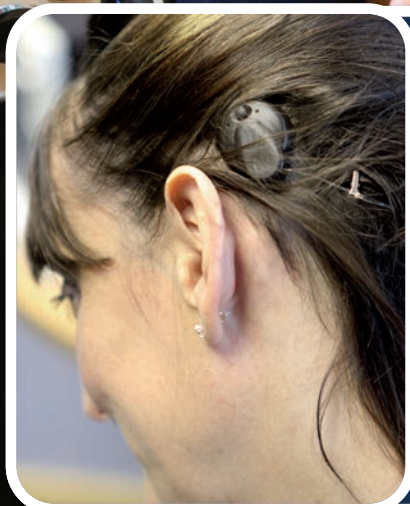


# spectra

The staff magazine for NHS Tayside

**NHS**  
Tayside

June - July 2013  
Issue 66



**First for Scotland  
- Audiology  
embracing new  
technology**

## Dear spectra readers,

Welcome to the summer edition of spectra!

What a jam-packed magazine we have for you full of the latest news and features on what's happening across NHS Tayside.

Our cover story is about healthcare assistant Karen Thomson who became the first audiology patient in Scotland to have a new technologically advanced Bonebridge device switched on.

NHS Tayside is helping Scotland lead the way in patient safety and our feature explains how we are at the forefront of developing national initiatives. Read all about how staff are being empowered to make changes and how a culture and philosophy of 'ownership' is being embedded throughout the organisation.

We tell you all you need to know about the Electronic Patient Record project which is changing the way we deliver patient care, moving towards a 'paperlite' environment. The project is working to create single electronic patient records for all clinicians to access.

The spotlight is shone on the Paediatric Overweight Service Tayside (POST) which is spreading the Fun Fit Tayside message to hundreds of secondary school pupils in Angus and Dundee.

Look out for yourself in the vast array of photographs we have from recent retirements as members of staff bid farewell to their colleagues - some having worked with us for as many as four decades!

The TREATS pullout is bursting with bargains for staff this summer. Why not treat yourself and your family to a day out?

There's all this and lots more with news2u, healthwise, voxpop, learning together, check it out, insight and many topical features... so keep on reading!

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)



Cover picture courtesy of The Courier, Dundee

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Please send items for the next edition of spectra, Issue 67 August/September to the editorial team by 2 July. The deadlines for the following editions of spectra are Issue 68 October/November – 3 September and Issue 69 December/January – 5 November.

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news2u



learning  
together



check it out



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## Teddy Bears Picnic

*Having fun at the Teddy Bears Picnic*



Forfar mums and babies brought along their teddy bears to the first Teddy Bears Picnic at Whitehills Health and Community Care Centre.

Organised by Forfar midwives and health visitors, the picnic aimed to highlight the mums and babies Early Days Group that meets every week in Forfar, as well as share information on the range of infant health topics that are regularly covered at the group's meetings.

The Early Days Group is supported by health professionals including midwives, health visitors and a breastfeeding support worker.

Bookbug coordinator and child literacy development officer Sylvia Main also joined the picnic and gave advice on the importance of books and storytelling in the development of young children.

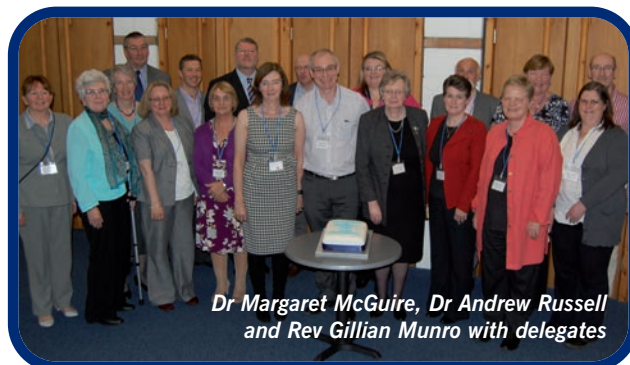
Asda's Community Life Champion Andrea Logan came along and donated healthy snacks and juice for the mums and babies to enjoy.

## Spiritual Care marks 10 years

A tenth anniversary conference to celebrate spiritual care in NHS Tayside was held at the West Park Conference Centre in Dundee and was opened by Nurse Director Dr Margaret McGuire.

Medical Director Dr Andrew Russell welcomed everyone to the event, which was attended by representatives from NHS Education for Scotland, as well as staff from NHS Tayside including Head of Department for Spiritual Care Rev Gillian Munro, chaplains working in both acute and community settings and chaplaincy volunteers.

The day focused on the 10-year journey of spiritual care, highlighting the milestones and the developments that have helped shape the service. Former non-executive member of Tayside NHS Board Elizabeth Forsyth presented awards for best posters and cut the anniversary cake.



*Dr Margaret McGuire, Dr Andrew Russell and Rev Gillian Munro with delegates*

## Art groups celebrate

Tayside Health Arts Trust (THAT), supported by NHS Tayside, delivers a range of ST/ART creative art programmes in hospitals and in community settings for participants who have had a stroke or brain injury.

These art programmes aim to enhance the quality of life of participants, promote social inclusion and contribute to improved health and wellbeing.

Celebrations to mark the end of three ST/ART programmes were held at Wellbank Village Hall in Angus and at Dundee Contemporary Arts in Dundee.

Participants from Tayside Speakeasy Group, Chest Heart & Stroke Scotland (CHSS) Dundee Group and long term conditions groups took part in creative art programmes using various printing techniques as well as discovering their musical abilities through experimenting with drums and bells.



*CHSS group participants at Wellbank Village Hall*



# Youth Partnership celebrated

Ninewells Hospital hosted an event to celebrate the first year of the Youth Partnership which has close links with NHS Tayside and partner agencies. These include Angus and Dundee colleges and voluntary organisations such as Barnardos, Hillcrest and Rathbone.

NHS Tayside is working with voluntary and education agencies to give young people, aged between 16 and 24 opportunities to access work experience within the organisation.



*Sandy Watson (front right) with participants and representatives from NHS Tayside and partner agencies*

The event focused on a 13-week work experience programme which had placements provided by NHS Tayside in various departments including Human Resources, Medical Physics Property Services and Support Services.

Chairman Sandy Watson opened the event and paid tribute to all agencies involved with Youth Partnership saying, "This event is rightly billed a 'Celebration Event', because together we have achieved a great deal – but I think we all feel we can do more. I believe that the existence of the Youth Partnership puts us down the route of more systematic coordination of our efforts on behalf of young people in these difficult economic times."

# New HR Staffnet site now live

The new Human Resources site 'Working With Us' is now live on Staffnet. This site has been developed to provide staff with easy access to relevant and up-to-date information in relation to HR policies, procedures and practices. The site will also have information about the HR team and the services they provide.

New features include an Annual Leave Calculator enabling staff to calculate their own annual leave, a policies section which hosts an A-Z list of all HR policies and HOT topic which highlights latest HR issues. Many of the answers to the common questions that come through Ask Us can now also be found on the HR site.

The site can be accessed by clicking on the 'Working With Us' link on the left hand side of the Staffnet homepage. If you have any questions or comments about the site please send your feedback to [directorofhr.tayside@nhs.net](mailto:directorofhr.tayside@nhs.net)

## News in Brief

### Angus

#### "Before I die, I want to..."

At a recent training workshop for staff from NHS Tayside and Angus Council, Angus CHP's Palliative Care Team took the opportunity to encourage staff to talk about death and dying by using a 'Before I die I want to...' wall.

