



## Have you done the test?

NHS Tayside raising awareness  
of bowel screening

## Dear spectra readers,

Three years on from the introduction of the ban on smoking in public places, more and more people are determined to kick the habit and become part of smokefree Scotland.

Once again, NHS Tayside smoking cessation staff held a number of successful events in local communities across the region to offer information and advice about stopping smoking and the help and support available.

You can see pictures from these events in our special Healthwise feature.

Also in this issue we have features on the Modernisation and Development Team based at Ninewells and NHS Tayside's training partnership with ophthalmologists in Indonesia, as well as the usual news stories from across Angus, Dundee and Perth & Kinross.

The Scottish Government has just launched a new campaign to raise awareness around the roll-out of the National Bowel Screening Programme which began as a pilot here in Tayside in 2000. Thanks to the hard work and dedication of staff at the Scottish Bowel Screening Centre at Kings Cross, the successful programme has already saved lives, and as part of the new campaign spectra is highlighting the importance of regular screening to staff.

The TREATS team also have some great new offers in the regular TREATS pull-out newsletter.

Remember to get in touch with the editorial team (details below) if you have articles and stories you'd like us to print or if you'd like to see us highlight something in your magazine.

**spectra editorial team**



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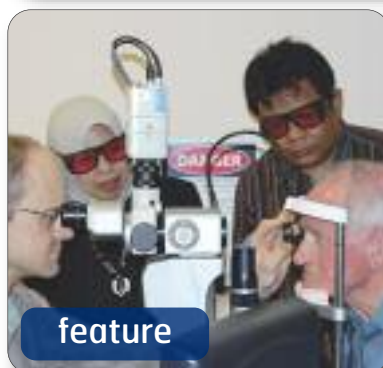
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NHS Tayside  
raising awareness  
of bowel screening

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news2u



feature



healthwise



learning together



insight

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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 42 to the editorial team by Tuesday, 5 May. The deadlines for future editions of spectra are as follows:

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## Life long learning roadshow

Roadshows were held recently at Stracathro Hospital and Crieff Community Hospital to raise awareness around life long learning opportunities for staff in NHS Tayside.

Staff had the opportunity to speak with representatives from

NHS Tayside Learning Department, staff side organisations and local colleges.

Further roadshows are planned over the coming months at Ashludie, Whitehills, Kings Cross and Arbroath Infirmary.

Staff at the Stracathro roadshow.



## Chairman visits Angus class

Chairman of NHS Tayside Board Sandy Watson recently visited the phase 4 long-term exercise class for people with heart disease at Saltire Leisure Centre, Arbroath.

Board members had expressed an interest in seeing potential services and initiatives developed for patients with long-term conditions within the community.



Pictured is Sandy Watson (centre) with some of the participants and organisers of the phase 4 class.

## Medical History Museum

### Dr George Pirie

At the turn of the 19th/20th centuries, early X-ray investigators found it helpful to test how strong the rays were by using a device called a fluoroscope. These early radiologists would hold their hand between the X-ray tube and the fluorescent plate of the fluoroscope, with the clarity of the image of their bones on this screen being proportional to the strength of the X-rays.

This fluoroscope was used by Dr George Pirie (1863-1929) during his early investigations into clinical applications of X-rays at Dundee Royal Infirmary. Like other investigators of his time, he would have been unaware of the dangers of repeated or prolonged exposure to these rays.



His first inkling of trouble would have been cracking of the skin of his hands, and it would amuse his colleagues to see him with sticking plaster all over them. Sometimes he would awaken at night to find them 'tingling like fire', and he would use the mustard oil depicted here (given to us by his granddaughter) as a counter-irritant to

soothe his discomfort. He was urged to give up the X-ray work and merely superintend, but "I could never bring myself to cause others to take a risk that I would not take myself".

In time, Dr Pirie lost both his hands to cancer and his eyesight began to fail. When he was no longer able to work, he was given the highest award of the Carnegie Hero Trust and a group of Dundee citizens presented him with a substantial cheque, part of which was used to build a house very close to Ninewells where he spent his final days.

Dr Pirie's name is inscribed on the 1936 Memorial Stone which was erected in Hamburg to honour the early pioneers of X-rays who suffered radiation injury or lost their lives due to their work. There are 169 names from 15 nations, including six from Scotland, and Marie



Curie, although not Roentgen who discovered X-rays in one of Dundee's twin cities of Würzburg. The citation on the Memorial reads:

'They were heroic pioneers for a safe and successful application of X-rays to medicine. The fame of their deeds is immortal.'

Goodness knows what Health and Safety would think now of Dr Pirie's self-sacrifice in the study and practice of radiology when it was all 'new, fresh and romantic'. At a public ceremony in recognition of his near 30 years of X-ray work in 1926, the Lord Provost likened him to the maimed soldier who, on being asked if he lost an arm in the war, replied "No, I gave it". Pirie's response was that "he had just been doing his duty".

A remarkable man by all accounts.

**Dr Graham Lowe**  
Honorary Curator of the Medical History Museum



## news in brief

### Angus



PICTURE COURTESY OF EVENING TELEGRAPH

## Sterile services staff raise funds for cancer campaign

Staff from the sterile services department at Ninewells Hospital handed over a cheque for £1600 to the Ninewells Cancer Campaign.

The cash was raised by the department through an ongoing fund-raising drive that included raffles and charity sales.

Jacquie Woods from the Cancer Campaign accepted the cheque from staff.

## Painting for pleasure

Lynda Marshall, Radiography Manager for Angus Hospitals took up painting in 1997 as a source of relaxation and has never looked back.

Although Lynda paints only for pleasure, she has entered her artwork in various exhibitions locally and she was delighted to win first prize

in a staff exhibition held in the Radiology Department at Ninewells in 2003. She is currently exhibiting at Whitehills Health and Community Care Centre in Forfar.

Lynda says, "I would encourage anyone to take up painting, it is great fun. You don't know what you can do until you try!"



Lynda with some of her artwork.

### ● Upgrade of Montrose wards

Wards 1 & 2 at Montrose Infirmary are due to re-open soon following a three-month closure for refurbishment. Improvements include new toilet and bathing facilities, installation of a nurse call system and provision of additional wash basins as well as redecoration.

