

# spectra

**NHS**  
Tayside

**THE STAFF MAGAZINE FOR NHS TAYSIDE**

## Will you be ditching the hardback for the hard-drive?



### ELECTRONIC BOOK

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**RIP  
BOOK**

**news2u**

Security - it's everyone's business

**feature**

Annual Review

**check it out**

NHS staff get on their bikes

*Dear spectra readers,*

What a busy time it has been across NHS Tayside with spectra crammed full of good news stories and staff achievements.

Our Voxpop in this edition asks whether spectra readers will be ditching the hardback for the hard drive with the ever increasing popularity of the digital reader, or whether they are happier flicking through the pages of a traditional style book.

We also have a feature on the Annual Review, which was chaired by Chairman Sandy Watson. It saw the senior Board team outline the organisation's performance over the past year and its future plans to members of the public and Scottish Government staff.

spectra recaps on the various different achievements and impact that both the national and local hand hygiene campaigns have made four years on.

We also shine a spotlight on Child and Adolescent Mental Health Services (CAMHS) and highlight the work that is underway to help break the cycle of social isolation and poor mental health, and to decrease patients' likelihood of continuing to experience this into adulthood.

Fancy a shopping trip in Glasgow? Then check out the offers to 'shop till you drop' in the TREATS section..

This is your magazine and we want to hear your ideas, so please get in touch with any suggestions and articles, our contact details are below.

*spectra editorial team*



*Annual Review*

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news2u



healthwise



learning together



insight





## Chairman meets Angus healthcare staff



*Sandy Watson (left) and health improvement partnership manager Freda Stewart (back) with some of the nursery children at Arbroath allotment*

NHS Tayside Chairman Sandy Watson visited Arbroath Infirmary, Brechin Infirmary and Stracathro Hospital to meet with staff and hear about developments in health services.

Mr Watson started his tour of Angus in Arbroath and heard about the ways that staff are working together to improve prescribing and reduce poly-pharmacy. He also heard about the role of the generic nurse and how they are changing care for patients who are now being looked after in local community settings rather than in acute hospitals.

He stopped by the Healthy Happy Communities allotment project in Arbroath and saw first-hand what can be achieved by community volunteers working together. The barren patch of ground has been transformed by the project volunteers and local pre-school nursery groups with the support from Arbroath residents and organisations.

The afternoon was spent in Brechin Infirmary and Stracathro, where new initiatives in Patient Safety Management, focusing on medicines management were highlighted, as well as the progress on virtual wards in Angus.

At Stracathro he met with consultants and senior nurses working in the Day Hospital and Stroke Unit and heard about the specialist clinics provided including the Trans Ischemic Attack (TIA) Clinic which delivers a fast track rapid assessment for patients to determine whether they have had a stroke.

Mr Watson ended his day by visiting the new NHS Tayside mental health development facilities at Stracathro. He met with staff involved with the project who have been working with contractors to ensure that not only will these be first class services for patients but that the environment will help to contribute to the patients' mental health recovery.

Mr Watson said, "I am continually impressed by the dedication and the hard work of all staff providing services to patients in hospital and community settings. Providing the right services and care for patients in the future will be challenging, but by working together and listening to communities we will be in a better place to deliver that care."



*Sandy Watson (second from right) meets locality team leader Linda Sharp, senior charge nurse Joy Milne and district nursing sister, Liz Murray at Brechin Infirmary*

## News in Brief

### Angus

#### • Self Management Toolkit DVD launch

The launch of the new Self Management Toolkit DVD took place at Whitehills HCCC in Forfar and was attended by representatives from Angus long term condition support groups.

Produced locally the DVD follows the success of the Self Care Toolkit booklet, developed by Pete Moore in NHS Kirklees which has been adapted for use in Angus.

The DVD aims to increase access to the information contained within the toolkit to help people in Angus live well with long term conditions.

The Angus long term conditions support groups meet in Arbroath, Montrose, Carnoustie, Forfar and Brechin and aim to provide support to people living locally with long term conditions.

The DVD can be accessed on line at [www.nhstayside.scot.nhs.uk/lrc/videos/](http://www.nhstayside.scot.nhs.uk/lrc/videos/). Anyone wishing to access a hard copy of the DVD or the accompanying booklet can do so by calling Rhona Guild on 01307 474889 or email [rhona.guild@nhs.net](mailto:rhona.guild@nhs.net)

#### • Living with arthritis

Angus CHP in conjunction with the Arthritis Forum organised a two-hour informal evening for anyone living with arthritis, their families and friends.

Many people living with a long term condition, such as arthritis, can feel that managing everyday tasks such as showering or making a cup of tea can be fraught with difficulties.

This session saw NHS Tayside occupational therapist Chris Duncan sharing practical tips and advice on what people can do to overcome some of these day-to-day challenges and help to keep people independent.

Attendees also had the opportunity to take part in a relaxation session as well as being able to chat with others affected by arthritis over a cup of tea.

## Physiotherapy waiting times success

Outpatient physiotherapy waiting times have reduced dramatically across NHS Tayside after a change in practice which focused on ensuring patients are informed and educated.



*l-r Angela Murphy, physiotherapists Lewis Smart and Audrey Doherty, and physiotherapy assistant Wilma Bannon*

Waiting times across Tayside hit a high last year of 28 weeks and a small group of managers and clinicians came together to specifically look at this issue, share good practice and implement changes.

Angus AHP Lead Angela Murphy said, "The introduction of the TOPAS system allowed us for the first time to have one waiting list for Angus, rather than five waiting lists on the paper-based process and meant that patients could be offered the earliest appointment available across Angus rather than the earliest within their local department."

For the past few months the waiting time in Angus has been between six and eight weeks. This has been achieved thanks to a lot of hard work and effort from the physiotherapists and the admin staff, who have all had to take on significant changes in practice.

A treatment carried out by physiotherapists is also helping drive down waiting times for patients in Angus and Dundee.

Steroid injection therapy is used as a treatment option in many physiotherapy departments for patients with musculoskeletal complaints in areas such as upper arms or shoulders.

The ability to provide injection therapy enables shorter patient journeys and reduced orthopaedic waiting lists as the patient is seen by a physiotherapist from initial assessment to end of treatment without referral to a doctor or consultant for injection.

A recent evaluation showed that out of 328 patients, 96% showed improvement with injection therapy and 85% reported their pain to have lessened by at least 50%. In addition, 75% of patients said they felt 'normal' or 'much better' on their final assessment.

A similar service is being looked at to be potentially rolled out to Perth & Kinross.

## Choose Life marks Suicide Prevention Week

Choose Life, with support from NHS Tayside, Dundee City Council and Angus Council, were encouraging people to talk about suicide during Suicide Prevention Week (5-11 September).

The message 'Suicide. Don't hide it. Talk about it' was taken out to communities in Angus and Dundee during Suicide Prevention Week with an awareness stand at Ninewells, Dundee United and Brechin City highlighting the campaign at their home games, Best Bar None premises displaying posters, beer mats and information cards, and Youth Bytes, the Big Bus and The Corner having resources for young people.

Gail Forrest, Choose Life co-ordinator for Angus and Dundee, said, "It's important that if you have the slightest inclination that someone you know might be having thoughts of suicide, you ask them about it.

"Suicide can affect anyone and it's not a subject that should be hidden. You don't need to have an answer to their problems – just be there for them, try to listen carefully without judging, and show that you care."



*Senior Health Promotion Officer Deborah Gray (left) with Gail Forrest*



## Security – it's everyone's business



*Chief Executive Gerry Marr (centre left) and Chairman Sandy Watson (centre right) with some of those who attended*

A multi-agency public awareness event was held at Ninewells Hospital to highlight the importance of personal protection measures, crime prevention and community safety.

NHS Tayside, Tayside Police, Tayside Fire & Rescue and Dundee City Council came together to promote the Health Facilities Scotland campaign 'Security – it's everyone's business', which aims to help health boards manage security at NHS facilities across Scotland.

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, "We are continually working to reduce the number of incidents of thefts in NHS Tayside premises and do all that we can to beat crime.

"NHS Tayside and its partners are promoting the message that 'security is everyone's business' and both staff and members of the public should be security aware."

## Ceremony to mark sixth intake of apprentices

An inauguration ceremony was held at Ninewells for two new employees of NHS Tayside's Modern Apprenticeship Scheme, the sixth intake of apprentices into the local health service.

