

spectra



THE STAFF MAGAZINE FOR NHS TAYSIDE



Making sure food, fluid and nutritional care matters

news2u
National Doodle Day

feature
Making sure food, fluid and
nutritional care matters

e-clips
The Knowledge Network

Dear spectra readers,

Welcome to the new look spectra!

Spring has finally arrived and spectra is bursting with good news stories from across NHS Tayside including the launch of the pioneering Tayside Centre for Organisation Effectiveness (TCOE) which will lead the way in healthcare quality improvements, patient safety and innovations in NHS Tayside.

The two features in this issue cover the work of NHS Tayside's Nutrition Standards Service Team and the services provided by the Tayside Laser Clinic at Ninewells Photobiology Unit.

Its official, British Summer Time has arrived...but would you like to enjoy summer time all year? By not putting the clocks back in October we would all gain extra daylight. Check out voxpop on page 12 to find out what staff said.

Look out for the bumper eight pages of TREATS in this issue. There are lots of staff discounts to choose from ranging from reduced tickets for Glamis Castle Prom and The Royal Edinburgh Military Tattoo to discount off Glentrek outdoor activities. If you are lucky enough to be flying off on holiday, then you might want to check out the deal on parking at Glasgow and Edinburgh airports.

Turn to the last page to find out who has said goodbye to NHS Tayside and hello to retirement!

spectra is your magazine and we are always looking for ideas and articles so if you think you have something that would be of interest to your colleagues, please share it with us (contact details below).

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news2u



feature



learning together



healthwise



Thank you to Angus volunteers



Elianne Reid of Volunteer Development Scotland (centre right) presents the 'Investing in Volunteers' award to (from left) Chief Executive Gerry Marr, Elizabeth Forsyth and Sandy Watson

NHS Tayside said thank you to volunteers from across Angus at a special reception held at Stracathro Hospital.

The volunteers were welcomed by Chairman Sandy Watson, who thanked all the volunteers for their contributions to the health service in Tayside and presented long service awards to those with 5, 10 and 15 years' volunteer service.

At the reception, a representative of Volunteer Development Scotland also presented the 'Investing in Volunteers' award to vice-chair of Angus CHP Elizabeth Forsyth, who accepted the award on behalf of Angus CHP.

There are over 900 volunteers in NHS Tayside who can be found working alongside staff on many hospital wards and helping to support self-management groups in local communities, complementing the way in which health services are delivered.

Seated exercise in Angus

Angus Gold, a partnership between Angus CHP and Angus Council Community Learning and Development (CLD), is seeking volunteers to deliver seated exercise to older people in Angus.

Through its new community group Volunteer Gold, Angus Gold is providing accredited training to allow volunteers to deliver a programme of gentle seated exercise to people in their own homes, or care or residential homes.

Angus CHP health improvement partnership manager Freda Stewart said, "There is probably nobody that can't take part in this exercise programme and the work of the volunteers is crucial. It helps reduce joint pain, increase mobility and actually helps you live longer."

If you are interested in hearing more about the venture or becoming a volunteer contact Angus Gold on 01307 468859 or email angusgold@angus.gov.uk

Picture courtesy of Ron Stewart, Brechin



Freda Stewart (centre) with Margo Sinclair (back left) and Barbara Stewart (back right) of Angus Gold and volunteers

De-Stress Express in Montrose

NHS Tayside, in partnership with Montrose Library, has launched a series of free stress management drop-in events.

De-Stress Express gives people the opportunity to talk to health staff about symptoms of stress, tips on coping with stress and where to get further help if needed.

Library staff will have information stalls, self-help books and other reading resources on display, and visitors can access a range of helpful websites free on the library computers.

Health worker Melissa Hannah said, "The message is clear that it is best to tackle worries or blues early when they are manageable."

Picture courtesy of Montrose Review



l-r Melissa Hannah, volunteer assistant Ashleigh Crawford and psychological therapist Henry Stewart

Launch of Tayside Oral Health Award

Minister for Public Health and Sport Shona Robison was at Ninewells to launch Tayside Oral Health Award, a new programme aimed at improving the oral health of care home residents.

Tayside Oral Health Award is a local programme adapted from the national Caring for Smiles resource which will see oral health professionals offer training and support to care home staff throughout Tayside.

The care homes will be invited to work towards the Tayside Oral Health Award, which recognises good practice and requires the care homes to achieve 10 criteria, including having daily care plans, appropriate resources, access to a dentist and oral health champions.

Launching the programme, Shona Robison said, "The Tayside Oral Health Award will give care homes across the area the recognition they deserve for delivering best practice in oral health care for their residents."



l-r Joyce O'Hare of Care Commission, NHS Tayside Deputy Chairman Murray Petrie, principal coordinator (National Dental Strategies) Donna Kirk, Shona Robison, Clinical Dental Director Morag Curnow, senior dental officer Gillian Elliot and Ronald Mair of Scottish Care

Security – it's everyone's business

A security awareness campaign is being rolled out across Scotland's Health Boards to remind staff of the message 'Security – it's everyone's business'.

The Health Facilities Scotland campaign has been launched to help Health Boards manage security, advise on staff protection measures and highlight the importance of data security and patient confidentiality.

Messages for staff include:

- Lock it away, before it goes astray
- Do all that you can to protect both yourself and your colleagues, property and information
- Dispose of data carefully – lock it, shred it, just don't leave it
- Be alert and aware – if you see someone who doesn't have an ID badge, report this to site management. EVERYONE should be wearing an ID badge

NHS Tayside is constantly working with Tayside Police to improve security measures including increasing the numbers of CCTV cameras and security access doors.

Ninewells site manager Brian Main said, "NHS Tayside is promoting the message that 'security is everyone's business' and both staff and members of the public should be security aware."



News in Brief



Angus

• Healthy Start Café opens in Forfar

The Forfar Mums-to-be Café has reopened in The Guide Hall, The Myre under the new name of The Healthy Start Café.



The aim is to provide a comfortable, relaxed and informal environment for mums-to-be to chat to others and share their experiences.

The free café, which is part of Angus CHP's Healthy Happy Communities Project, runs on Mondays between 11.30am and 1.30pm.

• All about feet in Montrose

A free foot care information evening for people living with diabetes, their families and carers was held at the Links Health Centre in Montrose.



Organised by Angus CHP, the evening included a short presentation on foot care, information about an annual foot screening programme, a talk on the self management programme 'Footstep' and the opportunity to chat to podiatrists and other diabetics who live locally.

• Living with arthritis

Angus CHP and The Angus Arthritis Forum hosted free health and wellbeing evenings in Forfar and Brechin for people living with arthritis and other long-term conditions.

The theme of the Forfar event was 'Helping yourself to help yourself' and there was an opportunity to meet healthcare staff and take part in interactive workshops covering topics such as physiotherapy, podiatry, nutrition, pharmacy and occupational therapy.

In Brechin, the session was dedicated to complementary therapies and included hypnotherapy, reflexology, reiki, Lastone Therapy and body stress release.

National Doodle Day



l-r Dr White, epilepsy specialist nurse Angela Norman and children's epilepsy nurse Pauline McEachen

Picture courtesy of Evening Telegraph

NHS Tayside nurses and consultants, as well as DC Thomson and STV staff, were among those who drew doodles to go on display at the Ninewells Health Shop as part of National Doodle Day to raise awareness of epilepsy.

Health staff who treat patients with epilepsy were also at the Health Shop to chat to visitors, give out advice and information, and answer questions about the condition.

Consultant neurologist Dr Kathleen White said, "There are many different causes of epilepsy and these may influence response to treatment. For newly diagnosed patients the outlook is good with 60% becoming free of seizures with appropriate medication."

Dundee Midwifery Unit open day



DMU staff with visitors at the open day

An awareness raising open day was held at Dundee Midwifery Unit (DMU) for members of NHS Tayside staff.

The state-of-the-art midwife-led maternity unit at Ninewells opened in February 2009.

The new DMU 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.