### ● Midwife project wins top award

Midwives' from Montrose CMU have won national recognition at an awards ceremony in London for a research project they carried out at the unit. Phyllis Winters, Iona Duckett and Clair Winter's project was runner-up in the category Research Into Practice in the 2009 Royal College of Midwives (RCM) Awards.

### ● Breast screening unit at Carnoustie

NHS Tayside's mobile Breast Screening Service has been based in Carnoustie recently with women in the area aged 50 to 70 receiving letters inviting them to attend for screening.

### ● Patients asked to share their views

Angus Specialist Palliative Day Care Services held meetings in Montrose and Arbroath inviting patients and their families and carers to come along and give suggestions for how services could be improved.

### ● New Renal Dialysis Unit for Arbroath Infirmary

Work starts soon on a new eight stationed modular satellite dialysis unit at Arbroath Infirmary. The unit, which is due to be up and running by the end of the year, will provide renal services closer to home for Angus patients.

## First Tayside group for adults who stammer

Tayside Speech & Language Therapists (SLTs) recently ran a group for adults who stammer; the first of its kind in Tayside.

During each session, therapists rated clients on their fluency, motivation and confidence through activities such as Speaking Circles, breath support, articulation, fluency shaping and body language.

Sally Milne, Specialist SLT at Ninewells, said, "The group aims included increasing knowledge about stammering and fluency techniques, as well as sharing

experiences and gaining confidence in speaking.

"To help maintain fluency, confidence and motivation we have encouraged the group members to set up a self-help group which has now been established in Dundee."

*For more information on the Tayside Adult Stammering Self-Help Group contact tayside-stammering@hotmail.co.uk*

*To find out more about SLT for adults who stammer contact sallymilne@nhs.net*



Speech & Language Therapists  
Carol Bisset and Sally Milne

## New volunteers at The Corner



PICTURE COURTESY OF THE COURIER, DUNDEE

Four of the volunteers (front, from left) Elaine Ferrier, Liz Dillon, Gillian McClure and Louise Friend with (back, from left) manager Pete Glen, team leader Manjeet Gill, health outreach worker Graeme Cockburn, sexual health nurse Jackie Fitzpatrick and Gary Finlayson.

Eight new volunteers have begun working at The Corner Health and Information Centre having recently completed a five-week training course.

The volunteers, who are of various ages and from different backgrounds, were taught how to deal with sensitive issues and can offer information and advice on the many services available to young people.

Gary Finlayson, health promotion worker, said, "The newly-trained volunteers are keen to get involved in all aspects of our service and we are extremely grateful to have them involved at The Corner."

## Staff Survey update

Over the past couple of months, NHS Tayside's Staff Survey Group have been looking closely at the 4500-plus local responses to the 2008 NHS Scotland Staff Survey. We're confident that these thousands of opinions have given us a really good understanding of what is working well across Tayside and what staff feel needs to be worked on to make NHS Tayside an even better employer.

The group are now finalising action plans to address the issues – both good and not so good – which were highlighted through the survey.

As a reminder, our highlights were:

- Willingness to go the extra mile

- 85% of you said you'd be happy to go that extra mile at work when it's needed.

- The right information to do the job well and clear about what's expected of you - 78% of you say you feel confident you have the information to do your job well and 79% of you are clear about what you're expected to achieve in your job.

- Support from colleagues - 76% are satisfied with the support you get from work colleagues.

And we need to work harder in the areas of:

- Management and staff communication - 33% believe

communications between managers and staff in NHS Tayside is effective.

- Managing change - 27% believe NHS Tayside manages change effectively.
- Personal development - 45% have had a performance review within the past six months.

Since the results of the survey were published, NHS Tayside has been getting feedback from groups of staff and managers on the types of action which are needed to be put in place, both in local areas and as an organisation. By taking the time to get the opinions of staff on any proposed actions, this means staff

themselves can help to shape the way forward and we know we are getting the right solutions to the issues highlighted in the survey.

The detailed action plan will be shared with staff over the next couple of months and, naturally, we're very keen to keep hearing your views so we're setting up a dedicated email address for you to share any thoughts on future proposals. Look out for more information in future Vital Signs.

*The NHS Tayside Staff Opinion Survey 2008 Highlights Report is available on Staffnet on Staffnet Homepage | Staff Noticeboard | Publications/Consultations | Staff Opinion Survey 2008 Highlights Report.*

# Creative skills on display at Dundee Contemporary Arts

Tayside Healthcare Arts Trust's ST/ART project teamed up with Dundee Contemporary Arts (DCA) to run a series of workshops for people unable to eat in a conventional way.

Participants on the project receive home parenteral nutrition, an intravenous

feeding system. The project was a way of bringing the artists together and producing a relaxed environment to meet others in a similar situation and express themselves through various media.

Artworks created by the group were displayed at DCA for the public to view.



PICTURE COURTESY OF THE COURIER, DUNDEE

## Dundee's satellite link-up to carers' conference

An event for carers and professionals was held at Westpark Conference Centre in Dundee to discuss good practice in relation to the implementation of Care 21 and NHS Carers Information Strategies (CIS) in Scotland.

The Dundee event was a satellite site which was linked up to a Glasgow-based conference, giving carers and local decision-makers from

NHS Tayside and local authorities the opportunity to watch and listen to the experiences of carers and care providers.

Professor Liz Wilson, Director of Nursing at NHS Tayside, will be hosting the event in Dundee along with managers from the three local Princess Royal Trust Carers Centres in Arbroath, Dundee and Perth & Kinross.

*Professor Liz Wilson (second right) with carers and professionals*



## news in brief Dundee

### ● DHLI feel good sessions

Dundee Healthy Living Initiative has recently started a new healthy lifestyle course in Mill O'Mains Community Pavilion. The programme involves basic health checks, stress management advice, relaxation techniques, healthy eating and promotion of physical and mental wellbeing.

### ● Parking facilities upgraded

New parking equipment has been installed in all barrier car parks at Ninewells providing better facilities, improving the flow of traffic and reducing queues when exiting the car park. The old coin-operated barriers have been replaced with pay-on-foot systems, similar to those found in shopping centres.

### ● Supermarket health checks extended

DHLI are extending their supermarket health check sessions to include another of Dundee's stores – Asda Milton of Craigie. Community health nurses will be offering blood pressure checks, glucose testing for diabetes and other general health advice at the store once a month.

