

Three of our dining areas have recently achieved the healthyliving award and this is the subject of our Healthwise feature this issue. These areas are now offering healthy menus and promotions to help you make better food choices. There are also a further 11 areas currently working towards making NHS Tayside a healthier place to work.

As usual we also have our regular TREATS pull-out newsletter.

We're always looking for articles and stories so if there's something you'd like us to highlight in your magazine get in touch with the editorial team (details below).

spectra editorial team



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4 news2u

Opening of research and investigation units

10 feature

International Health Links

11 feature

Alex Killick goes back to the floor

12 voxpop

Staycations - the return of the bucket and spade holiday?

14 healthwise

COPD Olympics helps patients get active

17 learning together

New apprentice at RVH

20 insight

Lisa Anderson tells spectra about her rugby obsession

21 e-clips

How to change your LDAP password in Staffnet

22 check it out

Arbroath midwives' festive fundraiser

24 retirals

Farewell to our colleagues

contents

cover story

Healthy Living
in NHS Tayside

see page 14



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It's your magazine so share your news & views

We'd like to hear about what you and your department are doing. Maybe you're just starting out on a new project or you're welcoming a new member of staff. You and your colleagues may be organising an open day or a fundraiser. Whatever you'd like to share across NHS Tayside, just let us know.

We also welcome your views and opinions so if there's something you'd like to get off your chest or a topic you'd like to debate with colleagues, get in touch.

Please send items for the next edition of spectra, issue 41 to the editorial team by Tuesday, 3 March. The deadlines for future editions of spectra are as follows:

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Men's cookery class create Christmas dinner

A men's cookery course came to an end with the ultimate test of the participants' ability – making Christmas dinner!

The six-week courses, which are run by Dundee Healthy Living Initiative, aim to encourage men to learn healthy eating ideas while also enjoying the social aspect that the classes offer.

The participants prepared a full Christmas lunch before sitting down to enjoy their culinary creations along with men from previous courses.



PICTURE COURTESY OF THE EVENING TELEGRAPH

Angus marks White Ribbon Campaign

Health premises across Angus supported International Day for the Elimination of Violence Against Women by encouraging male visitors to wear a white ribbon as a symbol of their pledge never to commit, condone or remain silent about violence against women.

White ribbons were also available for members of the public to pick up at health

centres in Forfar, Arbroath, Brechin, Montrose and Carnoustie, along with leaflets and information about the services available for victims of domestic abuse.

Volunteers at the health desk at Whitehills were joined by Aileen Tait, senior health promotion officer, Angus CHP and Evelyn Allardyce, chair of Angus Partnership on Domestic Abuse (APODA).



Good ideas rewarded at the Renal Unit



l-r Consultant Iain Henderson, Maureen Perry, Lesley Sheach, Henry Nicholson, Jemma Bowman and Director of Nursing and Patient Services Maggie Simpson.

Four members of staff and a patient have been rewarded for their ideas to improve patient safety and tackle health associated infection (HAI) in the Renal Unit at Ninewells.

NHS Tayside Healthcare Academy students Jemma Bowman and Liz Petrie won first prize in the competition, part of the Clean Hands Improve Patient Safety (CHIPS) campaign. They

suggested installing magic eye taps in the dialysis unit and the renal ward which would enable patients, staff and visitors to wash their hands without touching the taps.

Second prize was awarded jointly to dialysis patient Henry Nicholson and senior charge nurse Lesley Sheach, and specialist nurse Maureen Perry picked up third prize.

Opening of research and investigation units

NHS Tayside Chairman Sandy Watson officially opened the new Clinical Research Facility and Clinical Investigations Unit at the Tayside Children's Hospital at Ninewells.

This new development, which is a joint partnership between NHS Tayside and the University of Dundee, sees cutting-edge research into children's diseases being carried out right in the heart of the hospital in collaboration with the Scottish Medicines for Children Network (ScotMCN).

As well as research into childhood diseases and

illnesses, there is also a new clinical investigations unit at the children's hospital which provides a family-centred environment for children to come into for planned tests and procedures.



Angus COPD service in the spotlight



Elaine Fenton (back left) with the Angus COPD patients.

Elaine Fenton, Angus CHP Respiratory Lead and Respiratory Nurse Specialist and a group of six Angus COPD patients were invited to share their experiences of living with the disease at a conference in Aberdeen.

The Angus group has been very proactive in contributing to the ongoing development of respiratory disease management and pulmonary rehabilitation classes in Angus. They emphasised the importance of health

professionals listening to their patients, exercise classes and respiratory self-help groups.

Elaine said, "I would really like to thank the members of the Angus COPD group who took the time to travel to Aberdeen and share their personal stories.

"It is important that health professionals involve patient groups when improving and developing respiratory services."

news in brief

Angus

Arthritis evening sessions

Angus Community Health Partnership have organised informal information evenings for people living with arthritis and their families. The first evening session was held in Forfar and over the next six months it is planned to roll out these sessions across Angus. These evenings will provide an opportunity to learn about some of the aids and equipment available as well as hear up-to-date information on what people can do to help live better with arthritis.

Funding to promote exercise

Over the next two years Angus Health Improvement Team is to receive £22k funding from Fairer Scotland which will be used to take forward exercise and weight management initiatives. The monies will be used to develop exercise programmes aimed at older people and the Winning Weigh initiative as well as buying portable gym equipment to develop 'Gym Without Walls' which will enable people to exercise in their local community settings.

Community maternity services at Montrose

A new build on the existing Montrose Infirmary site is the preferred option for the reprovision of community maternity services at Montrose. A one day stakeholder option appraisal event was held in Montrose to consider the six different options. The event was attended by midwives, service users and NHS staff as well as representatives of the public.

Angus PPG chair continues for another year

Angus Public Partnership (Health) Group has marked their fifth year and a new term by re-appointing Jeanette Gaul as chair of the group.

