

# spectra

The staff magazine for NHS Tayside



Oct-Nov 2012  
Issue 62



**NHS Tayside**  
**Assisted Conception Unit**  
**Making little miracles since 1984**



## Dear spectra readers,

NHS Tayside has celebrated the opening of two fantastic new facilities recently. Former Cabinet Secretary for Health, Wellbeing and Cities Strategy Nicola Sturgeon visited Ninewells to officially open the new £10.4 million purpose-built Nuclear Medicine Unit, which has seen the department's imaging service, radiopharmacy and laboratories modernised and redeveloped.

The newly refurbished and extended Assisted Conception Unit at Ninewells was also officially opened by Dr John Mills, one of the pioneering doctors who set up the original unit almost 30 years ago.

Check out News2u for photos and coverage of both events.

The spectra team have been chatting about our first jobs and some of the more unusual occupations we found ourselves in. In an office of seven women there is a former welder's labourer, a croupier, a bakery assistant, a mystery shopper, a babysitter, a newsagent manager and an assistant in Tayside Police Investigations Unit (think CSI Dundee!). This got us interested in what other jobs the staff of NHS Tayside have held. See Voxpop on page 12 to find out what weird and wonderful professions our staff have dabbled in.

In our Meet the Team feature we introduce you to some NHS Tayside teams and the work that they do. Find out more about the pre-assessment service, the team who are redesigning the musculoskeletal pathway and the amalgamated Tayside-wide podiatry service on pages 16 and 17.

TREATS has a bumper eight-page pull out this issue so check it out and see if you can grab a bargain!

We're always looking for stories and suggestions for your magazine so get in touch if there's anything you'd like us to cover. Just email the editorial team on [communications.tayside@nhs.net](mailto:communications.tayside@nhs.net)

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Please send items for the next edition of spectra Issue 63 Dec/Jan to the editorial team by 6 November. The deadlines for the following editions of spectra are: Issue 64 Feb/Mar – 8 January and Issue 65 Apr/May – 5 March.

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Designed and Printed by

**panda**print   
colour & digital printers

t: 01383 417847

e: [design@panda-print.co.uk](mailto:design@panda-print.co.uk)

[www.panda-print.co.uk](http://www.panda-print.co.uk)



## Patients enjoy Olympic parties

With Olympic fever gripping the country, staff from Angus Specialist Palliative Care Services hosted Olympic-themed parties for patients at Whitehills HCCC, Little Cairnie Hospital and Macmillan Day Care at Stracathro.

Staff and volunteers organised the fun-packed parties which saw patients compete in their own special mini Olympic Games and take part in quizzes and competitions. At the end of each party, all patients were presented with their own gold medals.

Palliative care clinical lead for Angus CHP Helen Dryden said, "The Olympics only happen once every four years but our patients show quiet courage, hope, determination and effort to make the most of every day. I consider them all winners."

The Olympic party at Macmillan Day Care at Stracathro



Picture courtesy of Andy Thompson Photography

Participants Jean Laing, Stewart Robertson and Fred Whitnall with their prints



Picture courtesy of The Courier, Dundee

## Summer school prints on display

A display of artwork produced by people in Tayside with long term conditions was on display in Dundee Contemporary Arts.

Colour silkscreen prints, dramatic etchings and mono, lino cut and dry point prints were created by people on the ST/ART Printmaking Summer School run by Tayside Healthcare Arts Trust (THAT) and supported by NHS Tayside.

The programme provided four one-day introductory sessions and two three-day summer schools, with a total of 36 participants from as far afield as Pitlochry and Brechin coming together to share in the opportunity to be creative.

Participants had a variety of conditions from stroke and acquired brain injury to Parkinson's, early stage dementia and COPD.

## New home oxygen supply arrangements

A new national home oxygen service has been introduced in Tayside which sees

regular home oxygen supplies delivered direct to patients' homes.

In Tayside there are currently 350 patients in Angus and Dundee using home oxygen and 100 in Perth & Kinross.

Respiratory liaison nurse team leader Sandy Rolfe said, "This new arrangement is more convenient for patients as regular home oxygen supplies are now being

delivered straight to their doors.

"We will also now be running weekly home oxygen clinics for new and current patients in Ninewells and Perth."

GPs are now no longer able to prescribe oxygen cylinders or portable cylinders and this process needs to be completed via the respiratory unit following an appropriate assessment.

## Asthma information in Arbroath

Specialist respiratory nurses were at Morrisons in Arbroath to raise awareness of asthma and give advice on the treatments and services available in Angus for people of all ages living with the condition.

This included what the symptoms of asthma are as well as what to do if someone is having an asthma attack. Visitors to the stand were also able to have a breath test to check their peak flow and test how well controlled their asthma is.

Lead respiratory specialist nurse Maureen Fagan said, "Many people with asthma put up with symptoms such as wheezing and shortness of breath, both of which can restrict their everyday activities. With the correct treatment the vast majority of people who have this condition can live full active lives."



*l-r Maureen Fagan, Zoe Pickup and Ruth Houston*

## News in Brief

### Angus

#### Preventing falls in care homes

A training event was held at Stracathro for around 35 care home staff from across Angus which focused on raising awareness of the 'Preventing falls and fractures in care homes' resource.

Participants took part in interactive group sessions covering a range of topics including exercises, foot care and footwear, bone health and medications, visual impairment and telecare solutions.

#### Forfar quit smoking group

A new evening smoking cessation group is being held at Whitehills HCCC on Mondays between 6 and 7pm.

Smoking cessation co-ordinator Kenny Grewar said, "We really are trying to make stop smoking groups as accessible as possible and make it easier for people to get the help and support they need to quit."

#### Managing tiredness

A new free self management course to help people manage their tiredness and fatigue has been launched at the Links Health Centre in Montrose.

The five-week Fatigue Management Programme is aimed at people who experience excessive tiredness or exhaustion and aims to help them have a better quality of life.

#### Ticket to paint in Arbroath

The Salvation Army Hall in Arbroath hosted an art display created by people living with Parkinson's disease.

The Painting for Parkinson's art programme is funded by Awards for All and run by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside, with support from the Arbroath Parkinson's Group.



*Denise (centre, front) with mums and babies at the café*

## Healthy Start Café re-opens in Forfar

Angus CHP's Healthy Happy Communities project welcomed mums, dads, babies and mums-to-be to The Guide Hall in Forfar as the Healthy Start Café returned after its summer break.

A mixture of new parents and some of those who attended last year came along to the café where they discussed healthy eating options and breastfeeding and tried out baby massage.

Other activities at the café include baby yoga and advice on oral health from the Childsmile team.

Healthy Happy Communities project worker Denise Black said, "Sometimes it can be difficult to meet other mums and the café is a great opportunity for new mums and mums-to-be to get together. The activities are very much decided by the mums themselves choosing topics that are of particular interest to them."



# Cabinet Secretary visits three Ninewells projects

Former Cabinet Secretary for Health, Wellbeing and Cities Strategy Nicola Sturgeon visited Ninewells to see three new projects at the hospital.