Since it opened, there had been over 1400 births at the DMU and over 3500 women through the door for triage. The midwives have also helped support 29 home births over the two years.

There are 30 clinics run by community midwives in GP locations across Dundee and lead midwife Myra Fraser is encouraging other midwives to become "link midwives" to promote more collaborative working. Myra can be contacted on 01382 740312.

NHS Credit Union

Scotland's NHS Credit Union has seen its membership rise by 30% in the past year, with the number of account holders now up to over 6000.

All NHS employees in Scotland can apply for membership of the NHS Credit Union, which provides financial services including saving, borrowing and insurance.

NHS Credit Union chair Elinor Smith said, "Membership growth of 30% in the last year highlights the fact that credit unions have become a real and viable alternative to high street banks."

For more information on joining the NHS Credit Union please visit www.nhscreditunion.com

New Blood Science Lab



Haematology and biochemistry staff in the laboratories

The departments of Biochemical Medicine, Haematology and Immunology have been merged into a single department called Blood Sciences in response to changes in technology, workloads and the way in which laboratories work.

Combining these departments will allow better use of the knowledge and skills of staff and enable a more productive delivery of clinically effective services.

There has been an ongoing transition from the three departments to a single combined service over the past year and new major analytical equipment is to be introduced later this year.

NHS Tayside has always been at the forefront of laboratory automation and this equipment will replace the main systems on both the PRI and Ninewells sites. This means larger workloads can be taken on more efficiently, making better use of staff on both sites.

Blood Sciences will receive somewhere in the region of 1.25 million requests per year delivering 6.5 million test results. The majority of these are delivered with a turnaround time of less than four hours, 24 hours-a-day, 365-days-a-year.

Scholarship for telemedicine team

An NHS Tayside project to maximise the potential of telemedicine to care for children with palliative care needs at home has been awarded a scholarship by WellChild and the Association of British Paediatric Nurses.

The team of telemedicine nurse specialists are currently evaluating the success of interacting with families remotely to deliver expert medical care whilst the children remain in the supportive environment of their family home.

The palliative care project, supported by the Scottish Centre for Telehealth, is part of a study investigating the use and appropriateness of Telemedicine in the routine care of children with complex needs.

Work undertaken so far in the pilot phase has seen a positive response from the range of different professionals working with these children in the community and hospital, and the ease with which families adapt to the technology.

Along with considerable time savings to the family and health professionals in travelling to appointments, the telemedicine nurse specialists also noted that the audiovisual technology was more helpful in controlling symptoms, making diagnoses and communicating effectively than when using a telephone.

Head of Programmes at WellChild Linda Patridge said, "We are delighted to work in partnership with the ABPN in supporting this highly professional and forward-thinking team in NHS Tayside."

The scholarship of £1,000 will be used to develop the technology currently available in NHS Tayside.



News in Brief



Dundee

• DHLI classes

Dundee Healthy Living Initiative is offering women a fun, sociable way to increase physical activity levels with a belly dancing class in Whitfield Community Centre.

The class takes place every Monday between 1.30 and 2.30pm and there is a free crèche.

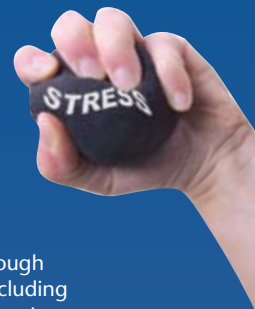
The group is also running free smoking cessation classes across the city. For more information contact NHS Tayside Smoke Free Services on 0845 600 9996.



• Stress roadshow

Dundee Adult Psychological Therapies Services hosted a free one-day stress roadshow at Kirkton Community Centre to raise awareness about stress, introduce skills and advise on helping manage the stresses and demands of everyday living.

Different topics were covered through stress management workshops including problem solving – how to work out the best way to deal with problems, relaxation – how to help your body and mind relax, assertiveness – how to make the most of your communication, and procrastination – how to get motivated to get things done.



• Adult CF massage service

Ninewells Adult Cystic Fibrosis nurses have set up a new massage service for adult CF inpatients through Edinburgh-based charity Butterfly Trust.

Butterfly Trust offers direct support, advocacy, befriending, transport and massage to help improve the lives of people with CF.

Massage can leave patients feeling energised and relaxed and can assist with pain relief.



Patient Ashley Drummond with massage therapist Jackie Gilmartin

PRI Nuclear Medicine unit welcomes first patient



l-r Medical physicist Clare Monaghan, clinical technologist Siobhan Fyffe, Dr Norman Kennedy, patient Sonia Hall, chief clinical technologist Pam Falconer and physicist Ed Hockaday

The Nuclear Medicine Imaging Service at Perth Royal Infirmary is now seeing patients in the new £2.68 million Nuclear Medicine unit.

Sonia Hall from Pitlochry was the first to receive a scan using the new gamma camera, which captures and forms diagnostic images. Sonia was having her heart scanned to assess if she is fit to undergo a general anaesthetic for back surgery.

The new 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 Hospital.

The new service at PRI, coupled with the current redevelopment and modernisation of the department's imaging service, radiopharmacy and laboratories at Ninewells, will help provide the necessary capacity to meet the increasing demands on the services across Tayside.

Dr Norman Kennedy, Consultant Physicist in Nuclear Medicine, said "This new purpose-built unit will mean that most patients from Perth & Kinross will no longer have to travel to Dundee for nuclear medicine studies.



Organ donation civic reception

Transplant recipients, families of donors and NHS Tayside healthcare professionals gathered for a civic reception at Dundee City Chambers to mark the 20th anniversary of local organ donation charity REVIVAL.

REVIVAL was formed in 1991 by patients who had received an organ donation, with the aims of promoting the benefit of organ transplantation and encouraging the public to sign up to the NHS Organ Donor Register.

A number of the patients that established REVIVAL are still involved in the charity including Alex Stephen (retired Chief Executive of Dundee City Council) and Sid Grant, who is the chair of REVIVAL and whose own kidney transplant took place over 20 years ago.

Lord Provost John Letford said, "This anniversary is an opportunity to celebrate 20 years of organ donation which has brought a life-giving gift to some 400 people in Dundee and Tayside.

"If you believe in organ donation, prove it. Register now at www.organdonation.nhs.uk or call 0300 123 23."

Hearty Lives stakeholder event

A Hearty Lives Dundee stakeholder event was held at Ardlar Complex for healthcare professionals, British Heart Foundation (BHF) representatives and partner agencies to keep them informed of the scheme's developments over the last year.

Hearty Lives Dundee is the innovative partnership between NHS Tayside and BHF, which provides information, advice and support to help people lead healthier lives and to maintain lifestyle change.

The event involved workshops on resources, services and information for adults, children and young people's services, a healthy hearts toolkit, BHF's Health at Work scheme and Hearty Voices Scotland - a scheme run in partnership with Chest, Heart and Stroke Scotland, which encourages patients and carers with heart disease to speak up about how their local health services are delivered.



l-r Hearty Lives Dundee Project Coordinator Shona Hyman, Shirley Hall of BHF and Alison Hume, Joyce Chard, Elaine Clark, Jess Dobby and Tricia Byres of Hearty Lives Dundee

Dementia patients to benefit from interactive therapy units

NHS Tayside has taken delivery of interactive therapy units designed to aid communication for patients with dementia.



John Angus, Dementia Life Director Martin Valentine, senior charge nurse Craig Wallace and clinical nursing manager Vernon Angus

The interactive touch screen system aims to support conversation, interaction and engagement between people with dementia and healthcare workers, their friends and families by prompting recollections and reminiscence.

The computer system contains a range of photographs, video clips, music and lyrics dating back to the 1930s, which aims to evoke memories and stories from the past that people can share in one-to-one or group discussions.

The content can be tailored to certain locations and personal items, such as family photographs and favourite songs, can also be uploaded to make the experience more meaningful and relevant.

The software also allows patients to take part in interactive computer games and activities such as quizzes, bingo, jigsaws, music and painting.