The wall is based on a concept which originated in the USA by artist Candy Chang after someone she loved died. It is an interactive art project that invites people to share their hopes and dreams in a public space. The 'Before I die I want to ...' wall helps people to think about death whilst focusing on living and what they want to get out of life.

#### Free foot care advice information evening

A free foot care information session was held in the Damacre Centre in Brechin. Organised by Angus CHP, the session was aimed at people living with arthritis, their families and carers.

During the evening, podiatry staff were on hand to explain the importance of foot care and to share helpful tips and advice on how to look after feet.

#### New walking group for Letham

A new walking group called the 'Happy Wanderers' has started in Letham. The group, which is part of Angus CHP's Steps Tay Health walking programme, is aimed at able bodied people who want to increase their activity, improve their fitness levels and meet new people. For more information contact Francis Joiner 01307 476495.

# Bonebridge hearing device switched on

Karen Thomson, who is a healthcare assistant at Stracathro Hospital, was the first patient in Scotland to have her Bonebridge hearing device switched on at Kings Cross.



*Bonebridge device*

Bonebridge is a new specialist hearing device for patients with mild to moderate hearing losses.

The device is surgically fitted under the skin to the bone structure behind the ear and passes the sound to the cochlea via the



*Karen with audiologist Feraz Ahmed at Kings Cross*

bone. An audio processor is then attached, switched on and tuned in, usually after a month or so.

Head of Service for Audiology Samantha Batty said, "NHS Tayside is at the forefront of embracing new technology in the field of audiology and this is yet another example of this."

"The Bonebridge is not suitable for all patients with mild to moderate hearing losses as current hearing aids are adequate for most individuals. However, for those who do fit the criteria to have one fitted it will improve their quality of life considerably."

## Young People's Unit moves closer

Plans for a new purpose-built Young People's Unit in Dundee for young people with mental health problems are moving forward after receiving initial approval from the Scottish Government.

The new unit will include a 12-bed inpatient unit with an education facility and family accommodation for patients from across the north of Scotland.

The North of Scotland Regional Child and Adolescent Mental Health Service (NoS CAMHS) project is a partnership between Tayside, Grampian, Highland, Orkney and Shetland NHS Boards which has seen the establishment of a specialist network for young people with severe and complex mental health problems.

Construction on the unit is due to begin in late summer with the new service becoming fully operational by the end of 2014.

NHS Tayside Deputy Chief Executive Caroline Selkirk said, "We are extremely pleased that we are now one step closer to starting work on the new unit at Dudhope Terrace. There has been a huge amount of input into this project from the five Boards involved, as well as from young people and their families, to design a fit-for-purpose unit for young people from across the north of Scotland."



## The Jacqui Wood Cancer Centre opens

The Jacqui Wood Cancer Centre at the University of Dundee - named in honour of the inspirational leader of the Ninewells Cancer Campaign - was officially opened by Professor Sir David Lane.

Jacqui, who died in 2011, led the Ninewells Cancer Campaign for 20 years, during which time the campaign raised more than £18million to support cancer research and treatment in Dundee.

NHS Tayside Chief Executive Gerry Marr said, "Dundee is a world renowned centre for cancer treatment and research and this new facility, built in memory of Dr Jacqui Wood who worked tirelessly spearheading the Ninewells Cancer Campaign, will significantly improve the lives of cancer patients."

## Birthday tour for Jamie



Jamie (left) with estates officer Grant Lamb

Volunteer Jamie Heeney celebrated his 22nd birthday with a tour of Ninewells that took him behind the scenes.

Jamie, who is autistic and has learning difficulties, has been volunteering on the Welcome Desk at Ninewells' reception on Sundays for the last two years.

His mum Angela Todd contacted Head of Property Department Mark Anderson who invited Jamie and his mum in to visit some of the service areas as a birthday treat.

Jamie's tour included visiting the boiler and plant rooms, laundry, 'Pipe Street', engineers', plumbers' and joiners' workshops. At the end of his visit staff presented Jamie with a birthday cake.

## Self-esteem boost for pupils

An innovative pilot project between NHS Tayside and Dundee City Council tackling the issues of low attendance and low self-esteem in school pupils has demonstrated significant success.

Led by Deputy Director for Public Health Paul Ballard and Deputy Head Teacher of Braeview Academy Raymond Perry, the year-long project aimed to address the relationship between poor attendance and health inequalities.

National Social Marketing Centre Director John Bromley led the research and a project planning team was formed to take forward the initiative.

Paul said, "As a result of this project there has been a significant improvement of the pupils' attendance rates and they also feel more positive about school because of their involvement in the design of structured activities which evolved from their interests and values. This in turn had a considerable impact on boosting their self-confidence and self-esteem."

## Here4U seeks volunteers

New Dundee community project Here4U is looking for volunteers aged 18 years and over. The service provides extra support to people receiving end of life care at home and offers the opportunity of social interaction to improve the individual's quality of life.

For more information contact Derek McFarlane, Community Volunteer Service Manager, Roxburghe House, Dundee, DD1 1SP, call 01382 423134 or email [dmcfarlane1@nhs.net](mailto:dmcfarlane1@nhs.net)

## News in Brief

### Dundee

#### Social prescribing in Dundee

The Scottish Government has awarded £150,000 for a social prescribing pilot at the Mill and Whitfield GP practices to improve the mental wellbeing of people in Dundee.

Social prescribing refers patients to non-medical sources of support within the community including opportunities for physical activity, learning new skills and volunteering.

Dundee CHP Strategy and Performance Manager Lucy Rennie said, "Social prescribing recognises the influence of social, economic and cultural factors on mental wellbeing, as well as improving access to mainstream services and opportunities for people with long-term physical or mental health problems."

#### Picnics in the Park

During this year's school holidays, Dundee's Baxter Park will host a series of Picnics in the Park, supported by the Scottish Government's Equally Well initiative.

These events are supported by Dundee Healthy Living Initiative, local artists, the Adult Learning Team, Countryside Rangers and Youth Sports Development, who are offering various free activities at the events.

This year's picnics will all happen on Thursday afternoons from noon to 2pm in Baxter Park on 4, 11, 18 and 25 July, and 10 and 17 October.

For more information contact Hayley Tunstall on 01382 438856 or [hayley.tunstall@dundee.gov.uk](mailto:hayley.tunstall@dundee.gov.uk)

#### Family Guys tackle John O'Groats to Land's End

Dundee dads 'saddled up' from John O'Groats to Land's End – cycling around 3,500 laps to cover the 900-odd miles - without leaving the Caird Park velodrome!

Around 25 dads from local group Family Guys, and some of their children, staged the sponsored cycle to raise funds for British Heart Foundation Scotland.

Family Guys have been enjoying more physical activity thanks to support from Active Families, one of the programmes funded through Hearty Lives Dundee.



## Perth CMU celebrates fourth year

Perth maternity staff celebrated their fourth year in the purpose-built Community Maternity Unit (CMU) at PRI by holding an open day for parents.

All parents who had their children at the unit, or who were considering their birthing options, were invited to drop in. They had the opportunity to chat with midwives as well as other new and expecting parents.