The first stop on Ms Sturgeon's visit was the new £10.4 million purpose-built Nuclear Medicine Unit, where she was given a tour of the department before carrying out the official opening of the unit.

The state-of-the-art development has modernised and redeveloped the department's imaging service, radiopharmacy and laboratories and the new unit accommodates a suite of three gamma cameras which are used in the diagnosis of conditions such as Parkinson's Disease, Alzheimer's Disease and inflammatory bowel disease, and for cardiac scans for heart disease.

*l-r Consultant physicist Dr Norman Kennedy, Chief Operating Officer Lesley McLay, Chief Executive Gerry Marr, Nicola Sturgeon, Chairman Sandy Watson and Nuclear Medicine clinical lead Dr John Davidson*



*Nuclear Medicine Department*



Nicola Sturgeon said, "The new Nuclear Medicine unit at Ninewells Hospital is a great example of how continued investment in our NHS is benefiting patients by providing them with quality care as close to home as possible."

Ms Sturgeon then moved on to the Blood Sciences Department to see the state-of-the-art automation of the laboratories, which uses robots and complex computer systems to provide test results.

The new system deals with 6000 blood samples a day, each of which may need up to six or seven tests performed on them, and when fully up and running will be able to test a set of samples from a patient within approximately 35 minutes.

The final part of the tour saw Ms Sturgeon visit the Ninewells Greenspace project, where she followed one of the newly-designed walking paths to the Arboretum and was introduced to staff, patients, volunteers and visitors, including occupational therapy staff and inpatients from Carseview Centre who are involved in the Ninewells community garden.

She also met children from the local nursery on the Ninewells site who showed off their recycling skills and made paper pots for the garden before ending her visit by planting a tree to mark the launch of the Greenspace project.

*Blood Sciences Department*



*Greenspace project*



## Scottish keyhole surgery first at Ninewells



Mr Nabi with a computer representation of Ethan's procedure

Single port keyhole surgery for conditions that can potentially lead to cancer is now being carried out at Ninewells – a first for Scotland.

This minimally invasive surgical procedure is being used in urology and sees the surgeon operate through a single entry point rather than multiple, and often no scar is left visible at all. Around 30 to 40 patients a year in Tayside could potentially benefit from this type of procedure.

Ethan Bayne (26) of Perth had a cyst on his navel, which could have potentially led to cancer, and was referred to consultant urological surgeon Mr Ghulam Nabi, a specialist in keyhole surgery who recommended a single port keyhole surgery procedure.

The procedure only took an hour and Ethan was discharged from hospital the next day, as opposed to four to five days as is the case with traditional keyhole surgery.

Ethan said, "My brother Darren had a gallbladder operation using the traditional keyhole method and he has three visible scars so I was amazed that I recovered so quickly and am now pain-free with no scar. I am really grateful to Mr Nabi and his team."

Mr Nabi said, "Single port surgery is more aesthetically pleasing for the patient and is generally favoured by young people such as Ethan. We are offering these procedures for a range of conditions, which is constantly expanding."

## Olympic torch comes to Ninewells

Balmullo teenager Joe Forrester dropped in to the children's ward at Ninewells to show patients and staff his Olympic torch.

Joe had the privilege of being an official torch bearer when the torch relay came to St Andrews and was keen to bring his torch to ward 29 so that the children there could have the chance of carrying the torch themselves and share in the Olympic spirit.

Joe was diagnosed with a tumour in his middle ear when he was five years old and has spent a lot of time in ward 29 over the past eight years so this was his way of saying thanks to the staff for their care and support.



Joe with ward 29 patient Ezekiel and Ezekiel's mum

## News in Brief

### Dundee

#### Support group for people living with lung cancer

A new support group for people living in Tayside with lung cancer and mesothelioma is being held at Maggie's Centre in Dundee on the first Monday of every month.

The group provides the opportunity for patients, families and friends to meet other people in similar situations and learn more about the conditions.

For further information please contact 01382 632999.

#### Gold standard for clinical trials

Dundee CHP and Dundee City Council's Tayside Clinical Trials Unit (TCTU) – a joint initiative between NHS Tayside and the University of Dundee – has been given 'gold standard' full registration status by the UK Clinical Research Collaboration.

The TCTU brings together the expertise needed to undertake a clinical trial, including clinicians, statisticians, software developers and trial managers. Working across a broad spectrum, TCTU is also active in dental projects, paediatric studies and healthy lifestyle interventions.

#### Intellectual Property seminar

Scottish Health Innovations Ltd (SHIL) invites NHS Tayside staff members to a 30-minute seminar entitled 'Intellectual Property – The Basics' at 1pm on 25 October in Ninewells Lecture Theatre 2.

SHIL is a not-for-profit organisation that works in partnership with NHS Scotland to protect and develop new innovations that come from healthcare professionals.

The seminar will cover the definition of intellectual property (IP), ownership of IP, the different ways in which IP can be protected, when you should consider protecting IP, and how to go about doing this.

For more information email [christine.helliwell@shil.co.uk](mailto:christine.helliwell@shil.co.uk) or [mark.ferguson@nhs.net](mailto:mark.ferguson@nhs.net)



## NHS Tayside plays host to international visitors

NHS Tayside and Perth & Kinross Council welcomed Maureen Bisognano, President and CEO of the world renowned Institute for Healthcare Improvement (IHI), to look at the groundbreaking improvement and redesign work being carried out in Tayside.

Chief Executive Gerry Marr discussed with Maureen the Tayside approach to the IHI Triple Aim initiative, which looks to provide high quality care and a good experience, improve the health of the population and use public resources to achieve the best possible value.

Maureen was also shown some of the work to support children in Perth & Kinross through the Early Years Strategy, to improve access to



Gerry Marr and Maureen Bisognano (seated, centre) with representatives from NHS Tayside and Perth & Kinross Council

healthcare in communities through the Angus CHP transformational change programme and to improve the care of older patients through the Older People in Acute Care Collaborative across Tayside.

The day culminated in a visit to Almondbank House, a unit that offers health and social care support to vulnerable children and their families. Maureen said, "I have been involved

in improving patient safety for many years and the work being carried out by NHS Tayside is inspiring. Seeing the facility here at Almondbank, I have no doubt that I am also seeing the future of health and social care.

Gerry Marr added, "We are delighted to have Maureen here in Tayside and to showcase some of the pioneering work around the integration of health and social care."



Ralph Pogson, Catherine Robertson, Margaret Heron and Charles Yates at the reception

Four members of the Scottish Dementia Working Group, who all come from the Blairgowrie area, attended a reception

## Reception for Scottish Dementia Working Group

hosted by the Scottish Government at The Scottish National Gallery in Edinburgh.

Ralph Pogson, Catherine Robertson, Margaret Heron and Charles Yates, who are all supported by NHS Tayside's Strathmore Dementia Service, attended the reception along with community mental health staff nurse Jennifer McLaren.