### ● Drama tour explores health

NHS Tayside's Schools Team and Dundee College Theatre Arts team have again taken their drama tour to Dundee secondary schools. Third year pupils across the city watched a dramatic play and took part in workshops with the actors and health workers to explore health issues and find out where to get information and help.



## New women's services in Perth and Dundee

New purpose-built community maternity units and women's health clinics have now opened at Perth Royal Infirmary and Ninewells.

Perth has had a midwife-led community maternity unit (CMU) for four years giving pregnant women in Perthshire high quality care and the choice of having their baby in a relaxed and therapeutic environment. The new CMU has been boosted by an additional birthing pool and new en-suite single post-natal rooms for mums and babies.

The Women's Health Clinic at PRI offers a range of services including antenatal outpatients, ultrasound service, gynaecological outpatients, physiotherapy and a parent

education room. It is now larger and is now located on the same floor allowing a more seamless service for those requiring treatment or follow-up care.

The new Dundee Midwifery Unit provides fully-adapted new-build accommodation where midwives provide mums-to-be, who are assessed as being low risk, early labour monitoring, care throughout labour and delivery, the option of water labour and water birth, and immediate post-natal care, including help with infant feeding.

The new Women's Clinic at Ninewells incorporates an early pregnancy assessment clinic, antenatal clinic and maternity day assessment unit.

## PRI radio celebrates 20 years



Provost John Hulbert cuts the birthday cake.

Hospital Radio Perth has celebrated two successful decades on air and is now looking to extend their output across Perthshire.

The service launched in February 1989 with only two programmes a week and is now broadcasting 24-hours-a-day, seven-days-a-week to patients at Perth Royal Infirmary.

The station is aiming to extend over the next 12 months to include patients at Murray Royal and at cottage hospitals in the Perthshire area.

Over the years Hospital Radio Perth has become one of the premiere hospital broadcasters in the UK, winning the UK Station Of The Year Award a record four times.

The first team in the old studio 20 years ago



Nursery nurse Elaine Beattie, lead midwife Susan Smith and midwife Jenny Royle with first baby born in the new Perth CMU, Euan Shaw and his parents.



Dundee Midwifery Unit staff Elaine Melville, Joyce Jones, Elaine Burgess, student midwife Leah Jack and Linda Gierasik.



# Hospital Link success

The bus link between Ninewells and Perth Royal Infirmary is on course to reach its long-term passenger target in the first year of operation, with about 1000 to 1200 people using the service every week.

Buses run hourly between the hospitals and are part of a green travel plan to urge more people to leave their cars at home, reducing pressure on car parks and supporting more sustainable methods of transport.

The introduction of a regular and reliable bus service was also seen as a necessary part of the Acute Balance of Care (ABC) project, as new clinics were opened up and staff and patients were moved between the two sites.



Cabinet Secretary Nicola Sturgeon talks to a patient in the new unit



PICTURE COURTESY OF THE COURIER, DUNDEE

## Cabinet Secretary opens new Perth unit

Cabinet Secretary Nicola Sturgeon officially opened the renal dialysis & haematology/oncology unit at Perth Royal Infirmary.

The £4million joint development underlies the continued commitment of NHS Tayside to further establish PRI as a very important element of acute services across the region.

For the first time, patients with renal failure can receive their dialysis in Perth and the new unit also offers

enhanced local access to day case chemotherapy and supportive therapies for patients in Perth & Kinross.

Ms Sturgeon, said, "Such facilities as these here in Perth are what patients expect in order to receive better and faster access to healthcare in their local hospital.

"This new facility is a tribute to all the hard work and commitment of those involved in its development."

## news in brief Perth & Kinross

### ● New Winning Weigh course

People in Blairgowrie and Rattray have been benefiting from a new free course, which seeks to improve their health by losing weight through healthier lifestyle advice and physical activity. Winning Weigh was designed by NHS Tayside in collaboration with Perth & Kinross Leisure to help people to try to eat healthier and be more active, as this can help to protect against coronary heart disease, diabetes and many common cancers.

### ● CAMHS launches pilot project

Children in Perth & Kinross are to benefit from a new service called Books in Mind where they will be prescribed books to aid them to recover from mental health problems. This is a new joint pilot project by NHS Tayside Child and Adolescent Mental Health Services (CAMHS), and Perth & Kinross Libraries. A range of books have been chosen specifically by CAMHS professionals to support the work they do with children and young people.

### ● New adult mental health course

The new Living Life to the Full course will benefit people in Perthshire who suffer from mild mental health difficulties. The Perth & Kinross Adult Psychological Therapies Service, in collaboration with a number of community agencies, is running a series of classes which started in January and are based on cognitive behavioural principles.

### ● Baby Bumps recognised in awards

NHS Tayside's Baby Bumps, the Perthshire project for tackling teenage pregnancy, has been highly commended in the Foundation of Nursing Awards 2008, which seek to reward excellence in nursing and healthcare practice. The project provides support, information and care for teenage mums during their pregnancy.

## Ninewells cardiac team delivering vital service

**T**he Ninewells Percutaneous Coronary Intervention (PCI) service has been up and running for a year and a half and plays an important role in saving the lives of heart patients as well as shortening hospital stays.

PCI is a procedure to increase blood flow to the heart muscle by stretching open narrowed arteries with balloons and supporting the stretched artery with tubular scaffolding "stents". This is an alternative to Coronary Artery Bypass Surgery with shorter recovery time. The

majority of patients are able to go home the next day.

There were 663 of these procedures carried out in the first 18 months of the service, 78 of which were emergency cases, some of who would almost have certainly died without immediate PCI.

There is a low rate of complications with no patients having been transferred for emergency cardiac surgery and 1,800 bed nights saved in the first year by eliminating transfer delays.



Consultant Cardiologist Dr John Irving said, "Before the service was set up, ACS patients would have to travel to Edinburgh for PCI, and experienced much greater delays to treatment.

"Team work is vital in delivering the new service. Sister Ann Mackintosh leads a team of dedicated nurses who have taken in

their stride the major changes to their role in the Cath Lab. Similarly, the cardiac physiologists and radiographers have developed their crucial roles as the service has developed."

Currently procedures are undertaken Monday to Friday but it is planned to deliver a 24/7 service in the future.