The two new apprentices will train as a mechanical fitter and as an electrician. Their training will see them gain experience at Ninewells, Perth Royal Infirmary and Stracathro as well as in a number of community hospitals.

Chairman Sandy Watson also presented nine apprentices from the first and second intake with their completion certificates of their apprenticeship training at the ceremony.

NHS Tayside now has 16 existing apprentices/adult trainees working in various trades throughout its hospitals, the highest numbers of apprentices of any NHS Board in Scotland.

Mr Watson, said, "I am delighted to present these successful NHS Tayside apprentices with their completion certificates and also welcome our two newest recruits to the organisation.

"The Modern Apprenticeship Programme and the Healthcare Academy demonstrate NHS Tayside's commitment to offering a range of opportunities for local people and help provide us with a highly skilled workforce for the future."



*Sandy Watson (seated, centre), engineering maintenance manager Alan Gallacher (back, left) and Head of Estates Mark Anderson with the apprentices*

## Prostate cancer virtual clinic

A virtual clinic for patients with prostate cancer who are no longer required to come to hospital for follow-up appointments has proved a huge success.

The clinic is suitable for patients whose disease is stable two years after their radiotherapy treatment and who are no longer required to attend for hospital review.

Follow-up care for patients with prostate cancer is usually lifelong, resulting in many hospital appointments, which are a great demand on people's time.

By offering education, information and access to specialist advice, patients can become more confident in the self-management of their condition without the need for frequent outpatient appointments.

Consultant clinical oncologist Dr Phyllis Windsor said, "The virtual clinic enables people to maintain their health, independence and wellbeing and is freeing up resource time in acute settings.

"In 2010, the virtual clinic recorded 700 outpatient visits, which would have been actual outpatient appointments if the clinic did not exist."



*l-r Virtual clinic secretary Roberta Allan, Dr Phyllis Windsor and Macmillan urology nurse Alison Smith*

## Bench in memory of Geoff

Staff from Royal Victoria Hospital have paid tribute to a colleague who passed away in April with a memorial bench in his name.

Geoff Breeze started his career with NHS Tayside in 1992 as an occupational therapy assistant in the medical assessment wards of RVH. He had a short spell at Ashludie before returning to RVH as part of the rehabilitation unit.

Geoff's colleagues had a collection for his chosen charity and also purchased a bench in his memory which sits on the patio area outside Ward 4 at RVH.



*Geoff's colleagues with the bench*

## News in Brief



### Dundee

#### ● REVIVAL promoting organ donation



Following on from National Transplant Week, members of REVIVAL were at the Wellgate Centre in Dundee to speak to members of the public about organ donation, answer any questions they had, hand out campaign materials and encourage them to sign up to the Organ Donor Register.

The event was held in conjunction with Dundee Healthy Living Initiative (DHLI).

If you believe in organ donation, prove it. Register now at [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) or call 0300 123 23 23.

#### ● Launch of child protection measures

The launch of new child protection procedures for Dundee followed on from the Scottish Government's National Child Protection Guidance which was published in December 2010.

The purpose of the new procedures is to support staff in performing to the highest standards and to help deliver services that make a real difference to the lives of children and young people who are in need of protection. Details can be found at [www.dundeeprotects.co.uk](http://www.dundeeprotects.co.uk)

In order to further strengthen partnership working on child protection, staff from Dundee City Council, NHS Tayside and Tayside Police will be located together in a new £2.65 million purpose-built unit at Kings Cross.

#### ● Drumdee music sessions

Community-based music sessions are being run for adults in Dundee with severe mental health conditions.

The Drumdee group meet weekly at the Dundonald Day Services centre and is aimed at patients who are attending Dundee Adult Mental Health Services.



There are currently 20 active participants ranging from 18 to 65 years old and the sessions offer the opportunity to work as part of a team, learn drumming technique and write songs. Evaluations have found the group setting promotes personal goal attainment, improves confidence and promotes sense of achievement.



## Strathmore residents invited to Take Part



NHS Tayside's Take Part event in Blairgowrie Community Campus saw around 45 residents of Blairgowrie and the surrounding areas get involved in discussions to help shape the way forward for health services in the area.

Members of the local community, along with staff from Blairgowrie Community Hospital, Strathmore Dementia Service and Perth & Kinross CHP, took part in discussions around three key topics: inpatient services; dementia services;



and plans for a community hub in Blairgowrie Community Hospital.

There was also an opportunity to find out more about the Strathmore Focus Group and sign up to be part of this new group, which is being set up so people in the community can work with NHS Tayside to plan the future development of health services in the area.

A further event is currently being planned for all those who registered their interest in being part of the Strathmore Focus Group.

## Chairman visits PRI pharmacy

Chairman Sandy Watson visited the pharmacy service at Perth Royal Infirmary to meet with staff and see first-hand the work of the service.

Mr Watson was given a presentation on the service and heard some staff experiences before being shown around the main pharmacy, the satellite dispensary and the pharmacy store. He then moved on to Ward 4 where he heard about the nature of the pharmacy technician's work on the wards.

The satellite dispensary opened in February 2010 and allows easier access and quicker

availability of prescriptions for patients in the wards and outpatients areas.

Mr Watson was particularly impressed by the tube system, which pharmacy share with laboratories, and which allows the fast movement of drugs and information.

Mr Watson said, "I was left with the impression that this was a service in good heart, well led, and with a staff who were both enthusiastic and professional about all they were doing."



(Back) l-r Pharmacy team leader Nicky Nardone, pharmacy manager Carol Nairn, assistant technical officer Fiona Mason, Sandy Watson, lead clinical pharmacist Siebheon Reid, specialist pharmacy technician Jo Lowrie and pharmacy technician Dana Dowrie (front) l-r Assistant technical officer Elaine Smart, pharmacy technician Lorna Caldwell and trainee pharmacy technician Hannah Harrier

## New picture menu for Perth hospitals

NHS Tayside has introduced a new picture menu for patients at Perth Royal Infirmary and Murray Royal Hospital as part of the Nutrition Standards Service Improvement Programme.

The picture menu has also been launched in Ninewells and has been designed for patients who have difficulty in choosing from the normal menu due to communication, literacy or language difficulties. The use of pictures may help them identify and choose foods they would like to eat.

The initial idea came from Karen Rodger, a speech and language therapist at Perth Royal Infirmary, who found that some patients admitted to

hospital had difficulty in choosing their meals from the hospital menu.

The picture menu was developed by a multi-disciplinary team including speech and language therapists, dietitians, caterers, nurses, patients, carers and colleagues from Medical Illustration at PRI and Tayside Healthprint at Ninewells.

The initiative will be introduced to the remaining hospitals across NHS Tayside over the coming months.



l-r Dietitian Sharon Brown, Karen Rodger, project dietitian Caroline McKenzie, medical illustration services manager Brian Lawson, catering services manager Fiona Kimmeth and Chairman Sandy Watson



## Youth Talkin' Health present report to Board

NHS Tayside's youth forum Youth Talkin' Health reported the findings of their Mental Health and Sexual Health Consultation to Tayside NHS Board.

The group is made up of young people aged between 14 and 22 from Angus, Dundee and Perth & Kinross who work together with the aim of improving services for young people.

At their August meeting, the Board discussed the comprehensive findings and set of recommendations drawn from over 1000 questionnaire responses, and several service visits by the group across Tayside.

Many of the recommendations relate to the health information and services available to young people and suggested better ways of enhancing quality and access, through improved practice and the use of new technologies such as Smartphone apps.

In welcoming the report, Chairman Sandy Watson said, "This report provides extremely useful information and a valuable insight to help services respond to the issues raised.

"The Board welcomes this opportunity to engage with the young people we serve and will endeavour to work constructively with Youth Talkin' Health, now and in the future, to ensure these recommendations lead to a tangible improvement in service."



*l-r NHS Tayside Youth Talkin' Health lead Dorothy McHugh, Youth Talkin' Health members Robbie Cargill, Laura Gorman and Matthew Landsburgh, NHS Tayside Chairman Sandy Watson, Dundee City Council community learning and development worker Shane Mochrie-Cox and NHS Tayside Deputy Chief Executive Caroline Selkirk*

## PRI Endoscopy unit welcomes first patient

NHS Tayside has welcomed its first patient in the new £3 million Endoscopy unit at Perth Royal Infirmary, which offers diagnostic and therapeutic procedures for the stomach and intestines.

