

# spectra

THE STAFF MAGAZINE FOR NHS TAYSIDE

**NHS**  
Tayside



**CONGRATULATIONS TO OUR WINNERS!**



**news2u**

Time banking is the future

**feature**

NHS Tayside Quality Awards 2011

**healthwise**

World COPD Day

*Dear spectra readers,*

Happy New Year to all our readers and welcome to the first spectra of 2012!

In this issue we are celebrating the commitment and dedication of staff to improve services with a feature on the NHS Tayside Quality Awards 2011, which were set up to recognise the innovations and improvements in patient care that NHS Tayside staff have themselves devised. Tayside Pelvic Floor Dysfunction Physiotherapy Service took first place at the inaugural awards and you can see photographs from the ceremony on page 10.

Our staff have also been out and about across Tayside to spread health messages by taking part in various awareness raising events, including World COPD Day, Mouth Cancer Action Month, World AIDS Day and Alcohol Awareness Week, and there's a full round up in our Healthwise section.

The editorial team have been talking about things that scare us, from common fears like creepy crawlies and heights to more unusual phobias like china dolls and old mirrors, and we decided to find out what spooks our readers. You can find out what staff said in Voxpop.

Ever wondered how the TRACY lottery is drawn? Find out in the TREATS pull out which has pictures of the January draw taking place, as well as all the Christmas competition winners and offers for staff.

As always, we want to hear from you if you have any stories or suggestions for us so get in touch (contact details below).

*spectra editorial team*



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news2u



healthwise



feature



check it out



## Time Banking is the future



*Gary Malone (seated, second from left) and Gerry Marr (seated, second from right) with volunteers*

The new Angus Time Bank was launched by NHS Tayside Chief Executive Gerry Marr at St Margaret's House in Forfar.

The Time Bank provides opportunities for older people living in Angus to volunteer to share their skills and talents with others whilst also benefiting themselves. It is delivered in partnership between NHS Tayside and Volunteer Centre Angus.

Joining Mr Marr at the launch was Gary Malone from Volunteer Centre Angus, volunteers and representatives from Angus Carers Association, Angus Council, No 10 Volunteer Centre Dundee, Tayside Police and NHS Tayside.

The Bank operates in a similar way to a normal bank in that participants joining Time Bank 'deposit' their time by giving practical help and support to others and are able to make a 'withdrawal' when they need something done themselves.

Participants can spend their time credits on the skills and support of other participants when they need a helping hand. Time Bank credits can range from making phone calls to sharing meals and giving lifts to help with shopping, DIY jobs and gardening - anything that brings people together.

Time Bank is coordinated and run by Volunteer Centre Angus in Arbroath. If you would like more information on the Angus Time Bank or would like to join the Time Bank please contact Carol at Volunteer Centre Angus by emailing [info@volunteerangus.org.uk](mailto:info@volunteerangus.org.uk) or by calling 01241 875525.

### Stracathro staff receive blood donor awards

Three members of staff from Stracathro Hospital were presented with Blood Donor Awards by Dundee Lord Provost John Letford at a ceremony held in the Caird Hall.

Remote blood issue project nurse Jim Henderson, physiotherapy assistant Moira Beedie and building supervisor Murray Paton have donated 175 units of blood to the Scottish Blood Transfusion Service between them.

Jim and Moira both received awards to mark their 50 donations of blood and Murray received his award for his 75 donations of blood.



*l-r Jim Henderson, Moira Beedie and Murray Paton*

### Santa and Rudolph drop in to Whitehills

Santa took time out of his busy Christmas schedule to drop in and visit patients and staff at Whitehills Health and Community Care Centre in Forfar.

Santa also brought along a few familiar faces including Rudolph, Mr Snowman, Elf and even a Christmas Tree! The jolly group did a little tour of Isla, Clova and Prosen wards taking the time to speak with patients, visitors and staff en route.

Santa Kath Mudie, a porter at Whitehills, was the driving force behind this festive fun and was ably assisted by physiotherapy assistant Linda Simpson as Elf, domestic assistant Lyn Ritchie as Rudolph, domestic assistant Karen Davidson as Mr Snowman and administrative assistant Gwen Smith as a Christmas Tree.



*Patient Nan Catts with Santa and his helpers*



## News in Brief

### Angus

#### ● Free diabetes information evening in Montrose

A free information evening with a festive theme was held at The Links Health Centre in Montrose in December.

The aim of the evening was to help people with diabetes to live well by providing up-to-date information on the condition as well as provide the opportunity for people to share their experiences.

Rhona Guild, Primary Care Manager, Angus Community Health Partnership, said, "It is important for people affected by a long-term condition to have access to the right information, education, support and services to help them manage their condition more effectively."

#### ● Could you become a Befriender?

A new Befriending Service is due to start in Angus and is looking for volunteers to help bring that little bit extra to care home residents' lives.

There are currently around 13,000 care home residents in Angus and approximately 4% of these elderly residents have no one to visit them, which can often result in them feeling lonely and isolated. Befrienders will be matched up with a care home resident who is not receiving any visitors and agree with the resident and the care home providers when it would best suit them to visit.

This new Befriending Service is being co-ordinated by Rev Rona Phillips, Angus CHP chaplain and is supported by voluntary services manager Pat Fox.

If you have an hour or two free each week and you would like to find out how your spare hour could make a difference to a care home resident's life then please get in touch with Rev Rona Phillips on 07789 032931.

#### ● 'Pathway through Pain' for Angus residents

Angus residents living with chronic pain now have access to a new free online self-help pain management course.

The new online course called 'Pathway through Pain' aims to provide people living with pain with up-to-date information to support them to manage their pain better and help to improve the quality of their daily lives. For more information on 'Pathway through Pain' please visit [www.pathwaythroughpain.com/angus](http://www.pathwaythroughpain.com/angus)

## Montrose midwives donate Safe Delivery Kits

Christmas is a time for children and the Montrose midwives this Christmas were thinking of babies born in Africa.

In countries where doctors are scarce, a traditional birth attendant can be equipped with a maternity kit which can be used to aid safe births. Instead of spending money on sending Christmas cards to each other, the team donated the money to buy Safe Delivery Kits.



*l-r Montrose midwives Lorraine MacLeod, Julie Cabrelli, Kate McNicol and Suzanne Knox*

These simple kits comprise basic sterile equipment and can make a huge difference to help reduce infection. Included in the kit is soap, surgical gloves, clean sheets and, especially for when the baby is born, sterile razors and plastic clips to cut and secure the umbilical cord, sterile water for mopping up and swaddling cloth for the babies.

Team Leader Phyllis Winters said, "We decided as a team not to give Christmas cards to each other and use the money to benefit mums and babies in countries where the maternity care is not so well developed."

## Launch of national rewards scheme for young people in Tayside

A national rewards scheme aimed at encouraging and incentivising young people to participate in positive activities which will benefit themselves and their local communities has been launched in Tayside.

Young Scot Rewards, supported by NHS Tayside, encourages participants aged 11 to 26 to earn reward points by participating in activities such as eating healthily, volunteering, taking part in sports and giving up smoking.

Launching the scheme in Tayside, NHS Tayside Chairman Sandy Watson said, "Young Scot have to be congratulated on this scheme. From an NHS Tayside perspective, health is a crucial dimension to Young Scot Rewards. It's inconceivable to have a national scheme which does not acknowledge the potential of rewards as a means of helping young people to better health."

The points are collected through the Young Scot National Entitlement Card (NEC) which can then be redeemed against rewards such as discounts on days out, buy one get one free on driving lessons and discounted cinema tickets, clothing and gym memberships.