## Increase in uptake of cervical screening

**M**ore women in Tayside are having cervical smear tests after a period of heightened public awareness around cervical cancer.

tests, to come forward for this important screening."

To get the very best protection against cervical cancer, girls who

are immunised with HPV vaccine should still have regular cervical smears once they reach age 20 as the HPV vaccine does not protect against all types of HPV.

Anyone who feels they are overdue, have missed or have never had a smear test should contact their GP to arrange an appointment.

The HPV vaccination campaign for teenage girls and Jade Goody's high-profile battle with cervical cancer have both helped to raise understanding of the disease and the importance of regular screening.

Dr Margaret Kenicer, Consultant in Public Health Medicine, said, "The recent death of Jade Goody from cervical cancer has helped make the public more aware of the disease and the need for regular cervical smears, and in Tayside we have seen an increase of more than 10% in the number of smears carried out at the end of 2008.

"However, we would encourage all women aged between 20 and 60, especially those who have never been tested or have missed





# Ninewells eye doctors helping others see in the future

NHS Tayside has signed up to a training partnership which will help health professionals on the other side of the world make avoidable blindness a thing of the past.

Three Indonesian doctors from the University of Hasanuddin Medical Faculty in Makassar visited Ninewells to cement medical and research links between the two hospitals as part of VISION 2020 Links Programme.

During their week-long stay in Dundee, Dr Irawan Yusuf, Dean of the University of Hasanuddin Medical School, Dr Habibah Muhiddin, consultant ophthalmologist and Head of Department and Dr Noor Syamsu, consultant ophthalmologist shadowed Ninewells ophthalmologists and other health professionals.

The three Indonesian doctors visited outpatients' eye clinics and saw first hand the surgical procedures carried out by the specialist eye team at Ninewells which include cataract and laser surgery as well as paediatric ophthalmologic surgical operations.

One of the most common causes of avoidable blindness in Indonesia is cataracts which, when removed, restore a patient's sight and their ability to earn money to support their family.

The doctors, along with staff from Ninewells eye department, also visited Dundee City Chambers for a civic reception.

Ninewells consultant ophthalmologists Dr John Ellis and Dr Carrie MacEwen have been instrumental in forging the links between the



two hospitals as part of the international VISION 2020 Links Programme.

Together Ninewells and the University of Hasanuddin have been working closely to develop a Memorandum of Understanding which details future activities between the two hospitals which will foster research, education and clinical practice between the two institutions. This is the first Scottish/Indonesian VISION 2020 link formally established.

VISION 2020 is part of the global initiative for the elimination of avoidable blindness. This was launched in 1999 by the World Health Organisation (WHO) and the International Agency for the Prevention of Blindness (IAPB) with the ultimate aim of eliminating avoidable blindness by the year 2020.



# Have you done the test?

Since 2000, NHS Tayside has been offering routine bowel screening to everyone aged between 50 and 69 as part of the Scottish Bowel Screening Pilot Programme. The National Programme began its roll-out across Scotland in 2007 with the Scottish Bowel Screening Centre established at Kings Cross in Dundee. The programme invites all men and women between the ages of 50 and 74 to take the test every two years. It is sent out by post to be completed at home and returned to the laboratory at Kings Cross.

The Scottish Government has launched a new campaign to raise awareness of the roll-out of the National Programme. You may have seen the new posters and flyers with the line 'I've

done the test, have you?' which have been distributed to hospitals, GP surgeries and local pharmacies. Research has shown that many people are not aware of bowel cancer and how common it is in Scotland so the aim of this campaign is to increase understanding of the disease and normalise routine bowel screening for men and women in the same way as breast and cervical screening are routinely undertaken.

This simple test has already helped save lives in Tayside and, as part of this new campaign, spectra is highlighting the importance of regular screening to our staff.

*For help and inquiries contact the Helpline on 0800 0121 833*

## Professor Bob Steele, Director of the Bowel Screening Programme in Tayside, explains why it is so important for everyone who receives a test kit to take part in the programme:

"Uptake has been lower for men than women in the screening programme so far so we particularly want to persuade men to take part in the national programme, which has now been rolled out in Tayside and across Scotland.

"It is also our priority to reach people in the most deprived groups as their uptake was 20% lower.

"Early bowel cancer is one of the most curable of all cancers and the screening programme aims to save lives by picking up the disease in its early stages.

"Most of the cancers picked up through the screening programme are at an early stage and the majority of patients will have been cured.

"The age range has now been extended so that everyone in Tayside aged 50-74 will receive the simple test kit through the post, which they complete at home and return to the central laboratory at Kings Cross Hospital in Dundee. The test is really easy to do, full instructions are included and a free telephone helpline is available for anyone who needs extra help.

"A key message is that single tests don't pick up all cancers. So, even if people took part during the pilot, the test needs to be repeated every two years to ensure early detection and treatment. We want to encourage everyone who gets sent a kit to take part in this excellent national programme which is based here in Tayside."



# Bowel Screening:

## Scottish Bowel Screening Programme

### Bowel Cancer – The Facts

- Scotland has a higher rate of bowel cancer than most other countries in the Western world.
- Around 3500 people are diagnosed with bowel cancer every year in Scotland. This makes bowel cancer the third most common cancer after lung and breast.
- Bowel cancer is the second most common cause of cancer death for men and the third for women with around 1,600 people dying of the disease in Scotland each year.
- Ninety-five percent of cases occur in people aged over 50 years.
- In the pilot programme, uptake was 55% with 51% of men taking part compared to 60% of women, even though men have a higher risk of developing bowel cancer.

Cabinet Secretary for Health and Wellbeing Nicola Sturgeon with Patient Mary Kelso at the launch of the new national campaign.



Professor Bob Steele with Mary Kelso.

## 'Hearty Lives' in Dundee

British Heart Foundation (BHF) Scotland has announced a £1.5million investment in protecting the hearts of the community in Dundee.

Working in partnership with NHS Tayside, Hearty Lives Dundee will help to boost the heart health of people in the city by working with them to help prevent heart disease and by giving support to people who already have heart disease.

General Manager of Dundee CHP David Lynch said, "The Hearty Lives programme is an exciting opportunity for Dundee CHP, and its partners, to build on the success of the Keep well and Community Heart programmes."



Patient Alex Whyte and Tricia Byres, specialist nurse



Tannadice Park

## Football fans offered help to kick the habit

Health promotion workers were at Tannadice Park in Dundee to raise awareness of NHS Tayside's range of smoke free services.