The reception was an opportunity for the Scottish Government to say thank you to

the Scottish Dementia Working Group, who are celebrating their 10th year. The group, which is made up of people who all have a diagnosis of dementia, works to influence the Scottish Dementia Strategy and promote and publicise dementia services.

Former Cabinet Secretary for Health, Wellbeing and Cities Strategy Nicola Sturgeon gave the keynote speech at the reception, which gave members the opportunity to meet with others in a social setting.



Alex Stephen of organ donation charity Revival with June Osborne at the Ninewells event

## National Transplant Week

NHS Tayside hosted information and advice stalls at Ninewells and PRI as part of National Transplant Week.

The theme of the week was 'Pass it On' which aimed to highlight the importance of passing on your wishes about organ donation to family and friends.

Specialist nurse in organ donation June Osborne said, "Over 90% of families will agree to donation if a loved one is registered and has discussed their wishes but this drops to around 40% if donation wishes aren't known. Please help us to improve these figures so that more donations can take place and more lives can be saved."

If you believe in organ donation, prove it. Anyone over 12 can join the register by visiting [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) or calling 0300 123 23 23. You can also text LIFE to 61611.



## BletherBox dementia forum launched

Scotland's first online dementia forum was officially launched at Murray Royal Hospital.

BletherBox is the brainchild of Leigh-Ann Whyte, a clinical studies officer with the Scottish Dementia Clinical Research Network (SDCRN) who is based at Ashludie Day Hospital.



*l-r SDCRN manager Emma Law, SDCRN clinical studies officer Catriona McCaw, Leigh-Ann Whyte and BletherBox administrator Jamie Whyte*

Leigh-Ann was inspired to create a resource for people affected by dementia after struggling to find any online support aimed at people in Scotland, where legislation and policies differ from in England and Wales.

BletherBox can be accessed at [www.bletherbox.org.uk](http://www.bletherbox.org.uk) where those affected by dementia or professionals involved in dementia care and research can give and receive advice, access and share resources and keep up to date with any developments or campaigns.

## New Dementia Link Worker scheme in Perth

A new service has been launched in Perth to provide high quality support and assistance to people with dementia and their families.

Dementia link workers Anne Gray, Sarah Jane Brand and Gayle Thomson will support individuals with dementia, as well as their families and carers, from pre-diagnosis onwards on a one-on-one basis, helping them to develop individual coping strategies.

They will also connect people to local support groups as well as appropriate services that are available in the local area.

The aim of the scheme is to provide community support to people with dementia that will help to prevent unnecessary admission to hospital or a care home. If an admission is needed, the link workers will work closely with staff to make sure their clients get the appropriate care and are discharged as soon as is possible.

General manager of Perth & Kinross CHP Bill Nicoll said, "This is a very exciting development within the Community Mental Health Team and will provide great value to the community that we serve."

The Dementia Link Worker pilot scheme will initially run for two years in partnership with NHS Tayside, Perth & Kinross Council and Alzheimer Scotland.



*l-r Sarah Jane Brand, Gayle Thomson and Anne Gray*

## News in Brief

### Perth & Kinross

#### Joint Strategy for Learning Disabilities

Perth & Kinross CHP Committee and Perth & Kinross Council Housing & Health Committee have approved a new Joint Strategy for Learning Disability Services 2012-2015.

The joint strategy is an ambitious partnership policy which has been driven by service users needs. It follows extensive consultation with service users, relatives and carers.

#### Health and social care integration

A development event was held in Perth & Kinross to discuss proposals for the integration of health and social care in Scotland.

The feedback given at the event formed part of NHS Tayside's response to the national consultation, which closed in September and was open to individuals, groups and organisations for comments.

#### Transforming challenging communities

A two-day training event in Perth gave NHS Tayside staff, volunteers and representatives from Perth & Kinross Council and local communities an insight into the C2 Connecting Communities programme.

Day one was themed 'From Isolation to Transformation' and was chaired by George Millar of Volunteering Action Perthshire. Chairman of NHS Tayside Sandy Watson chaired the second day, 'From Theory to Reality', giving the opening address and welcoming delegates and key speakers including Scotland's Chief Medical Officer Sir Harry Burns.

Over the two days, delegates were introduced to C2 and how to use the seven-step guide handbook. They also heard first hand stories on the success of C2 from members of Beacon community, Redruth & Townstal partnerships and Timmergreens in Arbroath.

# Official opening of new Ninewells Assisted Conception Unit



*l-r Dr Mills, Sandy Watson and Dr Vanessa Kay*



*Dr John Mills (seated) with (from left) ACU business manager Anne McConnell, Chairman Sandy Watson and clinical lead Dr Vanessa Kay*

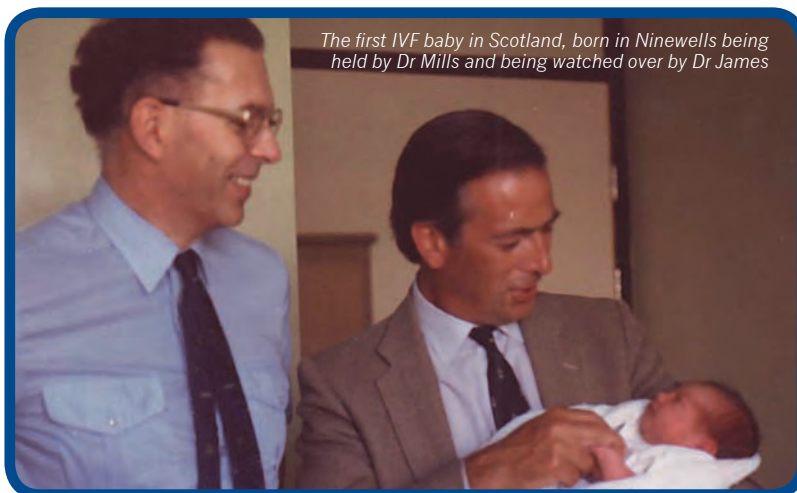
The new Assisted Conception Unit (ACU) at Ninewells has been officially opened by one of the pioneering doctors who set up the unit almost 30 years ago.

Dr John Mills, along with his colleague Dr Geoff James, set up the ACU at Ninewells in 1983 which resulted in the birth of the first IVF baby in Scotland in September 1984. Prior to this, the only treatments available in Tayside were ovulation induction, tubal surgery and artificial insemination.

Other firsts for the unit include the first baby born following treatment using donated embryos in 1989, the first baby born following treatment using frozen embryos in 1994 and the first baby born following intracytoplasmic sperm injection (ICSI).

The department originally operated from a laboratory with seven staff and in 1994, the unit opened in Ward 35, a self-contained ward with its own inpatient and outpatient areas and laboratory. As the service developed, the ACU outgrew its accommodation and work began in September 2010 to provide a new extension and redevelop the existing space.

The newly refurbished and extended facility houses a theatre, procedure room and embryology laboratory along with consulting and scanning rooms, recovery bay and andrology laboratory.