Minister for Public Health opens Armitstead



Minister for Public Health Shona Robison visited Armitstead Child Development Centre on the Kings Cross site to officially open the new purpose-built facility.

Children who attend the centre performed a nativity play for Ms Robison before visiting Santa in his grotto.

Ms Robison was also given a tour of the facility, which provides pre-school services and care for children with disabilities, including physiotherapy, occupational therapy and speech and language therapy.

Nablu delegates visit Tayside Children's Hospital

A delegation from Dundee's twin city Nablu visited the Tayside Children's Hospital to promote and foster friendships and understanding between the two cities.

Representatives of the Nablu-Dundee Twinning Association met NHS Tayside staff for a tour of the Ninewells facilities ahead of the opening of a new children's hospital in Nablu.

Consultant Paediatrician Rosalie Wilkie (third left) and Clinical Team Manager Irene Gray (right) with representatives of the Nablu-Dundee Twinning Association.



Medical History Museum

Professor Margaret Fairlie's watercolour painting



Our previous article featured Professor Turton Price's missing DRI plaque (alas no sign yet). The subject for this issue is a recent acquisition for the Medical History Museum,

a painting done by Price's one-time fiancée Dr Margaret Fairlie.

Margaret Fairlie was born into an Angus farming family in 1891. She took up her post in midwifery and gynaecology at DRI in 1925 and was later appointed as consultant in overall charge of the obstetric and gynaecology wards in 1936. It was to be a further four years, however, before the University of St Andrews agreed to her becoming the first

woman to hold a professorial chair in Scotland. It is said that upon her appointment she was greeted by the then Professor of Medicine Adam Patrick in the famous palindrome (can be read the same way in either direction) "Madam, I'm Adam".

Following a visit to the Marie Curie Foundation in Paris in 1926, she developed an interest in the use of radium in the treatment of gynaecological conditions, and ran a Friday morning radium follow-up clinic for many years in an atmosphere of 'trust, gratitude and mutual affection'.

Her many interests included travel, being one of the first to fly on the new Comet aeroplane to South Africa in 1952, and watercolour painting. One of her biggest thrills was a cheque for £9 9s for two flower pictures sold at a Dundee Art Society exhibition. It therefore gives the Medical History Museum great pleasure to be able to allow spectra readers a glimpse of our new acquisition 'Roses in Lalique



Vase'. I don't expect it is worth as much as the Lalique vase recently featured on the BBC Antiques Roadshow (bought for £1 complete with flowers, worth £25,000 without), but you never know...

Dr Graham Lowe
Honorary Curator of the Medical History Museum

Jingle Bells at Ninewells

Patients from Tayside Children's Hospital at Ninewells had two reasons to smile as special visitors stopped by in the run up to Christmas.

Santa Claus dropped in to switch on the Christmas tree lights at the main entrance to the hospital and lead staff, visitors and patients in some carol singing before handing out gifts to the children to take back to the ward.

Pipe band the Red Hot Chilli Pipers also made a special visit to spread some Christmas cheer to patients, staff and visitors.

The band played a few songs on the concourse before heading down to the children's ward to hand out CDs and chat with patients.



Alloway artworks unveiled

Clients of Alloway Day Centre unveiled an exhibition of artworks created as part of a project to help promote mental wellbeing.

At a Dundee Mental Health Strategy Development Event held last year, seven small steps were highlighted which can help an individual improve their own mental wellbeing.

The steps include engaging in creative activities, enjoying nature and having a good diet.

The weekly art group at Alloway Day Centre took inspiration from the steps to produce seven artworks, each one interpreted in a different way to represent one step and promote the varied programme of activities offered by the centre.



l-r Beth Wilson, Head of Integrated Mental Health Services, Alloway client Ellen Brown and Occupational Therapist Hilary Hart unveil the artworks.

news in brief Dundee

● Dundee physio honoured

Irene Pullar, a chartered physiotherapist from Dundee, has won two awards from the Chartered Society of Physiotherapy (CSP). Irene, who works at Kings Cross HCCC, won the awards for Achievement of Excellence in Enhancing Patients' Experiences of Physiotherapy Treatment (professional nomination) and Achievement of Excellence in Improving Service Delivery.

● CHAT Shop Charleston

Dundee health and wellbeing project Charleston Healthy Action Troopers (CHAT) is going from strength to strength after acquiring a shop unit beside Charleston Community Centre where they can promote social involvement and physical activity among local residents. The Dundee Healthy Living Initiative-supported group provide health-related activities, family trips and social events.

● Lung cancer information session

The lung cancer team at Ninewells held a public information session during Lung Cancer Awareness Month aimed at anyone wishing to learn more about lung cancer or who may have concerns surrounding lung cancer in relation to themselves, friends or family.

● New PPG chairperson

Dundee Public Partnership (Health) Group marked their fifth anniversary by re-appointing Esther McKell as chairperson and appointing Andrew Jack as new vice-chairperson for their new term.

Ninewells welcomes new volunteers

A new volunteering project has begun at Ninewells Hospital with the training of the first two groups of Welcome Volunteers.

The volunteers, who include retired NHS Tayside employees, staff, students, and members of the public, will man the Welcome Point desk located on the main concourse at Ninewells.

Volunteers will be on hand to offer assistance to patients and members of the public who have difficulty in finding their way around the hospital, giving directions to ward and clinic areas as well as, if required, escort people to their destinations.

If you have a few hours to spare and are interested in volunteering please get in contact with Voluntary Services Manager Maureen O'Reilly on 01382 632778 or email moreilly2@nhs.net.



Some of the first group of Welcome Volunteers with Maureen O'Reilly, Voluntary Services Project Manager (left) and Maggie Simpson, Director of Nursing & Patient Services (right).

Party's extra sparkle thanks to stop smoking scheme



Mums, babies and toddlers who attend the St Andrews Parish Family Support Project in the centre of Dundee were given an extra special Christmas gift thanks to the Give It Up For Baby (GIUBF) scheme.

