

# spectra



THE STAFF MAGAZINE FOR NHS TAYSIDE



**break free**

**NHS Tayside  
supports**

*No Smoking day*



**Issue 47  
April - May 2010**

## Dear spectra readers,

Its official, spring has finally arrived and we can say goodbye to the snow at last! As the days grow longer and the sun comes out across Tayside, many of us will take advantage of the nicer weather with barbecues, festivals and trips to the beer garden. But with alcohol abuse becoming such a big problem in Scotland, we all need to be sensible and watch how much we drink.

You can find information about alcohol units and measures in our voxpop feature this issue, in which we also asked staff if they thought that minimum pricing could make a difference to Scotland's binge drinking culture.

Another successful No Smoking Day saw smoking cessation staff out and about across Tayside offering advice and information about stopping smoking to staff, patients and visitors in healthcare settings, as well as to members of the public in local community venues. We captured many of these events on camera and you can see the photos in our special Healthwise feature.

Our features this issue focus on the national Staff Survey and NHS Tayside's improvement programme Steps to Better Health Care and there is the usual news, health, staff achievement/education stories from across Angus, Dundee and Perth & Kinross.

TREATS pull-out newsletter is back and is bursting with great new offers and discounts for staff. Check it out and see if you can bag yourself a bargain.

Remember we are always looking for articles and stories so if there is something you'd like us to highlight in your magazine don't be shy - get in touch with the editorial team (contact details below).

## spectra editorial team



picture courtesy of The Courier, Dundee

The last edition of spectra carried an article 'On the shoulders of giants' paying tribute to the work of senior cardiologists Terry Pringle, who sadly passed away last year and Graeme McNeill who has retired.

Unfortunately there was an error in the caption of the photograph of Terry and Graeme which appeared alongside the article, and their names were transposed. spectra apologises for this error and any upset it may have caused.

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Views expressed by contributors are their own and do not necessarily reflect those of the editorial team

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## It's your magazine so share your news and 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 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 48 to the editorial team by Tuesday 4 May. The deadlines for future editions of spectra are as follows:

Issue 49 Aug/Sept: Tuesday 6 July

Issue 50 Oct/Nov: Tuesday 7 Sept

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## NHS Tayside hosts hospital security event

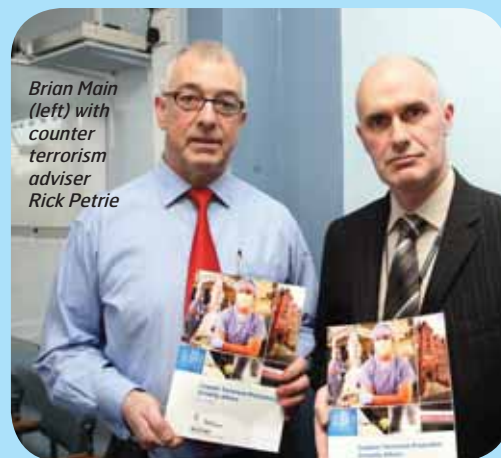
Healthcare professionals, staff from Tayside Police and Dundee University, and representatives of the Scottish Ambulance Service took part in a counter terrorism response event held at Ninewells Hospital.

NHS Tayside is the first Health Board in Scotland to host a Project ARGUS event, organised by the National Counter Terrorism Security Office for managers and supervising staff across all parts of the NHS.

Tayside Police, supported by Ninewells site management, delivered the event

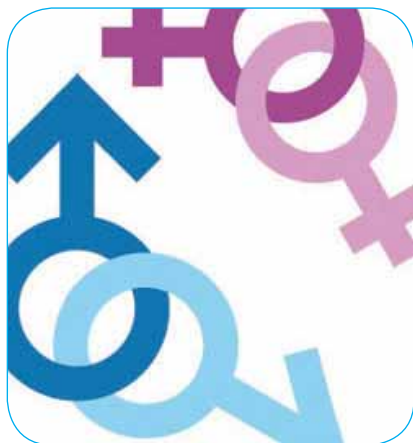
which featured a simulated terrorist incident to help identify the measures to take for preventing, handling and recovering from such an incident.

Brian Main, Head of Support Services and Site Manager for Ninewells said, "NHS Tayside and Tayside Police already work very closely on crime prevention measures. This piece of work will serve to highlight how good general security measures can assist a busy healthcare site to respond, if required, to acts of terrorism."



Brian Main (left) with counter terrorism adviser Rick Petrie

## LGBT Network established



Some time ago NHS Tayside asked staff if they would be interested in setting up an employee LGBT (Lesbian, Gay, Bisexual and Transgender) Network and a good response was received.

The Network is a formal mechanism for enabling lesbian, gay, bisexual and transgender staff to come together to share information and support. The Network had its first

meeting in February 2010 which was facilitated by NHS Health Scotland and was well attended. Some comments about the Network include:

"a chance to talk"  
 "support from peers and making new friendships"  
 "It was extremely useful. I think this kind of group is long overdue"  
 "allows the organisation to be inclusive"  
 "personally felt very supported"  
 "empowering to share experiences as a group"  
 "It is important that we as

**a pioneering group in NHS Scotland can make this work"**

Future monthly network meetings are planned to help to support employees in NHS Tayside who are LGBT.

If you are interested in becoming a member of the network please contact Santosh Chima, Equality & Diversity Manager on x36950, 01382 596950 or schima@nhs.net

## Hand hygiene campaign targets food outlets



Margaret Kennedy (left) with students and staff at the University of Dundee Top of the Tower Café, one of the participating food outlets

An NHS Tayside campaign has spread the message that to get your hands from dirty to clean only takes 15 seconds.

Various cafés, sandwich bars and take away shops in Angus, Dundee and Perth & Kinross took part in the four-week campaign which saw 50,000 branded sandwich bags distributed to the participating outlets.

Margaret Kennedy, NHS Tayside's Hand Hygiene Co-ordinator, said, "I was delighted when I was presented with the opportunity to further raise public awareness through the sandwich bag campaign.

"The artwork used on the sandwich bags is originally from our public hand washing posters so there is consistency in our message with a recognisable image."



# 'Positive Pathways' to wellbeing

A joint venture between Angus Mental Health Services, Angus Volunteer Centre and local GP practices was launched at Kirriemuir Health Centre.

The 'Positive Pathways' project is an exciting new development aimed at supporting emotional health and wellbeing.

Project workers Carol Torrance and Lynne Orrock will be working with people who are identified by their GP as stressed and struggling to cope

with the demands in their life.

The project will help people learn effective ways of coping with stress and link them to organisations that can help them to change the stress factors in their lives.

Lead Psychologist in Angus, Alison Peaker, said, "A healthy lifestyle and positive strategies for looking after our emotional health are important for all of us.

"Angus has so many things going on to help people to live their lives to the full, but sometimes it can be difficult to make the first step.

"The Positive Pathways project is unique in the way that it builds bridges between all the different parts of the community."

Initially the project will run in Forfar, Kirriemuir and Arbroath, with plans to extend it throughout Angus.



l-r Alison Peaker, Lynne Orrock, Dr Alan Weir of Kirriemuir Health Centre, Carol Torrance and Gary Malone of Volunteer Centre Angus

Picture courtesy of Photos on Location, Forfar

## news in brief Angus

### ● Living with arthritis in Forfar

Angus CHP and the Angus Arthritis Forum hosted a free health and wellbeing evening at Whitehills for people living with arthritis, their family and their friends.