*The first IVF baby in Scotland, born in Ninewells being held by Dr Mills and being watched over by Dr James*

## Amy's Story



Domestic assistant Amy McCartney, who is based in Ninewells, was one of the first people to successfully undergo fertility treatment using an egg donor.

Amy became pregnant in February 1992 and gave birth to twins Emma and Ryan on 20 October, 1992 by caesarean section.

Amy said, "This kind of procedure was still in the early stages when I was given the treatment. I was first person to have twins with donor IVF and I am forever grateful to Dr Mills and Dr James for everything they did for me. Dr James was even there at the birth of the twins.

"It has been the best thing I have ever done."



Around 400 to 450 treatment cycles are carried out each year and so far, over 3000 babies have been born as a result of IVF/ICSI treatment at Ninewells.



# 'Give Respect, Get Respect'



Left to right: I-r Director of Human Resources George Doherty, Employee Director Judith Golden, Medical Director Dr Andrew Russell, Chairman Sandy Watson, Chief Executive Gerry Marr, Vice-chair of Area Partnership Forum Vanessa Shand and Head of Workforce (Operations) Jennifer Mudie

As part of the initiative approach to the dignity at work agenda, NHS Tayside launched its the new Give Respect Get Respect campaign for staff with a new set of standards for all staff called 'RESPECT – Our Code of Positive Behaviour'.

The RESPECT standards set out the expectations and responsibilities of staff under the themes of Responsibility, Equality and Diversity, Support and Understanding, Positive Feedback, Effective Teams, Communication and Zero Tolerance.

They describe how staff will work together

with positive behaviours that will strengthen the working environment and enable them to deliver excellent person-centred care to every patient, every time. It also serves as the set of standards

which patients, their families and carers should expect when they are being cared for by, or have any contact with, NHS Tayside staff.

Employee Director Judith Golden said, "We want to get to the point that each member of staff is treated with the same dignity and respect."



## Financial advice for staff

Advice on money matters is available for ALL members of NHS Tayside staff.



The free Money Advice Service assists people to make financial decisions and covers budgeting, savings and borrowing, insuring and protecting, retirement planning and understanding tax and welfare benefits.

An initial session takes approximately 45 minutes, with follow-up sessions where required.

A money adviser is available by appointment at Ninewells from 10am to 4pm on Mondays. Call 01382 431581 or 431587 to make an appointment stating that it is to take place at Ninewells Hospital.

A money adviser is also available at PRI on Tuesdays, or alternatively at Perth Citizens Advice Bureau in Atholl Crescent, on varying days. Call 01738 450581 to make an appointment.

The 'ADAPT – Avoid Debt, Act Positively Today' service is an additional service offering more long-term sustained support for all staff and patients in Angus and Dundee.



This service aims to address how debt and poor money management skills can impact on people's health and wellbeing. It is especially for those facing challenging circumstances or a change in circumstances, such as starting a family, long-term sick leave or perhaps moving from benefits to work.

If you or any of your patients could benefit from this service, contact Zoe or Eileen in Angus on 01241 870695, or Rosemarie or Craig in Dundee on 01382 431582. Sessions can also be delivered to groups.

# The first step on the ladder...

Some of us will remember fondly our first job. The moment we struck out into the big bad world and brought back our very first wage. Some of us might have first jobs we might want to forget, such as crooner Rod Stewart whose first job was as a grave-digger or actor Warren Beatty who was a rat-catcher.

Our first jobs undoubtedly help to shape us and prepare us for a lifetime of employment, however far removed they are from what we currently do. Take Whoopi Goldberg the Golden Globe winning actress, famous for her roles in Sister Act and Ghost. She started her working life on a building site as a bricklayer while actor Danny Devito earned a crust working as a hairstylist.

We asked spectra readers what their first job was and what was the most unusual job they have ever done?



**Diane Johnston**

*Occupational Therapist  
Roxburghe House*

My first job was a paper round in Scone. My paper bag was so heavy, it had so many papers in it that I could barely carry it.

Not really an unusual job but quite a funny situation – well I can laugh about it now anyway! I used to do some child-minding while I was studying and two particular children had been told in no uncertain terms that they were not to play with a football in the house. A short time later I heard an almighty crash and rushed into the room to find a broken vase and two very sheepish kids who informed me they hadn't been playing with a football as I had requested, but with a golf ball instead!



**Victoria Williams**

*Staff Nurse  
Ward 2/3, Arbroath Infirmary*

I worked in a chip shop after school and I earned £2 an hour which seems like nothing now but it was a lot to me. I liked the job of serving people and obviously earning some money was great but the down side was the way the chip smell clung to my clothes and hair – I hated that.

One of the jobs I had before nursing was working in a bridal shop, which I owned. It was interesting and I got to meet lots of people. The most unusual sale I had was when I helped a man choose a wedding dress for himself. After trying on a few he decided on a nice pale pink one which he seemed very happy with. I was very pleased he came to my shop and that I was able to offer him advice.



**Paul Martin**

*Foundation Doctor  
Roxburghe House*

My first job was as a lifeguard working in Blairgowrie Recreation Centre.

My most unusual job also involved water. I was asked to model hot tubs at the Royal Highland Show which basically involved sitting in a hot tub all day!



**Tracy Scott**

*Senior Staff Nurse  
Ward 2/3, Arbroath Infirmary*

My first job was working in an amusement fair and I loved it. I worked on various stands selling candy floss, hamburgers, beach balls and even on the Ladybird roundabout ride. It was great fun.

The most unusual job I have done was after I won the 'Face of the Wellgate' for my age category part of the prize was the chance to do some modelling work. There was ongoing publicity for the centre and I was involved with this which saw me doing spring, summer and Christmas themed photo shoots. I was able to have the opportunity to work alongside professional catwalk models as well.

I really enjoyed it and I look back on it as a good life experience for me.





## Dr Stephen Cole

Consultant Anaesthetist/Clinical Lead  
for Organ Donation

Anaesthetics, Ninewells

My first job was working in a pizza factory to fund travel abroad between school and university.

My most unusual non-medical job was as a member of the Sunshine/Lake Louise ski patrol team in the Canadian Rockies. We checked the slopes first thing in the morning, controlled avalanche risk after a heavy snow fall, dealt with injuries (mainly Americans) during the day and swept the slopes for stragglers after the lifts finished running.

My most unusual medical job was working as a consultant anaesthetist in Kiruna, an iron ore mining town in the far north of Sweden, way above the Arctic Circle.

## David Gordon

Senior  
Chaplain  
Acute  
Services



My first job was in the Co-op as a Saturday boy while I was still at school. I was so exhausted after my first day I fell straight to sleep when I got home and sat down! When I worked in the Co-op all those years ago, I used to have to dispose of milk which had not only gone sour but had almost solidified. I can still smell it. Yuck!

Some people would see being a chaplain as unusual.