During Dundee United's recent SPL match against St Mirren, smoking cessation staff were in the stands handing out thousands of leaflets to football fans as well as doing a walkround of the pitch with Big Cig and a banner before kick-off and at half-time accompanied by a tannoy announcement.

'Free Yourself. Smoking – it's not worth it!' is the theme of NHS Tayside's Smoke Free Services

which aims to bring together the huge range of options available to help members of the public across Tayside become smoke free.

Fans also saw Dundee United's ball boys and team mascot Terry the Terror wearing NHS Tayside Smoke Free t-shirts and there was a full page advert in the match programme letting fans know that help is there for people to help themselves.

Smoking cessation staff were also at Brechin City's Glebe Park and St Johnstone's McDiarmid Park to promote the range of smoke free services.

McDiarmid Park





# School pupils learn life-saving skills

Children at Longforgan Primary School have recently been trained in life-saving skills through NHS Tayside's Heartstart Discovery initiative.

Teachers and staff at the school take the training, which includes cardiopulmonary resuscitation (CPR), and pass the skills on to the pupils.

Longforgan have now made it part of their curriculum so all pupils at the school will receive the training.

The school also handed over a donation of £150 to Helen Brady, Heartstart co-ordinator, which was the proceeds from their Christmas show.

Heartstart Discovery has now trained over 17,000 members of the public in Tayside since the initiative was launched in 1997.



PICTURE COURTESY OF THE COURIER, DUNDEE

## Spotlight on heart campaign

Dundee man Scott Alexander, who was diagnosed with a heart condition at the age of three, manned an information stall in the concourse at Ninewells as part of Congenital Heart Defect Awareness Week.

Scott has undergone a number of operations to repair holes in his heart and leaking valves and remains on various medications.

Scott's cardiologist Professor Stuart Pringle said, "Scott is working tirelessly to increase the awareness of this condition in adults, to forge links between Tayside and the Scottish Adult Congenital Heart Disease service and to help develop services locally in Tayside."

*Scott with Dick Strachan of Dundee Cardiac Support Group*

PICTURE COURTESY OF THE EVENING TELEGRAPH



## Public views sought on keeping well

NHS Tayside PPG members were at Lochee Library to quiz local residents on the kind of support they would like to help them keep fit and healthy.

Keep well health checks are being introduced in the area with the aim of targeting those at greatest risk of heart disease, diabetes and stroke, and ultimately reducing the number of people dying at a young age from the conditions.

More than 5000 people in Dundee have so far taken up the offer of a free Keep well health check, and the information collected will be used to help NHS Tayside make any changes to the programme that will encourage more people to take part.



PICTURE COURTESY OF THE EVENING TELEGRAPH

Smokers in Tayside were encouraged to take the first step towards becoming smoke free at various No Smoking Day events across the region.

Giving up smoking is step-by-step process so this year smokers were invited to 'take the first step' and use No Smoking Day as a starting point for a lifelong change.

NHS Tayside smoking cessation staff held many successful awareness events in local communities in Dundee, Angus and Perth & Kinross, which offered information and advice about the benefits of stopping smoking, as well as help and support to those who want to kick the habit.

The events took place in supermarkets, pharmacies, GP surgeries, hospitals, schools, colleges, local businesses, council buildings and youth centres.



Students and staff at Perth College met Big Cig at awareness events held at all three campuses.



## take the first step No Smoking day



Above: Smoking cessation co-ordinator Kenny Grewar dressed up as Big Cig at Abbeygate Shopping Centre in Arbroath along with colleagues Pamela Brown and Irene Fyfe.

Below: Tracey Furness, Helen Brown, Big Cig (Stacey Mitchell) and Judy Robertson from Perth & Kinross smoking cessation team were at the pharmacy in Asda Dunkeld Road, Perth offering information, advice and CO testing.



Left: Ninewells smoking cessation team Jodi Moodie, Karen Craig, Audrey Mackenzie and Alister Barclay hosted an information stand where staff and visitors received freebies, carbon monoxide tests and advice on stopping smoking.

PICTURE COURTESY OF THE EVENING TELEGRAPH



Above: People from all across Tayside took part in NHS Tayside's 'Walk in the Park' - a fun walk at Camperdown Park to raise awareness of No Smoking Day and to encourage people to take the first step towards a healthier new lifestyle.



Left: Big Cig with new ex-smoker Stella Brodie, who was the first person to complete the Walk in the Park.



Right: Young people at The Corner in Dundee found out about the financial costs and health effects of smoking and received NSD freebies to help them with their quit plans.





# Modernisation and Development Team



The Modernisation and Development Team works in partnership with NHS Tayside staff to modernise services, both clinical and non-clinical, and develop staff's abilities to undertake continuous improvement and continuous learning.

Our primary purpose as a team is to develop and build capacity and capability with individuals and work with teams to meet the demands of a constantly changing environment. In providing this expertise the team operates an internal consultancy model – whereby our services are commissioned by clients within NHS Tayside and its wider partners.

The consultancy service offered by the team is guided by the following values:

- Modelling Professional Behaviour
- Valuing Equality & Diversity
- Creating a Legacy
- Creating Space & Time to Grow
- Organisational Effectiveness
- Culture & Context Through Collaboration

Within the team there is specialist expertise in the areas of Service Improvement, Organisational Development and Leadership and Management Development.

**“One of the key results of our RIE was to develop methods to encourage patients and empower staff to address issues or concerns – to ‘nip it in the bud’ and where possible prevent a formal complaint being lodged”**

*Complaints RIE*

## Service Improvement

The Service Improvement team work with staff to provide specialist advice and support. They use a range of tools and techniques to measure, analyse and implement improvements to services. The team support the delivery of Core Skills for Improvement Modules and provide a number of services including Six S Workplace Reorganisation and Rapid Improvement Events (RIEs)

*For more information about Service Improvement please contact the support officer for the team, Audrey Campbell on (01382) 632058 or visit our website.*

## Organisational Development

The Organisational Development (OD) team use a number of OD strategies to support and develop individuals and work teams. These are informed by good practice and co-created with our clients needs in mind.