NHS Tayside Smoke Free Services, Maternal and Infant Nutrition team, Live Active and Perth & Kinross Real Nappy Network also supported the day.



CMU staff and mums at the celebration

Picture courtesy of The Courier, Dundee

## Cornhill hosts ceramic display

Cornhill Macmillan Centre at PRI hosted a display of ceramic objects created by individuals who attended Day Services at the centre.

The artworks were created during a 10-week programme delivered by Tayside Healthcare Arts Trust (THAT). The participants explored a variety of methods of working with clay to create ceramic objects such as coasters, vases and mugs.

THAT art programmes are designed to encourage people affected by health issues to explore and develop their creativity and enjoy and celebrate their abilities and talents.



Participants and staff at the display at Cornhill



Sandy Watson (centre, left) presenting Allana with her 40-year long service award

## 40-year long service award

Allana Creighton, who works in the Finance department at PRI, was presented with her 40-year long service award at Ninewells by Chairman Sandy Watson.

Allana joined the NHS in October 1972 as a clerical officer working in Financial Accounts. She progressed to Higher Clerical Officer grade in 1975 and in 1990 became a Contract Accountant.

In 1999 she took on the role of Additional Cost of Teaching (ACT) Officer, which also included the R&D Office at the time (now TASC). As the role grew the office was split and Allana concentrated on ACT, which became her full time occupation and her speciality.



## Steps to Better Healthcare Showcase in Perth



Project teams from the Steps to Better Healthcare programme showcased their work at an event in PRI.

The showcase, which has also been held in Ninewells, RVH and Whitehills, gave staff the chance to see how the projects are progressing and the real benefits that are being delivered to our patients.

Initiatives including electronic patient whiteboards, Leading Better Care, medicine and prescribing, Sleep Knit laundry system and Perth & Kinross Discharge Pathway were all featured at the event.



*Demonstrating the electronic patient record*

## News in Brief

### Perth & Kinross

#### Dementia training for staff

New training is available in P&K which aims to ensure that staff in the public sector and third sector can respond properly to people with dementia.

As part of the Change Fund work, the training is being rolled-out for staff across the council, NHS Tayside and all charity and voluntary sector partnership agencies.

The training includes watching a DVD by the Scottish Social Services Council and NHS Education for Scotland which is also available to people who are unable to attend the training sessions. For more information contact Mary Begbie 01738 476167.

#### 'Forget Me Not' events at Cornhill Centre

Two 'Forget Me Not' remembrance events were held at PRI for friends and family whose loved ones passed away at Cornhill Macmillan Centre.

Family and friends were able to drop in to both events and leave written messages in memory of their loved ones.

The Cornhill chaplain, bereavement and family support coordinator and other members of staff were also on hand to speak with relatives and friends.

#### Raising awareness about dementia

An information event for people to find out about dementia was held in the Luncarty Church Centre. It was hosted by P&K CHP Healthy Communities Collaborative and was also supported by Scottish Fire and Rescue Service and Police Scotland.

The Strathmore Dementia Service is a National Demonstrator Site and is piloting a new approach to dementia services. Staff provided advice about the services and support available to those affected by dementia as well as offering basic memory checks and information about the benefits of early screening and identification.

## Bridge of Earn Hospital reunion

The Civil Service Club in Perth was the venue for a 20-year reunion party for former colleagues who worked at Bridge of Earn Hospital.

This event was organised by Linda Malcolm and Anne McMillan with help and support from Lorna O'Donnell, Isobel Bannerman, Joyce McKay, Evelyn Bruce and Laura Miller.

The evening was a great success with over 160 former members of staff travelling from across Scotland, as well as from America, Ireland, Shetland Isles and England at the event.

During the evening a charity raffle was held which raised £770.00. The money is being shared equally between PRI Breast Care Fund and Erskine House in Edinburgh.



*Former staff having fun at the Bridge of Earn Hospital reunion party*

# Leading the way in patient safety



NHS Tayside is helping Scotland lead the way in patient safety and is at the forefront of developing initiatives nationally.



**Senior Charge Nurse Paola Niven is working to empower nursing staff at Ninewells to make changes**

Multi-disciplinary working is key to the success of improvements to patient safety in NHS Tayside and this includes embedding a culture and philosophy of 'ownership' among all members of staff while they deliver safe, person-centred care to patients.

The national Scottish Patient Safety Programme (SPSP) came to the end of its first phase in December and has made good progress across the Boards towards its initial aims of reducing mortality by 15% and adverse events by 30% across Scotland's acute hospitals.

The next phase was announced by the Cabinet Secretary in June of last year. The existing aim to reduce unexpected deaths in hospitals – known as the Hospital Standardised Mortality Ratio (HSMR) will be extended from 15% to 20% to be achieved by the end of 2015.

Programme Director for the Older People In Acute Care Collaborative Diane Campbell said, "Since January 2008 and the launch of the SPSP, staff have continued to produce remarkable results. Improvements have been demonstrated as

a result of improvement focused activities. In addition, commitment from leadership and engagement at all levels has become increasingly visible towards promoting the quality and safety culture throughout the organisation.



**Domestic Supervisor Edie McLean who is leading the way in helping support staff deliver safe, person-centred care to patients**

"Patient safety initiatives need to be delivered from the top down and the bottom up, for example clinical teams being empowered to make changes where they are required and processes such as developing safety briefings regarding infection levels in the wards to communicating safety issues to the multi-disciplinary teams.

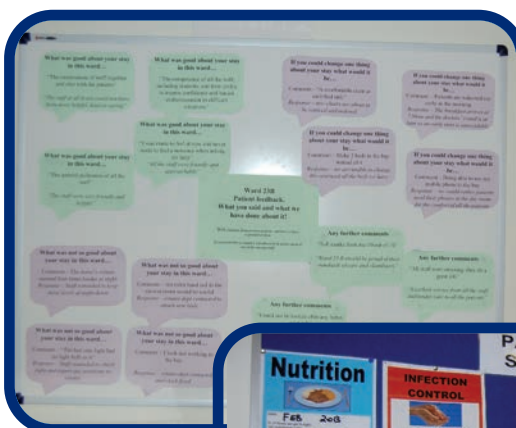
Another success story is in Pharmacy where they are addressing the

challenge of obtaining up-to-date information on the types of medication people take. VISION is a new electronic system that improves access to such information in Primary Care and is a single medication record that currently covers around 98% of the Tayside population.

Patient safety boards are also on display in ward areas to assure patients that they are being cared for in a safe environment.

Forthcoming programmes include a two year national collaborative around sepsis and venous thromboembolism which has the potential to impact positively on reducing mortality. Pilot areas involved are Ninewells and PRI.

In August, the SPSP for Mental Health was launched. This is a four year programme to reduce the harm experienced by individuals in receipt of care from mental health services.



NHS Tayside is one of six health boards to have participated in the two year programme Safety Improvement in Primary Care Programme in collaboration with the Health Foundation. The Safety Improvement in Primary Care work echoes the work the Scottish Patient Safety Programme in the acute sector.



The Scottish Patient Safety Programme has now spread to cover many specialities, the Maternity Care Quality Improvement Collaborative being the most recent. This will improve outcomes and

reduce inequalities in outcomes by providing a safe, high quality care experience for all women, babies and families across maternity care settings in Scotland.