## Top twenty celebrity first jobs

1. **Mick Jagger** started out as a hospital porter
2. **Sean Connery** delivered milk
3. **Ozzy Osbourne** worked in a slaughterhouse
4. **Mickey Rourke** was a cinema usher
5. **Sting** was a qualified teacher
6. **Clint Eastwood** installed swimming pools
7. **Jennifer Aniston** was a telemarketer
8. **Colin Farrell** taught line-dancing
9. **Nicolas Cage** sold popcorn at a cinema
10. **Cyndi Lauper** cleaned dog kennels
11. **Kanye West** worked as a shop assistant in Gap
12. **Michael Douglas** was a petrol station attendant
13. **Walt Disney** started out as an ambulance driver
14. **Tom Cruise** had a paper round
15. **Dan Aykroyd** was a mail man
16. **Madonna** was a shop assistant in Dunkin Donuts
17. **Hugh Jackman** worked as a children's party clown
18. **Tom Hanks** was a bell hop in a hotel
19. **Harrison Ford** trained as a carpenter
20. **Vin Diesel** worked as a bouncer





# Fun Family Food Project in Perth

Perth families with young children were able to get advice and support on weaning and healthy mealtimes at events held in Live Active Letham.

NHS Tayside's Family Food Project organised the two free events which were aimed at the whole family including grandparents, brothers and sisters and friends.

The Weaning Party provided parents and families of babies aged under 12 months with up-to-date and practical information on weaning. Families and parents were also given the opportunity to ask questions, meet other parents, and talk about foods and the different baby products available.

Families with children aged two and over were also catered for and were able to join in the fun at a Mini Meals event. The hands-on food session offered families tips to tempt fussy eaters and ideas for quick and easy meals.



## Men Only Tayside

NHS Tayside has launched a poster campaign on buses to raise awareness of a new website and service for gay and bisexual men.

The Men Only Tayside campaign aims to raise awareness about HIV and regular testing amongst gay and bisexual men in Tayside in order to reduce the number of undiagnosed HIV and sexually transmitted infections.

As well as the new bus campaign, the service will be out and about raising awareness in bars and clubs. A new community clinic will be launched in the Cairn Centre in Dundee and a Men Only Clinic will be introduced within the specialist sexual health services at Ninewells.

Recent research carried out by NHS Tayside and the Terrence Higgins Trust highlighted a continuing low level of awareness amongst gay and bisexual men in Tayside about HIV and the risks of unsafe sex, which contributes to their vulnerability to acquiring the infection.

More information and advice for gay and bisexual men about where to get support is available through Men Only Tayside at [www.menonlytayside.com](http://www.menonlytayside.com).



## Children's gift to Roxburghe

The Healthy Working Lives group at Roxburghe House has been working with pupils from St Ninian's Primary School to create a wall hanging especially for the children's room at the unit.

A group of Primary 6 pupils helped design the colourful wall hanging with the support of their teacher and took the opportunity to visit Roxburghe to see for themselves how their artwork has brightened the room. They also heard about the work carried out by staff and the services offered to patients and their families.





## Healthy Working Lives Awards

NHS Tayside Healthy Working Lives team encourages and supports workplaces throughout Tayside in providing health promoting activities and practices for their staff.

A variety of workplaces undertook a range of activities which included pedometer challenges, zumba classes, walking groups, relaxation events, healthy recipe sharing, alcohol awareness and breast cancer awareness.

Director of Public Health Dr Drew Walker welcomed the organisations to an awards



The Healthy Working Lives Team

ceremony to celebrate their success in the programme.

If your department would like to become involved in Healthy Working Lives please contact 01382 424057 x71057 or email [patdavidson@nhs.net](mailto:patdavidson@nhs.net)



wellbeing, the campaign included a window display, an awareness raising quiz and a short magazine of real life and celebrity stories.

The 'What's Your Party Mix?' campaign focused on the messages 'legal does not mean safe' and 'the unpredictable effects of mixing alcohol and legal highs'.

'Support U' is a mental health support service available to all young people aged between 11 and 25. A window display was created which carried the message 'what's on your mind?' to encourage young people to either drop-in or make an appointment to discuss their feelings with a member of staff.

During September, the window display was adapted to promote Suicide Awareness Week with the aim of reducing the barriers for young people to talk about suicide.

## Health, safety and wellbeing events

Drop-in events are being held for staff to raise awareness of health, safety and wellbeing with the aim of providing a safer NHS Tayside.

These events will be delivered in partnership with health promotion and other partner agencies.

The three events will be held:

26 November 2012, 10am-4pm, Steele Lecture Theatre, PRI

27 November 2012, 10am-4pm, outside lecture theatres, Ninewells

28 November 2012, 10.30am- 4pm, Strathcathro

For more information contact [juliajohnston1@nhs.net](mailto:juliajohnston1@nhs.net)

## Health and wellbeing at The Corner

The Corner Young People's Health and Information Service has been running health promotion campaigns over the summer.

The Corner worked in partnership with clinical co-ordinator Avril Beattie and other colleagues from the Centre for Brain Injury Rehabilitation at Royal Victoria Hospital to deliver 'Mind yer heid'.

Aimed at raising awareness about brain injuries and their resulting consequences for physical, emotional and social

## Olympics inspire health events

An Olympic-themed health promotion event was held at Ninewells to encourage staff and members of the public to become health champions.

The Fresh Air Garden hosted a health fair with information stands covering a variety of health topics including smoking cessation services, maternal and early years services, Heartstart Discovery, Healthy Working Lives and healthy eating and physical activity advice.

A group of NHS Tayside physical activity champions also took part in an Olympic torch relay from the Fresh Air Garden to the Arboretum. Representatives from community therapy services, cardiac rehabilitation and A&E were supported by Olympic torch bearer Ronnie McIntosh, a local athlete and double leg amputee.



Staff at the health fair with Ronnie McIntosh (centre)



Mary Colvin (left) with members of the relay team

# NHS Tayside Pre-Assessment Clinics (PAC)

The pre-assessment clinics in Ninewells (Ward 33), PRI (Ward 2) and Stracathro offer high quality assessment of every patient who needs a surgical procedure under general or local anaesthetic.

The service aims to identify any risk factors that the patient may have and increase patient safety by ensuring all of a patient's medical conditions are properly assessed, investigated and treated before the patient undergoes surgery.

The clinics offer a drop-in service between 9am and 4pm Monday to Friday which allows patients to be seen straight after they have been told by their surgeon that they need to undergo surgery. The clinics can also offer appointments, normally within five working days.

The clinics can arrange and follow up pre-operative blood tests and other appropriate investigations and will liaise with the patient's GP and other specialists where necessary.

The staff also deliver health promotion advice by referring smokers to the smoking cessation service, obese patients to healthy weight programmes, and offering alcohol brief intervention to those identified as having hazardous or harmful drinking habits.

The PAC service aims to help reduce patient cancellations on the day of surgery which will optimise the use of the operating theatres.

The PAC team consists of administration staff, nursing staff, consultant anaesthetists and foundation doctors rotating from surgical specialities. Patients from all surgical specialities are routinely referred to the service, with approximately 350 patients attending across the three clinics each week.