Two units have been installed in psychiatry of old age services at Murray Royal Hospital with a further three at sites in Angus.

'Hello Kitty' visits children at Ninewells

'Hello Kitty' popped in to Ninewells to spread some cheer and hand out toys to the youngsters on the children's ward.

Children's hospital radio charity Radio Lollipop is collaborating with the Sanrio Foundation, which brings the 'Hello Kitty' mascot and other characters to hospitals to interact with patients.



Hello Kitty with the Radio Lollipop mascot and, from left, volunteers Carina Tham, Irene Duncan, Sheila Thomson and Catherine Hughes

Irene Duncan, Chairperson of Radio Lollipop based at Tayside Children's Hospital in Ninewells, said, "The Sanrio Foundation are coming along to Ward 29 to bring a few smiles to child patients and help make their stay in hospital a little more comfortable."

News in Brief



P&K

● Equally Well in Rattray

The national Equally Well project, which aims to tackle health inequalities, has made positive steps in its first year as a pilot in Rattray.

The Rattray project aims to tackle a range of health concerns by enhancing parenting skills, improving the health of pregnant women, responding to the complex needs of an elderly population, reducing alcohol and drug-related harm, and improving mental wellbeing.

Since the test site was introduced in December 2009, members of the local community have participated in various services and lead workers have been introduced to support individuals and families.

● Dementia research network landmark

The Scottish Dementia Clinical Research Network (SDCRN) based at Murray Royal has reached a landmark after recruiting over 1000 people with dementia and their carers to take part in clinical research into dementia.

Participants' data is already being used in clinical studies across the country and researchers from universities all over Scotland including Perth, Dundee, Glasgow, Aberdeen and Edinburgh are able to make use of the research register to investigate the causes and consequences of dementia.

● Art therapy in Perth

Cornhill Macmillan Centre hosted a display of floral-themed artwork which was created by individuals who attend the Day Services at the centre.

The patient-centred programme was run by Tayside Healthcare Arts Trust (THAT), and introduced participants to a variety of art techniques such as drawing, basic printing and collage. Some of the works will form a permanent display within the centre.

Another display of artworks took place at Perth Grammar Community Wing, the result of a project involving members of the Perth Younger Adults Stroke Group.

The ST/ART project (part of THAT) involved a group of young adults affected by stroke and acquired brain injuries working with paper and silk to produce textile prints.

Making sure food, fluid and nutritional care matters

Nutrition definitely matters in NHS Tayside! That's the resounding message from the Nutrition Standards Service Improvement Team and judging by the work which has been progressed by their programme with catering, AHP and nursing members of staff across NHS Tayside over the past few years, it's a message which will continue to be heard around our hospitals and wards well into the future.



NHS Tayside's Nutrition Standards Service Improvement Team is fervently passionate about good food, fluid and nutritional care in all our hospitals and wants to get the basics right for every patient who is admitted into one of our wards. That's why ALL adult patients coming into hospital are assessed using the MUST (Malnutrition Universal Screening Tool) within 24 hours of their arrival and, depending on their score, started on a nutritional care plan.

The support from ward staff for patients also continues throughout the patient's stay as wards have a Nutrition Link Nurse to help the team to keep staff up-to-date with new approaches and initiatives, and to give advice and be on-hand if there are any questions or problems with a patient's diet.

Nutrition for patients is all about a multi-disciplinary team approach: there are the chefs, cooks, catering assistants and porters making and delivering the food; the dietitians, nurses and caterers planning the meals and special diets; and the ward staff and AHPs making sure patients can, and are, eating properly. From the Nutrition Standards Service Improvement Team to the patients themselves, it's a team effort and one which is helping to move our nutritional improvements forward. Here are a few of the highlights of the progress we've made across Tayside.

Getting the food right

Our catering staff and dietitians have been working on recipes and new menu cycles to improve food quality and choice for patients. These menus are meticulously planned to ensure every meal has the

right amount of nutritional value for every patient and we have a computer system which means we can analyse in detail the nutrients in a recipe and, therefore, what nutrients are in the meal which a patient chooses to eat.

In addition to the daily menu card, there are two a la carte menus available. One is for vegetarian patients and the other is for ethnic groups, based on Halal foods. If a patient has any other religious needs or if they need a diet, such as vegan, or if they have food allergies or intolerances, then nurses can let catering staff know of these individual needs. Staff will always do their best to give patients the food they need.

The standards of food safety at both kitchen and ward level are very high. Staff know where every item of food has come from and where and when it was cooked. There also have to be rules about what can be brought into the wards by visitors for the same safety reasons.

Patients who need extra help

When a patient needs a special diet or a little more help to eat and drink, Ninewells and Perth Royal Infirmary have a special coloured tray system to flag this up. Meals are delivered to the patient on a peach (Ninewells) or a red (Perth) tray and that way staff can see at a glance who needs that little bit of extra help at mealtimes. One PRI ward is piloting red-lidded jugs so staff can again see easily whether the more vulnerable patients are drinking water to ensure they are taking on enough fluids.

There's also a Protected Mealtimes Policy to let patients eat their meal in peace and quiet, at their own pace and without disturbance from doctors, ward staff or others, and to free up nursing staff to aid individual patients who have difficulty eating and drinking. Of course, the wards are always happy to welcome a relative or carer who the patient would like to help them at mealtimes. Nutritional care in the wards is assessed by looking at patient records and watching



food service at mealtimes. This Nutrition Clinical Quality Indicator is carried out weekly so that staff can see they are reaching performance targets.



Patients at the heart



Patients have been, and will continue to be, at the centre of all the improvement work which the Nutrition Standards Service Improvement Team is driving forwards. Patient and staff surveys and ward observations have been carried out in all NHS Tayside hospitals and Patient Satisfaction Surveys are carried out by Catering Departments. The Public Partnership (health) Groups are also involved in independent regular sampling and audit of menus. All this scrutiny means we can continue to find ways to keep improving nutrition in all our hospitals.

Joyce Thompson, Dietetic Consultant in Public Health Nutrition, said, "One in three adults who come into hospital is malnourished and these people take longer to get better and are more likely to stay in hospital longer.



"Nutrition plays such a fundamental role in aiding recovery and rehabilitation that it is crucial that we strive to continually improve the food and support services on offer to patients."

Anne Woodcock, Programme Manager for Nutrition Standards, said, "Every member of staff can influence the nutrition of patients and that's why our multi-disciplinary approach is so important.

"We have been working hard to ensure our patients get what they need in terms of food and drink when they come into hospital and we have made great progress.

"However, we'll never be complacent; there is still work to do but we are determined to keep up the good efforts of all the healthcare team involved. We're proud of all that our hospital staff have achieved over the past eight years and determined to make sure we keep on improving the experience of people receiving nutritional care."

Anne Simpson, Public Representative, said, "I have been part of the Nutrition Standards Service Improvement Programme since the very start and it is very clear to me how much has been achieved over the past few years to improve nutritional care and patient experience in NHS Tayside hospitals.

"The entire spectrum of hospital nutrition has been greatly enhanced – from weighing scales to better food and overall staff awareness of good nutritional care. This can only be for the benefit of patient care and recovery."



For more information about NHS Tayside's Nutrition Standards, you can visit the Nutrition Standards website on Staffnet or contact Programme Manager Anne Woodcock anne.woodcock@nhs.net

AHP Awareness Week

A whole host of events were organised across NHS Tayside to mark Allied Health Professionals (AHP) Awareness Week.

Information and advice sessions were held in various venues including a practice development conference in Perth, presentations from AHP staff around their role, poster displays and an event held in conjunction with Career Scotland at Perth High School for pupils to find out more about the field.

AHP Teaching Co-ordinator Nicola Richardson said, "As the NHS places more emphasis than ever on quality and patient-centred care, it means AHPs will be working with children and adults as part of a wider healthcare team with professionals such as GPs, hospital doctors, teachers, or social workers in surroundings as diverse as hospitals, clinics, housing services, people's homes, schools and colleges.