The GIUBF team was shortlisted for an award at the Scottish Health Awards in November and picked up a £400 prize, which they decided to use to give the children of the St Andrews project an extra Christmas treat.

The project provides a place where children can play, parents can come and meet up, receive support and help if that's what they want and even find out about how they can extend their own education.

Charity walkers



Staff and clients from North Perthshire Community Mental Health Team recently completed a 15-mile charity Christmas walk in Edinburgh, each raising cash for their own chosen charities.

Having caught the walking bug, they now plan to take in some of the local scenic routes of Perthshire.



Patient Irene Fraser shows off one of her paintings with Elspeth Collier and charge nurse Bernie McLaughlin.

Perth patients' art project

Paintings by patients who have suffered a stroke were displayed at PRI following a four-month ST/ART project.

Lead artist Elspeth Collier worked with stroke patients from the Stroke Rehab Unit and Earn Ward at PRI, holding both one-to-one and weekend group sessions in which they covered a programme of creative rehabilitation.

news in brief

Perth & Kinross

● Hot Desk at PRI

A Hot Desking facility in PRI is now available to all staff. The Hot Desking room, which includes eight PCs with access to staffnet and the internet, telephones, and a wireless connection, is located in management offices on the second floor. For details on access please contact Joyce Ellis on 13786 or email joyce.ellis@nhs.net

● Parenting strategy launched

NHS Tayside and P&K Council jointly launched a new parenting strategy, which seeks to ensure that all children and young people have the best future possible. This new multi-agency approach focuses on early intervention strategies to prevent family or child crisis points. The strategy aims to improve outcomes for children, young people and their families by ensuring that they are healthy, safe, active, respected, nurtured, achieving, included and responsible.

● Beating the Blues

GPs in P&K can now refer people to Beating the Blues, an eight-week course of computerised Cognitive Behavioural Therapy (CBT) which will be offered as a first step for patients with mild to moderate mental health problems. CBT is an evidence-based therapy proven to help those with a range of problems and Beating the Blues has been proven to be effective for people with mild to moderate depression and/or anxiety.

● New PPG chair appointed

P&K Public Partnership (Health) Group have appointed current PPG member Arthur Andrews as their chair for the new term.

International Health Links



There is increasing recognition that health is a global issue. A number of individuals and groups within NHS Tayside have been involved in working with partners in developing countries, mainly in providing educational and training support to hard-pressed healthcare staff.

Many of these projects involve partners in Malawi, reflecting Scotland's particular commitment to this country, one of the world's poorest.

In recognition of this work and its value to the healthcare community in Scotland, NHS Tayside has formed an International Health Links Group.

The group aims to identify staff who are involved in health links and encourage good practice by sharing experience and pooling resources.

Reflecting the main areas of activity of those involved, the focus is primarily on initiatives in training/education. Examples include:

- *Support for the burns and plastic surgery unit in Blantyre, Malawi*
- *Training of Malawian clinical officers in anaesthesia*
- *Developing undergraduate teaching and diagnostic service work in pathology at the Malawian College of Medicine*
- *A wide range of health links between Meru District Hospital (Kenya) and NHS staff in Perth & Kinross*
- *Twinning of medical practices in Scotland with rural Malawian clinics*

Involvement of NHS staff in efforts of this kind is recognised to bring benefit to practice in this country, for example in learning about diagnosis and management of tropical diseases.



Queen Elizabeth Hospital, Malawi



Malawian students

The Board has agreed that some endowment funding will be made available to support staff engaged in approved activities and the application process will shortly be communicated to staff.

Any enquiries should be made to Frank Carey on 32548 or frank.carey@nhs.net

Back to the Floor

Alex Killick, Director for Workforce spent a day “on the shop floor” when he visited some of his team at Ninewells.



8.45am

I have been asked to meet my colleagues at 8.45am on level 10 in Ninewells where I will receive further instructions. I don't want to be late for my first day so I am really pleased that the road works at Longforgan are finished (albeit late). However, I hadn't banked on the treacherous conditions but managed to skate in close to 9. I rendezvous with my instructors Nicky Lothian, Iain McEachan and Joanna Butchart. Straight in at the deep end then as my first assignment was to undertake back to work interviews. It is really important that we manage this properly.

My job is to make sure that the manager conducts the process in accordance with policy and to record the agreed actions and I'm reassured that we are supporting staff to try to get them back to work as soon as is appropriate for them.

10.30am

My next task is to write up the file note from these meetings but unfortunately my day takes an unexpected turn for the worse. I get a phone call to tell me that my son Elliot had been blue lighted into A&E with suspected meningitis. Talk about being in the right place at the right time! He is quickly admitted to Ward 15 and is soon showing positive signs of improvement. I would be seeing quite a bit of Ward 15 that day.

1pm

I grab a roll at lunchtime in the Level 9 dining room – once I have mastered the art of making

it with separate ingredients – and catch up with other colleagues who are also grazing on a late lunch.

I need my fuel as I am about to undertake my most challenging mission of the day – Reception for the Recruitment and Employment Service team. Ann Simpson beams a friendly smile – she obviously knew what I was letting myself in for. I have to juggle bundles of paper – application packs, stuff for the Workforce team, stuff for payroll – and do my best impression of a helpful receptionist as staff and members of the public drop by to seek information. There is considerable volume of paper, despite modern technology, and this keeps everybody extremely busy.

3pm

After a tea break down in Ward 15 where Elliot is now well enough to eat chocolate muffins and is able to complain of boredom (a console wouldn't go amiss – although the Wii might be too strenuous according to recent reports!), I venture back to the hub of the Recruitment and Employment team where I spend the remainder of my shift being guided by the team (see picture) to process change of circumstance forms on the system so that payroll has the right information. So if you are one of the members of staff who I mucked up I am really sorry, but assure you that the team will clean up my mess!

5pm

So that was my day, a mix of practical professional, admin and customer service

experience plus an insight of Ward 15. I am very grateful to my team for assisting me through the day and to Kay Fowlie and her Ward 15 staff and all the others connected with Elliot's journey through the system – he managed to get home that day.