# Tayside Musculoskeletal Pathway update



Extensive work has been carried out to map primary care pathways within Musculoskeletal (MSK) in Tayside. Previously there were complex and multiple pathways and a clear need was identified to establish common pathways within primary care.

The Steps to Better Healthcare (SBH) MSK Pathway workstream is aiming to ensure patients have access to advice to help support self-management of their condition. If patients have a clear surgical requirement, or fulfill the criteria for secondary care, they will be referred directly.

The MSK Pathway pilot commenced in Angus CHP in May and early indications are suggesting a gradual uptake. It is now

being rolled out across NHS Tayside with a series of information events for GPs taking place in Dundee and Perth & Kinross in the near future.

MSK Pathway physiotherapy lead Matthew Kendall said, "The enhanced physiotherapy role requesting diagnostic tests and referring directly to secondary care has been embraced enthusiastically by the staff with early evaluation showing positive outcomes."

If you are a GP and wish to ask advice on any musculoskeletal condition or on the MSK Pathway email [Tay-UHB.mskphysio@nhs.net](mailto:Tay-UHB.mskphysio@nhs.net)



Community and musculoskeletal physiotherapists with Dundee GP Niall Elliott (seated) support the delivery of MSK services across Tayside.

The Steps to Better Healthcare Tayside MSK Pathway workstream has developed an interactive online tool to support clinical decision making and onward referral.

You can access the tool on Staffnet by clicking Clinical Information | Clinical Pathways/Information – Tayside | Allied Health Professions | Physiotherapy | MSK Guidelines

## Podiatry

### Moving from 'doing things to people' to 'doing things with people'

Podiatry is currently undertaking improvement work to streamline service delivery, reduce variation across Tayside and review the traditional ways of working – moving from 'doing things to people' to 'doing things with people'.

The service was previously delivered as three independent services in Angus, Dundee and Perth & Kinross but in 2010 the three areas amalgamated into a single NHS Tayside podiatry service.

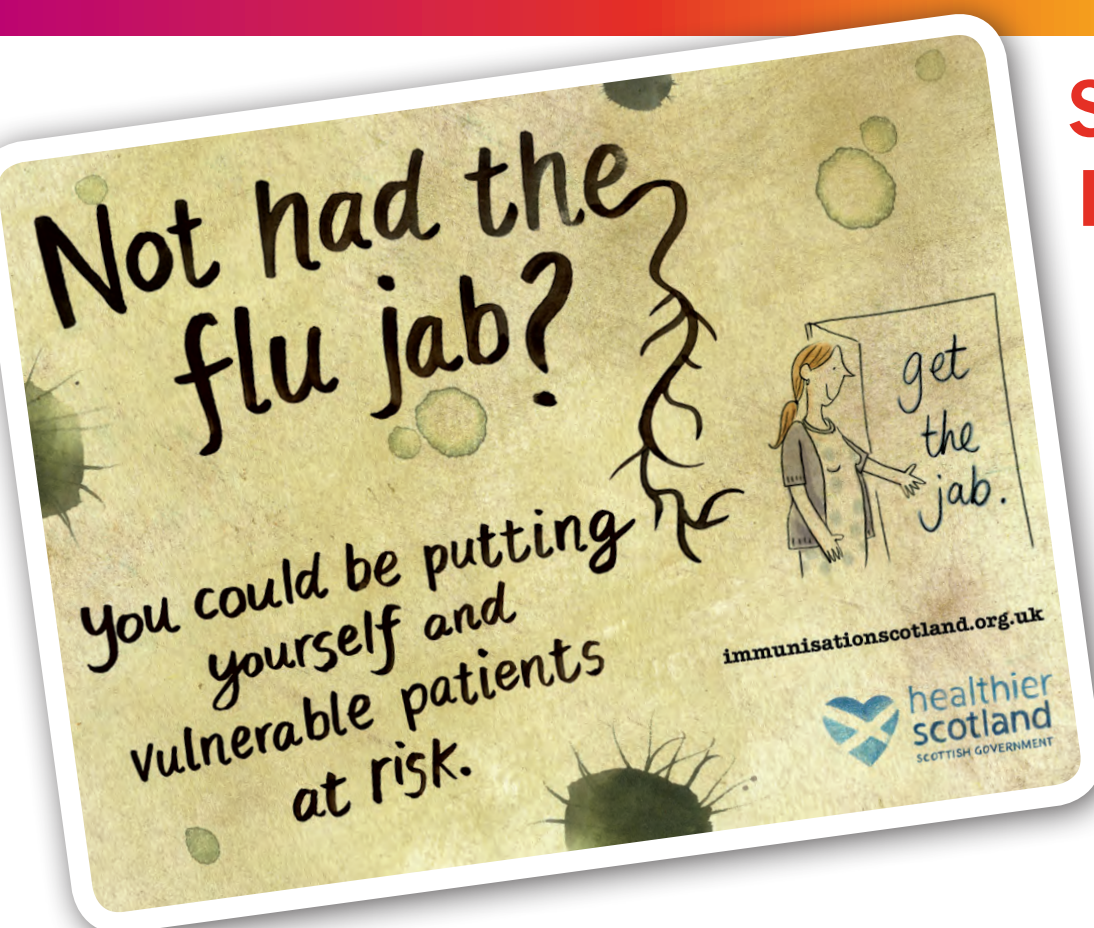
The podiatry service is a highly subscribed service. Over the next twenty years it will see an ageing population with long-term conditions and a growing number of older people with complex needs. This will present the service with a significant challenge to continue to deliver a high-quality, effective, safe and person-centred service.

It will move towards an enabling service, promoting supported self-management where appropriate. This will help ensure that those with the greatest clinical need are the main focus.

All patients now attending the podiatry service in Tayside will be assessed by a podiatrist who will consider both the foot health and medical history of the individual. This assessment will determine the path of future treatment to be offered and may include intensive courses of treatment followed by discharge with advice and/or referral to the podiatry self-management programme. Only those with the highest dependency will remain in the service long-term.

This self-management programme supports people to manage their own foot care. It also provides advice and support to people who do not require professional podiatry intervention. Relatives and carers can also attend sessions.





## 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 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.

"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."

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.



## Tayside Oral Health Awards

Three Blairgowrie care homes and one in Dundee have received NHS Tayside's Oral Health Award - a new programme aimed at improving the oral health of care home residents.

St Ninian's, Stormont Lodge and Hope Park care homes in Blairgowrie and Helenslea care home in Broughty Ferry have been presented with the award, which was developed by the oral health improvement team to encourage homes to include new oral health standards as part of their residents' care packages.



## Passionate about palliative care learning

Stracathro stroke unit healthcare assistant Eileen Marquis was offered a unique secondment opportunity to attend Macmillan Specialist Day Services on a weekly basis, gaining valuable insight into palliative day services.