"AHP Awareness Week showed people the range of services we provide across Tayside and also helped people to understand the many ways in which they can help themselves."



Whitehills Health and Community Care Centre event in Forfar



l-r Kim, Justyna, Roma, Mollie and Alex from St Thomas' Primary School in Arbroath who all won a prize for their picture of the five AHP professions, with Angus AHP Lead Angela Murphy



PR1 event



PR1 event

Summer time all year round?

This year British summer time officially began on 27 March and will end on 30 October. Here in Britain, unlike Europe, we have Greenwich Mean Time (GMT) during winter and British Summer Time (BST) (GMT + 1 hr) during summer.

The Government in Westminster has been debating whether or not to introduce BST, or Daylight Saving Time as it is also known, all year round making lighter nights arrive earlier.

Campaigners for the change, including the Royal Society for the Prevention of Accidents and environmental groups, claim that by not turning back the clock in October not only would people benefit from the extra daylight hour but there would be energy savings, potential reduction in CO2 emissions and that retailers and sporting events would also benefit.

When proposals to extend BST are occasionally made in Parliament, protest soon comes from those claiming they would be disadvantaged. Farmers complain that their work would be affected and TV companies claim their ratings would drop.

So, as we still cannot agree on whether or not it is a good thing to have summer time all year the annual ritual of changing the clocks seems set to continue.

spectra went out and about and asked staff what they thought and if the clocks weren't turned back what would they do with the extra daylight?



Name: Hayley Brown

Designation: Personal Assistant

Location: Angus Nutrition & Dietetic Service, Stracathro Hospital

I suppose there are advantages and disadvantages either way. The clock not going back in October will give us an extra hour of daylight. Children can come home from school in daylight, and it should still be slightly lighter when driving home from work too. On the other side of the coin it will be dark in the morning when children are going to school and we will also be going to work in the dark too.

I have to admit, I'm a sucker for the long dark nights - I like nothing better than being inside all nice and cosy. We've had this system all our days, why change it now?

With the extra hour of daylight I might perhaps go out for a run, tidy round the garden and my two boys can also wrap up and play out in the garden for a wee while after school as they spend long enough indoors at that time of year.



Name: Ann Blair

Designation: Screening Officer

Location: Scottish Bowel Screening Centre, Kings Cross

I personally would like the proposed change to winter time. I would like the extra daylight at the end of the day as I regularly work until 6pm. It would be lovely to have some extra time in the evening to do outside activities such as walking or gardening. Although I no longer have children of school age, one concern I would have is that if there were to be extra hours of darkness in the morning there may be additional risks for the children who walk to school.



Name: David Smart

Designation: Screening Officer

Location: Scottish Bowel Screening Centre, Kings Cross

I feel that the benefit of extra light in the evenings outweighs the dark mornings. People would have the opportunity to get out and about after work. Dog walking, cycling and alfresco eating - I know, it's Scotland and that might be asking too much but we should be trying to stimulate more of an outdoor culture. This would mean healthier children as they would not think to stay indoors but want to get out and play sport etc. Just think of the saving on electricity as the kids abandon their computers and Xboxes..!



Name: Elaine McCabe

Designation: Receptionist

Location: Kings Cross Health & Community Care Centre

An extra hour would definitely benefit people with Seasonally Affective Disorder (SAD), in fact we all could do with more sunlight. I would use the extra daylight by doing a little more gardening then after my hard work I'd sit outside and enjoy a wine or two.



Name: Jose Garcia Polo

Designation: Student Placement

Location: Communications Department, Kings Cross

Well, in my case I come from Spain where the sun shines daily. When I came to Scotland last September I did feel that it would be great if the sun would appear more often, so any measure to try to solve the lack of daylight would be beneficial. More sunlight will enhance the lives of everyone living in Britain and especially the lives of the Scottish people. Also the lighter evenings after University would encourage me to practise more sports outside such as running or football which is difficult during winter months here.



Name: Linda Brownlee

Designation: Service Manager

Location: Scottish Bowel Screening Centre, Kings Cross

I like the idea of not changing the clock in October, an extra hour of daylight in the evenings sounds good and if it gives me more opportunities to be able to go for a run then I'm happy. It makes sense to be in line with the rest of Europe. Patients and maybe nurses would probably prefer not to have to change clocks as it's not so easy to make the summer time changes in the middle of the night, especially when the blackbirds don't know the clocks have changed and start singing way too early waking people up and disrupting their routines. My dog even takes a while to get adjusted to the difference in time so it must be hard for some people too!

NHS Tayside launches 'centre of expertise'



l-r back row - John Connell, medical students Tommy Johnston and Fraser Pryde, Derek Feeley and staff nurse Liam Shields. Front row - Carol Haraden, Gerry Marr, Sandy Watson, Carrie Marr and Jason Leitch

A pioneering new centre which will lead the way in healthcare quality improvements, patient safety and innovations in eHealth has launched in NHS Tayside.

An international audience of healthcare and quality improvement experts, including the Vice President of the world-renowned Institute of Healthcare Improvement (IHI) Carol Haraden and the Director General Health & Chief Executive of NHS Scotland Derek Feeley, gathered at Ninewells Hospital for the launch of the Tayside Centre for Organisational Effectiveness (TCOE).

TCOE, which was developed in conjunction with the University of Dundee, will be a vibrant hub for health and healthcare improvement which builds energy and enthusiasm for evidence-based change and promotes improvement learning from within and outwith Tayside. The Centre will be able to react to service priorities, bringing together expertise in areas such as improvement science, organisational development and leadership, and established skills in programme management, data analysis, health economics and information management.

NHS Tayside has the proud accolade of being a global leader in the development of patient safety initiatives and the first Board in Scotland to develop such a resource for quality improvement learning.

The Centre will act as the accelerator to support quality improvement across NHS Tayside services, helping to deliver better care for patients and will support the delivery of the NHS Scotland Quality Strategy.

At the core of the Centre will be an Improvement Academy which will offer an innovative annual curriculum of professional development and accredited programmes of learning, elearning and web-based resources which is set to benefit NHS Tayside staff, local communities and public sector partners.

One of the key focuses of the Centre is the promotion and use of eHealth innovation. The Centre is part of the development of an innovative iPhone application, developed in partnership with Software and exclusive to NHS Tayside, that allows on-the-spot Tayside Formulary prescribing for doctors. The application allows them to call up necessary information on medicines and their use, while at the patient's bedside.

Speakers included the Scottish Government's National Clinical Lead for Safety and Quality Jason Leitch and John Connell, Dean of the University of Dundee.

Gerry Marr, Chief Executive of NHS Tayside, said, "It is vital that despite our current challenges we continue to innovate and improve the quality of our services.

"The Centre and its academy will have a key role in supporting this work."

For more information visit the TCOE website at www.t-coe.org.uk

Stepping up to the initiative

Practice Education Facilitators (PEF's) Wanda McGregor and Ann Mathewson, are just two of the 140 staff members across NHS Tayside who have their sights set on the summit of Britain's highest mountain.

Wanda and Ann rose to the new and innovative challenge offered by the Healthy Working Lives initiative to 'Climb the stairs at work and conquer Ben Nevis.'

Sylvia Mudie Healthy Working Lives Advisor said, "The Climb Ben Nevis challenge has been developed to encourage staff to consciously take a little bit more exercise and improve their fitness levels. Some keen people are at the top already and think they might climb it again. Others I have spoken to are making steady progress and they are about half way to the top."

Wanda and Ann have been using two flights of stairs at the management offices at Perth Royal Infirmary where they are based, to take the 8810 steps required to reach the summit.

Wanda, who is set to conquer Nevis for real in a few weeks time, is enjoying the extra training opportunity for the challenge ahead.

Healthy talk for Angus College Group

Students from Angus College took part in a programme designed to increase awareness of sexual health issues.

The group were visited by NHS Tayside senior health specialist Richard McIntosh who led a training session of the C-card scheme which is aimed at reducing incidences of unplanned teenage pregnancy and sexually transmitted infections across Angus.