Look out for updates on patient safety in future editions of Spectra.



# Caring for older people in acute care



The Older People in Acute Care Collaborative is a joint initiative with NHS Tayside and NHS Grampian and was launched in June 2012 at Stracathro Hospital.

The aim of the collaborative is to improve the experience of older people and in particular those with cognitive impairment, and their carers during their journey through acute care.

A key ambition of the collaborative is to involve all members of the multi-disciplinary team and recognise the involvement of support services as crucial to the achievement of the aims.

Teams attended a second learning session in Aberdeen in January. From this, further examples of tests of change implemented include:

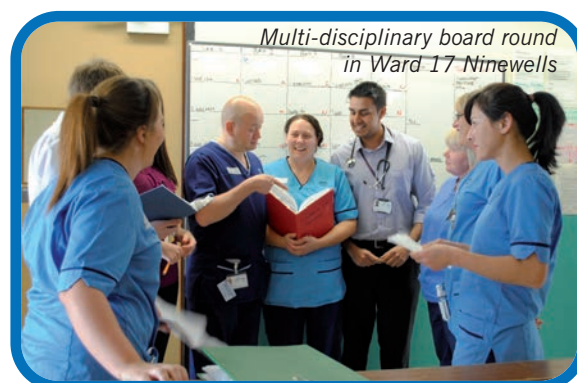
- Improving the mealtime experience for patients
- Functional screening of patients
- Improving communication with patients
- Improving the ward environment for patients and their families
- Improving orientation to the wards for patients and families
- Improving multi-disciplinary team communication through focused board rounds
- Undertaking care rounds
- Increasing staff awareness of dementia care

National leads were invited to attend the second learning session and have described this work as exemplary.

Clinical Director of the Scottish Government's Quality Unit Jason Leitch said, "The work in Tayside and Grampian is a model for the rest of the country and I have no doubt that care for older people is safer, more effective and more person-centred as a direct result of this work. I look forward to following the continued progress."

Several elements of the change package are linked with current improvement work across NHS Tayside and the collaborative faculty is working closely with colleagues to ensure such work is aligned, avoiding duplication of effort and resources. For example, dementia awareness training is now linked to the wider delivery of dementia training within the organisation.

The latest learning session, held in Dundee in May, was again an opportunity for the teams to come together and share learning and improvements. A key focus for this learning event was around multi-disciplinary team communication and screening for frailty and delirium.



For further information contact the collaborative team:

Diane Campbell, [dianecampbell@nhs.net](mailto:dianecampbell@nhs.net)

Morag MacRae, [morag.macrae@nhs.net](mailto:morag.macrae@nhs.net)

Cesar Rodriguez, [crodriguez@nhs.net](mailto:crodriguez@nhs.net)

# Read a good book lately?

Books have never been so readily available. Whether you are a fan of downloading your favourite novels to an e-Reader or prefer the smell and feel of a traditional paper or hardback, it's never been easier to lose yourself in a book.

It's easy to get engrossed in a good book, to be transported to another time or place and get absorbed in a character's life so much so that you can't put the book down until you have turned the very last page.

The spectra office cited the Harry Potter novels, Birdsong, the Twilight series and anything by James Paterson as among their favourite reads.

With this in mind, we asked spectra readers, what is your favourite book of all time and why?

**In April 2013, The Times Educational Supplement asked 500 teachers to name their favourite books and this was the top 20. How many of these have you read?**

- *Pride and Prejudice*, Jane Austen
- *To Kill a Mockingbird*, Harper Lee
- The Harry Potter series, J.K. Rowling
- *Wuthering Heights*, Emily Bronte
- *Jane Eyre*, Charlotte Bronte
- *Nineteen Eighty-Four*, George Orwell
- The Lord of the Rings series, J.R.R. Tolkien
- *The Book Thief*, Markus Zusak
- *The Hobbit*, J.R.R. Tolkien
- *The Great Gatsby*, F. Scott Fitzgerald
- *The Kite Runner*, Khaled Hosseini
- The Hunger Games series, Suzanne Collins
- *The Time Traveller's Wife*, Audrey Niffenegger
- The Chronicles of Narnia series, C.S. Lewis
- *Of Mice and Men*, John Steinbeck
- *Birdsong*, Sebastian Faulks
- His Dark Materials series, Philip Pullman
- *The Gruffalo*, Julia Donaldson and Axel Scheffler
- *The Catcher in the Rye*, J.D. Salinger
- *Life of Pi*, Yann Martel



**Maureen Ramsay**

Senior Staff Nurse  
GP Unit, Blairgowrie Community Hospital

My favourite book is *Beyond Suspicion* by Linda LaPlante. I could not put this book down once I started reading it. The story and the characters made you feel that you knew them and a picture built up in your mind of how locations and people looked.

Also the murderer was someone who you would least expect it to be as often happens in real life situations. The story also told how a relationship developed professionally and personally between the male Superintendent and the female Detective Sergeant.



**Dr Georgina Castro**

Foundation Doctor Year 1  
Renal, Ninewells

My favourite book is *Captain Corelli's Mandolin*.

It is a fiction book based around true events during World War Two. It's emotional, sad, a great love story and you fall in love with the characters.



**Sheena O'Brien**

Senior Charge Nurse  
GP Unit, Blairgowrie Community Hospital

My favourite book of all time is *Bridget Jones' Diary*. The book was light hearted and funny, and she began each day by recording the number of calories, units of alcohol and cigarettes she has had. When she has over-indulged she always finds a reason to excuse herself, and I was able to relate to this!

I think the strength of this book is that Bridget's character is very recognisable. She is a reflection of many women in their thirties and is very critical of herself.

The book was better than the film and had me smiling - as well as laughing - all the way through.



**Karen Kelman**

Principal Clinical Locality Pharmacist  
Angus CHP

I have just finished reading *The Ice Cream Girls* by Dorothy Koomson and thoroughly enjoyed it.

It is a murder mystery that keeps you in suspense right up until the final chapter. It was a great read.





### Gayle McKenzie

Primary Care Nurse  
Out of Hours, Blairgowrie Community Hospital

My favourite book is The Hobbit by J.R.R. Tolkien and with the production of the movies it's unlikely anyone has not heard of this book.

There is nothing more relaxing for me than to lose myself into a world of trolls, goblins, dwarves, elves and giant spiders and to mix company with a very unambitious hobbit.

It is a book I have read many times and will continue to enjoy.



### Sue Fraser

Public Health Nurse  
HMP Perth

I am not a big reader but I did enjoy And the Band Played On by Randy Shilts.

This book was written in the form of an investigative report into how HIV was allowed to spread by an array of institutions all of which failed to perform their appropriate tasks to safeguard the public health.

My work in Tayside prisons is with patients who have a blood borne virus including HIV and therefore this book was of interest to me.



### Ian Houston

Team Leader Primary Care  
HMP Perth

It would have to be Bravo Two Zero by Andy McNab.

It was a great read from start to finish and full of action. I couldn't put it down!



### Gerry Marr

NHS Tayside Chief Executive

My favourite book is without a doubt To Kill a Mockingbird by Harper Lee.

The characters are well written and described. The way it captures the social issues in America at that time is thought provoking and inspiring.

I actually watched the film the other week too, for the umpteenth time!