The evening focused on emotional wellbeing with a talk from NHS Tayside counselling psychologist Kirsty MacLean on the emotional and psychological issues of living with a long-term condition.

Attendees were also able to take part in relaxation sessions and to chat with others affected by arthritis.

### ● Angus CHP appointment

Angus CHP has welcomed its newest member Dr Rebecca Wheeler as acting Clinical Director following the departure of Dr Michelle Watts who has taken up the post of Associate Medical Director for Primary Care for NHS Tayside.

A GP at Springfield Medical Centre in Arbroath, Dr Wheeler is also Lead Clinician for Coronary Heart Disease and Stroke in Angus.

### ● National Salt Awareness Week

Visitors, patients and staff at Whitehills and the Links Health Centre were encouraged to think about what they can do to reduce their daily salt intake.

As part of National Salt Awareness Week, the health information points at both premises ran a week-long campaign called 'Salt and Your Health'.

Leaflets were available giving advice on diet including low salt recipes. There were also simple practical tips people could follow such as reading labels on food packaging, choosing lower salt ingredients and not adding salt to food during cooking or at the table.

## Nurse reunion

A group of nurses, who all began their registered nurse training in 1970, held a reunion to celebrate 40 years in the profession.

The group were part of a class of more than 30 students who trained at DRI, Maryfield, Liff and Strathmartine Hospitals. They were also the second group to study in the recently opened Dundee College of Nursing, based at Ninewells, some years before the hospital was completed.

The event, organised by staff nurse Aileen Black from Arbroath Infirmary, was held in the Invercarse Hotel and saw some of the classmates meeting up for the first time since qualification in 1973. They traded stories and experiences from over the last 40 years of their careers in Tayside and beyond, with

some who had travelled as far afield as Australia.

Some of the many roles held by the nurses include practice nursing, specialist nurse practitioners, teaching, management, community nursing, infection control and midwifery.

Stories of their student days flowed throughout the day such as the split shifts and 42 hours work for only £10 a week, and the shortening of uniforms to fit in with the mini skirt trend. But everyone agreed, despite the difficult circumstances, their student days were as exciting as they were life-enhancing.

The day ended with dinner and a toast to celebrate the contribution that this group had made to nursing and to remember absent friends.

# Successful first year for Dundee Midwifery Unit

Mums and babies who have spent time in the Dundee Midwifery Unit (DMU) were reunited with midwives at an event to celebrate the first anniversary of the unit opening.

The reunion was attended by over 150 mums and babies who have used the facility, which has seen over 740 births in its first year.

On the day, maternity liaison group 'Mum's the Word' were on hand to encourage the sharing of birth experiences and to try to recruit some new mums to their monthly group at the DMU.



Picture courtesy of David Martin, Fotopress

The £2.5 million DMU offers a welcoming environment and positive birth experience for women who fit the criteria for low risk midwifery-led care.

Lead Midwife Myra Fraser said, "The feedback from the women who have used the facility has

been fantastic. We are hoping for future years to be as successful as this one."

*Myra Fraser (front left) and Midwife Janet Shillitto (front right) with mums and babies at the event*

## Ninewells angioplasty service extended

Ninewells Hospital's coronary angioplasty service has been extended to 24-hours-a-day, seven-days-a-week.

Around 275 patients a year will benefit from the 24/7 Ninewells optimal reperfusion service which will play an important role in saving the lives of heart attack patients as well as shortening hospital stays. The short recovery time means that the majority of patients are able to go home much sooner.

Angioplasty 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'.

Chief Operating Officer Gerry Marr said, "This is a very good example of being able to develop a service which give patients local access, and further evidence of NHS Tayside clinicians developing the most modern, world class interventions for patients with acute heart disease."

*Consultants Dr John Irving (right) and Dr Peter Currie in the Cath Lab*



## Improving MS services in Dundee

Patients and carers in Dundee have been giving their views on a strategy to improve multiple sclerosis services in the city. The Dundee multi-agency MS team

successfully brings together for the first time in Scotland the key elements of specialist services combining neurology, nursing, physiotherapy and social work.

The team has been working with members of the public in order to assess which issues were concerning people with MS and what support they need to successfully manage their condition.

An action plan was drawn together following engagement with users and carers by various

methods including a postal questionnaire, focus groups, drop-in sessions, attendance at MS branch meetings and speaking to patients at specialist clinics.

Head of Allied Health Professions for Dundee Karen Anderson said, "We are looking at all of the responses received and will be testing new ways of delivering services, as well as increasing access to existing services so that we are offering the best possible services to patients living in Dundee."





## Equally Well drop-in event

A drop-in event was held at Baxter Park Pavilion in Dundee for people living in the Stobswell area to air their views about how local services can work better for them to improve wellbeing.

Dundee is one of eight test sites taking part in the Scottish Government Equally Well programme with the focus in Dundee on tackling inequalities in mental wellbeing.

Over 180 people in Stobswell completed a questionnaire prior to the day which identified key factors negatively affecting health and wellbeing in the area. These included drug and alcohol misuse, low income and unemployment.

Equally Well Lead Officer Sheila McMahon said, "This event was organised to provide members of the Stobswell community with feedback regarding the findings and to give them the

opportunity to add further comments and suggestions."

Local service providers including Dundee Healthy Living Initiative, Dundee Association for Mental Health and Dundee Alcohol and Drug Partnership were present at the event to talk about the responses and to discuss how the community can be involved in taking action on them.

## Tayside's first PET/CT scanner patient

A Dundee cancer patient was the first to use the new £1.7million PET/CT scanner at the Clinical Research Centre (CRC) at Ninewells.

Lymphoma patient Madge Mooney was diagnosed last summer and finished a course of chemotherapy at the end of last year. She attended the CRC for a scan to check on her progress against the disease.

Positron Emission Tomography (PET) is a non-invasive nuclear medicine imaging procedure that uses a form of radioactive glucose to identify abnormalities within the body.

The 128-slice Computerised Tomography (CT) scanner incorporated into the system will allow any abnormalities identified to be accurately located in the body's organs.

Several hundred patients a year are expected to benefit from the installation of the new Tayside scanner, which will save many people from having to travel to Aberdeen or elsewhere for imaging.

Consultant Physicist in Nuclear Medicine

Norman Kennedy said, "This is a great addition to the diagnostic imaging service within Tayside.

"The benefits include the early detection of disease by distinguishing between benign and malignant abnormalities, accurate assessment of the stage the disease is at, the early evaluation of the response to therapy, and the detection of residual disease and disease recurrence."



Dr Norman Kennedy and Madge Mooney

Picture courtesy of David Martin, Fotopress

## news in brief Dundee

### ● First centre for rare skin disorder

Ninewells has become the first clinical centre in Scotland to provide clinical and laboratory services for a very rare skin disorder.

Only about 10 patients are affected by xeroderma pigmentosum in Scotland.

It can result in severe sunburn-type reactions to daylight, skin cancers in exposed skin from early childhood, eye disease and progressive neurological conditions.

### ● New stop smoking support group

A new weekly stop smoking support group is available at Charleston Community Centre for people looking to kick the habit.

Organised by Dundee Healthy Living Initiative (DHLI), the group meets on Tuesdays from 4.30pm to 5.30pm.

For more information contact Community Health Nurse Susan Dye on 01382 832863 or call Tayside Smoke Free Services on 0845 600 999 6.

### ● European award for first hospital mobility scheme at Ninewells

A cash prize was presented to the Ninewells mobility centre, based in the hospital car park, when it won a VINCI Park Innovation European Award as the first hospital mobility scheme of its kind.