During the six-month placement, Eileen was supported by Lynne Reid, staff nurse at the centre and Debbie Robertson, senior charge nurse from the stroke unit.

Lynne said, "Eileen gained experience in new skills such as relaxation, anxiety management and breathlessness management; skills which can hopefully

be transferable within her own ward environment.

"Eileen was highly motivated and keen to learn and this made it a joy to have her in the team. The patients really enjoyed meeting and spending time with her."



## Patient Safety Awards

The 'Safety Improvement in Primary Care' programme was highly commended in the primary care category at the Patient Safety Awards 2012.

NHS Tayside was one of four health boards to participate in the programme in collaboration with Health Care Improvement Scotland (HIS) and NHS Education for Scotland (NES).

The aim was to identify and reduce harm for patients whilst developing more reliable systems for patients taking high risk medications.

Safety governance & risk assistant Lisa Dempster was also short-listed for these awards, as well as the Patient Safety Congress 2012, for her work on digital patient stories.



## Phototherapy team UK success

The Ninewells phototherapy team, who treat skin diseases such as psoriasis, eczema and sun sensitivity, won the best poster presentation award at this year's British Dermatological Nursing Group (BDNG) annual meeting.

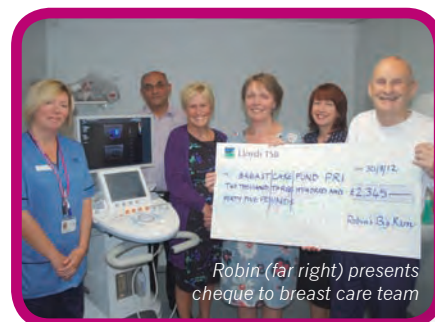
Last year a number of improvements were made to the phototherapy service including extending normal clinical hours to Monday to Friday 7.30am to 6.30pm and Saturday 8.30am to 12.30pm. The clinic was also fully refurbished.

NHS Tayside Chairman Sandy Watson said, "Well done to members of the phototherapy team who have excelled themselves with this achievement. It demonstrates NHS Tayside's steadfast commitment to constantly looking at ways of enhancing services and to making them as accessible as possible for patients."



## 'Ultra runner' Robin raises funds for breast cancer patients in Perth

Sixty year-old 'ultra runner' Robin Wombill, who works in the PRI medical records department, completed the gruelling West Highland Way 95-mile challenge from Milngavie to Fort William raising £2345 for the PRI Breast Care Fund.



Robin (far right) presents cheque to breast care team

a time of 33 hours, 39 minutes and 51 seconds finishing in 116th place."

Robin was joined on the race by his support crew of his wife Anne, son Richard and friends Iain and Fiona Morrison, named Team Pippi in memory of his niece Heather Nicholson who died of cancer last November.

Consultant breast surgeon Mr Emad Elseedawy accepted the cheque on behalf of the team. "We are delighted to accept this cheque from Robin who, along with his colleagues in medical records, has long been a supporter of the work carried out by the PRI breast care team," he said. "This donation will give our fund such a boost."



Robin started running in 2003 after being told by his GP that he was borderline obese and, after entering a 10km race, found that he had a hidden competitive streak. Over the years he began running longer races and in 2010 he entered the world of 'ultra' running, which is anything longer than a marathon, and set himself the goal of completing the West Highland Way Race.

"I completed seven ultra races before being accepted for the 2012 West Highland Way Race, which I completed in

## £750 donation to Ninewells maternity unit

A classical pianist held a concert to raise money for the maternity department at Ninewells.

Christina Lawrie from Broughty Ferry had a baby girl, Mairi-Anna, in May 2011 in Ninewells and wanted to do something to give back to the department who had looked after her so well.

Christina organised a concert at the High School of Dundee and, along with her husband Marcus Barcham-Stevens, performed a programme of music that included Beethoven's Kreutzer Sonata and sonatas by Schumann and Handel.

A grand total of £750 was raised through ticket and CD sales and from donations.



Dr Lisa Scott (seated left) and Kay Forsyth, Head of Midwifery (right) accept the cheque from Christina and Mairi-Anna



## League of Friends donation

The League of Friends of Arbroath Infirmary and Little Cairnie Hospital have donated equipment for use in the outpatient department at Arbroath Infirmary.

They have provided two new 24-hour ambulatory blood pressure monitors for use in the cardiology clinic and a set of baby scales for the paediatric service.

## Golden wedding celebration donation

An Angus couple's recent golden wedding celebrations raised £1250 for Angus Diabetes Service.

Jim and Helen Anderson, live near Arbroath, are both diabetics and were married in Colliston Church 50 years ago.

They recently celebrated their golden wedding anniversary with family and friends and asked for donations to the service.



## Breast care donations

Two Tayside women donated cheques totalling £1442 to the Ninewells breast screening and imaging unit.

Former patient Norma Anderson of Broughty Ferry donated £1023 which she raised from her golden wedding celebration with husband Bill.

Another former patient Donna Leiper of Brechin donated £420 which her stepfather Fred Reid raised at his recent 70th birthday celebration.

Karen Hunt from Dundee and sisters Linda Fyfe and June Todd also donated £635 to both breast cancer care and Roxburghe House after successfully walking the 96-mile West Highland Way.

*I-r Margaret Cockbain, Karen Hunt, June Todd, Linda Fyfe, senior 1 radiographer Sandra McGregor and Roxburghe House clinical co-ordinator Irene Hillsden*



*I-r Bill and Norma Anderson, imaging assistant Gillian McClellan, Macmillan breast care nurse Gillian Little, services manager Debbie Archibald, superintendent radiographer Margaret Cockbain, radiographer Irene Marshall, Donna Leiper and Fred Reid*



*Picture courtesy of The Courier, Dundee*



*June's grandsons and nephew presenting the cheques to Dr Adamson*

## Twilight Walk

Six members of staff from the Scottish Bowel Screening Centre at Kings Cross took part in Dundee's Twilight Walk to raise money for Breast Foot Forward - a Scottish breast cancer charity.

The team name was the 'Bowelers in Motion' and they raised £343.50.

This also benefited the staff who are working towards maintaining the bronze Healthy Working Lives Award.



*I-r Screeners Sandy Matthewson, Val Traynor, Matthew Quinn, Laura Sangster and Jackie Forbes and screening supervisor Kerstin Robb*

## £3100 to benefit cancer patients

June Macdonald of Arbroath visited Ninewells Ward 32 to make a donation of £3100 to benefit cancer patients.

June, her grandsons Millan and Saul and nephew Jory made the presentation to consultant clinical oncologist Dr Douglas Adamson for the Tayside Oncology Research Fund.

Mrs Macdonald, her family and friends raised the money through various events including a charity barbeque.

## £8030 for children at Glenlaw House

Abertay Housing Association presented over £8000 to Glenlaw House in Dundee, raised through various fundraising activities including a spiritualist night and raffles.

The charitable efforts of all Abertay Housing Association's staff were pooled, along with contractors, family, friends and sheltered tenants. They originally aimed to raise £5000, however they managed to exceed this by raising £8030.46.