Endoscopy is a procedure which uses an endoscope - a long, thin flexible tube that has a light source and a video camera at one end, to examine the inside of your body.

The new £3 million Endoscopy unit is a modern, purpose-built facility which doubles the capacity of the former service to meet the demands of the Perth & Kinross population and will help to reduce waiting times for patients.

More people from across the region will now also have the opportunity to be treated closer to home rather than having to travel across Tayside for their endoscopy procedures.

Head of Nursing Jill Forbes said, "This new modern facility will provide accommodation that supports privacy and dignity in a relaxed, calm environment to improve the experience for the patient."

The unit includes a new consulting room for private discussion and diagnosis as well as a new decontamination suite to ensure clinical safety for patients.



Picture courtesy of The Courier, Dundee

*(front) Senior staff nurse Jane Courtney and first patient Richard Petrie with (back, from left) Jill Forbes, charge nurse Josie Carnegie, staff nurse Jane Wilde, senior staff nurse Debbie Murchie, staff nurse Carol Burges, staff nurse Mary Carr, Dr Alan Shepherd and surgeon Mr Craig Enksen.*

## News in Brief



### P&K

#### ● Gannochy Suite open day

The Gannochy Trust Clinical Research Suite at PRI hosted an open event to mark its first anniversary and to highlight the success of the suite as a focus for research excellence in Perth, particularly in diabetes research and related conditions.

Clinical and support staff were invited to come and see the Tayside Medical Science (TASC) suite, a purpose-built facility that opened in August 2010 thanks to the generosity of the Gannochy Trust and other local charities.

The facility operates as a satellite of the Clinical Research Centre at Ninewells, with nursing and admin staff working effectively across sites, improving access to clinical trials and research for patients in Perthshire and offering researchers in the region first class facilities and expert support staff.

#### ● Funding for dementia project

Tayside NHS Board Endowment Fund Board of Trustees approved funding for a research project, in collaboration with Perth College, which will investigate the effects of dementia on families.

Trustees allocated £66,000 from the Endowment Fund for the two year study which aims to improve early diagnosis of dementia, improve prediction of dementia within 'at risk' families and test new interventions.

#### ● Community pharmacy update

Members of the Perth & Kinross CHP Committee heard about the contribution that community pharmacy makes to the health and care of patients within NHS Tayside.

Committee members were given an update on the minor ailments service, public health service and acute and chronic medication services which are offered through community pharmacies.

The presentation also looked at the role of pharmacy in unscheduled care, palliative care and compliance aids.

## Annual Review



*Chairman Sandy Watson (front row second left) and Chief Executive Gerry Marr (front row second right) pictured with senior Board team*

### NHS Tayside's 2011 Annual Review was held on Wednesday, 7 September at Discovery Point in Dundee.

The Review was chaired by NHS Tayside Chairman Sandy Watson and saw the senior Board team outline the organisation's performance over the past year and its future plans to members of the public and Scottish Government staff.

The Review was broadcast live and a recording of the meeting is now available on the NHS Tayside website.

Mr Watson identified 10 actions for NHS Tayside to work towards over the coming year. These are:

- Continue to implement the vision set out by the Chief Executive in respect of quality, waste, variation and harm, and patient safety.
- Continue with the support of clinicians and the public to pursue appropriate redesign and reconfiguration of services.
- In the context of developing a "mutual NHS", lay strong emphasis on engagement with and involvement of the public, particularly in deprived communities.
- Continue to meet waiting time targets
- Report next year on progress with the introduction of the dashboard system to the process of performance management and governance
- Continue with progress in Public Health in respect of a different approach to HEAT measures, including the use of improvement methodology and rigorous scrutiny of budget allocations
- There is still work required in Mental Health, particularly with psychiatric readmissions, dementia registration and CAMHS
- Pursue with Angus, Dundee City and Perth & Kinross councils ways of integrating health and social care to the benefit of patients in Tayside.
- Improve the organisation and quality of care to older people in acute settings (with a particular focus on people with dementia)
- Take further steps to promote intervention/ reduce incidence of staff absence

Mr Watson said, "The Annual Review is an important date in our calendar as NHS Tayside is rightly held accountable in public for the services we provide.

"The question and answer sessions proved extremely valuable to us as they gave us a reminder of what is important to the public, patients and their families. We are committed to listening to the public and believe that by opening up this kind of dialogue we can drive the NHS here in Tayside forward over the coming years."

There was also a range of information and participation stands and members of the public had the opportunity to sample food from NHS Tayside's hospital menus.





## Seasonal Flu

### Protect your patients, protect yourself, protect the service

NHS Tayside is once again offering free seasonal flu vaccination to all members of staff and volunteers through ward-based vaccination, clinics on NHS Tayside premises and at participating community pharmacies. Having your free flu jab will only take a few minutes and will help to protect your patients, yourself and your family from flu.

### Protect patients

Staff can unintentionally pass the flu virus on to patients, and if the patients are ill, elderly or suffering from a chronic condition,

this can lead to serious illness. Recent evidence shows people with risk conditions who are in hospital with seasonal flu are 18 times more likely to die than healthy people. The risks

are even higher for people with specific illnesses: people with liver problems are 80 times more likely to die and those with a compromised immune system are over 50 times more likely to die. Evidence shows that the vaccination of healthcare workers against flu significantly lowers rates of flu-like illness, hospitalisation and mortality in the elderly in healthcare settings. Staff and volunteers have a duty of care to their patients to get vaccinated for flu.

### Protect yourself

Flu can be a serious illness, even in fit, healthy people. It makes people feel extremely unwell for two to three days and full recovery normally takes a week. Even fit and healthy people can develop more serious consequences and can require hospitalisation. Between 20% and 50% of contacts of someone infected with flu catch the virus so, unless immunised, you could also pass the infection on to family, friends and co-workers.

### Protect the service

If large numbers of staff need to take a week off work with flu, it can make it difficult to maintain services over the winter period. By getting vaccinated, you can protect both yourself and your colleagues, help reduce the level of sickness absence and minimise disruption to services.

Scotland's Chief Medical Officer Sir Harry Burns said, "Our workforce act as the stewards of our patients' safety and of our healthcare system, so it's imperative that they protect themselves from seasonal flu. NHSScotland workers who do not get the vaccine can needlessly increase the risk of passing on influenza to their patients, many of whom have pre-existing illnesses, which means patients are more likely to suffer serious complications of influenza if they contract what is a highly preventable infection.

"The NHS prides itself on being able to plan and cope with winter pressures and offering top quality care for those who need it. If our front-line workers are off work with the flu, it will put stress on a system which is already under pressure to cope with increased demand for beds over the winter.

"It only takes a minute to get the flu jab, but this will protect you for around 12 months and protect your patients at the same time. I urge all patient-facing staff to take up the offer of the jab and play your role in ensuring

Scotland's healthcare system remains healthy over the busy winter flu season."

The dates for staff vaccination clinics and a list of participating community pharmacies will be published in Vital Signs and on Staffnet. Your ward manager will also be aware of opportunities on the ward to get vaccinated.

**Myth: Flu is only dangerous for old people.**

**Fact:** Flu is a highly infectious virus which can lead to serious illness among people of any age who have a long-term medical condition, and in previously healthy people.

**Myth: If you are generally fit and healthy you don't need the flu vaccine.**

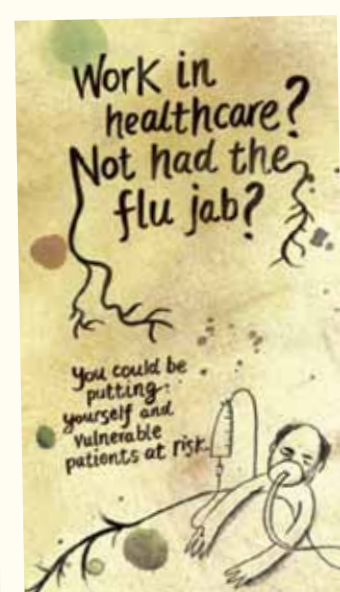
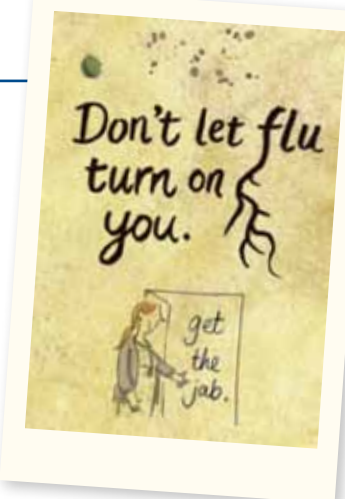
**Fact:** Even if you are feeling fit and healthy, if you suffer from a chronic medical condition such as asthma or diabetes or if you are pregnant, you are at risk of developing further complications as a result of flu.