Ninewells Site Manager Brian Main and VINCI Park Commercial Director Phillip Herring presented the two cheques of 520 euros each to the Ward 29 Paediatric Fund and the Cradle Pictures Fund.

The latter offers parents at Ninewells Labour Suite and Dundee Midwifery Unit the opportunity to purchase photographs of their newborn babies. A small proportion of the proceeds are then donated towards the Cradle Pictures Fund for patient comforts, staff training and education.

# Work begins on PRI Nuclear Medicine unit

Chairman of Perth & Kinross CHP John Angus carried out the official cutting of the sod ceremony to mark the beginning of construction on a new Nuclear Medicine unit at PRI.

The £2.68 million Nuclear Medicine Imaging Service at PRI will allow greater equity of access and patient care to those requiring diagnostic studies within Tayside, providing an important additional service for Perth & Kinross patients who previously had to travel to Ninewells.

The unit, which will house a gamma camera to capture and form diagnostic images, will also greatly support the work currently being undertaken by the regional Nuclear Medicine unit at Ninewells by providing greater imaging capacity to an already heavily used service. Each year the Ninewells unit performs around 7000 imaging studies.

John Angus said, "I am very pleased to see construction begin on this new unit which will be of great benefit to patients in Perth & Kinross.

"This is another example of the commitment being made to the people of Perth & Kinross by NHS Tayside Board, who will be investing in excess of £160m over the next few years in services at PRI, a new mental health development at Murray Royal and the Perth & Kinross Integrated Dental Treatment and Training Centre at Broxden."

*I-r Architect Peter Kingston; NHS Tayside Project Manager Jodie Brown; John Angus; Mike Bruce, Operations Director for constructor Morrison Healthcare; and Consultant Physicist in Nuclear Medicine Dr Norman Kennedy*



## Chief Nursing Officer visits NHS Tayside



Recently appointed Chief Nursing Officer Ros Moore visited Kings Cross and Ninewells Hospital as part of a tour of Scotland's Health Boards.

Mrs Moore met with Chairman Sandy Watson, Nurse Director Liz Wilson, Director of Nursing for the Delivery Unit Maggie Simpson, Allied Health Professions Director Kath Fairgrieve and other senior colleagues.

Discussions were held around local, regional and national issues relating to nursing and the strategic agenda as it affects NHS Tayside.

During her visit, Mrs Moore also met with the nursing team at Ninewells' Ward 1 and visited the Dundee Midwifery Unit.

*I-r Dean of the School of Nursing and Midwifery Margaret Smith, Ros Moore, Liz Wilson, Kath Fairgrieve and Sandy Watson*



## New physio treatment for Perth stroke patients

Patients in PRI's new dedicated stroke unit are benefiting from an innovative new physiotherapy treatment thanks to money donated to NHS Tayside's Endowment Fund.

Physiotherapist Mina Crawford successfully applied to the fund to purchase upper limb splints, a new treatment approach which gives stroke patients more independence and control over their own treatment.

Mina then purchased the inpatient equipment which cost £10,000 for six reusable units. The company which provided the equipment also included six made-to-measure units and physiotherapy exercise equipment to use with the splints, such as foam balls and targets.

Mina said, "After a stroke, patients can have difficulty with the grasp and release action when picking up objects.

"These upper limb splints allow patients to practice the repetition of picking up and releasing objects independently which allows them to manage their own treatment and recovery.

"Used along with the foam balls and targets, they also help to make physiotherapy more interesting and interactive for the patients."



# 'Off Duty' exhibition

Tayside Medical History Museum's latest exhibition gives a glimpse into the personal lives of doctors and nurses.

The exhibition at Ninewells Hospital shows how some doctor and nurses let their hair down in stage productions, or exercised their skills in other ways by building boats or aircraft. Some keep bees, compose fiddle music or write books about Dundee's silver or railways.

Sporting prowess includes marathon running and Munro-bagging, and tennis and golf competitions are also well-represented. One of our nurses keeps Dundee FC supporters abreast of current club issues on the internet, and a DRI doctor even went with Shackleton to the Antarctic and had a



Matthew Jarron, Dundee University museums curator and former GP Jim McKellican check out the exhibits

Picture courtesy of David Martin, Fotopress

mountain named after him! Paintings on display show how eminent professors have other talents, but probably the most striking exhibits relate to stunning astrophotographs taken by one of Dundee's GPs.

All these, and more, can be seen at the exhibition which runs until the autumn and is open Monday to Friday between 9am and 5pm.

## New pharmacy satellite opened at PRI

A new pharmacy satellite dispensary, which will help improve the hospital experience for inpatients and outpatients, is now open at Perth Royal Infirmary.

The new satellite dispensary, which houses dispensary staff and the clinical pharmacy team, is located in the main building close to the wards and outpatient departments, allowing easier access and quicker availability of prescriptions for patients in these areas.

Previously staff and patients would have to get prescriptions from the main pharmacy, which is situated in a different area, some distance from the ward blocks.

Officially opening the new satellite dispensary, Chair of Perth & Kinross CHP John Angus said,

"There is absolutely no doubt that patients and staff will benefit from its close proximity to the wards.

"On behalf of the CHP, I would personally like to thank all the staff within Pharmacy who helped make this project happen."



Picture courtesy of Evening Telegraph

## Volunteering in Tayside

NHS Tayside recognises the importance of volunteers and is fortunate to have over 1000 willing and dedicated volunteers to call upon.

Volunteers help out by providing additional services for patients and staff in many areas of healthcare. Not only do patients and staff benefit greatly from the valuable contribution members of the public make but volunteering can also raise individuals' self esteem and self confidence.

NHS Tayside is committed to ensuring that all volunteers have a positive experience and are fully supported in where they are placed.

Volunteers can be found all over Tayside working alongside staff in maternity units, spiritual care departments, renal departments, general wards, hospital radio, and in health shops and health information points. There is hardly an area of patient care that does not benefit from the support of volunteers.

• For more information contact our volunteer managers:  
Pat Fox (Angus) 01307 475069, Gerry Stenson (Macmillan Stracathro) 01356 665014, Jim Orr (RVH) 01382 423128, Karen Thomson (Macmillan PRI), 01738 413013, Linda O'Neill (Dundee) 01382 831943, Jane Laahs (Perth) 01738 562323

## news in brief Perth & Kinross

### Improving COPD services in P&K

NHS Tayside is aiming to develop and strengthen COPD services across Perth & Kinross following a multi-disciplinary workshop.

The priorities identified aim to benefit patients and staff by improving access to services, including pulmonary rehabilitation and smoking cessation, and education for healthcare professionals and patients.

Members of staff from NHS Tayside's Public Health Directorate, and Acute and Primary Care participated in the workshop, along with representatives from the Perth & Kinross Breathe Easy Group.

### Winning Weigh groups

Two new weight management and healthy lifestyle classes are now taking place in Perth & Kinross.

The Winning Weigh groups will run for 14 weeks at Bells Sports Centre in Perth and Blairgowrie Recreation Centre.

The free classes, run in collaboration with Perth & Kinross Leisure, involve weight monitoring and physical activity as well as information and discussion around exercise, nutrition and motivation.

### Changes to MIUs

Perth & Kinross CHP approved proposals which have seen changes to the opening hours of the region's Minor Illness and Injury Units, giving patients improved access to MIU services across rural Perthshire.