**“Coaching has increased my confidence and self belief, enabling me to seek new approaches to old problems”**

*Coaching Service User*

Examples of our services include provision of a coaching service, access to a variety of developmental programmes and tailored consultancy interventions for issues such as dysfunctional team dynamics.

*For more information about Organisation Development please contact the support officer for the team, Donna McEwan on (01382) 740063 or visit our website.*

## Leadership and Management Development

The Leadership and Management Development team provide developmental opportunities for leaders and managers across NHS Tayside.

The team offer a variety of development programmes including Situational Leadership, Adaptive Leadership and the ILM Team Leader Award.

**“I feel it really helped me get to grips with the situational leadership model and I have been implementing it in my workplace”**

*Situational Leadership II Course attendees*



The team also run the Internal Development Centre – a range of development tools to support self insight and self development e.g. 360 Degree Appraisal, psychometric testing, and psychological and personality type tests.

There are also skills in the team to develop e-learning and multimedia content for clinical and non-clinical services.

*For more information about Leadership and Management Development please contact the support officer for the team, Nicola Ogilvie on (01382)632087 or visit our website.*

*For more information on any of our services visit: [www.improvingnhstayside.com](http://www.improvingnhstayside.com)*



## New community health nurse modules

NHS Tayside is one of four pilot sites implementing the new community health nurse role, which will include the roles of district nurse and public health nurse (health visitor and school nurse).

The new generic community nursing teams will work in partnership with individuals, carers and communities as part of multi-disciplinary, multi-agency teams ensuring that nurses are at the heart of services in the community addressing the population's health needs.

Two new modules, one at degree level and one at masters level have been developed through collaboration between Dundee University, Abertay University and NHS Tayside. The modules support existing staff to acquire individual knowledge and skills to implement the generic community health nurse role.

The modules will be offered twice yearly, January – April and September – December. Interested staff should contact Caroline Hay, Project Manager, [caroline.hay@nhs.net](mailto:caroline.hay@nhs.net) or Jane Harris, Module Leader, [j.harris@dundee.ac.uk](mailto:j.harris@dundee.ac.uk) for further information.



*The first cohort who started the modules in January met with Nurse Director Professor Liz Wilson (centre) to share their experiences and discuss the planned implementation for NHS Tayside.*



PICTURE COURTESY OF THE COURIER, DUNDEE

*(l-r) nursing auxiliary Shona Spittal, Perth High pupil Joanne Brown, healthcare assistant Agnes Peebles, charge nurse Sarah Peach, Perth High pupil Terri Marsh and charge nurse Iris Redi.*

## Perth pupils learn about health careers

Sixty pupils from schools in Perth & Kinross attended a careers event at Perth Royal Infirmary organised by WHAN (Working in Health Access Network) Tayside.

The pupils were given the chance to "gown up" to experience an operating theatre, test their manual dexterity with dental technology activities and learn about infection control. They also found out about working as healthcare assistants, podiatry

assistants and all the support staff who keep hospitals running smoothly.

The event highlighted the many opportunities available to those with few qualifications and demonstrated the career expansion opportunities open to people should they undertake training. One example they looked at was Scotland's Chief Nursing Officer Paul Martin, who began his career as an auxiliary nurse.

## Practice Education roadshows



Practice Education Facilitators ran roadshows in Ninewells, Perth Royal Infirmary and Stracathro Hospital to promote the revised NHS Education for Scotland Quality Standards for Practice Placements.

The Quality Standards for Practice Placements have been created for students, and all those individuals who support them, to understand their responsibilities and expectations in relation to the practice placement learning.

*Further information on the standards is available at [www.nes.scot.nhs.uk](http://www.nes.scot.nhs.uk)*



# Healthcare Academy welcomes Jobcentre Plus



(l-r) NHS Tayside non-executive board member Ian Wightman, Healthcare Academy Development Practitioner Rab McEwen, Mike Ormestad, Richard Muir, Jenny Buchanan, Healthcare Academy Development Officer Alison Smith and Alastair Macdonald.

Jobcentre Plus delegates visited the Healthcare Academy at Ninewells Hospital to meet former Healthcare Academy students who are now working within NHS Tayside.

The delegates, including Jobcentre Plus Customer Service Director for Scotland Alastair Macdonald also met with their NHS Tayside partners, who are committed to addressing issues of joblessness and social inclusion.

Former students Paul McLean and Mike Ormestad, who are now Equipment Support Technologists, Jenny Buchanan, who is a Renal Unit Secretary, and Richard Muir, a Healthcare Assistant for general adult psychiatry, talked about their experiences of the Academy and what a positive impact it has had in helping them find employment.

# Faculty of Medical Educators (FaME) awards

The second Faculty of Medical Educators awards were held recently in the Ian Low Centre at Ninewells with over 100 people attending the ceremony and celebratory Ceilidh.

The FaME awards aim to improve the quality of educational experience for students at Dundee Medical School by promoting the status of medical education. Each award is for up to £800, to be spent on an activity or equipment related to medical education such as funding medical education conferences, course fees or equipment to enhance teaching.

Dr Matthew Lambert, Specialist Register in Medicine for the Elderly, PRI; Professor Peter Davey, Medicine and Cardiovascular; Dr Eleanor Cavanagh, Drumhar Health Centre; Mr John Dent, Orthopaedics; Mr Roddy McLeod, Senior Clinical Skills Tutor; and Dr Shona Ogilvie and the dermatology department, Ninewells all collected Clinical Teaching Awards. The Cuschieri Surgical Skills Centre at Ninewells was awarded the Department Award.



Staff and students at the awards ceremony

# Education poster wins award



A medical education poster submitted to a national conference by NHS Tayside and Dundee University staff has won an award for the best poster by first time presenters.

The poster entitled 'The wider benefits of inter-professional practice within the simulated ward' was submitted by Gill Smith, Team Leader for the Practice Education Facilitators, NHS Tayside, and Kevin

Stirling, Senior Clinical Skills Tutor, Clinical Skills Centre, to the Interprofessional Learning in Practice conference in Glasgow.

The poster demonstrates interim findings of an innovative trial, which maximises opportunities for inter-professional learning by identifying newly qualified nurses to work alongside fifth year medical students and simulated patients.

Nurses who are undertaking the Flying Start NHS development programme are recruited to increase the realism of working in a ward environment with medical personnel.