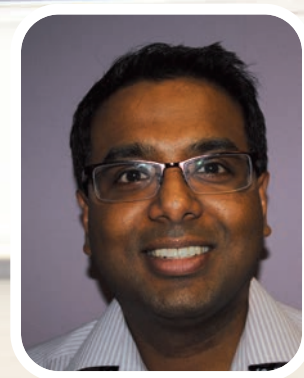


### Kelly Cruickshanks

Smoking Cessation Coordinator  
Angus CHP

I have a few favourite books so it is difficult to pick just one but I will choose Labyrinth by Kate Mosse.

It is an exciting story which is set in two centuries and this makes for a fascinating two-way story line which is very cleverly written.



### Harinath Chandrashekar

Consultant in Medicine and Cardiovascular  
Ninewells

My favourite book has to be Harrison's Textbook of Medicine.

It has given me most of my knowledge. It has also helped with the progress of my career, and I always refer back to it.

The next question for voxpop will be:  
Are social media sites taking over our lives?  
Are you addicted to Facebook or Twitter?

If you are interested in taking part in the next voxpop, please email the spectra team on [communications.tayside@nhs.net](mailto:communications.tayside@nhs.net).

# Electronic Patient Records – coming to a ward near you!

**One patient, one record, one system, one log-in – simple, quick, available.**

The Electronic Patient Record (EPR) project is part of NHS Tayside's Steps to Better Healthcare programme of improvement work aimed at changing the way we deliver patient care, moving towards a 'paperlite' environment. The main aim of the project is to support a phased series of developments to create a single electronic patient record which can be used in all environments where clinicians work.

## What will EPR do for NHS Tayside?

- Improve patient centredness – the patient at the heart of the EPR; a single record of care
- Ensure that complete patient information is available in the right place at the right time
- Support the switch off of paper and help to reduce inefficiencies and duplication
- Improve communication of patient care information between professions/disciplines



*Whiteboard demonstration at the recent Steps to Better Healthcare showcase in Ninewells*

The programme has been split into three initial and concurrent phases:

**Phase 1:** Capacity & Flow – focused on improving the patient experience through real-time bed availability to support patient flow. The aim is to reduce administration duplication and increase patient facing time by implementing electronic whiteboards that will integrate directly with TOPAS. The first electronic whiteboards are being switched on in two wards in Ninewells in June.

**Phase 2:** Technology in Outpatients – focused on providing streamlined access to real-time information for clinicians to support patient consultation.

**Phase 3:** Engagement – an Engagement and Communications Strategy will ensure that staff are informed and engaged in the programme throughout.

Other EPR projects are also planned alongside these initial phases including:

**Task View Proof of Concept** - Usable on mobile devices and allows clinical staff to update, monitor and share tasks, SEWS and handover notes on the move.

**LabCentre Paper Reports Switch Off** – This project will focus on process mapping the current situation and assessing the overall impact of switching off paper reports in two acute clinical areas (Cardiology & Renal). A similar assessment will be carried out in General Practice.

For more information, access the Staffnet page:

**Staffnet | Our Websites | Steps to Better Healthcare Electronic Patient Record**  
or email [sbhehealth.tayside@nhs.net](mailto:sbhehealth.tayside@nhs.net)





# Fun Fit Tayside

**NHS Tayside has been spreading the Fun Fit Tayside message to secondary school pupils in Dundee and Angus.**

The Paediatric Overweight Service Tayside (POST) teamed up with Dundee City and Angus Councils to sponsor the Dundee Secondary Dance Competition and Angus Secondary Schools Cross-Country Championships.

Around 350 S1-S6 pupils competed in the annual dance event at St John's High School. Contemporary and street dance crews from all nine secondary schools in Dundee took part with experts from Scottish Dance Theatre, Smallpetitklein and Dundee City Council making up the judging panel.

Runners from the eight secondary schools in Angus took part in the S1, S2, S3 and senior cross-country championships at Monikie Park. Teams of up to 10 pupils from each year group competed in races covering distances of 2000m, 2300m, 3000m and 4000m.

To help promote the importance of physical activity, POST sponsored both events and provided medals and trophies for the winners and runners up, which were presented by members of the POST team.

POST team lead Dr Laura Stewart said, "We are really excited about supporting these types of event. It's great to see young people having fun and getting involved in physical activity whilst enjoying a healthy lifestyle."

Active Schools Dundee co-ordinator Gareth Dailly added, "Active Schools are delighted to work in partnership with NHS Tayside's POST team to provide an opportunity for youngsters to showcase their creative talents."

Angus Active Schools lead co-ordinator Andy Garnett commented, "POST has become a valuable partner for Angus Council, with many teachers benefiting from training through the Fun Fit Tayside programme. Their sponsorship of this event helps to reinforce the importance of leading a healthy lifestyle to our young people."

The POST service promotes the Fun Fit Tayside message of at least one hour of activity a day, no more than two hours of screen time a day and reducing high energy foods and drinks.





# 'A Journey to Recovery'

'A Journey to Recovery', the first national event promoting the vital role of partnership work in mental health recovery, was held in St Andrews Church in Arbroath.

The event recognised the importance of collaborative working between Angus Adult Integrated Mental Health Services, Angus Council and mental health charities.

Associate Nurse Director for Mental Health Karen Robertson opened the event at which 40 attendees heard a wide range of presentations by speakers and patients who shared their personal stories.

Partner agencies also highlighted interactive activities and the use of self-help recovery tools which promote a holistic approach to mental health and wellbeing.



Picture courtesy of Jim Ratcliffe

## Feedback on food and drink in hospitals

An event to gather feedback on food and drink provided for patients in hospitals was held in Ninewells for members of the Public Partner Network.

Participants heard from Director of Public Health Dr Drew Walker about measures taken to improve food and fluid in hospitals. They were then invited to take part in discussion groups with nurses, caterers and dietitians about ongoing initiatives including the proposed new menu for NHS Tayside.

The group also had the opportunity to taste some of the food that is available to patients while they are in hospital.

Dr Walker said, "NHS Tayside has made huge changes to the food and fluid offered to our patients over the past years, but we know that there is still room for improvement."

"Public and patient feedback can make a difference to the way we deliver services in the future."



## Developing support staff skills

NHS Tayside has launched a project to develop the skills of non-clinical support staff across all areas of support services.

The Career Pathways for Support Services Staff project has seen the development of a skills map and a career pathway for staff working within the catering, domestic and portering services.

The skills map provides a tool to help identify, discuss and develop skills for these roles and a group of 19 employees working within support services have signed up to be involved in the project.



## BMJ Award nominee

The Familial Arrhythmia Network of Scotland (FANS) Steering Group based in Tayside was shortlisted for the Cardiovascular Medicine Team of the Year category at the British Medical Journal Awards.

The group consists of cardiac and genetic health experts from across Scotland who coordinate the strategic direction of the network.

Ninewells cardiologist Dr Anna Maria Choy is clinical lead for FANS, which aims to improve the care of young people with life threatening cardiac conditions, and their families.



## Quality Awards

Clinical and non-clinical teams of staff across NHS Tayside are encouraged to enter the NHS Tayside Quality Awards 2013, recognising and rewarding quality and excellence in Tayside.

The awards are in their third year and will showcase innovations and improvement projects that staff have devised themselves.