To find out more about the scheme and to apply for a Young Scot National Entitlement Card, visit [www.youngscot.org](http://www.youngscot.org)



*back row l-r Craigie High Headmaster Colin Biernat, Deputy Director for Public Health Paul Ballard, health promotions programme manager Mary Colvin, Chairman Sandy Watson, National Entitlement Card development manager Elena Brown, Consultant in Public Health (Pharmacy) Andrew Radley and Young Scot Entitlement and Rewards Director David McNeill with Craigie High pupils (seated)*

## Minister for Public Health visits Family Nurse Partnership project



Picture courtesy of The Evening Telegraph

*Michael Matheson at the Cairn Centre with new mum Rachael O'Brien and baby Caitlin*

Michael Matheson, Minister for Public Health, visited a groundbreaking NHS Tayside programme which supports young parents to give their children the healthiest start in life.

NHS Tayside follows NHS Lothian as the second Scottish test site for the Family Nurse Partnership (FNP) - a specialist programme giving first-time teenage mums extra support. Mr Matheson visited one of the sites that supports young parents - the Cairn Centre in Dundee.

The FNP programme involves a family nurse visiting first-time mothers under the age of 19 every one or two weeks during pregnancy and throughout the first two years of their baby's life. The nurses offer guidance on child development, preventative health measures, parenting skills, breastfeeding, better diet information and advice for mothers on education and employment.

NHS Tayside Chief Executive Gerry Marr said, "We now know how important it is for emotional and physical development that all children are given the best possible start in their earliest years of life. Indeed, this was a key priority in our Health Equity Strategy.

"The FNP has an impressive track record of delivering excellent outcomes and in preparing children for a healthy, happy life. NHS Tayside is pleased to support our young parents to offer their children healthier futures."

### Jingle Bells at Ninewells

Ninewells Hospital welcomed a very special visitor when Santa Claus stopped by to spread some festive cheer and officially switch on the Christmas tree lights.

Patients from Tayside Children's Hospital were invited to join in the festivities and carol singing, and received gifts from Santa.



*Chairman Sandy Watson (far left) with staff and children from Tayside Children's Hospital and Santa*

### 2000th baby born at Dundee Midwifery Unit

The Dundee Midwifery Unit at Ninewells welcomed its 2000th baby on 12 December when mum Tracey Wallace gave birth to a boy.

Weighing 9lb 12, baby William was born at 10.48am.

The Dundee Midwifery Unit was officially opened three years ago by Lorraine Kelly.

It cost £2.5 million and provides fully-adapted, new-build accommodation where midwives support labouring women in a homely environment and the option of water labour and water births is provided.



*Tracey Wallace with baby William and midwife Debbie Sinclair*



## News in Brief

### Dundee

#### ● Opening of Dow Clinical Simulation Suite

A £1million, state-of-the-art facility to train medical, nursing and dental students to meet the challenges of healthcare in the 21st century was officially opened in Dundee.

The Dow Clinical Simulation Suite is part of the University of Dundee's School of Medicine at Ninewells Hospital. Located within the Clinical Skills Centre, the pioneering new facility was opened by Sir Kenneth Calman, the former Chief Medical Officer of Scotland and current Chancellor of the University of Glasgow.

The suite enables students and healthcare practitioners to rehearse their standards of clinical practice in a realistic environment.

#### ● Time to Remember at Roxburghe House

Friends and family who have lost loved ones in Dundee's Roxburghe House were invited to a 'Time to Remember' event where they placed a message in their memory on the Christmas tree.

The Roxburghe House chaplain and other members of staff were there to greet visitors and to meet other families over a cup of coffee.

Chaplain Anne Findlay said, "Christmas is very much a time of year when loved ones are in people's thoughts even more so than usual, as they remember the happy times they spent together."

#### ● Working together to prevent fire deaths

NHS Tayside and Tayside Fire and Rescue are working in partnership to try to reduce the numbers of people dying or being injured if there is a fire in their home.

A booklet aimed at multi-agency partners has been produced by the two public sector bodies entitled 'Working together to prevent fire deaths' following two workshops where 50 staff from NHS Tayside, local authorities and Alzheimer Scotland came together to share the best of current practice. The event encouraged new ideas and fresh thinking about what more could be done to prevent fire deaths.

Deputy Chief Executive Caroline Selkirk and Associate Allied Health Professions Director for Mental Health and Learning Disabilities Shelagh Creegan (both of NHS Tayside) met with Chief Fire Officer Stephen Hunter and Community Safety Manager Martin Tait (both of Tayside Fire and Rescue) to explore further the development of new partnership models of working. The home fire safety visit will serve as an important new referral mechanism between the two public services to help with early prevention of falls, dementia and accidental domestic fires amongst older people.

### Christmas shoebox appeal

Kind hearted staff at the Macmillan Day Care Unit at Roxburghe House in Dundee donated 52 Christmas shoeboxes to Vision Romania.

The charity is committed to providing support for children living impoverished and under privileged lives in Romania.

For the second year running, Macmillan Day Care and Specialist Palliative Care staff, volunteers and patients donated small basic items such as toiletries, scarves and hats, socks, small toys and colouring sets to fill boxes.

A total of 40 boxes were made up at the day care unit and children from Tiddlywinks Nursery in Dundee brought along a further 12 boxes.



*l-r Complementary therapy co-ordinator Ruth Toy, team leader/senior charge nurse Evelyn Cochrane, Tracie Hartman of Vision Romania, occupational therapist Diane Lambert and Margaret Leiper of Vision Romania*

### Volunteers at meal times

A project focusing on the use of volunteers to help patients at meal times is underway in NHS Tayside and supported by Healthcare Improvement Scotland (HIS) Nutritional Care Programme.

The use of trained volunteers at meal times is one way to assist patients who require help eating and drinking. There is widespread evidence in the UK about the use of trained volunteers who sit with hospital patients during meal times to encourage, support and assist the patient to eat and drink.

Ward 34 in Ninewells Hospital has been identified as the pilot site to put in place the volunteer at meal times role and it is also hoped to be rolled out to other wards.

Congratulations to the first cohort of volunteers Alison Lunn and Douglas Pountney who have successfully completed the REHIS training.

For further information about the project contact Victoria Hampson, senior nurse practice development on [vhampson@nhs.net](mailto:vhampson@nhs.net)

Volunteers interested in considering this role in the future should contact Kim Maxwell, clinical governance team administrator on [kim.maxwell@nhs.net](mailto:kim.maxwell@nhs.net)



*Victoria Hampson (centre) with volunteers Alison Lunn and Douglas Pountney*

## NHS Tayside launches groundbreaking fund



*l-r Director of Public Health Dr Drew Walker, Rhona Maxwell of Independent Advocacy for Carers, Deputy Chief Executive Caroline Selkirk, Chair of Perth & Kinross CHP John Angus and Bud Baxter of Alzheimer Scotland*

NHS Tayside has launched a pioneering £2million fund to benefit communities across Angus, Perth & Kinross and Dundee.

It was decided to set up the fund to try to help change communities for the better with the communities themselves coming forward with ideas on what they believe will make the greatest difference to their own health and wellbeing and the lives of their families.

The cash4communities project is funded by the NHS Tayside Innovation Fund which was set up by NHS Tayside's Board of Trustees, with £2m designated from Tayside NHS Board Endowment Fund Unrestricted Funds to establish the Innovation Fund.

People were not only concerned with their health but rather with problems on the streets where they live, with their housing, vandalism, feeling safe and having no clean, safe outdoor spaces where they could go with their families.

It is well evidenced that all of these things can have a negative effect on people's health and the way they feel. That is why NHS

Tayside is making these funds available for communities to enhance their environments, promote community spirit and inspire pride in neighbourhoods.

Groups are invited to apply for a share of the funds between £500 and £35,000 on an annual basis to establish projects or take action to tackle issues which affect the everyday lives of people living in communities. The fund is particularly looking for new and inventive ways of helping communities.

Anyone interested in applying should go to [www.cash4communities.scot.nhs.uk](http://www.cash4communities.scot.nhs.uk) for more information and to find an application form and guidance notes on who can apply, what they can apply for and how to fill in the form.

Dr Drew Walker, NHS Tayside Director of Public Health said, "We believe the cash4communities project will play a vital role in supporting local people to make decisions on the changes they want to see and help them improve the health, wellbeing and resilience of their own communities."