Senior charge nurse paediatric complex disability Christine Dempster said, "We are all overwhelmed with the final amount raised. We would like to use the money to purchase a laptop and a touch plasma screen, which all the children will benefit from. We will also be able to purchase sensory equipment, new toys and books."



*Picture courtesy of The Courier, Dundee*

## Dr Martin Leiper

Dr Martin Leiper (centre) retires from NHS Tayside after 35 years of NHS service. Dr Leiper started his career at PRI at the tender age of 16.

Dr Leiper has provided invaluable vision, leadership and clinical care within the Tayside Palliative Care Service and has overseen the development of this Service to its current position serving the populations of Angus, Dundee and Perth & Kinross.

Dr Leiper has acted in a national capacity to improve palliative care provision across Scotland and for patients with all types of underlying conditions. He also retained an international interest and has delivered palliative care education and service development advice in resource-poor countries.



Picture courtesy of The Courier, Dundee

## Ian Fenton

Ian Fenton (right) has retired from his role of eHealth Director after 39 years' service with the NHS.

During his career at NHS Tayside, he was the founder of the FINIX team which provided financial management and IT technical services to other boards in Scotland. Ian then took up the position of Director of eHealth and was responsible for the development and delivery of both business and clinical information systems across NHS Tayside.

Ian is looking forward to travelling, visiting family and playing more golf during his retirement as well as taking his wife Lynn out for lessons.



## Jim Motherwell

Estates officer Jim Motherwell (left) said farewell to his colleagues after over 35 years with NHS Tayside.

Jim joined NHS Tayside as an assistant hospital engineer at PRI in 1977 and has worked in many roles within the Property Department including assistant estates manager and assistant energy manager at both Murray Royal and PRI.

Friends and colleagues said farewell to Jim at a presentation at PRI where estates manager Robert Harvie handed over retirement vouchers and a cheque on their behalf.



## Susan Ross

After 25 years working with the NHS, Susan Ross has bid farewell to colleagues.

Susan (centre seated) started her management career in Ninewells in 1987 and over the years she has worked in both community and acute settings.

In 2004, Susan was appointed General Manager for Primary Care with a specific role of leading the implementation of the out-of-hours service across Tayside and continued to executive manage the service until 2010.





## Annette Fraser

Annette Fraser (centre) bids farewell after more than 30 years of NHS service.

Annette trained at Ninewells Hospital and her first post was working in Ward 12. She then moved from her post of senior charge nurse in Ward 12 to work as an upper GI specialist nurse working across Ninewells.

Consultant surgeon Mr Sami Shimi presented Annette with flowers and gifts on behalf of colleagues and friends.



## Dave Charles

Dave Charles (seated centre) has retired from NHS Tayside after 41 years with the health service.

Dave started his career in 1971 as a senior administration assistant and held posts in both Highland and Lothian Health Boards for 17 years before moving to Tayside in 1988.

He retires from NHS Tayside in his role of Project Director for the £95 million Mental Health Developments, a position he has held for the past seven years.

Colleagues gathered at the new Murray Royal Hospital to wish Dave well and Director of Finance Ian McDonald presented Dave with a gift on their behalf as well as vouchers and a watch from NHS Tayside to mark his long service.



## Dr John Irwin

Consultant in audiological medicine Dr John Irwin (right) has retired after more than 35 years service with the NHS.

After graduating in 1975, Dr Irwin trained in audiological medicine and took up his consultant post in Tayside in 1985. He was the first consultant in audiological medicine in Scotland and has remained the only consultant working in adult services north of the border.

Dr Irwin chaired the Scottish Audiology Services Advisory Group from 2008 to 2012 and is currently President of the British Association of Audiovestibular Physicians.

He has had a lead role in the implementation of newborn hearing screening for all babies across Scotland and in the development, implementation and monitoring of quality standards for adult hearing rehabilitation services in Scotland.



## Rhoda Angus

Friends and colleagues gathered at Whitehills HCCC to bid farewell to long-serving nurse Rhoda Angus (centre) who retired from Prosen Ward after 36 years NHS service.

Rhoda, a senior charge nurse, has spent her entire nursing career based in Angus.

To mark her retirement, psychiatry of old age clinical team manager Mandy Warden (right) presented Rhoda with gifts on behalf of her work colleagues and friends.



# Billy Alexander

**Head of Production Unit**  
Linen Services & Sterile Services



## Personal history

I was born and educated in Dundee and began my career in Levi's Strauss. I have worked within two key disciplines throughout my career, manufacturing and banking. Although I am fortunate that my work has enabled me to travel round the world, it was always a great feeling when I returned home. After a few years in my previous employment as General Manager for Securitas Cash Management in Leeds, I decided to look for a new challenge closer to home as the weekly 800 mile round trip took its toll. In 2004, I joined NHS Tayside as project manager within the Operations group initially looking after linen services. My role has expanded in its current form and now incorporates sterile services within the Production Unit.

## Like(s) about current job

I enjoy supporting and mentoring people. I have mentored many colleagues over the years and it gives me a feeling of satisfaction when they have aspired in their own careers and gone on to achieve their working ambitions.

However, I can honestly say that making a difference to the working environment and adding value is always at the top of the list.

## Dislike about current job

My main dislike is the frustration and time it takes to make a difference.

## Most unusual thing asked to do at work

I was once asked, in a previous job, if I wanted to go on a trip to St Tropez for one week to meet various European suppliers. I suppose the purpose was not unusual but the location definitely was.

## Achievement most proud of

The first thing that comes to mind is my daughter who has worked exceptionally

hard to establish her own business whilst raising my two amazing grandchildren. I spend as much time with them as possible and still get a lump in my throat when I see them all enjoying life and living their dream.

## Favourite writer

Between working, golfing and spending time with family I have to admit I don't find the time to read. It is something I keep telling myself I should do though.

## Favourite music

The music I listen to is quite varied and at this point in time my favourites are Coldplay and Adele.

## Favourite meal

When I go out for dinner I like the usual steak, salmon or chicken. However, I'm sure the girls from Out 2 Lunch would pick the tuna salad sandwich that I have 230 days of the year!

## Most like to have dinner with

Obviously, this is a hypothetical question that will never happen, therefore my first thoughts were I would like to turn back the clock and have dinner with my Mum and Dad!

## Favourite word

Absolutely!

## Top 3 frustrations

- My golf handicap (as it's too high)
- Lack of free play amenities for kids
- Friends 'forgetting' it's their round

## Most embarrassing moment

I mean this in the nicest way possible but it is getting asked to do this kind of thing. I cringe if I have to do biographies and personal profiles.

## Irritating habit

Chewing pens and tops of pencils (I know, yuck!)

## Do better than anyone else

Not sure what I do better but I always aspire to do my best.

## 3 wishes

- Regardless of where we are in the world, we all deserve the fundamentals of dignity, health and peace
- To one day get a hole-in-one
- To see my family grow up healthy and happy