All those who completed the training will now be able to run the drop-in sessions at the college offering advice and information to fellow students.

Childhood diabetes

Ninewells Consultant, Dr Vicky Alexander is working to raise awareness of type 1 diabetes, one of the most common chronic diseases in childhood affecting 0.5% of the population. The recently published Diabetes Action Plan highlights the increasing rate of type 1 diabetes in children under 15 years.

Children with type 1 diabetes always require treatment with insulin to control their blood sugar levels.

Dr Alexander said, "Insulin is usually given by injection at least four times per day. In order to monitor their diabetes the child also needs to have their blood sugar level checked by finger-prick test at least four times per day."

Unlike type 2 diabetes, which generally has a gradual onset later in life, type 1 diabetes presents in the young and, if not picked up early, can result in diabetic ketoacidosis (DKA), a life-threatening complication. The classic symptoms of type 1 diabetes in children are excessive thirst, excessive urination (often with bed-wetting) and weight loss. DKA can also occur in people who have established type 1 diabetes at any age and the Diabetes Action Plan has highlighted the need to reduce the number of people admitted to hospital with DKA. Whilst not always preventable, it is hoped that the rate of DKA in children can be reduced with families having access to specialist support and advice at times of illness or when blood glucose levels are unstable.

Healthy workshops for Tayside pupils

NHS Tayside teamed up with Active Schools to deliver a series of health and wellbeing workshops to primary school pupils.

During March, staff from the Paediatric Overweight Service Tayside (POST) along with Active Schools co-ordinators visited primary schools across Angus and Perth & Kinross to highlight the importance of healthy eating and physical activity.

Among the activities for the pupils to take part in are physical activity and body mapping sessions, as well as a workshop run by parents, which includes a 'taste & try' food session.

POST is a specialist weight management service for children and young people across Tayside which aims to support children and young people between two and 15 years old, as well as their families, to manage their weight.

For further information please contact the POST team at Perth Royal Infirmary on (01738) 473784 or email post.tayside@nhs.net



Picture courtesy of The Courier, Dundee

Pupils and staff at Goodlyburn Primary School in Perth

Mum's Weigh group in Perth

Mums living in Perth are invited to a free postnatal group aimed at helping them eat healthily and lose weight after giving birth.

'Mum's Weigh' is a new group for mums with a raised BMI following pregnancy and is open to women with babies under the age of one. The group is run by NHS Tayside in partnership with Live Active Perth and is based on NHS Tayside's successful Winning Weigh programme.

Mums are invited to attend seven two-hour sessions which take place on Monday mornings at Bell's Sports Centre.

The healthy eating sessions will cover topics such as eating out, portion control, labelling, alcohol and fats and sugars.

Any mums who are interested in joining the group can contact Emma Roche from the Family Food Project on 01738 473507.

Picture courtesy of The Courier, Dundee



Some of the new mums and babies at the group

Tayside women encouraged to protect themselves from cervical cancer

NHS Tayside is urging eligible women of all ages to continue to take up the offer of a smear test every three years as ignoring the invitation can leave women unprotected from the early signs of cervical cancer.

Together we can fight cervical cancer

Women aged between 20 and 60, who are or have been sexually active, can get a smear done at their local doctor's surgery, family planning or well woman clinic and it is just as important for younger as well as older women to have the tests regularly.

Many young women will now have received the HPV immunisation which helps protect against the virus which can cause cervical cancer but it is vital that these women also attend their cervical screening appointments to provide ongoing protection.

NHS Tayside screening co-ordinator Dr Julie Cavanagh said, "Cervical screening and the vaccine will together offer women the best protection available against cervical cancer.

"There are over 300 cases of cervical cancer diagnosed every year in Scotland. By offering the HPV immunisation to girls, we hope to reduce the risk of them contracting this life-threatening disease later in life, and we would encourage all eligible girls to take up the offer of this vaccine."

No Smoking Day

Smokers in Angus, Dundee and Perth & Kinross were urged to make a pledge to quit at a series of events organised across Tayside for No Smoking Day 2011.



Walk in the Park, South Inch, Perth with Big Cig

This year's theme was 'Time to Quit?' and was aimed at encouraging smokers to set a date to kick the habit for good.

Events were held in Dundee's City Square where the theme was all things Alice in Wonderland related Perth's Bell's Sports Centre and North Inch for a family fun walk and Tesco in Arbroath where smoking cessation workers teamed up with Tayside Fire and Rescue to get the no smoking message across.

No Smoking Day may have come and gone, but it's still not too late to quit. Call NHS Tayside Smoke Free Services on 0845 600 999 6 or text SMOKE and your name to 84555 to find out all the ways in which we can help support you.

You can also join our Facebook page at www.facebook.com/nhstaysidesmokefree



Picture courtesy of Jim Ratcliffe Photography



Tesco, Arbroath



More walkers support No Smoking Day in Perth



The Mad Hatters Tea Party, City Square, Dundee



l-r Radio Tay's Mike Richardson; Allison Stewart, public health; Faiza Southern, smoking cessation; Elvi Guild, project co-ordinator; Catrina Boal, community health nurse specialist DHLI; Fiona Anderson, smoking cessation co-ordinator; and Karen McDermott, smoking cessation advisor

quit4u success in Perth

NHS Tayside's quit4u scheme has seen over 100 Perth smokers sign up to kick the habit since it was rolled out in the town last year.

quit4u was initially launched in Dundee in March 2009 and was extended into areas of north Perth in November of last year.

The scheme offers eligible smokers an incentive of £12.50 supermarket credit per week to spend on groceries. Participants must successfully pass a weekly carbon monoxide breath test to be eligible for the payment.

The quit rate after four weeks is almost 50% which is significantly higher than the average of 28% for those not on the scheme.

Giving up smoking is the single most important lifestyle decision that anyone can make to improve their health immediately. For more information on all of NHS Tayside's Smoke Free Services, and to find out if you are eligible to join quit4u, contact 0845 600 999 6.



l-r Tracey Furness, smoking cessation development worker; Craig Tomlinson, Co-op Pharmacist; Kevin Bennet, quit4u client; and Fi Penman, Asda Events Co-ordinator.

Frisky Not Risky

The Ogilvy Bar, Kirriemuir and the 19th Hole, Carnoustie supported the Frisky Not Risky campaign again this year for St Valentine's Day. The campaign was driven by Focus on Alcohol Angus and Angus CHP and supported widely by the Best Bar None Angus scheme.

The campaign aimed to highlight the potential risks that can be associated with the use and misuse of alcohol and how that can lead to unprotected sex, potentially resulting in unplanned pregnancies and sexually transmitted infections.

Eileen McArthur of Focus on Alcohol Angus said, "The Frisky Not Risky message is intended to be a humorous campaign to raise awareness of the real issues of unprotected sex."

"We are hoping that by making this a talking point that people do think about the risks involved."

Pregnant women given nutritional advice

Overweight mums-to-be in Tayside are being offered advice and guidance on good nutrition and weight management during pregnancy through an initiative running in Ninewells Hospital and Montrose Infirmary.

The Optimum scheme will encourage pregnant women with a raised Body Mass Index (BMI) to look at their eating habits and will give advice on a balanced diet that is suitable for the mum and her unborn baby.

Women who are overweight or obese during pregnancy are at an increased risk of health problems including high blood pressure, thrombosis and diabetes. This can lead to complications with the pregnancy and in some cases increase the risk of miscarriage, stillbirth and health problems with the baby.

New mum Amanda Waugh was given help and support by the Optimum team throughout her pregnancy and has since lost over four stones. Amanda was also the recipient of the monthly breastfeeding quiz prize.



Mum Amanda with baby Nathan and members of the Optimum team

Investors in People award for Dundee health visitors



(front row third from left) Director of Change and Innovation Caroline Selkirk, Investors in People Chief Executive Peter Russian, Head of Nursing for Dundee CHP Joan Wilson and NHS Tayside Chairman Sandy Watson with some of the community health visitors

Dundee community health visitors have been presented with an Investors in People award.