**Myth: The flu vaccine can make you feel unwell for 48 hours.**

**Fact:** Some people may experience mild side effects, such as a slight temperature and aching muscles for a couple of days afterwards and their arm may feel a bit sore where they were injected. Any other reactions are very rare.

**Myth: The flu vaccine gives you flu.**

**Fact:** The flu vaccine doesn't contain any live virus, so it can't cause flu.



**Myth: Once you've had the jab you don't need to be vaccinated again.**

**Fact:** Flu viruses change every year so you need a new flu vaccine each year to protect against the viruses most likely to be circulating in the coming winter.

# Ditching paper for pixels

## Is this the end of the book?

In 2010 Amazon, the successful online retailer of everything from books to bagpipes, announced that for the first time ever, digital ebooks were outselling hardbacks.

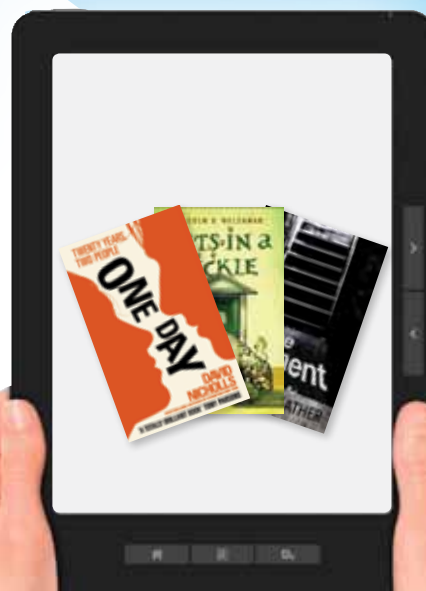
The meteoric rise of the digital reader has produced a gaggle of brands from the iPad to the Kindle and everything in between.

The digital reader allows the user to buy, download and view a 'virtual book' at their leisure. No more thumbing through dog-eared novels or carrying cumbersome holiday reads to the beach as the digital reader can store umpteen publications, accessible with the swipe of a finger.

As the MP3 player marked the demise of the CD, is the digital reader sealing the fate of the book?

## Amazon top 20 ebook bestsellers

- |  |  |
|--|--|
| 1. One Day by David Nicholls   | Hood   |
| 2. Pets in a Pickle by Malcolm Welshman  | 11. Thorn in My Side by Karin Slaughter                    |
| 3. The Basement by Stephen Leather   | 12. Cold Kill by Neil White                                |
| 4. Tinker Tailor Soldier Spy by John le Carre                                  | 13. Life and Fate by Vasily Grossman                       |
| 5. White Lies and Custard Creams by Susan Alison                               | 14. Second Son by Lee Child                                |
| 6. A Game of Thrones: Book One of Songs of Fire and Ice by George R. R. Martin | 15. Into the Darkest Corner by Elizabeth Haynes            |
| 7. The Alchemist's Secret by Scott Mariani                                     | 16. Dear Coca-Cola by Terry Ravenscroft                    |
| 8. Suicide Run by Michael Connelly   | 17. Stairlift to Heaven by Terry Ravenscroft               |
| 9. Three Weeks to Say Goodbye by C.J. Box                                      | 18. The Girl Who Kicked the Hornets' Nest by Stieg Larsson |
| 10. The Knitting Circle by Ann   | 19. Hard Landing by Stephen Leather                        |
|  | 20. The Girl Who Played with Fire by Stieg Larsson         |



## We asked spectra readers, will you be ditching the hardback for the hard-drive?



**Name:** Alex Killick  
**Designation:** Director for Workforce  
**Department:** Workforce, Ninewells

On the face of it - the question seems pretty easy, why have a library of heavy, dusty, space consuming books when you can carry infinitely more written material electronically and at a fraction of the weight? All my music is now stored on my phone and the CDs heading for Gumbtree - so surely it's the same for the book? Well maybe...

I read a lot but have to confess more for work than for pleasure (and actually would probably watch a film before I read a novel). There is, though, something about the texture and the way the print comes off the page that I like. I still like reading newspapers 'old school' even though more info is on line than I could ever consume. I still prefer seeing the stuff in black and white rather than on screen.

My stepson has just acquired an eeePad (it's better than the Apple one apparently) and time will tell whether I will be drawn to the dark side by rejecting the book - it will be hard to go back to the hardback when they end up as kindle on the bonfire of progress. It's interesting that Vinyl (Long Playing Records!) is still regarded with some affection with its static and non-digital warmth, and has had something of a revival, vintage clothes survive amongst the identikit volume labels - so maybe there's a place for both.





**Name:** Audrey Lindsay  
**Designation:** Secretary  
**Department:** Public Involvement, Kings Cross

I like the concept of the digital reader as you can download books as and when you want.

I would like a demonstration of a Kindle to help me decide.

I think there is still room for both as it will depend on what people prefer.

I personally don't read a lot of books at home so I'm not sure what I would prefer. On holiday I would stick to a hardback.



**Name:** Laura Nixon  
**Designation:** Public Involvement Co-ordinator  
**Department:** Public Involvement, Kings Cross



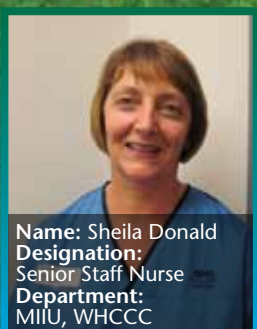
**Name:** Lorraine Bryson  
**Designation:** Healthcare Assistant  
**Department:** MIIU, WHCCC

I enjoy reading and normally read two books per week. For my birthday my son says he is going to buy me a digital reader so that should mean less books cluttering up my house. Once I have my ereader I am planning to donate my paperbacks to Lippen Care so that they can raise some money for the hospice at Whitehills.

No. We have one in the house but my husband uses it most of the time so I read good old fashioned books. I think books and Kindles are complimentary to each other. Kindles are useful for taking away on holidays etc rather than taking a lot of weighty books. But paperbacks will always have their place in my home, well certainly until we get one each!



**Name:** Lynda Petrie  
**Designation:** Corporate Web Manager  
**Department:** Corporate Services, Kings Cross



**Name:** Sheila Donald  
**Designation:** Senior Staff Nurse  
**Department:** MIIU, WHCCC

I only seem to find the time to read books on holiday. I can see the advantage of ebooks but I haven't made the transition yet as I prefer reading paper books. I find it more relaxing reading a paperback as there is something really nice about opening a brand new book and settling down to read it.

## Therapeutic gardening



Walking barefoot on the lawn, smelling the flowers, biting into a cherry just picked from the tree – all these things transport us to a different world away from daily pressures. Can you imagine the impact this would have on a patient and the health benefits it could bring?

National charity Trellis researches the benefits of therapeutic gardening as well as supporting people who are setting up or maintaining a therapeutic garden. Their network meetings and training days bring like-minded people together. This includes people like David Scott from Dundee's Carseview Centre, who said, "I have found the networking sessions very stimulating and usually bring back some new ideas for activity, such as making bird feeders from pine cones. This is very popular with learning disability patients. It is also good to visit other projects and to share our moans and groans about the challenges we face."

Scott Wigley who works in occupational therapy regularly walks patients through the woodland in the grounds of Ninewells Hospital where a sensory garden is being planned. The new sensory garden will give patients, as well as staff and family, a unique opportunity to gain a wide range of skills and will instill a sense of wellbeing and belonging.

For more information visit [www.trellisscotland.org.uk](http://www.trellisscotland.org.uk), call 01738 624348 or email [info@trellisscotland.org.uk](mailto:info@trellisscotland.org.uk)

### Big Cig helps launch quit4u in Angus



NHS Tayside's smoking cessation quit4u scheme launched in Angus at the Arbroath Sea Fest with the help of Big Cig.

quit4u was first launched in Dundee in March 2009 offering 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. The quit rate is almost 50% after four weeks - significantly higher than the average for those not signed up to the scheme.

Angus Community Health Partnership staff were available throughout the two-day event to sign people up and give general advice about how best to quit smoking.