### Artist donates print to Cornhill

World renowned artist John Lowrie Morrison has donated a print of his painting 'Blossoms of Crinan' to the Cornhill Macmillan Centre at PRI.

Members of the Cornhill Macmillan Centre Support Group and staff from the unit attended the unveiling of the print in the centre's meeting room which is used regularly for patients' therapies.

John Lowrie Morrison, also known as JoLoMo, has been painting scenes from the west coast of Scotland since the 1960s and capturing that very special light that can be found only in the Hebrides.

Community and specialist palliative services manager Ann Gourlay, said, "Art is so important to a palliative care environment and this uplifting print so generously donated to Cornhill Macmillan Centre will benefit all within the unit, including patients, families and staff."



*Service manager Ann Gourlay (right) and team leader Kristine McAdam (second right) with members of the support group and others at the unveiling*



## Taymount Surgery Quality Practice Award

Mr Watson visited Taymount Surgery in Perth to meet with staff and present them with the Royal College of General Practitioners Quality Practice Award.

The Quality Practice Award involved the multi-disciplinary primary health care team meeting very robust criteria and standards that measured not only clinical care, but also the whole range of general practice services available to their patients, including access, communication, patient surveys and interviews, prescribing and continuity of care.

Chairman of NHS Tayside Sandy Watson said, "I congratulate the Perth & Scone Medical Group on gaining this award, on the team approach which has been adopted throughout, and on the improvements in service to patients which I have no doubt have resulted from their commitment to the quality ambitions of providing people-centred, safe and effective care.

"I very much hope that other practices will follow the Group in what is a substantial achievement in the cause of improvement."



*front l-r Senior partner Alistair Falconer, Chairman Sandy Watson and practice manager Agnes Brown*

## Launch of new 'Self Care Toolkit' in Perth

Perth & Kinross residents living with a long-term condition are set to benefit from a new self care resource, which was launched in Perth.

The 'Self Care Toolkit' provides people who are living with long-term conditions with some handy tips and skills to support them to manage their health.

A range of health and social care staff, such as district nurses, occupational therapists, GPs and specialist nurses, were joined by local support group members and voluntary organisations at the launch event at Riverside Church to hear about the practical applications of this new resource.



*l-r CHP clinical director Dr Morag Martindale, long-term conditions manager Sandra Gourlay, general manager Bill Nicoll and patient Vivian Mann*

For further information regarding the toolkit or its accompanying DVD contact long-term conditions manager for Perth & Kinross Community Health Partnership Sandra Gourlay on 01738 473294 or administrative assistant Frances Joiner on 01738 473131.

## News in Brief



### P&K

#### ● Strathmore Focus Group update

Following NHS Tayside's Take Part event in September, the Strathmore Focus Group has now been set up to allow people in the community to work with NHS Tayside to plan the future development of health services in the area.

NHS Tayside has earmarked £750,000 to develop Blairgowrie Community Hospital and foresees that the Focus Group, as well as the wider community, will help shape the redevelopment and the community services which will be provided there.

A project manager has been allocated to lead on the project and an initial meeting has taken place with Perth & Kinross CHP.

The drawings of the current layout and proposed future plans are available on the Informing, Involving and Consulting in Strathmore website at [www.nhstayside.scot.nhs.uk](http://www.nhstayside.scot.nhs.uk) under Quick Links, as well as in the foyer of the hospital.

#### ● Application for pharmacy in Methven approved

An application made to NHS Tayside to open a new pharmacy in Methven has been granted following a public consultation.

The Pharmacy Practices Committee of Tayside NHS Board granted an application to open a new pharmacy at 68 Main Street, Methven, PH1 3PT.

#### ● Prisoner healthcare

The prison healthcare service transferred over to the NHS on 1, November 2011 for both HMP Perth and HMP Open Estate Castle Huntly.

The healthcare staff within the prisons have now transferred to NHS Tayside. They will continue looking after the healthcare needs of prisoners and clinical staff will remain an integral and essential part of the services delivered in prisons.

The prison healthcare service is managed under Perth & Kinross CHP. For further information contact Angela Ferns, Primary Care Manager on 01738 473112 or email [aferns@nhs.net](mailto:aferns@nhs.net)

## NHS Tayside Quality Awards 2011



*First place winners physiotherapy clinical specialist continence Irene Pillar and advanced physiotherapist Carolyn Davie with Gerry Marr and Sandy Watson*

Well done to the winners of the NHS Tayside Quality Awards 2011 - Tayside Pelvic Floor Dysfunction Physiotherapy Service.

Congratulations also to 'Patients as Partners in a Quality Nursing Handover', which took second place and 'How to Decrease the Risk of C. Diff in a Ward Environment', which took third place, as well as all of the other finalists.

The inaugural NHS Tayside Quality Awards – which aimed to drive up excellence and quality together in healthcare services across Dundee, Angus and Perth & Kinross – were held at Ninewells Hospital.

Chairman Sandy Watson and Chief Executive Gerry Marr hosted the awards ceremony, showcasing innovations and improvements in patient care that NHS Tayside staff have themselves devised.

Sixty two projects entered the awards with 11 shortlisted. The main reasons for reaching the shortlist were that teams had demonstrated a collective focus on person-centredness, effectiveness and safety, reflected consideration of best value and demonstrated how to sustain improvements and bring these improvements to more patients.

Non Executive Director of Tayside NHS Board Elizabeth Forsyth, whose idea it was to set up the awards scheme, said, "The 11 finalists have been able to demonstrate their commitment to a person-centred approach to NHS Tayside patients and that the initiatives that they introduced have improved the quality of the service that their patients receive, driven by the dedication and care they have for their patients."



*Second place winners Denise Williamson and Karen Hamilton*



The winning team were presented with a plaque, and they also received a £1000 education grant. Second prize was a £500 education grant and third prize a £250 education grant. All of these grants are to be used for staff training.

Mr Watson, who presented the awards, said, "Congratulations to the winner of the NHS Tayside Quality Awards 2011, and also to all 11 finalists whose submissions have been highly commended.

"We have been impressed by the incredibly high



*Third place winner Shady Botros*





standard of all of the entries into the Quality Awards, with the three localities of Dundee, Angus and Perth & Kinross well represented in various different disciplines.

“The NHS Tayside Quality Awards bring to the forefront the genuinely excellent care that already exists within the health service, and highlights exceptionally good practice so that this kind of care can happen for every person, every time they have contact with NHS Tayside.”

The new awards scheme supports the Scottish Government’s ‘Healthcare Quality Strategy for NHS Scotland’ 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 shortlisted entries were: Improving patient safety in mental health; How to decrease the risk of C.diff; Improving safety & reducing risk of harm due to intravenous insulin therapy; Breastfeeding peer supporter programme; Tayside pelvic floor dysfunction physiotherapy service; Provision of a full thrombolysis service for acute ischaemic stroke in Ninewells Hospital; Angus activity programme for people with a long term condition; Transforming the quality of paediatric palliative care in Tayside; Patients as partners in a quality nursing handover; Polypharmacy: addressing in collaboration; and Coeliac disease service improvement project.



*The winners and finalists of the Quality Awards 2011*

## Understanding self harm

Self harm is a response to an overwhelming sense of emotional distress. It is a conscious act and can take the form of cutting, burning, hitting, bruising, hair pulling, drinking bleach, head banging and punching walls. Many young people who self harm also do other things that are damaging to their health and wellbeing such as over-controlled eating, drug and alcohol abuse and risky sexual behaviours.

Self harm is often misunderstood. The intention behind it is not suicide, although it can increase the risk of suicide. Self harm is a coping mechanism; the intention is to live and it should not be dismissed as attention seeking behaviour.

### Who self harms?

National figures suggest that around 13% of young people are involved in deliberate self harm at some time in their lives. The average age of onset is usually about 13, with girls being more likely to self harm than boys.