The MIUs in Blairgowrie, Crieff and Pitlochry are now open from 8am to 10pm seven-days-a-week from April with a weekday service between 8am and 6pm at Aberfeldy and St Margaret's.

The changes also see the integration of MIU staff into inpatient wards, which will enhance the skills of nursing staff and create more flexibility in the workforce of the Community Hospitals.

**Many of you took part in the last NHS Scotland Staff Survey to give us your opinions on what is working well across NHS Tayside and what you feel needs to be worked on in order to make NHS Tayside an even better employer.**

The NHS Tayside Staff Survey Group has now undertaken local planning sessions for each of the three CHPs, NHS Tayside Board departments and the Delivery Unit Acute Services and has identified key themes and actions to be addressed in these areas.

Managers in each of these areas are currently working to develop and implement their local action plans to improve the working environment for you based on the key results of the survey.

The common themes which you have identified as needing attention across all areas are:

- **dignity at work**
- **personal development (PDPs)**
- **management and staff communication**
- **perception of senior managers' focus on patient care**
- **management of change**

# Your survey

# your say

## what you feel needs to be worked on



Since you told us what needs improved, NHS Tayside has already made good progress in these areas such as the introduction of Team Brief Tayside and the Ask Us button to help make two-way communication easier between staff and managers, and the roll out of e-KSF and Team Domino online performance management tools. The Dignity at Work policy was also re-launched and the support for its implementation included the promotion of discussion around acceptable behaviours in the workplace, and promotional materials such as posters and desk mats in meeting rooms.

All these new developments directly address the things that you highlighted to us in the last Staff Survey and we hope that even more of you will complete the 2010 Staff Survey when it takes place later this year as it is your opportunity to let us know what works well and what you feel needs to be improved.

Look out for more information about your local action plan in future issues of spectra, Vital Signs, Team Brief Tayside, your local CHP newsletter and on Staffnet. If you want to get in touch with the Staff Survey Group please email [staffsurvey.tayside@nhs.net](mailto:staffsurvey.tayside@nhs.net)







# Steps to Better Healthcare

NHS Tayside is committed to improving healthcare for its patients. Central to this is the development of an improvement programme for Steps to Better Healthcare with a focus on delivering results through innovation, redesign, quality, efficiency and productivity.

NHS Tayside has a strong track record of delivering service improvement and quality and our next step is to build on that success with our commitment to developing 21st century healthcare systems. This applies to all services accessed through the community and in hospitals.

## The Steps to Better Healthcare journey

Throughout 2009, NHS Tayside embarked on an exercise to prioritise our improvement work and combine these into a single improvement programme with evidence based benefits agreed and owned by the right people in the business. A specific emphasis has been given to mental health and work that supports the delivery of the 18 Weeks Referral to Treatment and Long Term Conditions Collaboratives work with leadership from those programmes to inform our improvement priorities.

The work told us that we had a number of areas to focus on initially including outpatients, medicine for the elderly, orthopaedics, day surgery and pre-assessment, caring communities through virtual wards, out of hours community services and mental health inpatient and referral pathways.

## What will you see happening?

You should expect to see quite intensive work in these areas with managers, clinical leaders and staff working together to develop high performing, high quality services that lead to better healthcare. The methodology we are using will also ensure that we have stakeholder contribution from patients

and that real benefits will be realised around use of our resources, patient experience, staff experience and quality of care. Each project must provide detailed measures and stretch improvement targets to demonstrate a clear link to improved patient outcomes and efficient use of resources. You will see this work begin to spread as we roll out the learning and widen the scope of the work.

## How will we ensure change is sustained?

A key measure of success for any improvement work is sustainability. To do this the key objective of our work will be to embed continuous improvement of patient care as a central focus for our organisation. Steps to Better Healthcare will therefore be supported by improvement practitioner courses and activities that will allow the people leading the work to have the skills for improvement. So far we have delivered courses for a small number of staff and will now start to develop a programme of learning through a range of resources such as e-Learning and one day sessions through the Modernisation and Development team. Keep an eye on the modernisation website for further details.

For further information contact Tracey Williams, Head of Service Improvement on 01382 632058 x 32021 or email: [tracey.williams1@nhs.net](mailto:tracey.williams1@nhs.net)

"Some is not a number, soon is not a time, hope is not a plan"

**Gerry Marr, Chief Operating Officer**

"The work has assisted the mental health service to move forward in a proactive manner, helping staff within the service to scrutinise where there is good practice and where we require to drive out waste, harm and variation. It also allows us to ensure that the whole system supports people with mental health problems and is fit for purpose."

**Hazel Mitchell, Programme Director Mental Health Services**

"This is a different approach to managing change that allows you to see whole system blockages and develop realistic solutions that can significantly improve the way we do things".

**Derek Wilson, Project Lead Medicine for the Elderly**



# Last orders for bargain booze?

The Scottish Government has said that a minimum pricing policy on alcohol – which is backed by all four UK Chief Medical Officers, other health experts, the police and licensed trade – would reduce alcohol consumption and save lives.

The British Medical Association has called for all politicians of all parties to back The Alcohol Bill, which includes proposals to ban drink promotions, powers for licensing boards to raise the age for buying drink from 18 to 21 and a “social responsibility fee” for retailers who sell alcohol.

However, major supermarket chains have expressed concern about the proposals claiming they are unfair and punish the responsible majority.

With Dr Brian Keighley of BMA Scotland claiming, “It is now our national duty to ensure that we do all we can to tackle this epidemic”, spectra decided to quiz staff on whether the minimum pricing proposals go far enough to tackle Scotland’s drink problem and help shake off its reputation as “the sick man of Europe?”

## Drinking too much?

How often you consume alcohol and how much you consume over the sensible drinking guidelines can have a range of negative health and social consequences.

Making positive choices about your drinking behaviour will enable you to get more out of your day, week or weekend.

The recommended daily sensible drinking guidelines are two to three units for women and three to four units for men.

To work out how many units are in your drink, you need to know the volume of your drink and its alcoholic strength (or ABV). Multiply the % alcohol content by the volume of the drink, and divide by 100 if the volume is in centilitres (cl), or by 1000 if the volume is in millilitres (ml).

## Alcohol – know your units

The table on the right gives you the units contained in the most popular alcoholic drinks.

<b>25ml of gin/rum/vodka</b> (alc 37.5% vol)	<b>0.9 unit</b>
<b>330ml bottle of premium strength lager/beer</b> (alc 5% vol)	<b>1.7 units</b>
<b>568ml (1 pint) of premium strength lager/beer</b> (alc 5% vol)	<b>2.8 units</b>
<b>568ml (1 pint) of standard strength lager/beer</b> (alc 4% vol)	<b>2.3 units</b>
<b>568ml (1 pint) of medium strength cider</b> (alc 5% vol)	<b>2.8 units</b>
<b>700ml bottle of whisky</b> (alc 40% vol)	<b>28 units</b>
<b>275ml bottle alcopop</b> (alc 5% vol)	<b>1.4 units</b>
<b>175ml glass of standard wine</b> (alc 12% vol)	<b>2.1 units</b>
<b>750ml bottle of standard wine</b> (alc 12% vol)	<b>9 units</b>



# Can minimum pricing for alcohol make a difference to Scotland's binge drinking culture?



**Iain McEachan**

HR MANAGER

*Workforce Directorate,  
Ninewells*

I believe in the 'spirit' of the new proposals but it won't affect me as I drink Talisker whisky.

I think minimum pricing will affect people in Scotland especially youngsters who buy cheap alcohol.