This year, the awards will be hosted by The Centre for Organisational Effectiveness (TCOE) and will be divided into four categories – Improving Outcomes for Patients; Improving Health and Wellbeing of Communities and their Local Citizens; Working Behind the Scenes; and Partnership Working.

Director of TCOE Carrie Marr said, “The awards seek to recognise that all staff contribute to safe and effective patient care, both directly and indirectly. Therefore we wish to seek applications from all areas across the organisation.”

Further information and application forms visit Staffnet | Our Websites | Quality Awards or email [qualityawards.tayside@nhs.net](mailto:qualityawards.tayside@nhs.net)



## Property Department ‘gas shack’



Staff from the Property Department have recycled surplus materials to construct a fit-for-purpose ‘gas shack’ to store refrigerant gases in a cool, safe environment.

Maintenance supervisor Frank Robertson said, “The hut has the skeleton of an old smoking shelter left to the elements and the top ventilation was off-cuts from netting used to prevent pigeon ingress.

“The ends and sides were from roof cladding that was too long and had been left over by contractors.”

Head of Environmental Management Ernie Patullo said, “We encourage positive re-use of materials by staff, instead of discarding them, and we commend the Property Department on their initiative in this project.”



## Community Hospital Education event for P&K GPs

As part of the second phase of its Community Hospital Improvement programme, Perth and Kinross CHP has held its first education event for GPs who provide cover for patients within community hospitals.

Over 40 GPs attended the event, which included lectures from consultant haematologist Dr Duncan Gowans on transfusion and venesection and from consultant psychiatrist Dr Susan Angus on assessment and management of confused older people within the community hospital.

Consultant physician Dr John Harper presented on starting fluids and stopping drugs and John Pritchard MBE provided the group with a presentation on Scotland's Charity Air Ambulance.

The evening session saw 24 GPs attend a BASICS Immediate Medical Care Refresher course. This first module focused on trauma skills and trauma patient assessment and the attendees reported that it was useful to have an event that focused on community hospital care with relevant and practical topics.

## Promoting hand hygiene

Nursing student Claire Ramage has created a hand hygiene display at Wallacetown Health Centre.

Claire previously worked as a teaching assistant in a primary school and created the display as part of the objectives of a work-based learning pack.

Hand hygiene coordinator Margaret Kennedy said, “I congratulate Claire on this proactive work to promote hand hygiene.”

NHS Tayside also supported the World Health Organization's SAVE LIVES: Clean Your Hands initiative which celebrates hand hygiene promotion and improvement.

To coincide with the event, NHS Tayside carried out a survey amongst members of the public who have been an inpatient or outpatient within the last six months in order to gauge public opinion around hand hygiene.

The questions seek to capture the public's awareness of how diseases can be spread, their opinion of our facilities and their perception of staff compliance with hand hygiene.



Claire's display

## Active Families getting Dundee cycling

For the past year, the Active Families programme has been appealing for donations of unused bicycles through the Dundee City Council, NHS Tayside and University of Dundee intranet sites. Donated bikes are refurbished and made safe to use, then distributed to families who have either been part of the cycling programme within the project or who have shown an interest in using cycling as a family activity to increase their exercise levels.

Active Families Co-ordinator Justin Mulholland said: "We know that being active lowers your risk of getting heart disease - Scotland's single biggest killer. Nearly a quarter of primary one children in the NHS Tayside area are overweight or obese.

"Active Families is about getting parents and children to make healthy changes together, while having fun together."

Active Families is a free programme designed to help families, who face barriers such as cost and lack of transport, to get more active and eat healthily. It was created by Hearty Lives Dundee, the partnership between British Heart Foundation (BHF) Scotland and NHS Tayside.



Some of the families who took part in the scheme along with Catrina (left, standing) Sarah (left, kneeling) and Kirsty (right, standing)



## Fun Lochee cookery group

An eight-week course took place at Lochee Library providing fun cookery groups for families.

Dundee Healthy Living Initiative Specialist Nurse Catrina Boal organised the course, along with city based charity Helm Training's nutritionist Sarah Ellis and food and nutrition student Kirsty Woodward.

After the course was completed, the families were provided with a starter pack of healthy food purchased from a grants scheme funded by the British Heart Foundation.

Catrina said, "The aim was to enable families to share in the joy of cooking and eating together and to provide quick, easy and nutritious meals for their families at home.

"We have received extremely positive feedback from the group including that they enjoyed the social interaction and the opportunity to meet new people."

More groups are planned this year. For more information contact Catrina Boal by emailing [catrina.boal@nhs.net](mailto:catrina.boal@nhs.net)

## Oral health packs with methadone prescriptions

NHS Tayside has launched a new scheme for those who receive a methadone prescription with the aim of improving their oral health and access to dental services.

The Oral Health Improvement Team will supply every methadone client in Tayside on a monthly basis with a dental health pack. NHS Tayside Oral Health Improvement Team is working in partnership with community pharmacies in Tayside to deliver this new initiative.

Taking methadone once a day should not cause significant new dental problems. However, people on a methadone prescription often have problems with their teeth due to the side effects of having taken other drugs and their potentially chaotic lifestyles.

The pack will be given to the clients by community pharmacists when they attend for their methadone prescriptions. The pharmacists will explain to the clients the importance of their maintaining good oral health.



## World Kidney Day

NHS Tayside supported World Kidney Day - a worldwide event that raises awareness of kidney disease and how to keep your kidneys healthy.

Kidney disease can affect people without them knowing as they perhaps have no symptoms until they reach kidney failure.

Co-chair of the Tayside Donation Committee and Chairman of NHS Tayside Sandy Watson said, "NHS Tayside was delighted to support World Kidney Day. We ask people to spare a thought for the 200 patients in Tayside currently undergoing renal dialysis. The ultimate treatment for these patients will be an organ transplant.

"Around 7,000 kidney patients in the UK are awaiting a kidney transplant, however every day someone with kidney failure will die whilst waiting for a transplant due to the shortage of organ donors. So we need more people to sign up to the Organ Donor Register."

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



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

## Calling all budding gardeners

The Ninewells Greenspace project has been selected by the Beechgrove Garden team to appear on the programme later this year.

The Greenspace project was developed by Public Health and Estates departments with funding and support from Forestry Commission Scotland. The area is very welcoming with paths, benches, rehabilitation trails for therapeutic activity and growing areas for garden therapy. The outdoor environment at Ninewells now provides a therapeutic alternative away from the clinical environment where patients, carers and visitors can reflect and recover in peaceful surroundings.

The Greenspace team are looking for some more volunteers to help with the gardens, in preparation for the Beechgrove Garden visit. If you would like to volunteer, please contact Mary Colvin at [mary.colvin@nhs.net](mailto:mary.colvin@nhs.net) or call 01382 424038.

## Smoking cessation support in Montrose

The Smoking Cessation Team in Angus held a Tobacco Health Fair at Montrose Academy recently to give pupils the opportunity to access advice on kicking the habit.

Pupils were also able to get information on a range of other health issues at the event.