Any recently qualified nurse or midwife who would like to participate in the project should contact Gill on [gillsmith@nhs.net](mailto:gillsmith@nhs.net) or Kevin on [k.j.stirling@dundee.ac.uk](mailto:k.j.stirling@dundee.ac.uk) for more information.

Audrey Mackenzie, Smoking Cessation Co-ordinator (Actue), tells spectra about an embarrassing mix up with a pair of curtains and how hugging trees at Camperdown Park is all in a day's work!

## Name, designation and dept.

Audrey Mackenzie  
Smoking Cessation Co-ordinator  
(Acute)

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

I left school at 15 and became a window dresser working for many shops in Dundee but I was always determined to do my nursing. When I was 21 I applied for an auxiliary nurse post and after a very scary interview I was really surprised when they informed me I had been successful. My nursing career began 30 years ago in the Midwifery department at Ninewells Hospital and my aim was to become a midwife but somehow I took a different pathway and ended up working within the Critical Care directive mainly in the Cardiology department. During this time I stopped smoking and I was keen to offer help to patients to stop following their heart attack as I knew how difficult it was. I attended many courses and study days and was very motivated to continue in this work but sometimes I felt very alone. I was very keen to develop the service further within the hospital but due to time restraints this was not possible.

When I saw an advertisement for a Smoking Cessation Co-ordinator for the acute I could not let the opportunity pass by so I applied and luckily was successful. I started my post in November 2008 and it is so different from my nursing role but everybody has made me feel very welcome within the Public Health Department.

## Like(s) about current job

Supporting patients and staff to stop smoking as it was the best thing I ever did.

## Dislike about current job

Nothing as yet as I am still very new in post.

Audrey (left) with colleague Karen Craig on graduation day



Audrey with her son (left) and her husband Dougie tagged up for a wedding

## Most unusual thing asked to do at work

Walk around Camperdown Park hugging about 20 trees putting up arrows to direct members of the public on the fun walk for No Smoking Day – three miles may I add!

## Achievement most proud of

Achieving my degree at the age of 50 (I know, it's hard to believe. I don't look my age!) It was a very personal achievement for me. This would not have been possible without the support of my family, colleagues and also the support of charge nurse Debbie Scott. I would like to take this opportunity to thank her for helping me achieve my goals.

## Favourite writer

Don't have any favourites.

## Favourite music

I like all types of music. Abba

songs are good to dance to. I love dancing.

## Favourite meal

Indian, chicken Bhuna is my favourite, but I also love steak.

## Most like to have dinner with

David Beckham, sad I know but I think he is a bit tasty. Everybody slags him but I think he's fab.

## Favourite word

Not a word but a saying – "you go gal!" I think this says it all about me. People who know me well will understand.

## Top 3 frustrations

Trying to telephone about an enquiry and being put through to about three different departments.

Rudeness.

Going to ask for assistance and being ignored

## Most embarrassing moment

When I worked in Intensive Care the Director of Nursing came into the ward and I asked her if she was there to fix the curtains. I was so embarrassed!

## Irritating habit

Hard to answer, don't think I have any (Oh to be perfect!)

## Do better than anyone else

Deliver the best talk about Smoking Cessation so everybody would like to come and listen.

## 3 wishes

To see my son happily married.

To be happy and enjoy my retirement when it comes.

For people to be a lot nicer to each other and spend time listening.





## Staffnet training course

NHS Tayside replaced its old intranet site in July 2008 with a new website called Staffnet.

The site is accessed by opening Internet Explorer on your PC. The new website is easier to use, has improved search facilities and ensures the most up-to-date information is available.

A survey was undertaken in December to give staff the

opportunity to share their views and comments regarding the new website. Thanks to all of those that completed the survey.

The results of this survey have contributed to the development of a new Staffnet training course.

The course will be available to all staff within NHS Tayside from April 2009 and will run in Perth Royal Infirmary, Ninewells, Kings Cross, Monifieth and Stracathro.

The course will last for two and a half hours and will cover the following topics:

- Navigating your way around Staffnet
- Accessing information on Staffnet
- Performing and saving searches
- Setting up a Personal Portal

- Subscribing to documents

*To book onto one of these courses or for more information, please telephone the Booking Line on 01382 537707*

**We look forward to seeing you at one of our courses!**

## Scottish Standard Time System (SSTS)

SSTS is the web-based application which allows staff to electronically create rosters whilst also recording overtime, excess hours, staff absences and annual leave. This data is then exported directly over to the payroll system.

SSTS is currently being implemented to NHS Tayside staff with approximately 3,500 staff being paid live through SSTS to date. This equates to

25% of the organisation.

Recent changes and system enhancements have created a new URL to access SSTS and it is recommended that SSTS users add this to their personal portal on Staffnet by following these instructions:

- Login to Staffnet using your LDAP username and password

- On the far right-hand side of your Staffnet screen, click on 'Save a Website'
- You will be prompted to enter the SSTS website address <https://workforce.mhs.scot.nhs.uk/eyou/authentication/login.aspx>

- The next box will prompt you for a title – enter 'SSTS'

- Click ok
- Your saved SSTS address will now appear under your 'Personal Portal Saved Website' address(es) on the right-hand side of your staffnet screen
- By clicking on your SSTS 'Personal Portal Saved Website' address, this will automatically navigate you to the login screens for SSTS

## Bush tucker menu raises funds for MS research

Forfar woman Catherine Tait handed over a cheque for £1920 to the Multiple Sclerosis (MS) Research Unit at Ninewells after raising the money at a bush tucker trial style dinner in Forfar.

Ten willing guests, including Catherine's husband Allan, tucked

into a five-course menu of delicacies such as locusts, meal worms and pig's brain, raising £1920 for the unit.

Catherine, who was diagnosed with MS a few years ago, also added £100 to the total from a family reunion held at Montrose Town Hall.



PICTURE COURTESY OF EVENING TELEGRAPH

## Businessman's latest donation to Ward 29

Dundee businessman Charlie Kean presented a cheque for £8000 to the children's cancer ward at Ninewells, taking his total sum raised for the ward to almost £190,000 over the past eight years.

Most of the cash was raised at the sell-out World Kickboxing Championships and superhero spectacular held at the Hilton Hotel late last year, as well as through donations to Charlie's fund over the festive period and from charity auctions.

Charlie is aiming to raise enough money to create a new suite that will allow parents to stay at the hospital with their children.