Kenny Grewar, Angus Community Health Partnership smoking cessation co-ordinator, said, "There is already good evidence that the quit4u scheme has increased the number of people stopping smoking elsewhere in Tayside. Now people in Arbroath can also have that additional incentive to stop."

It will be rolled out to Forfar, Brechin and Montrose over the coming months.

For more information call the NHS Tayside Smoke Free Service on 0845 600 999 6 or NHS Tayside Angus Smoke Free Service on 01241 430303 ext 221.

## Active Families

Families from ethnic minorities are being put on the path to a healthy life thanks to the Active Families programme from Hearty Lives Dundee and Leisure & Culture Dundee.

For families, enjoying physical activities and eating well isn't always easy due to difficulties such as language, lack of transport and cost.

A group of such families has been enjoying an organised programme of activities including healthy eating, walking, outdoors play, aerobics and cycling.

Active Families is an initiative designed to help families from areas of greatest need to access healthy activities, created by Hearty Lives Dundee, the partnership between British Heart Foundation (BHF) Scotland and NHS Tayside.

Justin Mulholland, Active Families Co-ordinator, said, "I was contacted by the Local Access to Learning Project about a group of families from ethnic minority backgrounds who would benefit from the Active Families programme. Through this partnership we decided on four group work sessions, which have helped the families discover physical activity and how to enjoy the outdoors."

For more information on Active Families contact [activefamilies@dundeecity.gov.uk](mailto:activefamilies@dundeecity.gov.uk)



Hearty Lives Dundee Co-ordinator Shona Hyman (centre, standing), Justin Mulholland (far right, standing) Youth Sport Development Officer Jannie McBrearty of Leisure & Culture Dundee (fourth from right, standing) pictured with participants at Baxter Park



## Em nae gonna dae that any mair!

Audrey Wade is a success story of Threshold Day Services smoking cessation group, a physiotherapy gym group and ladies' lifestyle group, and has been inspired to pen a poem.

Audrey gained new confidence in herself through stopping smoking and participating in health activities and exercise. She is now helping others at the Dundonald Centre in Dundee and is volunteering to help more people engage in exercise and stop smoking.

*Let me tell ye ma story about gein up smoking  
Wen e let abdy ken they that e was jokin  
So e decided to quit and get mesel fit  
And that wiz the last fag that e ever lit  
Wen a started e was only on fev superkings  
O how e wish e hindy started thae things  
A that muny ev spent on smoking that muck  
Coz o thae things that e wanted tae suck  
So e threw me last dowie awa doon sum cundy  
And started smoking cessation which is held on a  
Thursday  
So me partner and e went along to these classes  
and met up we other ladies and lasses  
they advez ye aboot gaid eatin and exersez  
so that's wot e dun we me ither half – lez  
noo tak it fae me theres cravings – still meny  
but it's a lot easier dain it we susan n jenny  
noo a ken that'I never end up lookin like twiggy  
but el still never light up anither dam ciggy  
nae mair coffin n splutterin, it jist maks me lungs  
sair  
so that's how em no gonna dae that any mair!  
Nae fag-smellin braith n stale smells that linger  
Nae grey-lookin skin or nicotine fingers  
Now iv got mair muny left 4 me in the bank  
And nabody telling me how much I stank  
Em telling ye now it isnae that easy  
But least em no feelin a chesty n wheezy  
So pop alang soon tae mak yersel healthy  
It's gaid fir yer pocket n yel end up mair wealthy.*

## Community pharmacies join in the campaign to beat bowel cancer

Community pharmacies across Tayside are joining the campaign to encourage people to consider taking the life saving bowel screening test.

Large scale posters are being displayed in the windows of over 1,200 pharmacies across Scotland telling people about the home-based test and featuring people asking 'We've done the test. Have you?'

All those aged between 50 and 74 years old in Tayside are eligible for screening and will be sent a home-based test kit through their letterbox every two years. The kits are issued, returned to and tested at the Scottish Bowel Screening Centre, based at Kings Cross in Dundee. The centre, which sends out 5000 test kits per day across Scotland, also hosts a dedicated telephone helpline for anyone who needs extra assistance.

Professor Robert Steele, Director of the Scottish Bowel Screening Programme said, "Ninety-five percent of all cases of bowel cancer occur in those over 50, and the screening programme offers a real opportunity to identify and treat those at risk.

"Lots of information is provided with the test kit when it arrives through the letterbox and information can also be accessed at [www.bowelscreening.scot.nhs.uk](http://www.bowelscreening.scot.nhs.uk). This includes a short animated film which explains more about the test and how to complete this.

"If you receive the test, please take it. It could just save your life."

## World Hepatitis Day

NHS Tayside supported World Hepatitis Day, which aims to raise awareness of Hepatitis B and C - conditions that affect one in 12 people worldwide.

World Hepatitis Day is co-ordinated by World Hepatitis Alliance and prompts people to think about the huge scale of viral hepatitis infection globally, about whether they may be at risk and about how to avoid becoming infected.

Hepatitis B and C are two different viruses, which can both cause inflammation of the liver. In the first six months after infection, the disease is called acute. If either virus stays in the body for longer than six months, the acute infection becomes chronic. It is estimated that more than 500 million people worldwide are living with either chronic Hepatitis B or C.

For information on protecting yourself from Hepatitis and other blood borne viruses in Tayside visit [www.nhstayside.scot.nhs.uk/BBVMCN/BBVwelc.shtml](http://www.nhstayside.scot.nhs.uk/BBVMCN/BBVwelc.shtml) For more information on the World Hepatitis Alliance visit [www.worldhepatitisalliance.org](http://www.worldhepatitisalliance.org)

## Improved access to phototherapy treatment at Ninewells

Patients suffering with skin conditions in Tayside will now have more opportunity to be treated at the newly refurbished Phototherapy Treatment Centre, based at Ninewells Hospital, as the service extends beyond normal clinic hours.

The clinic has been fully refurbished, to provide an improved treatment and waiting area for the many patients who use this service, which was officially launched by NHS Tayside Chairman Sandy Watson and Chief Executive Gerry Marr.

The clinic is now open Monday to Friday 7.30am to 6.30pm, and Saturday 8.30am to 12.30pm.

The change in opening hours is a result of consultation with staff and patients to improve access to the service.

Mr Watson said, "This is a good example of a service listening to and acting on what patients say to them.

"I would like to say a huge well done to all those involved in progressing this service."



Chairman Sandy Watson (right) and Chief Executive Gerry Marr (second right) pictured with consultant dermatologist Professor James Ferguson (centre) and others at the launch

## Spotlight on CAMHS

Young people having contact with Child and Adolescent Mental Health Services (CAMHS) may also be experiencing poor peer relationships, rejection/stigma and social isolation. These can be primary or contributory factors often serving to maintain their mental health difficulties. The staff at Dudhope Centre for Child Health recognise that it can be daunting and anxiety provoking for young people, who may already have poor self-esteem to make the first step towards re-integrating themselves into social groups in the community.

Last summer, young people took part in a successful summer programme which made use of community facilities such as Dundee College Art department and the premises at Grey Lodge Settlement. The group enabled those involved to push their boundaries gradually and challenge themselves and each other to take risks and achieve goals through taking part in both outdoor and creative activities, including indoor wall climbing, bowling, art, local history and music.

Through feedback from the young people, who had effectively formed as a group, a need to continue joint working was acknowledged. Grey Lodge was very keen to play a more active part and after discussion a fortnightly group on a Tuesday evening at Grey Lodge was planned. It was proposed that the group would be run jointly between youth/community education workers and nursing/occupational therapy staff from CAMHS.

Friendships have grown within the group and young people have challenged themselves and supported each other to try things they might never have had the courage to do individually. Being part of this group is seen as a supported transition towards accessing wider social and community opportunities. It has been described by some as a stepping stone to starting a college course or returning to school following struggles with attendance.



A second project ran this summer, which again provided structured involvement in creative group activities and was organised with the help of university students and Art Angel, an arts advocacy project based in Dundee.

The ultimate aim of such groups is to promote recovery, to help prevent young people remaining in a vicious cycle of social isolation and poor mental health, and to decrease the likelihood of them continuing to experience such into adulthood.

It is hoped that the young people involved will realise their potential in different areas and continue to be involved in an activity, social group or organisation to an extent which they might never have managed otherwise.