*I-r Ashleigh Burness, smoking cessation coordinator Kelly Cruickshanks, Robert Guthrie, Haidee Mowatt.*

Picture courtesy of The Courier, Dundee

## Angus Long Term Conditions Event



*I-r David Myles, Sandy McKendrick, Primary Care Manager Angus CHP Rhona Guild and General Manager Angus CHP Susan Wilson*

The third Long Term Conditions Event organised by Angus CHP and supported by Angus Council, the voluntary sector and local and national organisations was held recently in the Reid Hall, Forfar.

The health information day, opened by Deputy Lord Lieutenant of Angus Sandy McKendrick got off to a toe tapping start with piper David Myles. The day aimed to help those affected by long term conditions to live well by providing up-to-date information on a range of health conditions.



*Karen Kelman, Principal Clinical Locality Pharmacist (left) and Grace Morrison, Senior Pharmacy Technician*

Over 30 stands covered subjects such as diabetes, asthma, smoking cessation, weight management, cardiac disease, arthritis, pain management, dementia, Parkinson's disease, emotional wellbeing and good mental health.

Visitors were also encouraged to take part in Tai Chi and chair-based exercises, taster sessions in complementary therapies and view demonstrations in good health care.

# Marathon dad's race for children's ward

Dundee dad Kenny Wallace handed over a cheque for £1,850 to Ward 29 at Ninewells to go towards parents' rooms in the hospital.

Kenny ran the Walt Disney Marathon to raise money after his daughter was in intensive care in Florida. Kenny and his wife Pauline spent time in free family on site accommodation provided by Ronald McDonald House Charities.

Kenny battled scorching heat to complete the marathon in three hours 50 minutes, finishing in the top 5% of the 26,000 runners taking part.



Picture courtesy of Evening Telegraph

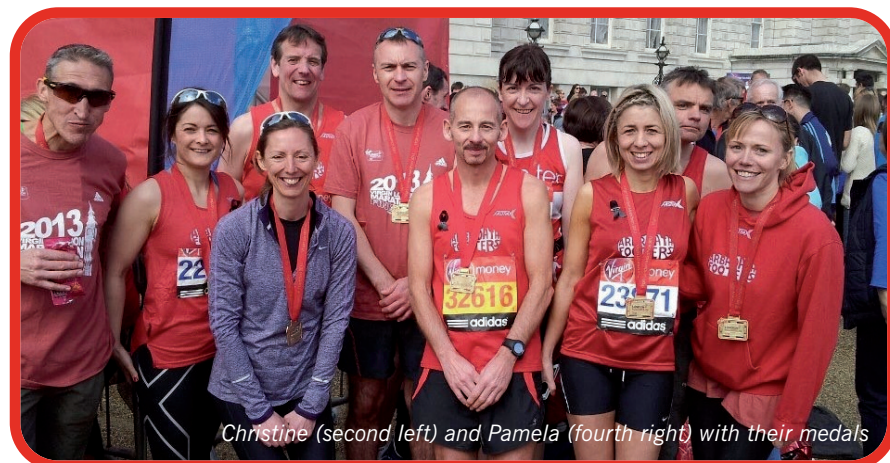
# Tayside staff complete London Marathon

Project officer for Sexual Health & Blood Borne Virus MCN Christine Bird and senior staff nurse at medical HDU Pamela Brandie successfully completed the London Marathon.

Pamela, who was running the Marathon for the third time, completed the race in three hours 50 minutes and raised £400 for Shelter.

Christine completed the event in four hours five minutes, raising £755 for Scottish Society for the Prevention of Cruelty to Animals and Cancer Research UK.

Christine said, "The whole race was an amazing experience from picking up our numbers at the expo, lining up at the start and then running round the course lined with supporters for the whole 26.2 miles and seeing all the iconic sights. The memories will last forever!"



Christine (second left) and Pamela (fourth right) with their medals



Mr Nabi (right) with some of the Friends

Picture courtesy of Photos on Location

# Friends donation to Stracathro

The Friends of Stracathro presented an imaging and elastography ultrasound system to consultant oncologist Mr Ghulam Nabi at Stracathro Hospital. This system is the first in the UK to be installed and one of only three in the world.

This state-of-the-art machine will improve the detection and surveillance of prostate cancer as it reduces the number of biopsies that are taken and provides clinicians with results and imagery in real time.

Mr Nabi said, "This system will benefit patients by detecting more cancers at a much earlier stage enabling better care and treatment to be offered to them. It should also help in early detection of aggressive cancers which would otherwise go undetected."



## Entertainment equipment for stroke unit

Picture courtesy of The Courier, Dundee



Big hearted members of the Dundee Taxi Drivers Social Club handed over entertainment equipment for stroke patients to use while they are recovering in Ninewells.

The club held fancy dress parties, bingo nights and race evenings to raise funds to buy the equipment, which included iPads, televisions, DVD players, Nintendo games machines and a Kindle.

They chose the stroke unit as a beneficiary following the sad death of member Mina Furey who suffered a stroke two years ago.

Senior charge nurse Rachel Haddock said, "Some of our patients can be with us in the ward for quite a number of weeks while they are recovering from a stroke. This very generous donation will help improve their experience and stay."



Dr Douglas Adamson (second left) with June Macdonald and her family

## Patient says thanks to Ninewells cancer ward

Arbroath woman June Macdonald, along with her family and friends, raised £3100 for Ward 32 through various events including prize bingo, selling tablet, a charity barbecue and raffles.

June's husband died of cancer and both her and her sister-in-law have had cancer treatment so she wanted to give something back to Ninewells to say thanks for the help and support she received.

Consultant clinical oncologist Dr Douglas Adamson said, "We are always extremely heartened by the fundraising that people involve themselves in to benefit patients who are diagnosed with cancer. A huge thank you to June, her friends and family for this donation."

## Art student raising funds for NICU

Duncan of Jordanstone fine art student Kate Cunningham has been raising money for Ninewells neonatal intensive care unit (NICU) by donating some of her artworks.

Kate and her brother both spent time in NICU as babies and to say thank you Kate donated three paintings of the Scottish landscape and weather.

Two of the paintings have been sold and the remaining one is being raffled. Tickets are available from senior charge nurse Alison Findlay in NICU and are sold in blocks of five at a price of £2.50.

Alison said, "We are extremely grateful for Kate's kind gesture and are delighted that she wanted to do such a lovely thing by way of thanks for staff."

"Funds raised will be used to benefit babies and parents, identifying in partnership with parents and staff the things that would bring most comfort to them."



I-r neonatal midwife Nicole White, Kate Cunningham, staff nurse Hayley Smith and Alison Findlay



## Professor David Rowley

Consultant orthopaedic surgeon Professor David Rowley has bid farewell to colleagues after a career spanning more than 40 years.

Professor Rowley came to Ninewells in 1988 as Professor of the University Department of Orthopaedic and Trauma Surgery. From 1999 to 2007 he was a member of Tayside NHS Board.

Chairman Sandy Watson (pictured right) met with Professor Rowley to congratulate him on his many achievements in NHS Tayside.

Picture courtesy of  
The Courier, Dundee



## Margaret Miller

Nurse Margaret Miller bid farewell to colleagues at Glenlaw House after a career spanning four decades.

Margaret began her nursing studies at Ninewells and went on to work at DRI and in the children's ward at Strathmartine Hospital.

Margaret has spent the last 19 years of her career dedicated to supporting children with complex needs and their families.



## Cathy Gladwin

Endoscopy staff nurse Cathy Gladwin retired after 37 years working for the NHS.