### Why do people self harm?

The underlying reasons are usually complex. Young people may self harm as a way of managing their feelings, regaining a sense of control or expressing emotional pain. Some see it as a way of punishing themselves.

The key thing to remember is that self harm is really a symptom of what is going on for a young person and it helps to see behind the self harm to the person in pain. The triggers will be different for different people and at different times, and may include:

- Difficulties with family relationships
- Being bullied
- Pressure to fit in
- Pressure to achieve
- Low self-esteem
- Exam stress
- Loss and bereavement
- Sexual identity (gay/lesbian)
- Loneliness and isolation
- Sexual abuse

### How you can help

Many people feel that they do not have the skills to work in this area but you can help by:

- Finding time to listen in a non-judgemental way
- Building up a trusting relationship; this will take time
- Acknowledging and accepting the young person’s pain and distress
- Being supportive, calm and practical
- Giving advice about staying safe and accessing medical first aid
- Trying not to pressure the young person to stop self harming as this may make matters worse
- Empowering the young person to make their own decisions about self harming and the often very personal issues underlying it.

Please refer to the Tayside Multi Agency Guidance for Supporting Children and Young People at Risk of Self Harm and Suicide for guidance on risk assessment, onward referrals and support agencies, copies of which can be requested from Joanne Southern on 01738 413059 or at [j.southern@nhs.net](mailto:j.southern@nhs.net)

# THINGS THAT GO BLUMP

Does your skin crawl at the thought of spiders? Feel faint at the thought of heights?

Don't worry as almost half of Britons are afraid of the dark, loud noises or confined spaces, while two out of five people believe ghosts do exist according to recent studies.

Almost everyone has an irrational fear or two and common phobias and fears include closed-in places, heights, driving, flying insects, snakes, and needles. However, we can develop phobias of virtually anything. Most phobias develop in childhood, but they can also develop in adults.

spectra took a straw-poll in the communications department to find out what scares the team. Bird's flapping wings, china dolls, cockroaches, old mirrors, heights, hospitals and rats were just a few of the things that we admitted to scaring us.

So if you are someone who shrieks at the sight of a mouse, faints at the sight of blood, don't worry you are not alone!

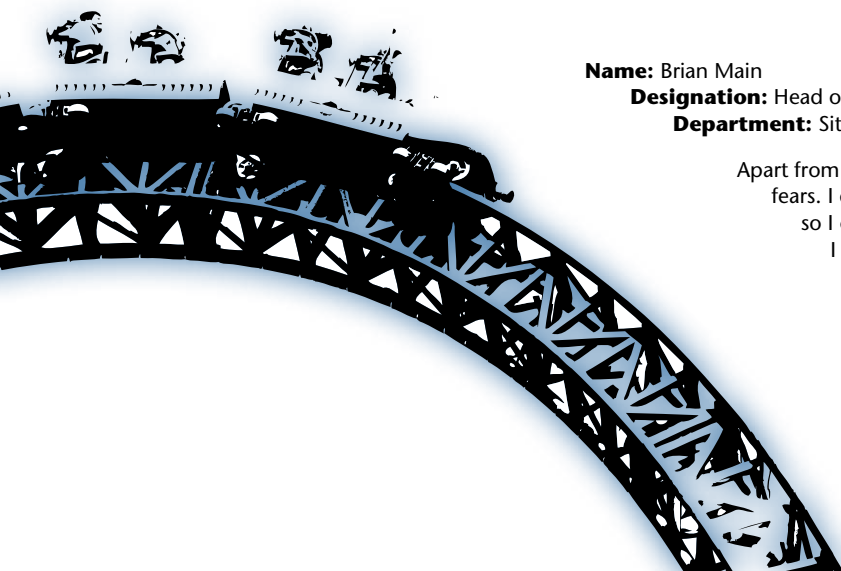
**We decided to go out and about and quiz our staff to find out what scares them and why?**

## COMMON PHOBIAS AND FEARS

- spiders
- snakes
- heights
- closed spaces
- storms
- needles and injections
- public speaking
- flying
- germs
- clowns

## NOT SO COMMON PHOBIAS AND FEARS

- flowers
- sleep
- numbers
- hair
- blushing
- electricity
- computers
- bellybuttons
- beards
- wooden objects



**Name:** Brian Main

**Designation:** Head of Site/Support Services (Dundee)

**Department:** Site Management, Ninewells Hospital

Apart from my wife's cooking I have two main fears. I do not like dark, very confined spaces so I can safely say potholing is something I would definitely never want to try.

Theme park fun rides such as the Big Dipper or similar are not fun to me. Kiddies and grannies can manage to go on them but I can't, as I have this fear that the carriage I am in would come off its rails or the harness that straps me in would snap. I am happy to stand at the sidelines watching my family enjoy them – but they are not for me!



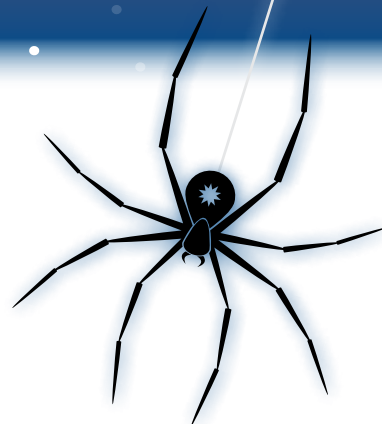


# IN THE NIGHT



**Name:** Margaret Kennedy  
**Designation:** Hand Hygiene  
 Co-ordinator/MRSA Screening Project Lead  
**Department:** Ninewells Hospital

I have for years had significant problems dealing with spiders and most creepy crawlies I am afraid. Much better though over the past couple of years. It is often misunderstood by others if they do not experience the same problems. I can often feel quite sick at the thought of them. Won't be taking any jungle trips!



**Name:** Zoë Pickup  
**Designation:** Respiratory Nurse  
**Department:** Angus CHP

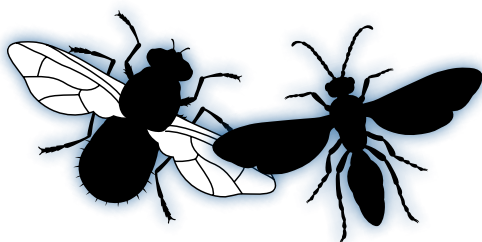
Mice and rats – no idea why but I was brought up on a farm. It's a miracle I passed A Level Biology as rat dissection was involved for weeks on end!



**Name:** Wendy Foubister  
**Designation:** Physiotherapy A&C Support  
**Department:** Sunflower Centre, PRI

I'm absolutely petrified of anything to do with snakes. I can't even watch them on the TV and even the thought of snakes gives me the creeps!

I was on holiday abroad with my family a couple of years ago and we saw someone with a snake around their shoulders. My husband and kids went straight over to see it but I had to sneak off around the corner until it was gone.



**Name:** Ruth Houston  
**Designation:** Respiratory Nurse  
**Department:** Angus CHP

Wasps and bees because they are unpredictable. I have regularly been told to stand still when a wasp is buzzing about to avoid being stung – the last time I was stung I was asleep in bed!



**Name:** Iain Stewart  
**Designation:** Relief Receptionist  
**Department:** Support Services, Ninewells Hospital

I have always had a fear of being buried alive. The thought of waking up in a coffin realising that I have been buried and there is no way out scares me. Not sure where this fear has come from but I have had it all of my life.