**Irene Henderson**

HR MANAGER

*Workforce Directorate,  
Ninewells*

I think it is penalising people who drink responsibly by imposing minimum pricing that might stop binge drinking.

It's not only targeting the area we need to but tarring everyone with the same brush.

I think we need to have a look at the reasons why people binge drink.



**Elizabeth Birtles**

STAFF NURSE

*Macmillan Day Care,  
Roxburghe House*

I don't think changing the price will make much difference.

What we need is better education about drinking sensibly and more information about the consequences of excessive drinking.



**Jim Orr**

VOLUNTARY SERVICE MANAGER

*Macmillan Day Care,  
Roxburghe House*

I don't think it will make any difference, if people want to drink they will find that extra money to spend.

It seems that young people drink solely with the view of getting 'plastered' and putting a few pence on prices isn't going to change that.



**Sarah Rennie and  
Wendy Robb**

CLERICAL OFFICER

AND PERSONAL ASSISTANT

*North of Scotland Planning Group, Ashludie*

People will keep drinking anyway, they'll just spend more money on drink and less on healthy foods. It's not about the price, it's more about the culture and we don't think it will really deter anyone who really wants to drink.

The only ones who will benefit will be the government and the shops that are making the extra money. It's not fair on those who drink sensibly and maybe can't afford to spend more on alcohol.



**Barry Hampton**

e-KSF SYSTEMS MANAGER

*Training & Development, Ashludie*

No I don't think so, if people want to drink they'll do it anyway. They'll complain a bit but still buy it, the price won't make a difference. It's the same as with cigarettes - they keep going up in price but if folk are really desperate they'll keep smoking no matter how expensive it gets.

I don't know the answer but the government are never going to reduce alcohol intake when there are all these adverts for cheap drink in supermarkets so maybe that should stop. I also think there should be zero tolerance on drink driving.



## Angus Healthy Happy Communities launch



Picture courtesy of Jim Ratcliffe, Arbroath

*Singer/songwriter Sheena Wellington (centre, left) officially opened the event at the CAFÉ Project in Arbroath*

A two-day event in Arbroath launched the Angus Healthy Happy Communities Project and celebrated International Women's Day simultaneously.

Angus Healthy Happy Communities Project is a partnership between NHS Tayside and Angus Council, which focuses on the importance of nutrition and encourages people to adopt a healthy diet.

Samples of a wide range of international and local dishes including Arbroath's world-renowned delicacy, the Arbroath Smokie, were available.

Free health promotion materials including healthy eating tips were also on offer with project staff and volunteers from NHS Tayside and local voluntary agencies on hand giving information and advice.

Project Manager Shona Burge said, "The launch of the Healthy Happy Communities Project across Angus was aimed at encouraging a desire for local people to be more involved in community activity and become a volunteer with the project.

"What better day than International Women's Day to choose to celebrate the opportunity for all parents and carers to become involved in a new Angus-wide project that will empower the community, enabling them to bring about positive changes that will improve their own and their children's health."



*Some of those who took part in the event with Wendy Penny*

## World Kidney Day

NHS Tayside promoted World Kidney Day on 11 March with information stalls at Ninewells Hospital, Perth Royal Infirmary and Arbroath Infirmary.



[organdonation.nhs.uk](http://organdonation.nhs.uk)

Renal dialysis or transplantation is the only treatment for kidney disease, but three people die in the UK every day waiting for an organ transplant, resulting in over a 1,000 deaths a year. So, there is a huge need for more people to sign up to the Organ Donor Register.

NHS Tayside Transplant Co-ordinator Irene Russell said, "On World Kidney Day we, along with thousands of others across the globe, are

helping to raise awareness of kidney disease and the need for organ donation and transplant."

To sign up to the online register visit [www.infoscotland.com/organdonor](http://www.infoscotland.com/organdonor) or text LIFE to 61611. People can also register by calling the Organ Donor Line on 0300 123 23 23. Lines are open 24 hours a day, 365 days a year.

## Edible Art Works!

The Edible Art Works! project was the brainchild of Occupational Therapy Assistant Sarah Bell and was borne after the success of the Tayside Healthcare Arts Trust creative workshops in Ward 19 at Royal Dundee Liff Hospital.

The Edible Art Works! sessions for dementia patients involve sweet treat pop art, marzipan pottery, fruity faces, edible aquarium and vegetable printing.

A gallery of appetising art work is on display at the activities room in Ward 19.

The project aims to promote patient participation and wellbeing, encourage relaxation and stimulation, and help maintain skills.

## Diabetes – 'What's the story?'

The 'Diabetes - What's the story?' campaign ran during March and April and was launched with an event at The Corner Health and Information Project in Dundee.

Diabetes is the most common disease affecting children and young people's metabolism and is on the increase.

Sexual Health Nurse Wendy Penny said, "Discussions on the day indicated that a high percentage of those who

took part knew someone with diabetes. However some of the knowledge was limited, particularly regarding effects on the body and how it impacts on lifestyles."

Testing for diabetes and advice was available throughout the day.

A window display was also created with the support of health students Anna Barron and Chris Burnhill to provide awareness of diabetes.



# Child speech therapy events

Picture courtesy of Evening Telegraph



*l-r NHS Tayside's Catherine Hollebrandse, Maggie McNab and Sandra Clark at the stall*

The Dundee Child Health Speech and Language Therapy Department ran a series of health promotion events across the city to promote awareness of the importance of communication between parents and their children.


They visited supermarkets, shopping centres and nurseries,

offering advice and information leaflets about babies' and childrens' early communication skills.

Speech and Language Therapists also gave specific advice to families with concerns about their child and, if necessary, information about referrals for an assessment.

# Healthier food choices

All 15 of NHS Tayside's dining areas for staff and visitors have now successfully achieved the healthy living award, 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.

NHS Tayside Public Health Nutrition Adviser Rosemary Davidson said "We are committed to increasing the availability of healthier food choices when eating out and now customers will find it easier to make healthier choices in these award-winning establishments."



*Rosemary Davidson (right) with NHS Tayside catering staff and their awards*

# Mobile breast screening units in Perth & Kinross

NHS Tayside's Breast Screening Service is currently targeting women in Perth & Kinross with two mobile units stationed in the area.

One unit spent two months in the car park at St Margaret's in Auchterarder before moving on to Comrie with a second mobile unit spending some time in Kinross.

Women aged 50 to 70 receive an invitation letter to come for breast screening, with women over 70 able to request an appointment from the Screening Centre Office.

The mobile units also visit different areas in Angus and women in Dundee can attend the static unit at Ninewells.



*Specialist radiographer Mairi Tosh at the mobile unit in Auchterarder*

Smokers in Dundee, Perth & Kinross and Angus were being urged to kick the habit with various events organised across Tayside for No Smoking Day 2010.

This year's theme was "break free" with smokers being encouraged to break the chains of their addiction and free themselves from cigarettes.

Large numbers of people descended on Dundee's Camperdown Park and Perth's North Inch for the award-winning Walk in the Park fun days.

Smoking cessation workers and Big Cig also visited supermarkets, schools, colleges, hospitals, local businesses and youth clubs to offer advice and information, as well as free carbon monoxide tests.