The Investors in People award helps all kinds of organisations to develop performance through their people. The aim is to improve the way in which organisations manage and develop their people, leading to better public services and business improvement.

The award ceremony, which was held in the Ninewells Board Room, was opened by NHS Tayside Chairman Sandy Watson.

Mr Watson said, "As an organisation, NHS Tayside is totally committed to supporting and developing our workforce.

"The Dundee community health visitors team has been awarded the Investors in People award in recognition of the team's continued development. This is an award which brings benefits to both the members of the team and to NHS Tayside as their employer.

"We are very proud that the team has earned this highly-prized accolade. It truly is a testament to the dedication and professionalism of the community health visiting team."

John Hutchison, who was the Investors in People external assessor, commented that what had been achieved within the Dundee community health visiting team was very significant. He said, "It has been the most successful transformational project that I have personally experienced in my 12 years as an Investors in People specialist."

Palliative care training

A group of NHS Tayside healthcare assistants and Dundee City Council social care officers have successfully completed an educational programme for palliative care.

The Tribal Training Group offer a distance learning study programme on palliative care and after successful completion of the 16-week course, participants receive a National Certificate in Further Education (Level 3) in Palliative Care.

Macmillan Practice Educator Elaine Colville said, "We think they have worked really hard and wanted to offer them a small celebration to mark their achievements so we organised a gathering in Royal Victoria Hospital and shared a cup of tea and cake.

"We also asked the group for some feedback on the training so that we can better advise staff thinking of undertaking this type of study."

For further information about this course contact elaine.colville@nhs.net



Macmillan Practice Educator Elaine Colville (front row, second from left) with some of those who completed the training

Military and Civilian Healthcare Partnership Award, Care of Veterans 2010

A highly specialist Scottish rehabilitation team, including a prosthetist and physiotherapist from Ninewells has won a prestigious UK award for the Care of Veterans at a recent ceremony in Belfast.

The State of the Art Prosthetics (SOTA) team has been established with multi-disciplinary representatives from all five Scottish Prosthetics Centres, the University of Strathclyde and an ex-military prosthesis user.

The group supports the commitment of the UK's four nations' health departments to ensure that the NHS can deliver a similar quality of treatment to that enjoyed by service personnel via their specialist centre at Headley Court in Surrey. In particular, the group is set to tackle the issue of establishing and gathering clinical evidence to look at the benefits and cost effectiveness of new state of the art prosthetic technology.

The treatment of serving military casualties is the responsibility of the Defence Medical Services but responsibility for ongoing treatment falls to the NHS when personnel are discharged. The SOTA team are tasked with ensuring that there are clinical guidelines developed for this across Scotland and to maintain equity of treatment for civilians and military.

The two representatives from the Tayside Prosthetics Service are senior prosthetist Susan Blackmore and physiotherapy team leader Louise Whitehead.

NHS Tayside principal prosthetist Scott Edward said, "This is a fantastic award for Tayside and indeed the whole of the Scottish Prosthetics Service. It is recognition of the proactive work being undertaken to address the challenges that we will encounter when serving military war amputees' care is transferred from the Defence Medical Service to the NHS on their discharge from military service."



Louise Whitehead (left) and Susan Blackmore

Patient Safety Awards 2011

NHS Tayside achieved a highly commended in the Improving Medicines Safety in Healthcare Organisations category of The Patient Safety Awards 2011.

The awards encourage people to examine how to spread the learning between different teams, departments, disciplines and organisations by publicising projects.

Shortlisted NHS Tayside candidates were:

Patient Safety in Mental Health:

Hazel Mitchell, Programme Director, Mental Health Services; Frances Bannister, Head of Integrated Mental Health Services Perth & Kinross; Alison McDowell, specialist pharmacist Mental Health; Alison McGurk, clinical team manager, Angus CHP; Piers McGregor, operational development support worker & Clinical Governance link nurse; Lisa Dempster, Safety Governance & Risk assistant.

Changing Culture (in the Community – CHP's):

Gail Smith, lead nurse/clinical services development manager, Angus CHP; Liz Murray, clinical team manager; Joy Milne, senior charge nurse.

Improving Medicines Safety in Healthcare Organisations:

Peter O'Brien, specialist registrar.

The Patient Safety Awards 2011 were supported by Patient Safety Congress, Nursing Times and Health Service Journal.



Some of NHS Tayside's shortlisted candidates at the ceremony

NHS Tayside Quality Awards 2011 launched

The NHS Tayside Quality Awards 2011 have now been launched with the aim of driving up quality and excellence together in Tayside.

The awards scheme supports 'The Healthcare Quality Strategy for NHSScotland' to deliver the highest quality healthcare services to people in Scotland.



The criteria for the awards reflect the 7 'C's' of the strategy – **caring** and **compassionate** staff and services; clear **communication** and explanation about conditions and treatment; effective **collaboration** between clinicians, patients and others; a **clean** and safe care environment; **continuity** of care; and **clinical** excellence.

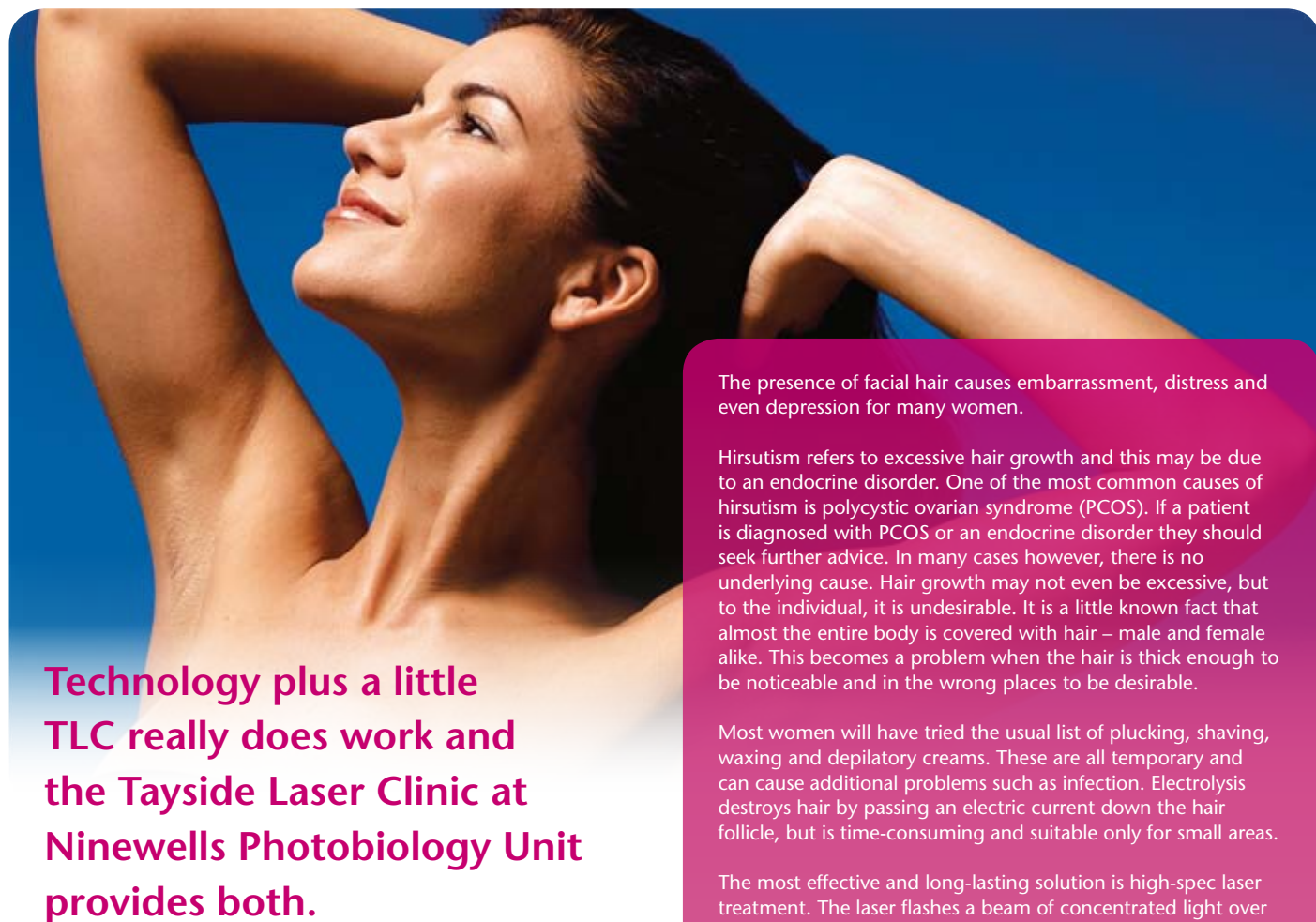
The first prize is a £1000 education grant, second prize a £500 education grant and third prize a £250 education grant. These are to be used for training.