We are embarking on a number of changes within the Workforce Directorate and I felt it was important to get a closer insight of what the day-to-day pressures are like for the team and for our customers. I am determined to make improvements so that we benefit by providing effective services and so that the organisation benefits from a Workforce function that works as well as it can.

So, what next? Well, my colleagues within the Workforce Directorate are working hard to identify how we should be shaped for the future and we will be telling you about this in due course. For my part, I want to know what we can do better, more of, less of etc. I have just undertaken my first Patient Safety Walkround and this has been interesting, informative and a really good reality check for Board members.

I am planning a series of informal visits during 2009 and would be delighted to receive any invitation to see your work area first hand and discuss the hot topics of the day.

Alex Killick,
Director of Workforce
alex.killick@nhs.net

Staycations – the return of the bucket and spade holiday?

With everyone feeling the pinch these days, many people are choosing to stay in Britain for their summer holidays. The credit crunch coupled with the low value of the pound has prompted the rise of the 'staycation' – a holiday spent at home with day trips or weekends away replacing the traditional fortnight in the sun.

We asked what spectra readers have planned for their summer break this year.



Jan Sunderland

CHARGE NURSE
*Surgical Unit,
Stracathro Hospital*



Jenna Dobson

DOMESTIC ASSISTANT
Stracathro Hospital



Avril Morgan

CLERICAL OFFICER
Main Reception, Ninewells



Heather Reid

FERTILITY SISTER
Ward 35, Ninewells

Are you planning on going on holiday this year? If so, will you be holidaying abroad or in Britain? Would you consider holidaying in Britain?

I normally go abroad at Easter time or in October and stay home in the summer. Last year I went to Tenerife. I also go caravanning in the summer in the UK.

The credit crunch wouldn't affect me – you go on holiday to enjoy yourself.

Are you planning on going on holiday this year? If so, will you be holidaying abroad or in Britain? Would you consider holidaying in Britain?

I had three holidays last year, two of them were to America to visit my first grandchild which was lovely.

I don't have anything booked yet but I will be going abroad this year and I have thought about Egypt. As the Euro is so low at the moment I will try to avoid European destinations.

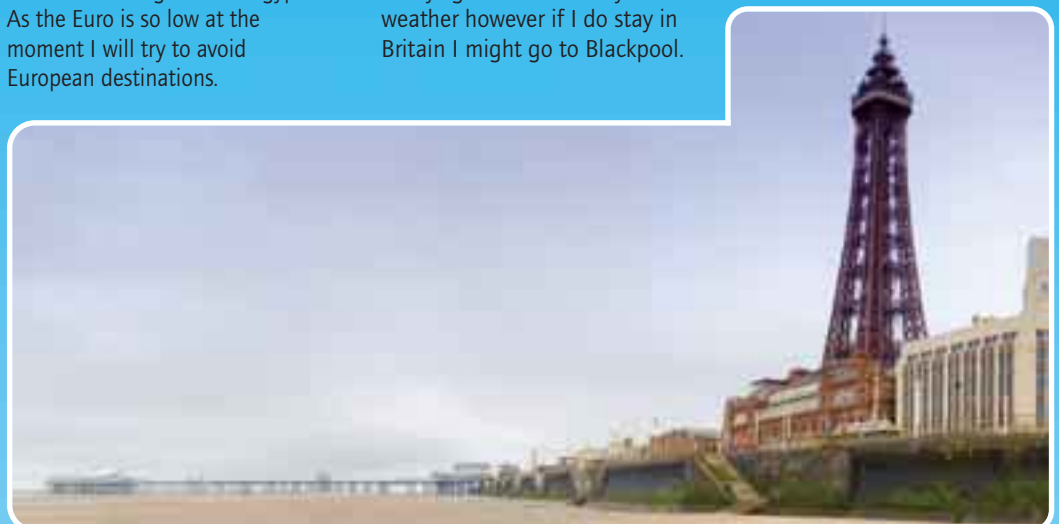
Are you planning on going on holiday this year? If so, will you be holidaying abroad or in Britain? Would you consider holidaying in Britain?

I haven't made a decision yet, I am waiting to see how my finances go before I book anything.

I like the sun so I would prefer to go abroad as you are almost always guaranteed sunny weather however if I do stay in Britain I might go to Blackpool.

Are you planning on going on holiday this year? If so, will you be holidaying abroad or in Britain? Would you consider holidaying in Britain?

I will still be going abroad as I normally go caravanning near Barcelona in Spain with friends. Although, they haven't booked the site this year yet because of the credit crunch - so there's a possibility it might be cancelled.





Myra Fraser

TEAM LEADER

Dundee Midwifery Unit

Are you planning on going on holiday this year? If so, will you be holidaying abroad or in Britain? Would you consider holidaying in Britain?

We will be going abroad as we have an apartment in a place called Puerto de la Duquesa near Estepona in the south of Spain, which is about 20 minutes from Gibraltar.

We go there every year, but maybe with the credit crunch we will perhaps eat in a bit more to save some money.



Margaret Watt

DOMESTIC ASSISTANT

Stracathro Hospital

Are you planning on going on holiday this year? If so, will you be holidaying abroad or in Britain? Would you consider holidaying in Britain?

Every year my husband and I holiday in Britain as I don't have a passport and my husband works for British Rail and receives rail passes which we like to use.

We just jump on a train and head off down south sometimes to places like Scarborough or Blackpool or really anywhere else we fancy.



Sharon Cobain

SPECIALIST MIDWIFE

Ward 35, Ninewells

Are you planning on going on holiday this year? If so, will you be holidaying abroad or in Britain? Would you consider holidaying in Britain?

I went to Portugal last year, but the credit crunch does mean I will be more inclined to spend my holidays at home this year. If we manage to save some money, we might go abroad, if not, we might go somewhere in the Highlands.