*Dudhope Centre for Child Health*





## Hand hygiene update

The 'how', in terms of hand hygiene technique, is being committed to by staff across the organisation but we are always looking for ways to enhance staff awareness of hand hygiene.

National audit results have risen from an initial figure of 70% to between 90 and 95%. This has come through a multi-disciplinary staff commitment to the principles, with full engagement and support from the Tayside NHS Board and Executive Management Team.

The national and local hand hygiene campaign have been underway for four years now. The campaign very early on delivered:

- Standardised observational audit tool and data sharing with the Scottish Patient Safety Programme
- Significant amount of training sessions including nursing students through University of Dundee
- Involvement of General Practice colleagues
- Wide involvement of the general public with good press coverage
- Exploration of the application of the '5 Moments' in theatres – utilised by other health boards across Scotland
- Interaction with Public Health

Hand Hygiene Co-ordinator Mags Kennedy said, "Four years on we are required to ensure that we have built in sustainability and clinical ownership into our processes. This is being delivered through the exit strategy which has been approved by the Executive Management Team."



Staff from St Columbas care home in Dundee with care home education facilitator Annette Moody (left) and nurse Nilda Neibres is using the 'glo' box. Hand hygiene co-ordinator Mags Kennedy is pictured centre, with Chairman Sandy Watson (right.)



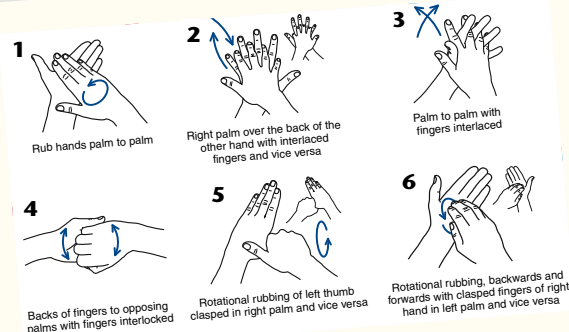
### Your 5 moments for HAND HYGIENE



### '5 Moments'

This is the basic principle for how we measure when staff should be undertaking hand hygiene. It can be applied in any clinical setting following an understanding of a definition of the patient zone.

This principle has also been shared with staff in care homes and home care services across Tayside along with building services staff in Perth & Kinross Council.



## Technique

Based on the '6 Step' approach, this is not new to staff as this procedure has been used for many years. Similar to the '5 Moments' it has been shared widely across a varied group of organisations both private and public.

## Skin care

It cannot be emphasised enough as to how important consistently good technique is in relation to staff skin health, as well as the management of healthcare associated infection. The recently released document 'Hand Care Guidance for Healthcare Workers' provides supportive information for staff on this subject. This can be found on Staffnet by clicking the 'Infection Control' link then 'Hand Hygiene.'

The guidance is to use hand cream to replenish emollient level in outer layers of skin and improve and sustain integrity of skin. Apply it when it can be absorbed therefore not during clinical activity. Always use the cream supplied at work (unless prescribed a product) to reduce variance in products and ensure no effect on integrity of gloves. Apply over all surfaces of hands paying particular attention to all those areas which feel dry.

## Why choose alcohol based hand rub over washing?

Washing is a drying process which we cannot change so making use of the alcohol based hand rub more frequently, when it is safe to do so, will assist in replenishing the emollient content of our skin which the washing process has washed out.

It is important to recognise that it must be fully rubbed in until dry to gain the emollient benefit.



Comrie Medical Centre staff being presented with certificate last year for successfully completing their hand hygiene training package by NHS Tayside hand hygiene co-ordinator Margaret Kennedy.

## Opening of Palliative Care Education Suite



*l-r Practice educator Jane Andrew, Medical Director Dr Andrew Russell, University of Dundee Professor Nora Kearney, consultant in palliative medicine Dr Martin Leiper, clinical co-ordinator Irene Hillsden, architect Jack Sinclair, Anne Robb and Macmillan practice educator Elaine Colville*

An inaugural lecture was held in Dundee to celebrate the opening of the Palliative Care Education Suite at Roxburghe House, Royal Victoria Hospital, which was built following a substantial donation made from a family legacy.

The multi-professional team in specialist palliative care services has long recognised the importance of delivering palliative care education which reflects the dynamic nature of an ever-changing clinical environment.

One of the main aims of the project was to build an educational unit which is fully integrated within a clinical facility to help minimise the 'theory to practice' gap.

Service manager for specialist services Anne Robb said, "The real challenge is to develop education that can capture and foster learning which is useful to the practitioner and the benefits reflected in high quality end of life care, and we hope this unit will meet this goal."



*The new graduates pictured with colleagues*

## Graduation Day for Internal Coaches

As part of NHS Tayside's Coaching Strategy, a further four members of staff from a variety of backgrounds have recently and successfully completed their Certificate in Business Coaching. These are workforce manager Jackie Bayne, Associate Director of Health Strategy Kay Fowle, modernisation and development consultant Sharon Slane and Macmillian Cancer nurse consultant Cara Taylor.

All received their certificates in Business Coaching to mark their graduation.

The new additions to the internal coach bank will be able to coach NHS Tayside staff in areas such as improving performance, careers, leadership, and transformational change.

The course involved a 21-day robust training programme and submission of a 5000 word portfolio, tutored by Director of the International Centre for Business Coaching Sandra Wilson.

For more information on accessing coaching please contact, Head of Organisational Development Jenni Jones or modernisation consultant Marilyn Macdougall.



## Connecting Communities Conference

Tayside Centre for Organisational Effectiveness (TCOE) hosted NHS Tayside's first Connecting Communities Masterclass at Ninewells.

Over 50 representatives from community planning partners attended the event, including staff from CHPs, community planning partnerships, Scottish Community Development Centre and the Scottish Government's Joint Improvement Team.

Chairman of NHS Tayside Board Sandy Watson gave the opening address and welcomed Mrs Hazel Stuteley OBE and Dr Jonathan Stead.

Mrs Stuteley co-founded the multi-awarding winning Beacon project which reversed the decline of a deeply disadvantaged community in Falmouth. A Fellow of the Institute of Health Services Research at the Peninsula Medical School in Exeter, Hazel co-designed a programme called Connecting Communities, known as C2, which delivers sustained and transformative outcomes to other challenged communities nationally.

Dr Stead is a Senior Clinical Research Fellow at the Peninsula Medical School and has worked with Hazel for almost 10 years. Together they work to teach the seven step model 'Connecting Communities'.

The aim of the masterclass was to provide delegates with an insight in to the Connecting Communities work and to find out about the impact that C2 has had in communities.



*l-r Director for Organisational Effectiveness Carrie Marr, Deputy Chief Executive Caroline Selkirk, Hazel Stuteley, Dr Jonathan Stead and Chairman Sandy Watson*

## Annual research fair held at Ninewells

The NHS Tayside Nursing Midwifery Allied Health Professionals (NMAHP) Research Council hosted the 3rd Annual Research Fair at Ninewells. The event was held to support NMAHPs throughout Tayside to become more active in the use of research in their own clinical areas.

The day gave the opportunity for clinical staff to listen to expert researchers and clinical staff who had carried out research in their own areas. Attendees were also able to visit stands and exhibitions by departments and organisations involved in clinical research.

Workshops were held throughout the day, ranging in subject from 'Research for the Terrified' to 'Finding your way through the approvals maze'. Key speakers included Professor Brian Williams who discussed the national approach to NMAHP research and Professor James Hogg who discussed issues surrounding how to involve service users in research.

NHS Tayside Director of Nursing Dr Margaret McGuire outlined her vision regarding how NHS Tayside can improve in areas of research and practice.

## Anaesthetists run Berlin Marathon

Anaesthetists from Ninewells ran the Berlin marathon on 25 September to contribute towards efforts to reduce preventable deaths in Malawi – in pregnancy and childbirth, in childhood, under anaesthesia, in intensive care, and due to trauma.

Up to 80% of the one in 36 (compared to 1 in 9,000 in the UK) young women who die during pregnancy or childbirth in Malawi die due to substandard care, often because of lack of essential equipment or drugs. Part of the solution is education and team training, which is what Scotland Malawi Anaesthesia delivers.



*Gillian Davies and Richard*

Annual training courses are delivered in partnership with Malawian colleagues to support anaesthetic clinical officers in the care of women in childbirth, children and the sick and injured in Malawi.

Those who took part in the marathon were Dr Calum Grant, Dr Grant Rodney, Dr Shaun McLeod, Dr Paul Fettes and trainee anaesthetist Gillian Davies and partner Richard.