They will be presented to teams of NHS Tayside employees who have improved the quality and value of the services they provide. This could be by introducing a new, innovative way of working or redesigning existing services and includes improvements to safety, effectiveness and efficiency.

The awards scheme is open to **ALL** staff and the closing date for submissions is 31 July with the awards ceremony to take place in December.

More information, submission forms and judging criteria can be found on the Quality Awards page on Staffnet under Our Websites.

Tayside Laser Clinic – more than TLC!



Technology plus a little TLC really does work and the Tayside Laser Clinic at Ninewells Photobiology Unit provides both.

The presence of facial hair causes embarrassment, distress and even depression for many women.

Hirsutism refers to excessive hair growth and this may be due to an endocrine disorder. One of the most common causes of hirsutism is polycystic ovarian syndrome (PCOS). If a patient is diagnosed with PCOS or an endocrine disorder they should seek further advice. In many cases however, there is no underlying cause. Hair growth may not even be excessive, but to the individual, it is undesirable. It is a little known fact that almost the entire body is covered with hair – male and female alike. This becomes a problem when the hair is thick enough to be noticeable and in the wrong places to be desirable.

Most women will have tried the usual list of plucking, shaving, waxing and depilatory creams. These are all temporary and can cause additional problems such as infection. Electrolysis destroys hair by passing an electric current down the hair follicle, but is time-consuming and suitable only for small areas.

The most effective and long-lasting solution is high-spec laser treatment. The laser flashes a beam of concentrated light over an area of skin. The dark colour within the hair shaft absorbs the light and this destroys the hair. It also destroys the cells that give rise to new hair growth.

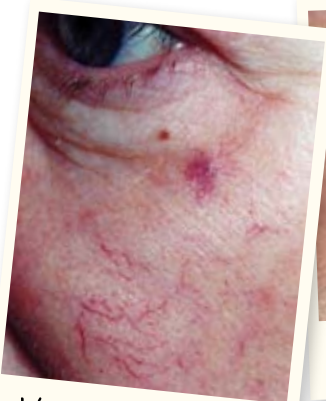
Although most patients are women, many men also use the service. Anyone who wishes hair removal treatment should call 01382 496227.

The Photobiology Unit in Ninewells Hospital is one of the leading laser centres in the country, providing laser treatment to NHS patients with a wide degree of disfiguring skin conditions such as birthmarks. The unit was the first centre in Scotland to purchase a new advanced laser that fires two different types of laser in a predictable manner to treat deeper lying vessels. This is now in regular use at Ninewells.

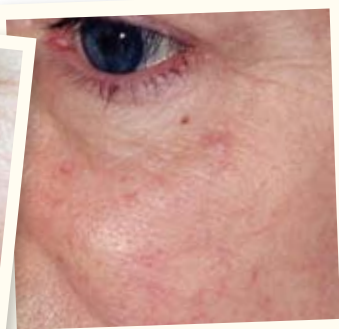
Laser treatment of broken veins, thread veins etc requires a referral from a GP.

For many people, NHS treatment is not appropriate and they are required to fund the treatment themselves. All profits from TLC are used to further medical research. This makes it unique in the area of aesthetic medicine. Some of the lasers used on NHS patients and staff who treat NHS patients are supported by the profits generated by TLC. It really is an all-round 'win-win' situation.

In a recent audit, 9 out of 10 of our patients expressed a high level of satisfaction with the result.



Veins before treatment



Veins after treatment



Hair before treatment



Hair after treatment

Jacqueline Walker



Jacqueline Walker tells spectra why her favourite word won't be found in an English dictionary, shares her enthusiasm for better nutrition for all and why she keeps a close eye on her luggage now!

NAME, DESIGNATION AND DEPARTMENT

Jacqueline Walker
Tayside Nutrition Network Manager
Whitehills HCCC, Forfar

PERSONAL HISTORY

I grew up in Hopeman, a small fishing village on the Moray coast. I trained as a dietitian in Aberdeen and worked for nine years in Ayrshire before coming to Tayside. I am happily married with two children aged 11 and 10. I have always loved outdoor sports, including mountaineering. Horse riding is a particular passion of mine and I have competed for Scotland at show jumping.

LIKES ABOUT CURRENT JOB

The challenge of improving the nutrition in Tayside by working with a range of people from a variety of disciplines and patients/public who are all interested in changing things for the better.

DISLIKES ABOUT CURRENT JOB

Never enough time as only I work 12 hours per week.

MOST UNUSUAL THING ASKED TO DO AT WORK

I gave a presentation at a Cross Party Group in the Scottish Parliament.

ACHIEVEMENT MOST PROUD OF

The publication of the Clinical Resource Audit Group (CRAG) National Nutritional Audit of Elderly People in Care (2000) which led directly to the eventual publication in 2003 of the NHS QIS Food, Fluid and Nutritional Care in Hospital Standards. Outside of work, I was given an award in 2010 by the Royal Humane Society after I rescued one adult and two children who were being swept out to sea in the Moray Firth.

FAVOURITE WRITER

Newtyle author James Robertson.

FAVOURITE MUSIC

Van Morrison.

FAVOURITE MEAL

A meal at someone else's house where there is good chat and I don't have to do the cooking or clearing up.

MOST LIKE TO HAVE DINNER WITH

My husband Drew and then Brad Pitt.

FAVOURITE WORD

Gories – you won't find that in any English dictionary. It is a Doric exclamation of surprise.

TOP 3 FRUSTRATIONS

Only having 24 hours in one day, an untidy husband and eKSF.

MOST EMBARRASSING MOMENT

Giving a presentation to a roomful of health professionals in Dunfermline wearing nothing but two lace under-slips and very high heels because my work clothes had been stolen the previous evening!

IRRITATING HABIT

Always running late.

DO BETTER THAN ANYONE ELSE

Laugh at myself.

3 WISHES

To know that my kids grow up happy, confident and healthy, that my husband was 16 years younger and to see the Health Equity Strategy delivered in a generation, particularly relating to nutrition.

The Knowledge Network

Within NHS Tayside our libraries have moved in line with national library developments to switch to electronic provision of journals via The Knowledge Network (formerly e-library). A full statement of national changes is available at **www.knowledge.scot.nhs.uk**

All staff and those of partner organisations are eligible to register for a password to access the journals and much more.

Training for staff to help with access and searching these journals and databases is being provided. Courses are advertised on the NHS Tayside training database or by contacting **librarians.tayside@nhs.net**

These resources include electronic and print journals, online databases, electronic books, medicines information resources and point of care knowledge support.

Wherever possible journals will now be available nationally in electronic form through The Knowledge Network rather than as local print subscriptions. Fewer than 40 journals of the 6000+ available to Scotland's health and social services are only available in print format. These will be held in Health Board libraries around Scotland. It will be possible to request document delivery on articles from these titles through your local library service.

The overall range of resources available through The Knowledge Network has undoubtedly improved but inevitably these changes mean loss of access to some of the lower usage journals. We will be introducing an online article requesting scheme during 2011 which will enable you to request articles from journals formerly available on The Knowledge Network on an ad hoc basis.