It's our silver wedding anniversary this year so I really want to go to the west coast of Canada for that, but we may have to wait and do that in a few years.



Sheena Alexander

HEALTHCARE ASSISTANT

Special outpatients department, Stracathro Hospital

Are you planning on going on holiday this year? If so, will you be holidaying abroad or in Britain? Would you consider holidaying in Britain?

Yes I am, in fact I'm just back from a holiday in Portugal. I would holiday in this country and have done in the past as I have stayed on canal barges in the Yorkshire Dales.


I still plan to have a holiday abroad and though it will probably be more expensive I am not really going to change what we do. We might be eating in a few more nights but things like hiring a car will still go ahead.

Healthy Living in NHS Tayside

Three NHS Tayside dining areas have recently achieved the **healthy living award** with a further 11 areas currently working towards it.


The first three recipients of the award within NHS Tayside are Food@five and Food@nine, Ninewells and Whitehills Dining room, Forfar.

Staff from these three establishments have worked hard over the last few months to meet the criteria for the award. New healthy dishes and sandwich ranges have been developed, healthy promotions have been organised and healthier items have been purchased.

Look for the  symbol on their menus and foods and drinks when making your food choices.

The **healthy living award** is a national award for caterers in Scotland that rewards catering establishments for serving

healthier food and finding ways of helping their customers make better food choices.

By using healthier ingredients and preparation methods and stocking healthier food choices, they provide healthier meals across the menu and they also help customers know which dishes and foods to choose by highlighting the healthy choices with the  symbol.

The experience gained from the first three award winners will assist other NHS Tayside staff dining areas who are currently working towards achieving the **healthy living award**.

All three establishments will receive their award at a **healthy living award** ceremony later in the year.



"I am delighted that I have had the opportunity to provide and promote healthy food choices and I hope that being a recognised award winner will attract additional customers who would like to try the wide variety of healthy choices which are now available.

"Working in an award-winning restaurant boosts staff morale and we also benefit from the learning experience and training."

David Bayne, Assistant Catering Manager responsible for Food@five and Food@nine

"We are really pleased that all our staff's hard work has been recognised and will continue to encourage healthy eating at Whitehills.

"We are extremely proud to have gained the award and would like to thank our customers and health professionals for their continued support."

Bob Mayes, Hotel Services Manager and Mary Turnbull, Head Cook, Whitehills

COPD Olympics helps patients get active

COPD patients in Dundee were encouraged to stay active by taking part in an Olympics-style event, which coincided with World COPD Day.

Dundee CHP COPD nurses organised the event at Douglas Sports Centre and invited former world champion and Olympic medal winner Liz McColgan to present the winning teams with their medals.

The teams competed in eight events, including French boules, Hoopla, step, treadmill and rowing machine challenges.

COPD obstructs airflow to the lungs causing breathing difficulties but research has shown that pulmonary rehabilitation and exercise improves patients' quality of life and reduces breathlessness.

In Dundee, once patients have finished their course of pulmonary rehabilitation with the physiotherapists at Kings Cross, they are encouraged to attend maintenance classes at DISC, Douglas Sports Centre or Lochee Sports Centre. The classes involve exercising, muscle strengthening, relaxation techniques and breathing control techniques.



Respiratory Consultant John Winter, Liz McColgan and NHS Tayside Chairman Sandy Watson (centre back) with the winning team and COPD nurses.

Antibiotic awareness winter campaign



Increasing awareness of antibiotic resistance was the focus of a winter campaign in nurseries across Dundee.

Posters and leaflets were distributed which promote simple measures that parents can take to avoid their child developing an infection and what to do if their

child does become unwell.

Dundee CHP and Dundee City Council Education Department teamed up for the campaign in a bid to limit unnecessary antibiotic use and raise awareness of the difference between bacterial and viral infections.

Perth clubbers get the lowdown on safer sexual health

NHS Tayside's Young People's Health Workers were at Bliss and Envy Nightclub in Perth to spread the safer sexual health message.

Dawn Blyth, a Young People's Health Nurse from Drumhar Health Centre in Perth, healthcare assistant Sarah Fortune and Project Scotland

volunteer Louise Ferns mixed with young clubbers and manned an information stand.

The team gave out advice on prevention and transmission of sexually transmitted infections and blood borne viruses, as well as information on contraception, confidential sexual health services and alcohol-related issues.

Sarah, Louise and Dawn



Tayside midwives support alcohol-free pregnancy

NHS Tayside midwives supported a national campaign promoting the message that an alcohol-free pregnancy is the best choice for mothers-to-be and their babies.

To coincide with Alcohol Focus Scotland's 'Alcohol and Pregnancy Don't Mix' campaign, midwives across Tayside helped raise

awareness of the issues around the use of alcohol in pregnancy.

Stalls were set-up at Ninewells, PRI, Montrose Infirmary and Arbroath Infirmary where midwives offered advice, information and alternative "alcohol-free" drink tasters.

Senior Health Promotion Officer Carol Barnett and Specialist Midwife Jane Forbes.



Breast Aware Workshop

Sharon Lynch, Superintendent Radiographer, presented a Breast Screening and Breast Cancer Information Session for staff at Kings Cross.

The workshop consisted of a talk and a presentation which covered areas such as what happens at the breast screening unit, and answers to questions concerning breast screening and breast cancer.



Staff given help to quit

A new smoking cessation co-ordinator has been appointed by NHS Tayside in its drive to help patients, visitors and staff kick the habit.

Audrey Mackenzie has 30 years nursing experience and was previously a cardiology nurse of 16 years. During this time she has been heavily involved in supporting patients and staff to stop smoking.

Her new appointment sees her developing and providing support and advice in Ninewells, PRI and Stracathro Hospital on how to stop smoking and on what services

are available to those who want to quit.

An open day was held for staff at Ninewells giving advice on Nicotine Replacement Therapy (NRT), CO monitoring and information on what support is available within the hospital and also the community. This was very well attended with around 150 staff making enquiries and being offered help.