Scotland Malawi Anaesthesia is a health education charity, which provides post-graduate educational updates for Malawian colleagues on intensive care medicine, resuscitation skills, as well as anaesthetic management of emergencies in surgery, trauma, obstetrics and paediatrics.

For more information visit the Scotland Malawi Anaesthesia website [www.smap.org.uk](http://www.smap.org.uk)



*l-r Dr Calum Grant, Dr Grant Rodney, Dr Shaun McLeod, Dr Paul Fettes*

## June Gardner



### NAME, DESIGNATION AND DEPARTMENT

June Gardner, clinical trials & project coordinator, Photobiology Unit, Ninewells Hospital.

### PERSONAL HISTORY

I became a Registered General Nurse in 1978. My first post in was in urology in Kirkcaldy.

I then left the NHS for 15 years to have three kids and live in the USA and the Middle East.

I joined NHS Tayside in 1995, working in renal, haematology and oncology with Sue Mackie, I then went to work as a research nurse in radiotherapy-oncology with Professor Alastair Munro.

I came to work in photobiology in 2006 for a four month temporary post and never left! Professor James Ferguson is now stuck with me.

### LIKES ABOUT CURRENT JOB

Photobiology is a dynamic clinical and research unit with great people from all disciplines working closely together. I love having many 'plates spinning in the air' at any time and, having great support from my manager, Professor Ferguson, allows me to work autonomously and out with traditional boundaries. I am involved in academic and commercial research and my project work includes refurbishment of our laboratory and phototherapy treatment area, development of a touch screen dermatology information system and production of a dermatology handbook for trainee nurses and doctors.

### DISLIKES ABOUT CURRENT JOB

Haven't discovered any dislikes.

### MOST UNUSUAL THING ASKED TO DO AT WORK

Probably the laboratory project. Not bad for someone who didn't progress beyond 'O' level chemistry!

### ACHIEVEMENT MOST PROUD OF

Career: raising awareness of research and being part of the translational process.

Home: producing three great kids in successful collaboration with husband John.

### FAVOURITE WRITER

Robert Harris.

### FAVOURITE MUSIC

Very eclectic taste in music from Mozart to Norah Jones to George Michael.

### FAVOURITE MEAL

Tapas.

### MOST LIKE TO HAVE DINNER WITH

Husband and family.

### FAVOURITE WORD

Serendipity.

### TOP 3 FRUSTRATIONS

1. Apathy.
2. Apathy.
3. Apathy.

### MOST EMBARRASSING MOMENT

There have been a few.....

### IRRITATING HABIT

Probably best to ask those around me.

### DO BETTER THAN ANYONE ELSE

Being a granny to my two wee guys, Ben and Sam.

### 3 WISHES

- Health and happiness for me, my family and friends.
- A long life for my ancient cat.
- To keep my joie de vivre until the very end.





# learnPro Learning Management System



NHS Tayside is pleased to announce the release of a new system for all NHS Tayside staff called learnPro. The system has been available to all staff from 7 September 2011 and users have received an email informing them of the link to use, their username and password.

## What is learnPro?

learnPro is what is referred to as a Learning Management System or 'LMS'. It can provide a centralised point of access for all e-learning material and is also an online recording and assessment system that records and reports any learning a user undertakes through the system.

The advantages of having this system available to all staff include:

- ensures that all staff have equal access to a range of elearning material
- on-demand availability enables learners to complete training conveniently at a time that suits them personally, the department/ward or shift patterns
- allows individual users to stop/start a course as many times as they like - they can log back into the system at the exact point where they left it
- self-paced learning
- staff can print out certificates of completion and use this as evidence for their KSF reviews
- will help make the roll out of systems and projects far easier in the future
- more efficient training of a geographically dispersed audience
- reduce travel costs of trainers, facilitators and front-line staff
- online modules can be created to meet specific training needs



It should be noted that learnPro is not going to be used to replace the training currently delivered across NHS Tayside, but it does give another option for the delivery of training, as well as the advantages listed above.

## What e-learning modules will be available on learnPro?

Other e-learning modules which are available for learnPro's release are:

- Learn Blood Transfusion
- NHS Tayside: Introduction to learnPro
- NHS Tayside Child Protection Non-Clinical
- NHS Tayside Child Protection Clinical
- NES: Infections in the Older Person
- NES: Microbiology
- NES: Multi-resistant-gram-Negative Bacilli (MRGNB)
- NES: Urinary Catheterisation
- NHS ELITE
- Care of the Acutely Ill/Injured Child/Young Person

Over the coming months many more modules will appear on learnPro covering many different topics. Examples of further modules to be added include Supporting Learners, Waiting Times Good Practice and Referral Governance, Falls Prevention, Malnutrition, Mental Health, Violence and Aggression and Spiritual Care to name but a few.

## Staffnet learnPro Page

Further information can be gained from the learnPro Staffnet page, and it is strongly recommended that users familiarise themselves with the user guide prior to use.

## Interested in creating an online course for your Department?

In the first instance send an email to 'learnPro.tayside@nhs.net' where a member of this team will be able to provide information in relation to this.

## Freemasons MoveAhead donation

Perthshire Freemasons have presented £470 to MoveAhead - a day facility based at Murray Royal Hospital for people with mental health support needs.

The Provincial Grand Lodge of Perthshire East (PGLPE), which is the overarching body overseeing 18 Masonic Lodges in the East Perthshire area, has been holding various fundraising events in support of the Grand Master Mason of Scotland's Year for Charities to celebrate 275 years of the founding of the Grand Lodge of Scotland.

The fundraising drive has already raised over £6000 for local charities this year. The Perth-based MoveAhead

service received £200 earlier this year and has now been awarded an additional £470 from the PGLPE.

The money received is to be used for an art group called the Culture Club which is run in partnership with Cultural and Community Services at Perth & Kinross Council.



(from left) provincial grand master almoner Russell Logan, provincial grand treasurer David Mee, senior charge nurse Pam Lamond, community support worker Liz Swan and provincial deputy grand master John Allan.

## Fundraising for Ninewells Acute Palliative Care Unit

The staff of the Department for Work and Pensions contact centre at Dundee's Lindsay House held a fancy dress day to raise money for the Ninewells Acute Palliative Care Unit.

The event was organised by staff member Mags Simonds and raised £176.34.

Funds continue to be raised for the unit at the fortnightly car boot sale in Tayport for anyone who would like to come along and show their support.



Mags (right) is seen handing over the cheque to fundraiser Sheena Egan

## NHS staff get on their bikes

Physiotherapist Audrey Judge and respiratory nurse Zoe Pickup from Angus CHP decided to organise a 60-mile sponsored cycle to support people living with chronic obstructive pulmonary disease (COPD).

The bike challenge kicked off at Monifieth Medical Practice and finished at Arbroath Infirmary, and raised around £1300.

COPD is a chronic lung condition that affects approximately 2045 people in Angus. Audrey and Zoe are involved in delivering pulmonary rehabilitation classes to respiratory patients living in Angus.



Audrey (left) and Zoe on the day of their challenge

Audrey said, "These successful support groups are entirely patient-led and provide a great deal of support and encouragement for others with respiratory disease. The groups are based in Arbroath, Forfar and Brechin. We completed the cycle challenge and raised funds to help support the continued great work of these groups."

## £2800 donation to Ninewells plastic surgery ward



Kelly Greig (left), Kay Smith (right) and Maureen Pirie (back centre) hand over cheque to senior charge nurse Susan Laidie (front centre), charge nurse Marilyn Finnigan (back left) and specialist nurse Lynne Binnie looking on.

A Stracathro Hospital nurse presented a cheque for £2800 to Ninewells Hospital's Ward 27 and plastic surgery outpatients department.

Senior staff nurse Kay Smith joined by charge nurse Maureen Pirie, Kelly Greig and friends raised the money through various fundraising activities including a sponsored hill walk up Scafell Pike in the Lake

District, the highest mountain in England at 3209ft. The group also organised a dance and raffle in the Mechanics Hall in Brechin and a pink themed afternoon tea party.

The money was split between Ward 27 and the outpatients clinic in the plastic surgery department.

## Golden couple's donation to help Angus patients

Arbroath couple Bert and Janie Williamson visited Arbroath Infirmary to hand over a cheque for £370.