## Stroke ward receives golden boost

The stroke ward at Ninewells received a cash boost thanks to the generosity of a former patient and his wife.

Ian Robertson and wife Christine handed over a cheque for £735 as a thank you to staff

who nursed Mr Robertson last year.

The Robertsons raised the funds by asking friends and family to give donations instead of gifts for their golden wedding anniversary.

## Children's concert raises money for PRI



PICTURE COURTESY OF THE COURIER, DUNDEE

The Sunflower Centre at Perth Royal Infirmary received a donation of £130 from the Crieff Road Pre-School Centre.

Children, parents and staff visited the specialist children's centre to hand over the money raised at The Sleepy Shepherd Christmas concert, where the children performed, and also through donations from the Parents' Group.

They decided to donate the money to The Sunflower Centre as they are familiar with their work due to past pupils of the Pre-School Centre attending there.



## Visitors book for new DMU

Graeme Heatherwick, manager of office stationery supplies store Staples in Dundee, donated a visitors book to the newly-opened Dundee Midwifery Unit (DMU) at Ninewells Hospital.

The gift, which is emblazoned with the DMU lotus flower logo symbolising the birth of new life, will allow parents to leave a touching memory of when they

had their child.

The book was donated after a member of staff from the unit asked in Staples if the store stocked such an item, and Graeme, whose children were born at Ninewells, offered to have a special book made.

The artwork was designed by Staples employee David Alcorn.



PICTURE COURTESY OF THE COURIER, DUNDEE

## Triple boost for cancer care unit

The new palliative care unit at PRI has taken a step closer to its £3.775m construction target thanks to donations of more than £44,600 from three local businesses.

Staff from Marks & Spencer undertook a number of fund-raising initiatives, including a zip slide across the River Tay, raising £7000. That total was topped up with an additional £3000 from Marks & Spencer's head office.

Norwich Union employees handed

over more than £31,000 following fund-raising activities such as raffles, quiz nights and cake sales, as well as a "Rockin' the City" gig, Olympian competitions and zip lines. Every pound raised was matched by Norwich Union's match giving scheme.

A further £3600 was handed over for the unit by Auchterarder retailer Bear Necessities, who raised the cash at their annual charity fashion show.

## Donation to Angus health centres

Brechin Infirmary, the Stracathro stroke unit and Edzell health centre have each benefited to the tune of £400 thanks to the efforts of local women Rose Eddie, her family and residents of the Inglis court

sheltered housing complex in Edzell where Rose is warden.

The money was raised from a sponsored walk, coffee mornings, prize draws, second-hand book sales and bingo afternoons.



PICTURE COURTESY OF THE COURIER, DUNDEE



## Diamond couple help Angus heart patients

Forfar couple William and Rosa Black handed over a cheque for £1,100 to Whitehills HCCC after asking guests at their diamond anniversary party to make a donation instead of giving them gifts.

William had recently suffered a stroke so the couple decided to hand over the money raised to heart disease and stroke services in Angus.

## Pupils raise a ton

Pupils from Inverbrothock Primary School in Arbroath handed over a cheque for over £100 to the League of Friends of Arbroath Infirmary, after raising the cash during a Christmas service and concert put

on by pupils for staff and parents.

The money is to be used in the refurbishment of the palliative care facilities at Arbroath Infirmary.



PICTURE COURTESY OF THE COURIER, DUNDEE

# retirals



**Dr Douglas Craig**

**Angus specialist in palliative care medicine, Dr Douglas Craig (centre), has retired after 37 years with the NHS.**

Dr Craig was a partner in Castlegait Surgery in Montrose where he worked as a GP until 2004 when he joined the palliative care team at the Macmillan day care centre at

Stracathro, providing specialist care to patients from across Tayside.

In his retirement, Dr Craig plans to spend more time with his family and enjoy his many hobbies including photography and sailing. He also intends to stay involved with palliative care as chairman of the local Macmillan cancer support group.



**Margaret Kilmartin**

**Senior charge nurse Margaret Kilmartin has retired from NHS Tayside after a nursing career that spanned 32 years.**

Margaret began working as an auxiliary nurse in general hospitals in the Perth & Kinross area in 1977 before moving to Murray Royal

Hospital as an enrolled nurse, where she trained in mental health.

She worked in a variety of wards at Murray Royal, gained a B.A. with distinction in Forensic Mental Health and developed and ran aftercare services for Forensic Psychiatry patients in Tayside.



**Susan Smith**

**Neonatal midwife Susan Smith (centre) has said farewell to her colleagues after four decades of NHS service.**

Susan retired from the Neonatal Intensive Care Unit at Ninewells after having spent most of her 40 year career caring for babies.

In her retirement Susan will have more time to spend with her mother as well as visiting family in England and friends in Italy.

Professor Stewart Forsyth, Medical Director of NHS Tayside's Delivery Unit presented Susan with flowers and gifts on behalf of her colleagues and friends.

**Marion Whyte**

**Marion Whyte has retired after serving as a nurse in Dundee for more than 40 years.**

Marion, from Balmullo in Fife, started at Dundee Royal Infirmary in 1966 and has been

a senior staff nurse at Ninewells Gynaecology Unit since 1981.

Her colleagues on Ward 36 presented her with flowers and gifts and charge nurse Liz Morris read out a poem to thank her for all her hard work.

## long service



**Margaret Butchart**

**Margaret Butchart of Blairgowrie was honoured with a long service award for 50 years service with NHS Tayside.**

Margaret started her NHS career as a nurse at Blairgowrie Cottage Hospital in 1959 and still

continues to work in the hospital as part of the young people's health team.

Colleagues gathered to watch NHS Tayside vice-chairman Murray Petrie congratulate Margaret (centre) and present her with flowers.



**Ronnie Stewart**

**Ronnie Stewart, assistant portering services manager, was presented with a long service award for 40 years service with NHS Tayside.**

Ronnie joined NHS Tayside in February 1969 as a teenage porter at Maryfield Hospital, before transferring to Dundee Royal Infirmary where he was promoted to senior porter.

He moved to Ninewells in 1973, where he is thought to have moved the first ever patient at the hospital, before being promoted to his current position in 2000.

Murray Petrie, chairman of NHS Tayside delivery unit made a surprise presentation of a gold watch and gift vouchers.