Audrey is also keen to promote the service for patients who can be referred for advice by calling 07879 878180 or bleep 4601. Audrey will be extending her open day to PRI soon.



Bringing ideas to life

DR BANNISTER'S
PRISM GLASSES



Scottish Health Innovations Ltd (SHIL) works in partnership with Research & Development departments across NHS Scotland to protect and develop new innovations that come from health care professionals.

NHS Tayside is already active in research and SHIL has worked with numerous NHS Tayside innovators since 2002 helping to develop a wide variety of projects.

One of the most recent innovative projects that have originated from NHS Tayside is a pair of "Prism Glasses" to treat the phenomenon known as phantom limb pain and aids in the rehabilitation of stroke patients. The idea came from Dr Jonathan Bannister, an anaesthetist and specialist in pain management working in Ninewells Hospital.

SHIL were able to help Dr Bannister develop the product by having designs and prototypes made, protecting the intellectual property, sourcing a manufacturer and assisting in gaining the necessary regulatory approval and funds for conducting a clinical study.

Inventors from NHS Tayside whose ideas lead to commercial income will

benefit under NHS Tayside policy. The complete NHS Tayside IP policy can be found on Staffnet however inventors will receive 50% of NHS Tayside net income, their department 25%, with the Health Board receiving 25%.

SHIL Business Development Manager Dr Mark Ferguson is based full-time at Ninewells Hospital within the R&D department. Mark is

available to come and meet with individuals or departments to discuss your ideas and how SHIL can help 'bring your ideas to life'.

SHIL will also be available on a drop in basis at the Clinical Research Centre Public Information Point in the main concourse at Ninewells on a weekly basis throughout February.

Mark also plans to be available in Perth Royal Infirmary for individual and group meetings.

You can contact Mark on:

Tel: 01382 496368 (internal 36368)
Mobile: 07500 885817
Fax: 01382 496207
mark.ferguson@shil.co.uk

Dr. Mark Ferguson
Scottish Health Innovations Ltd.
NHS R&D - Level 9
Ninewells Hospital
Dundee DD1 9SY



Certificate in Clinical Audit awarded to Tayside staff

Thirty one members of staff from NHS Tayside have received a Certificate in Clinical Audit from Dundee College after completing a year-long programme, comprising of workshops and self-directed learning.

The staff completed a quality

improvement project within their area of work and took part in a sharing good practice day.

The programme will be renamed for 2009 to Certificate in Quality Improvement Models to reflect the variety of quality improvement tools being used by staff.



Tayside teams recognised

An NHS Tayside team has been highly commended at the National Health Service Journal Awards for their work in improving patient safety.

Tayside Audit Research for Primary Care (TARPC) undertook a pilot project, along with NHS Forth Valley, where they worked with a number of general practices from across Tayside to review

and develop their systems that will enhance patient safety.

The project has helped to raise awareness of patient safety in primary care on a national basis and discussions are underway as to how these can be addressed.

NHS Tayside was also a finalist in the awards for the Give It Up For Baby scheme.

The TARPC team at the award ceremony



Award for innovative dementia course

A joint research team from NHS Tayside and the University of Abertay Dundee have won an award for their innovative project work into dementia.

The team was presented with the national award for Good Practice in Mental Health Nursing 2008 in the Theory into Practice category.

A counselling skills course, along with a further module focusing on a therapeutic tasks model of dementia care, was developed to train and support mental health nurses who are working with patients who have a new diagnosis of dementia.

It is the first of its kind in Scotland, is highly regarded and it is hoped that it will provide a foundation for a nationwide course being developed.



New apprentice at RVH

The maintenance staff at Royal Victoria Hospital in Dundee have welcomed a new apprentice electrician into the team.

Daniel Naismith joined the department as part of the third annual intake through NHS Tayside's apprentice scheme.



l-r Maintenance staff Ron Spence, Graham Milne, Charles Chadwick, Paul MacQueen, Gordon Peacock, Daniel Naismith and Ronnie Collie

Tayside staff complete IT courses

NHS Tayside Learning Group, in partnership with the Trade Union Education Department of Stow College and NHS Tayside, have provided basic IT courses at Ninewells Hospital and Perth Royal Infirmary for staff.

These 10-week courses were very well attended and were designed to give staff an

opportunity for learning and also to prepare them for the KSF agenda.

June Gillies, the lecturer delivering the course said, "The students on these courses have been keen to learn and are enjoying this new opportunity."

Some of the students with their certificates and members of the NHS Tayside Learning Group



Success for Angus graduates



It was smiles all round for nine jobseeker graduates from the Angus Health and Social Care Academy course at Angus College in Arbroath.

The academy is a joint initiative between NHS Tayside, Angus College, Angus Council, Job Centre Plus and Triage and Skills Development Scotland.

The six-week course covers a variety of topics and combines college learning with practical work placements in Angus health and social care settings.

Angus Provost and non executive NHS Tayside Board member Ruth Leslie Melville presented the successful students with their certificates.



Lisa Anderson, Team Administrator at Kings Cross, tells spectra about her obsession with rugby and an embarrassing wardrobe incident on a local marine base.

Name, designation and dept.

Lisa Anderson, Team Administrator, Employee Director's Office, Kings Cross.

Personal history (an outline of yourself and how you came to be in this job...)

I came to Kings Cross six years ago to work in Corporate Services after working in the Pharmacy Stores and Supplies in Ninewells. I enjoyed my job as I was able to get out and about in the Kings Cross site but last year a job came up for a PA to the Employee Director which I was lucky to get and I've been here since.

I used to live and breathe rugby and would be at the club most week nights as well in the thick of things during the weekend too. Finally retired last season after 17 years coaching and this is my second season playing for Morgan Ladies rugby team. I am now trying to fill my time with other things instead of rugby so have started boxercise and dancing.

Like(s) about current job

Not having to walk the corridors of Kings Cross in the winter.