Judy Robertson, Stacey Mitchell and Tracey Furness took Big Cig along to Asda in Perth to spread the No Smoking Day message



picture courtesy of The Courier, Dundee



NHS Tayside's Walk in the Park was back at Camperdown Park in Dundee for its second year giving people from Dundee and Angus the chance to take the first step towards a healthier new lifestyle



Volunteers at The Corner in Dundee engaged with young people to raise their awareness of the costs, health risks and long-term damage that smoking can have on individuals



Smoking cessation workers Fiona Anderson and Karen McDermott were targeting shoppers at Asda in Dundee



St Johnstone FC player Kevin Moon opened the Walk in the Park at Perth's North Inch



Ninewells smoking cessation team Audrey McKenzie, Jodi Moodie and Karen Craig hosted an information stand for staff, patients and visitors to the hospital to pick up freebies, take carbon monoxide tests and try out age progression software



Young people at the Pitstop Youth Café in Forfar took part in smoking-related activities and a t-shirt design competition



Ethel O'Donnell, Irene Fyffe, Big Cig (Pam Brown) and Kenny Grewar from Angus smoking cessation team were offering customers at Tesco in Arbroath help to kick the habit



# Working to give patients a voice

Independent advocacy aims to help people by supporting them to express their own needs and make informed decisions. Independent advocates support people to gain access to information and explore and understand their options. They speak on behalf of people who are unable to speak for themselves, or choose not to do so. They safeguard people who are vulnerable or discriminated against.



Independent advocacy is as free as possible from conflicts of interest, is completely separate from service providers and other professionals, and does not provide services other than advocacy.

*(Principles and Standards for Independent Advocacy, 2008. The Scottish Independent Advocacy Alliance)*

## Some examples of the ways we can help people are:

- Help to prepare for and attend meetings / speak on their behalf
- Help write letters / make phone calls and source information for them
- Help to identify what options they have and support them in pursuing them.
- Make sure their voice and views are heard
- Listen to them, and remain uninfluenced by others

Independent advocates do not offer advice. The aim is to support patients to represent their own interests. If this is not possible, the advocate will represent the person's views.



Mrs A has a severe and enduring mental illness and needed support to attend medical appointments. She wanted information on her treatment options and felt unable to promote her own views when seeing her healthcare professional. Mrs A's independent advocate supported her to prepare for and attend appointments. This was her experience of independent advocacy:

"My advocate first of all assured me that she was going to be with me 100%. She listened very closely to my issues and made me aware that she understood where I was coming from. This gave me an awful lot more confidence to state my case. I knew I could ask for further information and my advocate would come with me and write things down. The help that I got was a success. I stated my case well and achieved the outcome I wanted. She believed in me and that was so important."



## Who do staff contact if patients are unable to do this for themselves?

There are three independent advocacy organisations across Tayside providing support for people who have mental health problems, dementia, learning disabilities or are frail elderly. In addition to these these organisations specialise in certain areas: Angus Independent Advocacy support those with acquired brain injury; Dundee Independent Advocacy and Independent Advocacy Perth & Kinross both support those with physical disabilities. Independent Advocacy Perth & Kinross also provides advocacy support to carers.

These organisations can be contacted on:  
 Angus Independent Advocacy on 01241 434413  
 Dundee Independent Advocacy on 01382 205515  
 Independent Advocacy Perth & Kinross on 01738 587887

NHS Tayside has an independent advocacy policy which defines the roles and responsibilities of NHS Tayside staff about patient's rights to independent advocacy. This policy can be accessed on Staffnet by following the path:

**Staffnet home | Safe & Effective Working | Policies | Finance and Governance Policies | Independent Advocacy Policy**

## Good ideas making a difference

In April a new group of staff from NHS Tayside and NHS Fife joined the Quality Improvement Models course which is designed and run by members of NHS Tayside's Safety Governance and Risk Team.

Anyone in NHS Tayside who has a really good idea for service improvement can apply. Applicants chosen attend formal workshops and work on their own project with the back up of a personal mentor. There is also a prize for the best poster.

In 2009 Audrey Ryman, Project Manager, Older People's Strategy and Donna McLoughlin, Head 3 Occupational Therapist looked at optimising provision of community services.

Audrey looked at how she could reduce delayed discharges in Blairgowrie Community Hospital and found 48% of bed days had the potential to be utilised more efficiently. A dedicated discharge co-ordinator to liaise with other agencies could reduce delays significantly and Audrey's ideas are being rolled out to other community hospitals.

Donna reviewed clinical practice in Occupational Therapy and

picture courtesy of Alan Ramsay, Dundee College



(back row second from left) Donna McLoughlin, (front row second from left) Audrey Ryman and Maureen Robertson holding certificate (centre)

has been successful in reducing the average time taken to carry out the Cognitive Performance Test from six hours to 75 minutes enabling staff to see more patients. Donna was also runner up in the poster section with Maureen Robertson, Senior Adult Psychotherapist, Whitehills HCCC.

For more information contact Audrey Ryman on [audrey.ryman@nhs.net](mailto:audrey.ryman@nhs.net), x13231 or Donna McLoughlin on [dmcloughlin@nhs.net](mailto:dmcloughlin@nhs.net), x24190

## Launch of TAHSC

NHS Tayside and the University of Dundee have formed a new collaborative venture, the Tayside Academic Health Sciences Centre (TAHSC), to boost clinical research activity in the region.

Existing expertise at both organisations has helped make Dundee and Tayside a leading international centre for innovative health research and education and the creation of TAHSC will build on this, helping to translate discoveries in the laboratories more quickly

into improved treatments for patients.

Chief Executive of NHS Tayside Professor Tony Wells said, "We very much welcome the launch of this new collaboration, which will allow us to build on the excellent working relationship we have with the University of Dundee.

"This will benefit our patients through research findings and innovation, as well as the professional development of our staff."

*I-r Professor Tony Wells, Professor Jill Belch, Research and Development Director of TAHSC, NHS Tayside Chairman Sandy Watson, Professor Irene Leigh, Head of College of Medicine, Dentistry and Nursing, and Professor John Connell, Director of TAHSC and Dean of the School of Medicine*



Picture courtesy of David Martin, Fotopress

## Runner up for life sciences award

An invention by Dr Jonathon Bannister of NHS Tayside and Dr Glyn Walsh from Glasgow Caledonian University was runner up at an awards ceremony for best innovation originating from NHS Scotland.

The prism glasses revolutionise mirror therapy for treatment of phantom limb pain and rehabilitation of patients suffering from limb paralysis following a stroke.

They were short-listed for the Scottish Health Innovations Ltd Award at Scottish Enterprise Life Sciences Annual Dinner in February.



Dr Bannister's prism glasses



*I-r Dr Batsman, Dr McCallum, Dr Hamish Greig (former chair of the Scottish Association of Community Hospitals), Dr Havela, Mr Skoglund and Liz Paterson (Clinical Team Manager Medicine for the Elderly)*

## Swedish doctors visit Whitehills

A delegation of Swedish doctors visited Whitehills Health and Community Care Centre in Forfar to see examples of the way NHS health services in Angus are now being delivered in local communities.

Susan Wilson, General Manager of Angus Community Health Partnership and Dr Kay McCallum, a GP at Academy Medical Centre in Forfar, welcomed Drs Stellan Batsman and Jari Havela and Project Manager Caj Skoglund to the centre.

The visitors met with staff and patients at Whitehills and Brechin Infirmary following a presentation on the Community Medicine and Rehabilitation Services redesign project.



# Patient Safety in Auchterarder



As part of the Scottish Patient Safety Programme, which involves staff at all levels taking simple steps to cut down on unnecessary harm, senior charge nurse Sue Hogg implemented a Safety Brief for staff at St Margaret's Hospital, Auchterarder, a pilot site for the Programme.