## World COPD Day



Picture courtesy of The Courier, Dundee

*Health worker Moira Karpuchewski, Helen and George Barrie and AHP lead Jane Dernie at the Perth event*

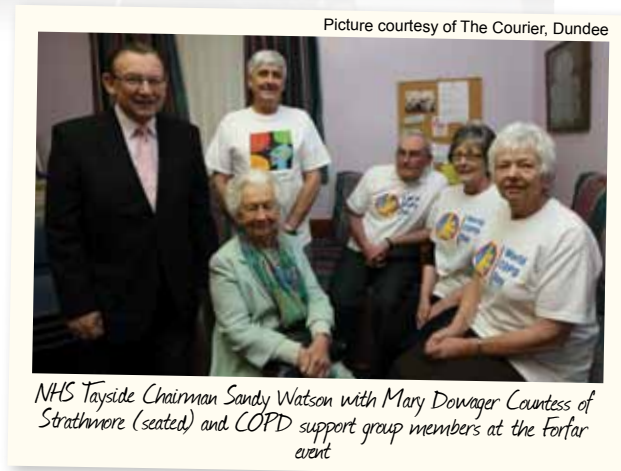
A series of events to mark World COPD Day, which aims to increase public awareness of Chronic Obstructive Pulmonary Disease (COPD), has taken place across Dundee, Angus and Perth & Kinross.

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

This year staff hosted information and advice stands in the Wellgate Centre in Dundee, Riverside Church in Perth and at the Guide Hall in Forfar. People visiting the events were able to take a quick and simple lung screening test using a spirometer which shows a person's lung function and whether or not they may be suffering from COPD.

COPD is under-diagnosed as the early stages are often unrecognised. This is because the development of symptoms tends to be slow and patients may be unaware of them and accept a chronic cough or mild breathlessness as a "normal" part of getting older or an expected consequence of smoking.

NHS Tayside Respiratory Managed Clinical Network Clinical Lead Peter Slane, who is also a Dundee GP, said, "World COPD Day reinforces the message that the earlier COPD is detected, the more effective treatment to slow or prevent further deterioration of lung function can be."



Picture courtesy of The Courier, Dundee

*NHS Tayside Chairman Sandy Watson with Mary Dowager Countess of Strathmore (seated) and COPD support group members at the Forfar event*

## Ninewells woodlands wins award

An innovative project which uses Ninewells Hospital's woodlands to promote physical activity and recuperation from illness was awarded the 'Facilities Innovation Award' at this year's Scottish Healthcare Conference.

The Ninewells Green Space project, which is run by NHS Tayside and Forestry Commission Scotland, has improved access to the woodlands that surround the hospital. New paths for all abilities, walking trails, signposting and seating along the network of routes is helping to encourage more use of the woodlands by patients, visitors and the general public.



*(l-r) Forestry Commission Scotland's health advisor Kevin Lafferty, health promotion programmes manager Mary Colvin and buildings maintenance manager Don Ritchie*



# Mouth Cancer Action Month



NHS Tayside's Community Dental Service urged people in Angus, Dundee and Perth & Kinross to come along and have a free mouth cancer check during Mouth Cancer Action Month last November.

Free mouth cancer checks and information about oral cancer and prevention were offered to shoppers at Tesco in Arbroath, Morrisons in Perth and at the Wellgate Centre in Dundee as well as to students at Dundee University Students Association.

Professional check-ups and regular self-examinations are the best way to detect mouth cancer as soon as possible. Early diagnosis saves lives, improving survival chances from just half of cases to more than 90%.

Early warning signs include mouth ulcers which do not heal within three weeks, red and white patches in the mouth and unusual changes in the mouth.

NHS Tayside senior dental officer Gillian Elliott said, "We support Mouth Cancer Action Month in Tayside as it is vital that people are aware of the risks and are checked regularly for signs of mouth cancer – early detection saves lives."



*Dental surgeon Jennifer Watson examines Mrs Anne Innes at the event in the Wellgate Shopping Centre*

## POST helps Perth girl adopt a healthy new lifestyle

A young Perth girl is leading a healthier and more active lifestyle with the help of an NHS Tayside weight management programme which aims to support children and young people between two and 15 years old, as well as their families, to manage their weight.

Ashleigh O'Brien of Letham in Perth got in touch with the Paediatric Overweight Service Tayside (POST) earlier this year and since her eight-year old daughter Kayleigh began attending the service, she has made a dramatic change in her lifestyle, taking up lots of new activities and improving her diet.

Ashley said, "Kayleigh's whole outlook has changed since she started with POST and her energy levels are up and her eating habits are much better as she isn't afraid to try new things which she would have turned her nose up at before."

With one in five children in Tayside classed as obese by the time they start primary school, NHS Tayside recognises the importance of working with the whole family to help children and young people adopt healthier lifestyles.

For further information please contact the POST team, which is based at Perth Royal Infirmary, on (01738) 473784, email [post.tayside@nhs.net](mailto:post.tayside@nhs.net) or visit [www.funfittayside.org.uk](http://www.funfittayside.org.uk)



*POST practitioner Taryn Young with Kayleigh*

## World AIDS Day 2011



*(l-r) Donna Thain, Dr Sarah Allstaff and Executive Lead for Sexual Health and BBV Ann Eriksen*

NHS Tayside marked the 30th year of the HIV/AIDS pandemic with a range of events on 1 December, culminating in a 'Red Ribbon Ball' to raise funds to support people living with HIV in Tayside.

In the UK, World Aids Day 2011, which is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection, focused on how HIV affects people living in the UK, as well as dispelling myths, misinformation and confusion. HIV affects more than 90,000 people in the Britain with over 250 people across Tayside living with the disease.

The day was marked locally with information stands in various locations including Ninewells Hospital, The Corner in Dundee, Wellgate Centre in Dundee and Arbroath College. A Red Ribbon Ball was held at the Hilton Hotel in Dundee where guests were encouraged to wear red and black and help raise funds through a silent auction and prize raffle.

Organiser and manager for the NHS Tayside Blood Borne Virus (BBV) Managed Care Network Donna Thain said, "The Managed Care Network wanted to take this opportunity to show how far HIV treatment and care has come in the last 30 years but also to remind people of the stigma and prejudice still faced by people with HIV. Wearing a red ribbon is a simple but influential way of challenging this and showing support."

Consultant in Genitourinary Medicine Dr Sarah Allstaff said, "HIV has not gone away. It is more common now in the UK than it has ever been and is increasingly affecting people who don't have any of the traditional risk factors like drug use."

Visit [www.sexualhealthtayside.org](http://www.sexualhealthtayside.org) for more information on HIV and safer sex. Further help is also available from Body Positive Tayside on 01382 305736 or visit the website at [www.bodypositivetayside.org](http://www.bodypositivetayside.org)

### Hand hygiene tips for school children

School children at St Ninian's Episcopal Primary School in Perth are being taught effective hand hygiene practice at a young age to ensure it remains a lifelong habit.

NHS Tayside school health support worker Diane Anderson led a session at the school with hand hygiene co-ordinator Mags Kennedy to help introduce children from the age of five to the importance of good hand washing practice to prevent the spread of germs.

The children were taught how the most common way germs are spread is by people's hands. Germs are often harmless but they can also cause illnesses such as colds, flu and tummy bugs.

The children were able to "see" invisible germs thanks to a 'glo box' demonstration which showed how thoroughly hands need to be washed in order to remove germs.



Picture courtesy of The Courier, Dundee

*(l-r) St Ninian's Episcopal Primary School P1 pupils Cameron Christie and Ella Wu testing out the 'glo box' with Mags Kennedy and Diane Anderson*





*Children enjoying a Zumba class at the launch of Active Families*

## Active Families launch

Active Families was officially launched at the Ardler Complex in Dundee to an audience of health, education and community professionals.

Active Families encourages adults and kids to increase their physical activity levels together while having fun, through sport, games and outdoor activities. It encourages eating well on a budget, teaches practical cooking skills and shows families how to build activity into their daily routine.

The programme has been created by

Hearty Lives Dundee, the partnership between British Heart Foundation (BHF) Scotland and NHS Tayside.

Shona Hyman at Hearty Lives Dundee said, "Active Families is about helping parents and children to make healthy changes together, so that they can support each other and have fun. It's a great example of how we're putting people in Dundee on the right path to leading long, happier and healthier lives."