Dislike about current job

Don't get to see as many people as I did in my old job.

Most unusual thing asked to do at work

Nothing that I can think of, unusual things just seem to be the norm with me.

Achievement most proud of

Playing for Morgan Rugby Club men's team when we were on tour in Wales. We had a squad of only 12 of us playing against a 15-man Cardiff Police team. Oh and being a Guinness World Record Holder – I took part in the largest human nation flag at Murrayfield in 2006.

Favourite writer

Robert Ludlum and Ian Fleming.

Favourite music

Anything 80's pop/dance. Yes I'm old enough to remember them the first time round.

Favourite meal

Steak Pie, either my friend Evonne's or the Craigton Coach Inn's. Simply the best!

Most like to have dinner with

The boys that played for Dundee Juniors Rugby Club and have gone on to play rugby for Scotland.

Favourite word

Anyhoo.

Top 3 frustrations

Not getting a chance to finish what I was saying.

Rude people in cars.

People getting upgraded on the same flight as me.

Most embarrassing moment

After breaking my elbow at Condor Marine Base in Arbroath the doctor on the base was taking my skiing jacket off and all the lovely marines got to see my salopettes and a granny's vest. Somehow the embarrassment was worse than the pain!

Irritating habit

Don't think I have one, might have to ask other people that one.

Do better than anyone else

Being me.

3 wishes

My boyfriend to be domesticated.

To be able to jump on a plane anytime and visit my friends in Brisbane.

To drive a really fast car like The Stig from Top Gear.



Changing Your LDAP Password in Staffnet

Your LDAP (Staffnet) password is linked to other systems you may use on behalf of NHS Tayside, such as Central Vision, ACHI, Training Database, etc. Therefore, when you change your LDAP password through Staffnet, this automatically changes your password for any other LDAP Authenticated

systems. Once you have changed your LDAP password through Staffnet, you must log out of Staffnet in order for it to process the change you've made. When you next log in, all of your systems linked to your LDAP details will have been updated and you can use your new password to log into them.

- 1 Log in to Staffnet, using your current LDAP username and password then click on the link to Directories

1. Type your Username
2. Type your password
3. Click the Login Button



- 2 Next, click on the Login link provided in the Directory Services screen and enter your current LDAP details as before. Select your Group from the drop down list, then click the Submit button.



- 3 Next, click on the Change Password link
- a. Type your current password into the "Old Password" box.
 - b. Then type your new password into the "New Password" box.
 - c. In the "Confirm New Password" box type your new password in again.
 - d. Finally, click the **Change Password** button to confirm.



- 4 A prompt will appear advising you that your password will be changed in other LDAP linked applications e.g. Central Vision, ACHI, Training Database, etc. NOTE: Although email is also mentioned in this prompt – **your NHS Net Email account passwords will NOT be changed by this**, as NHS Net is not an LDAP Authenticated system.



- 5
- a. Click the **OK** button to continue.
 - b. The Password Updated screen will appear (as shown right). You **MUST** click the **Logout** button now, this will link your new LDAP (Staffnet) password to your other LDAP Authenticated systems in Staffnet. **Do not** click on the links to 'Click here to view your details' or 'Back to main menu'



New Identity Access Management System (IAM)

NHS Tayside, along with all other boards in Scotland is embarking on an exciting project which will consolidate username and password access to systems. It is not uncommon for staff to have four or five (sometimes more) passwords to access different systems.

The hope is that the IAM will initially consolidate the following systems:

NHS mail
SCI-Store

TOPAS
Carestream PACS
Emergency Care Summary (ECS)
SCI-DC Network
EDIS
LDAP and Active Directory

It is hoped that the IAM will be designed to allow staff to self-manage their password resets by answering security questions on screen, preventing the need for users to contact the IT Service to have their passwords reset.

Other benefits of the IAM include:

- Faster deployment of information systems and services to users
- Better audit of information system access and thereby alignment with security and other governance policies and procedures

The IAM will determine who the user is, what they can access and their role in the system they have access to.

It is likely that the implementation of this system will change current business processes, such as the completion of some user registration forms for access to systems. It is likely that many of these processes will be electronic.

The IAM will be used in each Health Board area in Scotland.

It is envisaged that implementation of the IAM will begin May 2009.

For any further information about the implementation of the IAM please contact Scott Reid on scott.reid@nhs.net or telephone 01382 537732.

Bikers raise cash for Glenlaw

Dundee Bikers Forum raised more than £1800 during their annual Christmas Toy Run and night out and handed the proceeds over to Glenlaw House Respite Unit at Kings Cross.

Nearly 100 bikes took part in the run, which was followed by a festive bash.



PICTURE COURTESY OF THE EVENING TELEGRAPH

Donation to Angus diabetes clinic



PICTURE COURTESY OF THE COURIER, DUNDEE

The out-patient diabetic clinic at Whitehills Health and Community Care Centre in Forfar received a £1000 donation from Kirriemuir Rotary Club's community service fund.

Members of the club were given a short tour of the clinic by Dr Geraldine Brennan, consultant physician, prior to the hand-over of the cheque.

Funding for therapy equipment

The Occupational Therapy department at the Armitstead Child Development Centre nursery received funding from Childlink Scotland to purchase a Smartplatform from Smile Rehab.

The equipment will assist the children in therapy sessions to work on switching, cause and effect and independence skills in a fun way.



Diana Stout, children's convener for Childlink Scotland, Lochlan Robertson and physiotherapist Kerry Mitchell

Arbroath midwives' festive fundraiser

A group of midwives from Arbroath Community Maternity Unit spent a day at Abbeygate Centre in the town to raise funds for the unit.

The midwives held a tombola stall raising £178 to benefit mums and babies at the CMU.



Donation in memory of mother

Roxburghe House palliative care unit in Dundee received a boost when a former patient's son handed over a cheque for £600.

Florence Hendry passed away in Roxburghe House two years ago after suffering from cancer and her son Cameron wanted to say thank you for the excellent care she received in her time at the hospice.