The Safety Brief is displayed on a white board in the hospital's office and consists of information about patients such as those who may be at risk of falls, are suffering from dementia, or have special medications prescribed. It also highlights any infection control and estates issues.

Staff have the opportunity to read the issues for each day and sign to show they have done so. They can also add to the brief, which is colour-coded with new risks being flagged up in red.

The board is anonymised with patients and relatives also encouraged to contribute to the briefings.

The introduction of this brief was a move away from electronic briefings to a hard copy which is available in an area that all staff have daily access to. This includes nursing staff, domestics, physiotherapists, pharmacists and any other staff who work in the hospital.

The Scottish Patient Safety Programme builds on the pioneering work of the successful Safer Patients Initiative which was piloted in NHS Tayside with a vision that no patients should suffer unnecessary harm, pain or suffering as a result of error or planned medical intervention.

## Grant to fund research in patient care

The Tayside Oncology Research Fund is offering a one-off grant of up to £50,000 to fund a research project to improve care of patients with malignant disease.

The potential improvement in care would be expected to be evident shortly after completion of the project, with the aim of implementing any changes in practice early.

Applications to fund basic scientific research or "blue skies" research would be unsuccessful.

If you are interested please outline your ideas on one single sheet of A4 and send to [audrey.martin@nhs.net](mailto:audrey.martin@nhs.net) by 19 June 2010.



*Front row (left): Jane Dornie Physiotherapy Head of Service Perth & Kinross, Audrey Doherty, Terrianne Thomson, David Kemp and Kath Fairgrieve. Back Row Matthew Kendal, Physiotherapy Head of Service, Dundee, Jane Reid, AHP Education Lead*

## First AHP Prescribers

Kath Fairgrieve, NHS Tayside Board Allied Health Professional (AHP) Director and AHP Leads from across Tayside congratulated physiotherapists Audrey Doherty, David Kemp and Terrianne Thomson on becoming the first AHP Advanced Practitioner Prescribers in NHS Tayside.

The physiotherapy department is already seeing the benefits that AHP Prescribers have brought to the service.

Nurses have been legislated to prescribe for several years, however it is only in the last couple of years that legislation changed for the professions of

Podiatry, Physiotherapy and Radiography enabling them to become supplementary prescribers.

NHS Tayside recognises the important contribution that non-medical prescribing has for its patients and the revised Non Medical Prescribing Policy which provides guidance and governance to current and potential prescribers is available at staffnet home | our websites | pharmacy | medicines governance | policies.

For more information re AHP NMP please contact Jane Reid, AHP Education Lead, [jane.reid@nhs.net](mailto:jane.reid@nhs.net)



*l-r Gillian Munro, Head of Spiritual Care, Gerry Marr, Rt Rev Bill Hewitt, Mrs Hewitt and David Gordon, Lead Chaplain*

## Moderator of the General Assembly visits Ninewells

Chief Operating Officer Gerry Marr welcomed The Rt Reverend Bill Hewitt, Moderator of the General Assembly of the Church of Scotland, and Mrs Moira Hewitt to Ninewells Hospital. They were taken on a tour of the newly refurbished Spiritual Care Centre and met NHS Tayside's Spiritual Care team and chaplaincy volunteers.

The Spiritual Care Centre at Ninewells provides both formal and informal spaces for all patients, staff and visitors giving people of all faiths and none a quiet, calm area in the hospital where they can meditate, reflect or worship.



## Name, designation and dept.

Dr Rebecca Wheeler, GP and Acting Clinical Director, Angus Community Health Partnership

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

I completed Vocational Training certificate in General Practice 1996 and was accepted for Voluntary Service Overseas in Petersburg, Transvaal. In the meantime, I came to work at Arbroath Infirmary and when the VSO job fell through, I ended up staying. I worked as one of the first Trust Practitioners in Scotland at Arbroath Infirmary for four years. I became a partner in General Practice nine years ago and for the past five-and-a-half years I have chaired the Angus Cardiovascular Clinical Working Group. I was looking for a new challenge when my current post became vacant so I now work as a GP in Arbroath for two-and-a-half days and as Acting Clinical Director, Angus CHP for two days.

My husband is a whizz in IT (and secret Master Chef) and we have two sons, Matt and Alex. Additional family members include three dogs, a cat (she's boss) and tropical fish. When my husband heard that I'd be doing the Clinical Director's job on an 'acting' basis he laughed and said I was well qualified.

I stood down as the President of Abbey Theatre Club in August 2009 and have been involved with a variety of other societies, including Arbroath Choral, Angus Choral, Raj Samuel's group, The Hill Street Singers. Last year I joined Arbroath Musical society for the season because they were doing Witches of Eastwick and the music was fab!

## Like(s) about current job

Never knowing what I'm going to be working on next

## Dislike about current job

Not enough hours in the day

## Most unusual thing asked to do at work

Being asked to help herd a rogue heifer

## Achievement most proud of

Teaching my Czech friend to drive

## Favourite writer

Henning Mankell

## Favourite music

Classical/easy listening (specific piece John Rutter's The Armed Man)

## Favourite meal

Lobster with garlic butter

## Most like to have dinner with

My husband (oh sorry, you mean celebrity then probably Robbie Coltrane)

## Favourite word

Actually (or so my friends tell me!)

## Top 3 frustrations

Computers  
Bad grammar  
People not being true to themselves

## Most embarrassing moment

When my old Mini conked out, a young policeman asked if he could apply for the job advertised on my back window - I had a sticker displayed which read 'Make Love not War, see driver for details'!

## Irritating habit

Being a perfectionist

## Do better than anyone else

Stack the dishwasher

## 3 wishes

For my children to be happy in life  
To succeed in my current post  
To get fit again





# The Knowledge Network

The NHS Scotland elibrary has evolved into The Knowledge Network [www.knowledge.scot.nhs.uk](http://www.knowledge.scot.nhs.uk) as Scotland's source of knowledge for health and care.

## Features include:

A "google-style" search giving instant access to 11 million learning and information resources from over 100 providers and partners including NHS education, local authority and voluntary organisations;

My Community Space – social networking (Web 2.0), new tools to build community websites and connect people with shared interests;

My Resource Space – a personal webspace to save and organise resources;

My Home and What is Here for Me – personalise your homepage with favourite resources.

## The new site is about finding and sharing knowledge.


The Knowledge Network incorporates many familiar features of the NHS Scotland elibrary, but also offers new functions, a broader scope and better customisation, in response to user feedback and the changing needs and expectations of the information society. In terms of appearance and functionality the site is a combination of the best features of two familiar websites – iGoogle and the BBC.

Great customisation is one of the key developments in the new system. "Widgets" are feature boxes of content and services that can be moved, removed, replaced, expanded or minimised as required. Users can add to, and remove content from these widgets. Essentially it is possible to create your own version of The Knowledge Network.

For those who love the elibrary and are concerned about its retirement, it continues to exist in the form of a single widget within The Knowledge Network. From this widget you can search and browse for journals, books and databases, just as you always have done.

The Knowledge Network represents the cutting edge of knowledge management systems for health and social care. It enables people to access the full range of knowledge and learning resources available from NHS Scotland, through a single website, wherever they are.

For further information or training on the new site please contact [librarians.tayside@nhs.net](mailto:librarians.tayside@nhs.net)



about finding  
and sharing  
knowledge

## Breathe Easy donation to COPD patients

A £350 exercise machine was presented to the physiotherapy department at Kings Cross Health and Community Care by Chairman of the Dundee branch of Breathe Easy, John Stewart.