For more information contact [activefamilies@leisureandculturaldundee.com](mailto:activefamilies@leisureandculturaldundee.com)

## healthy living award PLUS

Three years ago NHS Tayside catering department made a commitment to produce and sell more healthier food choices which would all have less fat, less salt and less sugar as well as reducing the amount of confectionary available to buy on hospital sites. By 2009 all NHS Tayside catering outlets had gained the standard healthy living award which is a national award for caterers in Scotland that rewards catering establishments for serving healthier food and finding ways of helping their customers make better food choices.

Spurred on by this achievement the catering department has now been successfully awarded the healthy living award PLUS which means that you will see the same variety of wholesome foods that have been prepared using healthy ingredients and cooking methods. Attaining healthy living award PLUS has helped staff as well as customers to make informed choices and by making the widely available healthier options, NHS Tayside is continuing to play its part in improving the diet of people across Tayside.



*(l-r) Assistant head cook at Whitehills HCCC Katherine Hardie, head cook at Arbroath Infirmary Padraig Cooper and catering training officer at Kings Cross Susan Welsh accepting healthy living award PLUS*

## Alcohol Awareness Week

NHS Tayside, Tayside Fire & Rescue, Dundee City Council and Tayside Police, led by Dundee Focus on Alcohol, joined forces to officially launch Alcohol Awareness Week in Dundee and spread the responsible drinking message.

The campaign asked the question 'How do you measure up?' encouraging members of the public to be aware of the number of alcoholic drinks they consume.

At the launch, representatives from the partner organisations distributed information and unit measuring cups to encourage people to think about the number of units they are drinking and make positive choices when it comes to alcohol consumption.

During the week representatives manned mobile units in Dundee City Square, an information stand at Sainsbury's and visited students at Bar 1 at the University of Abertay. Players from Dundee United Football Club also showed their support by taking time out of their training to promote the campaign.

NHS Tayside consultant psychiatrist Dr Peter Rice said, "It is important to know the units of alcohol in your drinks. For example, a small 125ml glass of wine contains 1.6 units, a large 275ml glass of wine contains 3.1 units and a pint of lager contains 2.8 units. Try not to exceed the recommended daily guidelines of two units for women and three units for men and try and keep two consecutive days alcohol-free, each week."

If you are concerned about your drinking, try to get help. Talk to a friend or your GP. Dundee Focus on Alcohol offers hints and tips on responsible drinking through their Facebook page – [www.facebook.com/dundeefocusonalcohol](http://www.facebook.com/dundeefocusonalcohol)



*Launch of Alcohol Awareness Week in City Square Dundee*



*Dundee Focus on Alcohol coordinator Kirstie Wilkinson (centre) with players from Dundee United Football Club*

## Angus care homes receive Tayside Oral Health Award

Three care homes in Angus are the first to receive NHS Tayside's Oral Health Award, which is a new programme aimed at improving the oral health of care home residents.

Angus Council's St Drostan's House in Brechin, Windyedge Cottage in Forfar and Balhousie's Lisden House in Kirriemuir have all been awarded the Oral Health Award which has been developed by the oral health improvement team to encourage homes to include new oral health standards as part of the residents' care plans.

The Award was officially launched in January by former Minister for Public Health Shona Robison.

Care homes are 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.



*St Drostan's House*

The programme has initially been introduced in 30 care homes across Tayside, 10 each in Angus, Dundee and Perth & Kinross, and is supported by The Care Inspectorate and Scottish Care.

Donna Kirk, Principal Coordinator of National Dental Strategies, said, "The staff of St Drostan's House, Windyedge Cottage and Lisden House should be proud of their achievements. This is a great accolade and again demonstrates the high standards of care available in care homes."



*Lisden House*



*Windyedge Cottage*

## Derek inaugurated as IBMS President

Derek Bishop, Scottish Pathology Network Manager at Ninewells, has been inaugurated as President of the Institute of Biomedical Science (IBMS) marking the start of the Institute's centenary year of 2012.

Derek has been a member of the Institute for 30 years, becoming a Fellow in 1981 and gaining Chartered Scientist designation in 2004. He spent 2011 in his role as President Elect and his presidency will run for a fixed term of two years.

With over 20,000 members, Derek will lead the international organisation in promoting and developing the role of biomedical science within healthcare to deliver high quality services for patient care and safety. Derek will chair the Council, represent the Institute at external meetings and meet members at events both in the UK and internationally.

On his inauguration Derek said, "The current healthcare climate offers both challenges and opportunities for IBMS members and the profession. It is an important time for the Institute and I am honoured to carry this work forward into the centenary year."

## EHI Awards success

The Perth & Kinross pulmonary rehabilitation team was part of a successful Scotland-wide project which won the EHI (eHealth Insider) Award 2011 for Best Use of Telehealth and Telecare.

The concept of using technology to deliver pulmonary rehabilitation was initiated in Perth & Kinross and it is routinely used to deliver to outlying areas. Other NHS Boards in Scotland were interested in this model and funding from the Long Term Conditions Alliance initiated a project to look at remote delivery of pulmonary rehabilitation.

Respiratory physiotherapist Lindsay Willis and respiratory nurse Maureen Blair were key players in supporting other Boards to adapt their delivery models.

Allied Health Professions lead for Perth & Kinross CHP Jane Dernie travelled to London for the award ceremony and was thrilled that the project received national recognition.

NHS 24 continues to facilitate connections between the Scottish Boards involved in the project and future work will look at delivering to patients' homes using technology.



*Jane Dernie (centre) at the award ceremony*





*Gemma Christie, who receives treatment at the Sunflower Centre, and Ellen Hughan at the launch of the service*

## New library service at the Sunflower Centre

The Sunflower Centre at PRI has launched a new library and information service, which has been developed thanks to the generosity of local people.

Children of all ages from Perth & Kinross visit the Sunflower Centre for physiotherapy, speech and language therapy, occupational therapy and podiatry.

Through donations received from a number of individuals, including a substantial contribution from Ellen Hughan whose son received treatment at the Centre, a library and information service has been developed for families to access.

Once a month Mairi Simpson, a family worker from local parent support service Parent To Parent, will hold a drop-in session to support parents to access relevant information.

## New glaucoma support group launched

NHS Tayside has introduced a new glaucoma support group which is supported by the International Glaucoma Association.

Glaucoma is one of the leading causes of preventable blindness and the aims of the group are to provide education, support and information for patients, families and all healthcare professionals.

Guest speakers at the group include consultant ophthalmic surgeon Dr Caroline Cobb and Mr John Hughes of the International Glaucoma Association.

For more information please email [lauraforbes2@nhs.net](mailto:lauraforbes2@nhs.net)



*l-r staff nurse Laura Forbes, staff nurse Jennifer Bennett and Dr Caroline Cobb with patient Henry Johansen*

## Lottery funding announced for arts project

Tayside Healthcare Arts Trust (THAT) has been awarded funding from Awards for All Scotland, Big Lottery for a new innovative, patient-centred project.

The Creativity and Wellbeing for People with Long Term Conditions project will receive £9900 over 2012 to develop and deliver nine programmes which will each culminate in a display/celebration of the participants creative achievements.'

Programmes currently being developed include Dancing for Dementia, Singing for COPD and Drawing and Painting for people with Parkinson's disease.

The project is a one-year pilot and will be delivered with the support of NHS Tayside, Alzheimer Scotland, Parkinson's Society, BreathEasy groups, specialist long term conditions partners and local authorities.

## Funding approved for cooking toolkits

NHS Tayside's Endowment Advisory Group has approved funding to produce a toolkit for staff and local organisations to deliver cooking programmes to vulnerable groups across the region.

Members of the Endowment Advisory Group allocated £4350 to produce 30 'Cheap and Nutritious' (CAN) Cook Toolkits, which will contain recipes, posters, games and activities to allow programmes to be delivered in a fun and informative way.

The CAN Cook Toolkit aims to enhance the service already provided by those who run cooking groups by supporting a more consistent approach and ensuring the delivery of key nutritional messages.