Along with his wife, Cameron set up a dance night in Dundee called INFINITY with all proceeds going to Roxburghe House.



PICTURE COURTESY OF THE EVENING TELEGRAPH

Golden boost for dermatology

Dundee couple Anne and Jack Brodie presented a cheque for £450 to the Dermatology Department at Ninewells Hospital.

Anne and Jack recently celebrated their Golden wedding anniversary and held a party for family and friends at the Post Office Bar in Broughty Ferry.

Instead of receiving gifts the couple asked for donations to psoriasis research as Anne has received treatment for psoriasis for the last 13 years and wanted to give something back.



l-r Jack Brodie, Consultant Dermatologist Cathy Green, Anne Brodie and Charge Nurse Sally Reddy.

£50k to benefit ENT patients

Two new endoscopy systems providing state-of-the-art high-quality imaging to benefit Tayside patients are now operating in Dundee thanks to £50,000 from the Ninewells Cancer Campaign.

Clinical Leader and Consultant in ENT Mr Rodney Mountain accepted the cheque on behalf of the ENT department which was used to purchase the two Audio Visual Stacking Systems.



l-r Ninewells Cancer Campaign Chairman Dr Jacqui Wood, Senior Charge Nurse Wilma Hind, Mr Rodney Mountain and Clinical Team Manager Joanne Cameron

Music event raises cash for Ninewells

Lyndsey Tinney, a former patient of Ninewells Hospital, has donated £3000 to the wards where she received treatment for a life-threatening brain tumour.

Lyndsey raised the cash by organising 'Neuro-fest' – an all-day music event featuring local bands and the total was boosted further after some friends took part in a sponsored paraglide.

This donation to Ninewells neurology and neurosurgery wards is the latest from Lyndsey who has now raised over £10,000 for the wards by organising various fundraisers in Dundee.



PICTURE COURTESY OF THE COURIER, DUNDEE

Young amputee thanks Ninewells staff

Auchtermuchty man Michael Simpson has raised over £4000 for the Ninewells staff who helped him get up and about after having both legs amputated.

Michael spent five months in Ninewells following his operation and staff in Ward 12 and the physiotherapy department gave him the motivation to get out of his hospital bed and walking with prosthetic legs.

After leaving Ninewells, Michael organised a



Halloween party in Strathmiglo with a raffle and charity auction which raised £3715 for Ward 12. A Further £500 was raised for the physiotherapy department at a darts and dominoes night.

Santa delivers gift to children's ward

Children in Ward 29 at Ninewells welcomed Santa and his elf as they dropped in to hand over a cheque for £250.

Kenny McKenzie and Graham Muir raised the money by growing festive beards.

Clinical team manager for paediatric and child health Irene Gray accepted the cheque which will be used to purchase a bubble tube – a sensory toy to relax and distract children when they go for surgery or x-rays.





Betty Goodwill

Medical Secretary Betty Goodwill has retired from the Women and Child Health Department at Ninewells after 30 years.

In her retirement, Betty plans to spend more time with her

grandchildren and to get in a few rounds of golf. She also has a trip to London planned with colleagues.

Colleagues and family gathered at Ninewells to celebrate Betty's retirement and present her with flowers, vouchers and gifts.



Bob Potts

Chief Biomedical Scientist Bob Potts (centre right) has retired from Ninewells Hospital after spending four decades with the health service in Tayside.

Bob has worked in the diagnostic laboratories of NHS Tayside for 43 years. He joined the NHS in 1965, and worked initially in the Pathology department of Dundee Royal Infirmary before it moved to Ninewells.

With Professor John Beck, he established the Immunology section in 1972 and has subsequently managed the department as it has grown.

Bob has a great love of music and plans to spend some of his free time relearning the piano and putting his colleagues' gift of a keyboard to good use. He also hopes to travel and is looking forward to taking trips in his sports car during the summer months.



Isobel Guildford

Charge nurse Isobel Guildford (front right) has retired from Ninewells Hospital after 40 years service.

Isobel spent 34 years in the Ninewells maternity theatre and was awarded a hospital medal for general excellence in nursing on

completion of her nurse training.

Colleagues wished Isobel well at a retiral buffet where she was presented with a gold watch and flowers.

Isobel plans to "swim, keep fit, relax and ditch the alarm clocks".



Mano Usher

Senior midwife Mano Usher has retired after 30 years delivering babies at Ninewells Hospital.

Mano began working in the labour suite in 1978 and is described by colleagues as "everyone's friend".

In her retirement, Mano plans to spend more time with her family and friends and enjoying her hobby of cycling.

Colleagues and family gathered at Ninewells to celebrate Mano's retirement and present her with flowers and gifts including cycling equipment, jewellery, vouchers and a digital photo frame.



Penelope Fraser

Penelope Fraser, Consultant Clinical Health Psychologist at Ninewells, has said farewell after a 36 year career working for the health service.

Penelope joined the NHS in 1972 and has worked with NHS Tayside since 1976. In her role of Consultant and Lead Clinician for the Clinical Health Psychology

service she has been instrumental in developing the specialty both within Tayside and nationally.

Penelope intends to travel more and continue her work with local voluntary agencies.

Dr Bill Macrae, Consultant in Pain Medicine, presented Penelope with flowers and gifts on behalf of her colleagues.

Jane Davidson

Jane Davidson, Discharge Strategy Manager for Tayside NHS Board has retired after spending 39 years working across all three NHS Tayside regions.

Jane was instrumental in setting up the Pitkerro Intermediate Care Unit and played a key role in developing the Electronic Management of Patients in Tayside – Delayed Discharges system (EMTayDD) which has now been adopted and developed nationally.

Ann Haughs

Assistant support services manager Ann Haughs has said farewell after over 30 years service with NHS Tayside.

Ann's friends and colleagues gathered at Murray Royal Hospital in Perth to wish her well and present her with flowers and gifts.