Breathe Easy is the support network of the British Lung Foundation for patients with Chronic Obstructive Pulmonary Disease (COPD). The network has over 22,000 people with numbers growing all the time.

COPD is an umbrella term for a number of lung diseases such as chronic bronchitis and emphysema. It is the fifth biggest killer in the UK and the World Health Organisation listing it as the fourth leading cause of death worldwide.

Specialist Physiotherapist Jean Driscoll said, "The combined rower/exercise bike is a welcome addition to our rehab gym equipment. It means more patients can safely access this exercise to improve their cardiovascular functioning.

"We would like to thank Breathe Easy for this kind donation which will greatly benefit patients in Tayside."



*Front from left: John Stewart, Breathe Easy secretary Gordon Scott, Jean Driscoll and Jim Chalmers  
Back from Left: Caroline Yorke, Kalsoon Akhtar, Elizabeth Gibson, Ed Lynch, Ena Mitchell and Bert Davidson*

picture courtesy of The Courier, Dundee

## NHS Tayside IT team presents cheque to Age Concern

An NHS Tayside IT project team, recognised for a top technology accolade, has donated the prize money from the award to local charity Age Concern.

The NHS Tayside Applications Team was presented with an award for the Best Use of IT in Primary Care for their work on the MiDIS project, at the recent Scottish Clinical Information in Practice 2009 conference held in November last year.

The team was presented with a £1000 prize which they decided to donate to a local branch of the charity Age Concern.

Presenting the cheque to Age Concern was MiDIS Project Manager Janice Caithness and Head of eHealth Training, Implementation and Support, Jenny Bodie.

Age Concern Centre Manager Ann Watson said, "We cannot thank enough the team from NHS Tayside for their very kind donation. Age Concern is a lifeline to many individuals and their families and without generous donations like this, we would be unable to offer the services we do.

"The money will be spent on funding some day trips for our members in the Five Ways Centre in Dundee and the Brook Street Centre in Broughty Ferry."

## Palliative care cheque

Residents of Wimberley Court sheltered housing complex in Broughty Ferry handed over a cheque for £814 to the acute palliative care unit at Ninewells Hospital.

Jean McIntosh, a resident at the sheltered housing complex, has supported palliative care services for many years by baking cakes and selling them to raise funds.

The group decided to give all the money raised from a coffee morning to the palliative care service at Ninewells.



*l-r (with cheque) Janice Caithness, Anne Watson, volunteers Anthony Prophet and Mandy Croal, and Jenny Bodie*



## £1,000 for multiple sclerosis

The proceeds of an X-Factor style competition was presented to the Multiple Sclerosis Unit at Ninewells.

Mrs Catherine Tait, a patient of the unit, handed over the cheque on behalf of her son Ryan, and Donald and Marie Stewart who are landlord and landlady at the Old Mason's Arms Pub in Forfar.

An X-Factor competition was held in the pub in which Ryan won 1st prize of £500. He decided he was going to donate his prize to the MS Research Unit while Donald and Marie offered to double the donation bringing it up to £1000.



*I-r Dr Jonathan O'Riordan, Director of Tayside and North Fife Regional MS service, Lead Clinical Nurse Specialist Shona Flucker, Catherine Tait and MS Nurse Pauline Reilly*

## Donation to Ward 21

James Milne and his brother Stephen presented a cheque for £1000 to staff at Ward 21 CCU at Ninewells. The money was raised from a collection at the funeral of their father Jack Milne.

*I-r Senior Staff Nurse Stacey Teviotdale, James Milne, Senior Charge Nurse Lynne Warden, Senior Staff Nurse Karen McLeod and Stephen Milne*



## Angus patients donation from Friends of Stracathro

Friends of Stracathro visited Stracathro Hospital to hand over exercise equipment and oxygen trolleys which will help support respiratory patients in Angus.

Since 2004, Angus CHP has delivered a successful roving pulmonary rehabilitation programme across the county. Led by Elaine Fenton, Primary Care Respiratory Nurse Specialist, 390 respiratory patients in Angus have benefited from the exercise and support programme.

The Friends of Stracathro agreed to donate various pieces of exercise equipment for use by Angus pulmonary groups, including an exercise bike, hand weights and exercise balls, as well as five oxygen cylinder trolleys and five oxygen carry bags.

## Arbroath Outpatients staff raise funds for BHF

The nursing, secretarial and clerical staff in the Outpatients Department of Arbroath Infirmary marked National Heart Month and made a donation of £37 to the British Heart Foundation, following a day of wearing red during the cardiology clinics.

*I-r Medical Secretary Julie Bullock, Senior Staff Nurse Karen Dear, Ward Assistant Catherine Thomson, Medical Secretary Donna Tindal, Receptionist Thelgy Gibb, Registered Nurse Christine Dodds, Sister Ann Cuthill (manager), Registered Nurse Pam McCann and Senior Staff Nurse Sarah Lyons*





**Marion Stewart**

**Marion Stewart retired from Ninewells Hospital after 40 years service.**

Marion started her training in May 1967 at DRI and went on to become a staff nurse in Ward 7.

After getting married to Harry she continued at DRI until 1972 when she left to have children.

In 1975, following an appeal

by Ninewells for nurses to help due to a flu outbreak, Marion returned to work.

Having worked at Ward 27 (ENT), she ended her career in theatre recovery.

Marion said, "I will miss the patients very much but I feel it's time to call it a day and spend time doing all the things I would like to do."



**Seonaid Workman**

**Seonaid Workman has worked as a Speech and Language Therapist for 40 years.**

She came to NHS Tayside in 1981 and has contributed as a dedicated and innovative therapist over these years.

She is well respected locally and nationally by health and local authority colleagues alike.

Above all though, she leaves a legacy of many families in Tayside who have benefited from her patience and expertise.

Seonaid was presented with gifts including jewellery and flowers at a lunch with colleagues.

She plans to travel and spend more time in her garden during her retirement.



**Margaret Best**

**Margaret Best, staff nurse at Cornhill Macmillan Day Service has retired after just under 32 years of NHS service.**

Margaret, or Mags as she is better known, completed her nurse training in 1971 and took up a post at PRI. Over the next 16 years she developed an interest in palliative care which led her to her final post.

In 1987 she took up the challenge of applying for a nursing post in a completely new

service to Perth and Kinross. Macmillan house on Isla Road opened its doors to provide palliative day services. Mags pioneered this service with her colleagues and committed the next 22 years of her career to supporting many patients and carers who were living with a palliative diagnosis.

Mags was presented with gifts and flowers by Kristine Macadam, Specialist Palliative Services Manager on behalf of all her colleagues.



**Robin Hunter**

**NHS Tayside Chairman Sandy Watson paid tribute to Staff Side Representative Robin Hunter's contribution to partnership working as he marked his retirement.**

Robin commenced employment with NHS Tayside in 1973, undertaking general duties in

Vernonholme and moved on to work in an admin and clerical role including some time in medical records.

A fluent speaker of French, Robin is highly regarded locally and nationally, holding senior positions within Nalgo and UNISON.

## Long Service Award



**Lynda Murdach**

**Lynda Murdach, Nurse Consultant, Learning Disabilities was joined by friends and colleagues to commemorate her 40 years long service and was presented with her award by Murray**

Petrie, Chairman of the Delivery Unit. Flowers were given by Professor Liz Wilson, NHS Tayside Director of Nursing and Maggie Simpson, Director of Nursing for the Delivery Unit.