Bert and Janie celebrated their golden wedding anniversary recently and decided to mark the special occasion by raising money for patients living with respiratory conditions.

Instead of receiving gifts the kind-hearted couple invited family and friends to donate to the Angus Pulmonary Rehabilitation Programme, which Mr Williamson has attended in the past.

Lead Respiratory Specialist Nurse Maureen Fagan, said, "I would like to thank Mr and Mrs Williamson for this very generous donation. It was very kind of them to use their special golden wedding anniversary celebrations to raise funds for respiratory patients."



Golden couple's donation to help Angus patients

## £1100 for Ninewells Cancer Campaign

An Arbroath Community Maternity Unit auxiliary raised £1100 for Ninewells Cancer Campaign.

Lorraine Gibson, who is also a former cancer patient, asked for donations instead of gifts when she was recently married.



Lorraine pictured with dog Luggy and husband Nick, with Campaign Chair Lady Fraser of Carmyllie looking on



## Perth couple donate £4450 to help Tayside cancer patients

A Perth couple visited Ninewells to hand over a £4450 cheque to help cancer patients being treated at the Scottish Photodynamic Therapy Centre.

Train driver Derek Yeaman and his partner Debbie Cooper held a charity golf day at Perth's King James VI course in May to raise money for the centre after Derek's late brother Alan was treated for a brain tumour and underwent Photodynamic Therapy in Ninewells.

Since Alan's death in 2001, Derek and Debbie have undertaken several fundraising efforts, including Derek running the London Marathon in 2007, organising a charity

disco and auction and charity golf days. Last summer, the couple donated £10,000 to the centre.

Consultant clinical scientist Professor Harry Moseley said, "We are indebted to Derek and Debbie and other patients and friends who give of their time and energy to raise funds that enable the centre to engage in pioneering research."



Left to right Derek Yeaman, Ron Buist (PDT nurse), Professors Harry Moseley and Sam Eljamel, Ronan Valentine (PDT physicist), Debbie Cooper, and Carol Goodman (PDT Centre clinical nurse specialist unit co-ordinator)



Some of the delights on offer at the event

## Broxden strawberry tea

The Community Dental Service at Broxden Dental Centre held their third annual strawberry tea in June and the sum of £411.15 was raised for Breast Cancer Care.

Senior Dental Officer Anna Macdonald said, "A very big thank-you to everyone who supported this successful event."

## Community Nurses complete the Pink Ribbon Walk



Kay, Fiona, Maureen and Morna pictured at the event

Kay Smith, Fiona Cooper and Maureen Pirie – all nurses at Stracathro Hospital – and Morna Leslie who nurses in the community and is based in Arbroath, completed the Pink Ribbon Walk at Scone Palace in Perthshire in May along with five other friends.

The walk is an annual event to raise money for Breast Cancer Care and the women raised approximately £1600.

Kay said, "I asked some friends if they would take part in the day, and was overwhelmed by the response of the walkers and for everyone who kindly sponsored us."

## Carnoustie schoolboy donates to Ninewells A&E

A six-year old primary schoolboy visited Ninewells A&E department to present an £80 cheque to Consultant Shobhan Thakore.

Ben Cudlipp was recently treated in the A&E department after a fall in a local park in Carnoustie resulted in him breaking his elbow.

Following his visit to the hospital Ben, a pupil at Carlogie Primary School, decided he wanted to say thank you to all the staff in the unit who cared for him. With the help of his mum Jenni Paterson and dad

## £500 cheque for TICR

A Perthshire couple presented a £500 cheque to The Institute of Cardiovascular Research (TICR) at Ninewells Hospital.

Jim and Sheila Walker of Luncarty raised the money at their golden wedding anniversary party. Instead of receiving presents they were given donations by family and friends.

Jim and Sheila's family have been affected by a particular type of heart condition called Long QT Syndrome. Long QT Syndrome is an inherited cardiac condition which tragically caused the death of their son in 2000 and also affects their daughter and grandchildren.

Audrey McColl, their daughter, is heavily involved with the Familial Arrhythmia Network Scotland (FANS). FANS is an NHS funded initiative to improve the diagnosis and care of people with inherited cardiac conditions across Scotland, led by Dr Anna Maria Choy, consultant cardiologist at Ninewells Hospital.

Sheila said, "I am so grateful for the kindness of our friends and family in donating this money to the charity, which is closest to our heart."



Mr and Mrs Walker presenting the cheque for £500 to Dr Choy at a ceremony in the Clinical Research Centre at Ninewells

## £1600 donation to Ninewells rheumatology department

Brechin women Mrs Jess Christie, Mrs Vera Galt and Mrs Marion Harper, raised £1600 for the patients of the Ninewells rheumatology department, by running a charity shop for a week.

The money has been used to buy equipment that can help people with arthritis. Patients may borrow the items of equipment to try out and then if found to be useful, can purchase locally for themselves. Most of the equipment can be found in local shops or on the internet.

The equipment varies from an evolut mouse for the computer to a hands-free hairdryer stand.

The equipment is available at the occupational therapy rheumatology clinics at Ninewells, and at Stracathro, Whitehills and Arbroath Infirmary in Angus. It is also available at the physiotherapy rheumatology clinics at Ninewells and Kings Cross in Dundee.



L-r Mrs Jess Christie, Mrs Vera Galt and Mrs Marion Harper



Ben and his parents Paul and Jenni pictured with Mr Thakore

Paul Cudlipp, he made plans to carry out a sponsored walk around Pitskelly Park in Carnoustie with family and friends.

Mr Thakore said, "I am pleased to accept this cheque from Ben. It was a very kind idea of his to raise money for the department and the money will be used to benefit patients attending A&E at Ninewells Hospital."

# retirals

Advanced nurse practitioner in child protection Sandra Fagan, has retired after 45 years working for the NHS.

In January 1966 Sandra started her nurse training in Edinburgh Royal Infirmary. In 1970 she trained as a student midwife in Dundee and went on to be a labour suite sister at Dundee Royal Infirmary. In September 1975 Sandra enrolled for the health visiting course in Dundee and worked as a health visitor until 1978 when she took a four year break to complete her MA Hons in Politics and Social Policy and have the second of her two children.

Sandra returned to health visiting in 1984 and worked almost entirely at Ryehill Health Centre until 2009 when she took up the post of advanced nurse practitioner in child protection until her retirement.



*Sandra Fagan*



*Lay Imm*

Long-serving midwife Lay Imm has retired after 40 years service.

Lay Imm, who lives in Arbroath, started her nursing training in Kirklees Area Health Authority, Huddersfield in 1971 and on qualifying in 1974 she immediately took up the post of staff nurse. She continued her nursing studies at Ninewells Hospital where she undertook and completed her midwifery training in 1976.

Lay Imm continued to work as a midwife at Ninewells until 1979 when she joined the maternity team at the Queen Mother Wing in Arbroath Infirmary. Lay Imm carried on working at the unit until her retiral, taking only a few months off to have her son Scott.

Lay Imm was presented with a cheque from her colleagues and friends.

With her new-found free time, Lay Imm plans to relax and enjoy holidays with her husband John in their camper van as well as looking forward to a trip to Kuala Lumpur in Malaysia where she plans to meet up with family and friends.

Midwife Dorothy Traynor has retired after 40 years service with NHS Tayside.

Dorothy took early retirement from her post as a midwife in Ward 38 Ninewells.

Dorothy started as a student nurse in 1971 and worked in the maternity unit at Perth Royal Infirmary from 1976 until 2004, before moving to Ninewells.

Dorothy lives in Scone with her husband Frank and is looking forward to spending more time in the garden, and looking after her cats and hens.

She was to start her retirement with a much deserved holiday to Canada with Frank.



*Dorothy Traynor*

## Alison Stewart

Alison started her nursing career in August 1970 when she began her nursing training in Royal Aberdeen Hospital for Sick Children. She qualified in 1974 and soon moved back to Dundee just in time for the paediatric wards to open in Ninewells. Alison took a break from her nursing career to care for her children until they went to school.

Alison started back with NHS Tayside in 1984, in the Children's Unit at Liff Hospital.

Throughout the years Alison has been in the Child and Adolescent Mental Health Service she has seen the role of the nurse change and develop enormously and has valued being part of that evolution.

Alison has spent the last five years of her career in the Primary Mental Health Team working as a primary mental health worker.

After working with children for around 40 years at Dudhope there will be no escape for her as her grandchildren have plans on how they will use her time in retirement.