If you have any queries or comments about any of the above information email **knowledge@nes.scot.nhs.uk**

Electronic Palliative Care Summary (ePCS)

The Electronic Palliative Care Summary (ePCS) is a significant national development which allows practices to record information on the palliative and end of life needs of their patients onto their GP software system and for this to be available to those providing care in the out of hours period. It is intended to replace the fax form or special notes entered into Taycare.

The Palliative Care Plan contains information such as:

- **medical diagnoses as agreed between GP and patient**
- **patient and carer understanding of diagnosis and prognosis**
- **patient wishes on preferred place of care and resuscitation (DNACPR)**
- **information on medication and equipment left in the patient's home 'just in case'**
- **current prescribed medication and allergies as per the Emergency Care Summary (ECS)**



The ePCS implementation in Tayside is underway with seven practices now live. Awareness sessions have taken place at Palliative Care PLT events across Tayside and training sessions for General Practice are scheduled throughout April/May. Please contact the booking line on **01382 537707** or email **ittraining.tayside@nhs.net**

Any queries you may have regarding implementation of ePCS can be directed to the GMS IM&T Facilitators via the NHS Tayside IT Service Desk **01382 424444**. Information is also available on Staffnet under **Our Websites | eHealth Implementation and Training | eHealth Projects/Systems | Electronic Palliative Care Summary**.

All national documentation to support ePCS is also available on the Scottish Government website **www.scotland.gov.uk/Topics/Health/NHS-Scotland/LivingandDyingWell/ePCS**

Former patient presents £1020 to Ninewells Ward 27

A former Dundee cancer patient who was treated at Ninewells Hospital's Ward 27 presented £1020 to staff.

Picture courtesy of The Courier, Dundee



Sheila presents the cheque to staff nurse Andy McDonald

Legal assistant Sheila Fisher (54), of Alyth, organised a bingo tea that took place at the village town hall. Sheila, who works for Miller Hendry, managed to raise £920 at the event with her employers kindly offering to make the overall donation to Ninewells up to £1020.

In June 2008, Sheila spent eight days in Ward 27 and wanted to thank staff for the care she received. She specifically requested the money be used towards making hospital stays a little more comfortable for patients and to further enhance the skills of staff in the ward.

Sheila said, "I would like to say a very big thank you to all who helped make my bingo tea for Ward 27 at Ninewells such a success. I would also like to thank my colleagues at Miller Hendry for their very generous support."

Senior charge nurse Susan Lundie said, "We are very thankful to Sheila for this kind donation for patient comforts and staff training."

Fun day helps Roxburghe House

Local businesses helped raise over £16,000 to benefit patients at Roxburghe House at an 'It's a Knockout' event organised by Clydesdale Bank's Financial Solutions Centre in Dundee.

Thirty staff from the Clydesdale Bank took part in the event held at Piperdam Golf and Leisure Resort along with 130 other employees from local businesses, including J&E Shepherd, Brightsolid, D C Thomson & Co Ltd, Hillcrest Housing Association, Blackadders and Talking Tayside.

The event was organised by Jackie Campbell, private partner of Clydesdale Bank and £8439 was raised through an auction, donations from Aberdeen colleagues' 'Dress Down Day', a raffle and personal donations. This sum was matched by Clydesdale Bank lifting the total to £16,878.

Dundee Community Health Partnership's service manager for Tayside Specialist Services, Anne Robb and clinical co-ordinator Specialist Palliative Care Services Irene Hillsden, said, "We are very grateful for this generous donation as a huge amount of effort and energy has gone into raising this exceptional sum of money, which will go towards patient comforts."



(Seated) Anne Robb, Jackie Campbell and Irene Hillsden with members of NHS Tayside and Clydesdale Bank staff

Prostate cancer donations

Firefighters of Blue Watch (Blackness Rd Fire Station) in Dundee raised £530 to benefit prostate cancer patients by growing moustaches during the month of November.

They were sponsored during the national 'Movember' campaign.

The cheque was handed over to Consultant Urological Surgeon Ghulam Nabi.

Employee of Jobcentre Plus Mike Dewar also donated £170 after taking part in Movember.

Les Stephen of Floor Coverings Tayside made a separate presentation of £500 to Mr Nabi, which was raised at a combined 60th birthday and 40th wedding anniversary celebration.



Mr Nabi (centre) with firefighters of Blue Watch

Ophthalmology Calendar 2011

A 2011 calendar featuring members of NHS Tayside ophthalmology staff raised £150 for VISION 2020.

VISION 2020 is a global initiative that aims to eliminate avoidable blindness by the year 2020. It was launched in 1999 by the World Health Organisation together with more than 20 international non-governmental organisations involved in eye care and prevention and management of blindness that comprise the International Agency for the Prevention of Blindness.

VISION 2020 is a partnership that provides guidance, technical and resource support to countries that have formally adopted its agenda.

A third Eye Ball is being held on 11 June at the Dundee Hilton Hotel to raise funds for the same cause.

NHS Tayside signed a Memorandum of Understanding three years ago and the link with Hasanudin University in Indonesia was formed. Consultant ophthalmologist Dr John Ellis, along with orthoptist Irene Fleming, recently visited Indonesia to carry out talks and training for medical staff and nursing staff.

Members of staff from the Indonesian unit will come to Ninewells later in the year and have further training.



One of the pages of the calendar

retirals/long service



Cathy Cuthill

NHS Tayside Child & Adolescent Mental Health Services (CAMHS) clinical nurse manager Cathy Cuthill has retired after 40 years.

Cathy was initially employed as a junior hospital auxiliary in the school at Strathmartine Hospital. After a short period as a nursing assistant, she commenced nurse training in 1973 at Ninewells College of Nursing, qualifying as RGN in 1976.

After a short period as a staff nurse in DRI, she returned to Strathmartine Hospital to undertake further study and qualified as an RNMH in 1976.

Cathy was promoted to charge nurse at Strathmartine Hospital in 1979 and worked in a number of wards before relocating to Hawkhill Day Hospital in Dundee on its opening in 1989.

She was appointed clinical nurse manager for Tayside Community Learning Disability Services in 1992, relocating to Child & Adolescent Mental Health Services in 2003 on the closure of Strathmartine Hospital.



Bill Blair

Bill Blair, ground maintenance manager at Ninewells, has retired after 41 years service.

Bill started his career at Ninewells Hospital in 1970 as a propagating gardener and following several promotions was appointed as grounds maintenance manager in 2007. One of his most recent projects was in partnership with the Forestry Commission and Dundee City Council to develop the area around Ninewells for health promoting activities.

Along with his love of salmon fishing Bill will find plenty to do in retirement with his own garden where he keeps ducks and poultry.

Kathleen Buchan, senior primary care nurse, has retired from Arbroath MIIU after 44 years of service.

Kathy was employed in 1967 as nursing auxiliary at Arbroath Infirmary and after undertaking her nursing training was an enrolled nurse for a short time at Woodend Hospital, Aberdeen before returning to Arbroath Infirmary in 1969 where she spent many years working within the theatre.

Kathy has been a valuable member of the Arbroath MIIU for many years completing training as a nurse practitioner in 1998.

Colleagues and friends presented Kathy with a retirement gift of a rose gold and pearl bracelet and flowers.



Kathy Buchan

Palliative care nursing assistant Anne Hornby has retired after 42 years, starting in 1969 at Maryfield children's ward in Dundee as an auxiliary.

She then worked in the staff nursery there before moving to Elliot Road.

Thereafter she worked in DRI Ward 5 (Urology) in 1977 as a nursing auxiliary or 'Pinkie' as they were affectionately known due to their pink hats.

She transferred to Ninewells when DRI closed in 1998 but she missed the sense of community that the smaller hospital had offered and went to work in Macmillan Day Care Unit at Royal Victoria Hospital in 2003.

Anne has two sons with her husband Bill called Billy and Steven and is a dedicated grandmother to her four grandchildren.



Anne Hornby