This structured programme of cookery education will be aimed at vulnerable groups across Tayside including homeless people, individuals living in supported accommodation, young people and young families. The largely pictorial content of the Toolkit will make it particularly suitable for people with limited literacy skills and those with a learning disability.



## Congratulations to Monica

Monica Hunter, lead pharmacy technician for education, training & development at PRI, recently graduated through the University of the Highlands and Islands with a Master of Arts in Professional Development.

Monica was supported through NHS Tayside Pharmacy Services and funding for her final year was provided by NHS Tayside Endowment Fund for Education & Training.



## Stacey Clarke



Stacey Clarke tells spectra about her dream dinner dates and her particular skills on the dancefloor.

### NAME, DESIGNATION AND DEPARTMENT

Stacey Clarke  
Assistant Endowment Accountant  
Finance, Ninewells

### PERSONAL HISTORY (AN OUTLINE OF YOURSELF AND HOW YOU CAME TO BE IN THIS JOB...)

After leaving school I worked for The Scottish Care Commission which gave me some office experience that I really enjoyed but sadly this was only a temporary post.

I then applied for my first post within the NHS Tayside supplies department. I worked there for almost five years, four years as a processing officer and the rest as a customer services advisor. Although my time in supplies was great I felt I wanted to achieve more and that's when I took it upon myself to apply for funding from NHS Tayside Education and Training Endowment Fund to carry out my HNC in Business Administration.

I felt because I had a lot of experience within the NHS and had learned a lot of new skills from doing my HNC it was time to try and develop myself. That's when I applied for my job as an assistant endowment accountant and I have never looked back!!

### LIKE(S) ABOUT CURRENT JOB

I would like to say first of all definitely the people I work with. Everyone has been very friendly and helpful since I started and I think it is really important to have a good working relationship with colleagues.

I also think learning new tasks and finding out in depth about endowments is very interesting as it is really different to my post in supplies.

### DISLIKES ABOUT CURRENT JOB

I can honestly say I haven't discovered any dislikes so far and I hope it stays that way.

### MOST UNUSUAL THING ASKED TO DO AT WORK

Be a poster girl!

### ACHIEVEMENT MOST PROUD OF

Passing my driving test after my third attempt was a brilliant feeling. Doing my HNC in Business Administration.

### FAVOURITE WRITER

I'd be lying if I said I had one, I'm more of a weekly magazine girl!!

### FAVOURITE MUSIC

Elvis, The View, Paolo Nutini, Kasabian, Oasis, Lady Gaga, Motown. I like lots of different types.

### FAVOURITE MEAL

Chicken Tikka Masala

### MOST LIKE TO HAVE DINNER WITH

It would have definitely been Elvis Presley but that's impossible so I'd settle for Noel Gallagher.

### FAVOURITE WORD

FAB!

### TOP 3 FRUSTRATIONS

- People that are unnecessarily rude
- Being late! (I'm always late)
- Paying for the car park

### MOST EMBARRASSING MOMENT

I had a really bad interview once when I completely forgot what I was about to say and started to shake! Nerves get the better of me sometimes.

### IRRITATING HABIT

I talk too much

### DO BETTER THAN ANYONE ELSE

The Cha Cha Slide

### 3 WISHES

- To be happy
- To be successful
- To be filthy rich - dream on!!



## NHS Tayside learnPro Update

learnPro, NHS Tayside's Learning Management System, has been live across the organisation since September 2011.

The system was launched with only eight modules, but this has quickly grown to 34 modules across 16 categories/topics. Interest in creating more modules is gathering momentum and the NHS Tayside elearning developers are currently working on another 33 modules including Equality and Diversity, Self Harm and Suicide in Young People, Falls Awareness, Alcohol Brief Interventions and Adult Protection.

In the first ten days of 2012 alone, there were over 2500 modules accessed and over 2800 assessments attempted across the whole organisation.

If you would like more information please visit the Staffnet learnPro page under Learning & Training | e-Learning, or if you are interested in creating an elearning module email [learnpro.tayside@nhs.net](mailto:learnpro.tayside@nhs.net) and a member of the learnPro team will contact you to discuss your ideas and the processes involved.

If you are having problems with learnPro, then log a call with the NHS Tayside Help Desk on 01382 424444, or on the Staffnet site at IT Service Desk | Raise an IT Incident.

## How We Keep Services Running

The new 'How We Keep Services Running' Staffnet site has now gone live, providing the most up to date information to help services to continue operating in the face of a wide range of different types of disruptions.

This could range from 'normal' internal business crises to major emergencies caused by external events.

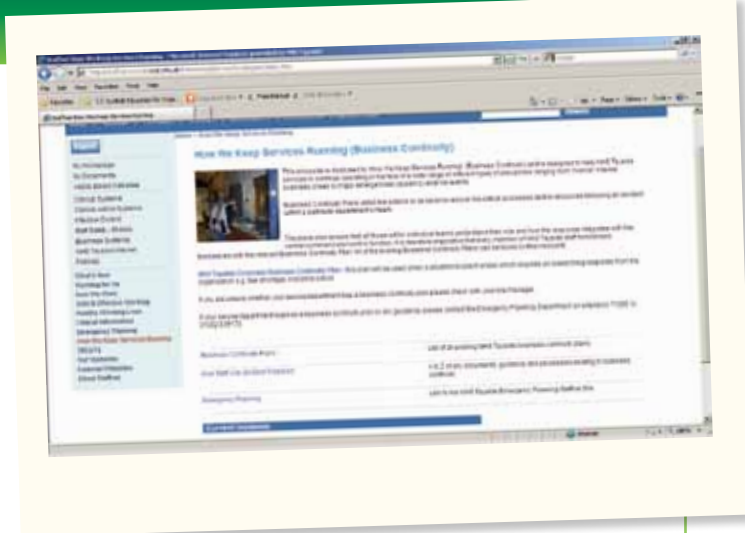
The site can be found on the left-hand side of the Staffnet Homepage.

The new site has been developed in response to feedback from staff and provides details of current incidents and situations.

The dedicated Adverse Weather page has links to all the websites where you can get the latest information about the changing weather conditions and how to be prepared.

Emergency planning officer Douglas Grewar said, "Staff from now on will be kept up-to-date on current and future incidents, and are reminded to check the site for the latest information and advice."

Staff are also encouraged to visit the NHS Tayside Facebook and Twitter pages for the most up-to-date information on services in NHS Tayside during times of disruption eg adverse weather, industrial action etc. These pages can be viewed by all staff with or without Facebook and Twitter account login details.



## What to do when staff leave NHS Tayside?

Are you aware when an employee leaves NHS Tayside the IT Department are required to remove access to electronic systems and NHSmail?

With systems such as NHSmail and eKSF being accessed at home and staff PCs being available in canteens, it is important that once a person is no longer employed by NHS Tayside then their accounts must be removed. The System Access Management (SAM) Team should be informed by line managers of this as soon as possible.

With the introduction of Active Directory Accounts and Single Sign On it is even more important that departments ensure the SAM team are advised.

## How do I inform the SAM Team?

The Delete LDAP form should be completed by the line manager. This can be found on Staffnet under Our Websites | System Access Management Team. Details of where to send this once completed is on the form.

## £1300 for Ninewells Ward 32

A former Ninewells Hospital patient from Inchtute presented £1300 to Ward 32.

Betty Meville raised the money by holding a Hallowe'en party at Inchtute Hotel where family, friends and local businesses donated raffle prizes. Around 100 people attended the event.

Head, neck and neuro oncology clinical nurse specialist Lesley Taylor said, "We always find it extremely touching when a former patient decides to give something back to the ward where they received treatment."

## Donation to benefit cancer and diabetes patients

Cheques totalling £650 were donated to the oncology and diabetes departments at Ninewells.

Robin Kennedy and his brother Ian have both been treated by consultant oncologist Dr Phyllis Windsor. Therefore, when Robin and his wife Isobel recently celebrated their 50th wedding anniversary at the Panmure Hotel, they requested friends and family make donations to the oncology and diabetes departments at Ninewells, instead of them giving gifts.

Robin said, "We are extremely grateful for the generosity and kindness of our family and friends and would like to give something back to Ninewells in appreciation of the care the Kennedy brothers have received here."



*l-r Robin Kennedy, Isobel Kennedy, senior charge nurse Lynne Clarke and Dr Phyllis Windsor*



*l-r Tracey Curry, Kirsty Brady, Ailsa Luke and Avril Gunning*

## Former patient puts brush to canvas for Royal Victoria

Former patient Katherine Heriot-Maitland had a show of all the art work she has produced since suffering from a stroke aged just 28, to raise funds for the Centre for Brain Injury Rehabilitation, based at Royal Victoria.

Katherine started to paint while recovering in Royal Victoria following a stroke caused by an arteriovenous malformation (AVM) in her brain stem, which made it rupture. Katherine initially spent a month in the high dependency unit in Ninewells before being transferred to Royal Victoria where she spent a year rehabilitating.

## Mobility scooter presentation

The family of a Dundee woman who died of lung cancer have donated a mobility scooter for the benefit of patients at Ninewells Hospital.

Janette Quinn was a regular visitor at the respiratory ward as she suffered from Chronic Obstructive Pulmonary Disease (COPD). Janette was subsequently diagnosed with lung cancer, and during the time when she was ill she was keen to still spend time with husband Ralph Todd at their caravan and they purchased a mobility scooter to help her.

Sadly Janette did not get a lot of use out of the scooter, as she passed away in September at the age of 70. Ralph made the decision to donate the scooter for other patients' benefit. Ralph and daughter Laura Smith have been involved in various fundraising initiatives including a collection at Janette's funeral. The family also presented a cheque for £500 to Roxburghe House where Janette spent time as a patient.



*l-r Healthcare assistant Alison Grant, Ralph Todd, respiratory consultant Dr Robin Smith, charge nurse Joan Hutcheon, Ralph's son Bob Todd, Macmillan lung clinical nurse specialist Susan Smyth, Macmillan nurse Lynn McAllister and Laura Smith*

## Harris pupils' fancy dress fundraising

Kirsty Brady, Ailsa Luke and five of their Harris Academy friends & some family members walked the Tay Road Bridge in fancy dress and raised £750 for Maggie's Centre and Macmillan nurses. Tracey Curry from Maggie's Centre and Macmillan clinical nurse specialist Avril Gunning accepted the cheque from Alisa and Avril.



## Motorbike crash patient donates to intensive care

A Leven man who was involved in a serious motorbike accident in 2010 thanked staff at Ninewells Hospital for the care he received.

Derek Rae (26) was unable to walk after he was involved in a road traffic accident at Largoward in June 2010, and was a patient in the Ninewells intensive care unit for six days, before being transferred to Ward 18.

Derek, his girlfriend Susan and his family decided to carry out some fundraising by way of thanks to Ninewells staff. A 'Virgin V' party and a race night held at Leven Thistle Golf Club raised £3400. Derek handed over a cheque for £1000 to Ninewells ICU to buy new sofa beds for the two family rooms. Six televisions with DVD, Freeview and wall brackets have also been donated to Ward 18 as a result of the fund raising.



*l-r Derek's mum Susan Rae, liaison nurse Trish Antoniewicz, consultant Judith Joss, specialist registrar Megan Dale, staff nurse Claire Murphy and Derek Rae*

## Prostate cancer cheque

The Arbroath Round Table presented £1300 to senior clinical lecturer in surgical uro-oncology Ghulam Nabi to benefit prostate cancer patients.

Members of the Round Table grew moustaches for 'Movember' and were sponsored for their efforts.



*Ghulam Nabi (centre) holding the cheque*



*Members of the CF Trust in Tayside (l-r) Morag Beckett, Linda Lyall, Hilary Carver and Linda Lyons*

## Rotary help for community nurses

Rotary Club of Perth has funded the provision of a spirometer to be used by Perth & Kinross Community Nursing Team. The machine will be used to help patients who suffer from asthma and from COPD. The battery operated and portable machine will allow the nurses to provide essential care for patients at home.



*Community nurse Xianne Young and district nurse Sandra Bowes demonstrate the machine to Rotarians Mike Hope and President Ben Gunn*

## Stroke patients to benefit from donation

Angus woman Gwen McCreadie handed over a cheque for £669 which will be used to benefit stroke patients in Tayside.

The money was raised by people in Dundee and Angus who attend Gwen McCreadie Healthy Lifestyle Classes. Each year Gwen, who comes from Letham, raises money for a local good cause and this year, with the support of her class members, she decided to fundraise for stroke patients.

Gwen and her class members have been holding £1 clothes sales for the last six weeks where people brought along clothes that did not fit any more or they didn't want and sold them for £1 per item. Gwen, along with Dundee class advisor Karen Deuchars, visited Kings Cross Health and Community Care Centre to present the cheque to lead clinician Gail Smith and manager Margaret Swankie from the Stroke Managed Clinical Network.



*l-r Stroke liaison nurse team leader Margaret Mitchell, carer Loretta Lennie, Gwen McCreadie, stroke patient representative Brian Ramsay, Margaret Swankie, Gail Smith and Karen Deuchars*

## Fashion show to raise funds for Cystic Fibrosis

Members of the Cystic Fibrosis (CF) Trust local group in Tayside organised a Fashion Show to raise funds for CF Trust. Over £2000 was raised which will go directly to CF Trust to assist with research and gene therapy.

# retirals

Community midwife Gwen Harper has retired from Ninewells after 38 years with NHS Tayside during which time she has welcomed thousands of children into the world.

Gwen will continue to work in a bank but is looking forward to travelling and spending more time with her family.

Picture courtesy of The Courier, Dundee



*Greig Murray*

Consultant surgeon Mr Greig Murray has retired after over 36 years service with the NHS.

In 1990 Greig moved from London to Tayside taking up the post of consultant in General Surgery at Perth Royal Infirmary, the position he held until his retirement.

In his retirement Greig is looking forward to spending more time with his wife Pam, his children and grandchildren. He also plans to do more hill walking, golfing and gardening.



*Gwen Harper*

Pharmacy technician Doreen Clark celebrated her retiral from NHS Tayside after 42 years service.

Doreen began her career at DRI in 1969 then moved to Ninewells where she spent time in non-sterile services and pharmacy distribution.

During her career, Doreen gained an MBA and became the first MT05 in Scotland. She also provided leadership to the Scottish Pharmacy Technician Group in the period leading up to their transformation to a registered profession.



*Doreen Clark*



*Linda Thomson & Susan Henderson*

Receptionist Linda Thomson and clerical officer Susan Henderson enjoyed a joint retirement celebration after working 32 years and 30 years respectively for NHS Tayside.

Linda started her career in medical records at DRI and Ninewells before moving to maternity services where she spent the last 20 years as receptionist in the labour suite/maternity admissions.

Susan began her employment in medical records at Ninewells and has worked at maternity admissions/labour suite for the last 27 years.

Consultant and Honorary Professor of clinical oncology John Dewar has retired after 36 years with the health service.

Professor Dewar began his NHS career in 1975 and came to Dundee as a consultant in 1986. He has also been lead cancer clinician for Tayside, speciality advisor for clinical oncology to the Chief Medical Officer and head of training for clinical oncology in Tayside.

Professor Dewar is looking forward to spending more time with his family, travelling and reducing his golf handicap.



Picture courtesy of The Courier, Dundee

*John Dewar*



*Veronica Mills*

One of NHS Tayside's longest serving occupational therapists Veronica Mills has bid farewell to colleagues after spending 38 years with NHS Tayside.

Veronica began her career at DRI in 1973 then moved to Ashludie, working with the geriatricians until 1987 when her next move took her to the OT department in Ninewells.

In 1993 Veronica moved across town to Kemback Street to join the recently established Community Rehabilitation Team where she has remained until her retirement.