Cathy started work at Maryfield in 1976 before transferring to Ninewells. Working mainly in medicine, Cathy became a staff nurse in 2002 and has spent the last 13 years working within endoscopy.

## Jenny Moug

Enrolled nurse Jenny Moug retired after 37 years service with the NHS.

Jenny joined the ranks of nursing staff at Strathmartine Hospital in 1978 where she worked in various wards over the years. In 1999, Jenny joined the Occupational Therapy Department where she remained until she retired.



Picture courtesy of  
The Courier, Dundee

Picture courtesy of  
Medical Illustration Services, PRI



## Irene Robertson

Paediatric nurse practitioner Irene Robertson has retired after a 41-year nursing career at PRI.

Irene took up her first post of staff nurse in the children's medical ward at PRI.

Over the years Irene has been pivotal in the continual development of the children's unit at PRI.

## Lorna Maule

Macmillan Clinical Nurse Specialist for Gynaecology and Oncology Lorna Maule retired after 37 years in nursing.

Lorna worked as a rota midwife between Gynaecology, Theatres, Antenatal, Labour Ward and Parent Education until she became a senior charge nurse/midwife at PRI.

She was appointed as Macmillan Clinical Nurse Specialist for Gynaecology/ Oncology in 2004.



## Donald Kennedy

Donald Kennedy, a nursing assistant at the Susan Carnegie Centre at Stracathro, has retired after 36 years service working within mental health.

Donald began his nursing career in 1978 and worked in many wards at Sunnyside.

Donald then joined the Supported Therapies and Recovery Service where he has worked for the last eight years.

## Ernie Patullo

Head of Environmental Management Ernie Patullo retired after a career of 38 years within Facilities Management.

Ernie started his NHS career in 1975 as a cook in the Ninewells kitchens. He was appointed as catering manager at RVH and then ancillary services manager for Dundee Healthcare before becoming Head of Support Services.

He was appointed Head of Environmental Management in 2008.







## Professor James Ferguson

Consultant Dermatologist Professor James Ferguson retired after 35 years service with the NHS.

As well as being Head of the Photobiology Unit, he had responsibility for the National Photobiology Service and was an active service developer, innovator and researcher.

He will continue to have a research and teaching role over the next two years.



## Gillian Little

Macmillan Breast Care Nurse Specialist Gillian Little has retired after over four decades working for the NHS.

Gillian began her registered adult nurse training at the Western General Hospital in Edinburgh. She was appointed staff nurse in Ward 8 at Ninewells Hospital in 1975.

She went on to take up one of the first new Macmillan Breast Care Nurse Specialist posts and was central to developing the nursing service in caring for patients diagnosed with breast cancer.

## Yvonne Rollo

Dundee healthcare support worker for the Community Mental Health Team for Older People Yvonne Rollo retired after 38 years service with the NHS.

Yvonne began her career as a nursing assistant within the wards of Liff Hospital, and also worked in metabolic research.

She took up a post with the Community Mental Health Team for Older People in 1999.

## Hazel Mitchell

Head of Improvement for Tayside Mental Health Services Hazel Mitchell retired after 38 years.

Hazel began her career in 1975 as a nursing auxiliary in acute psychiatry at Liff Hospital.

Hazel became nursing services manager at PRI in 1998 before becoming Clinical Services Manager for Perth & Kinross and Angus Mental Health, Tayside Forensic Services and Tayside Dentistry, followed by Tayside General Adult Psychiatry. She latterly became Programme Director for Tayside Mental Health Services before taking up her final post as Head of Improvement.



Picture courtesy of The Courier, Dundee



## Kay Forsyth

Head of Midwifery Kay Forsyth retired after 37 years service with NHS Tayside.

Kay began work as a nursing auxiliary in casualty and outpatients in Stracathro before beginning her nurse and midwifery training in 1976. She worked in a number of areas including Stracathro, Fyfe Jamieson Maternity Home, Forfar Maternity Unit and Ninewells.

Kay was lead midwife and clinical team manager before taking up the Head of Midwifery post in 2009.

## Sandra Murray

Project Manager for Child Health Systems Sandra Murray retired after working with NHS Tayside for 44 years.

She initially worked in administrative roles and for the last 19 years she has been responsible for the Child Health System in Tayside.



## Mr Howard Stevenson

Consultant plastic surgeon Mr Howard Stevenson retired after a 46-year medical career.

Mr Stevenson began his training in Belfast and took up post as consultant plastic surgeon in Bridge of Earn Hospital and DRI before moving to Ninewells in 1998. He was clinical director for specialist services from 2001 to 2006.

Mr Stevenson was a member of the council for the British Association of Plastic Surgeons and an examiner for plastic surgery.



# Mumtaz Hussain

Senior Practitioner Nurse in Primary Care,  
HM Prison Perth

## Personal history

I have been nursing for 23 years. I started off as a nursing auxillary. I then did my general nurse training in 1991. My training was the former modular style.

When I qualified, I started off working in various areas with my first post being in A&E. When DRI closed I applied for a job in Edinburgh and worked there for seven years in the Acute Medical Admissions Unit. This included the High Dependency Unit, and Toxicology, which prompted me to do my psychiatric training back in Dundee.

After 18 months of training I worked in the Acute Adult Psychiatry for five years.

Since 2004, I worked for an agency and started in the Prison Service. When the time was right I applied for a permanent position becoming a part of the Scottish Prison Service until the transfer of healthcare to the NHS.

## Like(s) about current job

I really enjoy my job.

I work with a great team of people. No one day is the same. With my extended role there is scope to keep my skills and knowledge up-to-date. I am able to make a lot of decisions supported by my colleagues and management. We work closely together.

It is a busy and challenging job working with prisoners to try and improve their mental health as well as physical health.

Working in an environment with many people of different roles. There is always the good old "jail banter".

The big bonus... no night shift!

## Dislike about current job

I hate my uniform! Other than that I can honestly say there isn't anything I dislike about my job.

## Most unusual thing asked to do at work

I was given a pair of boxers as my 'Secret Santa' and was asked to wear them for the rest of my shift.

## Achievement most proud of

I have many achievements in my life, but as most guys would agree, it's becoming a father. My two girls are very important in my life.

Another would be that for the first time in my life I participated and completed a half marathon raising money for Save the Children.

## Favourite writer

To be quite honest I'm not a big reader but I have enjoyed J. R. R. Tolkien's 'Lord of The Rings' and Harper Lee's 'To Kill a Mocking Bird'.

## Favourite music

I'm not really that old, but do like a bit of jazz and blues! Sinatra, Louis Armstrong, Nat King Cole and sometimes a touch of Bollywood – lol!

## Favourite meal

All homemade food - cannae beat it! I do enjoy any chicken and fish dishes.

## Most like to have dinner with

I'm not fussy who – I'll dine with anyone, usually whoever is paying for my meal!

## Favourite word

'Hello'. It's used all around the world.

## Top 3 frustrations

Poor communication skills.  
Taxi drivers double parking.  
Political NHS rubbish on how to nurse.

## Irritating habit

I've been told I talk too much and just won't stop regardless who it is and what they are doing. Also I like to have things in order... a touch of Obsessive Compulsive Disorder (OCD)?!

## Do better than anyone else

Homemade curries. There were times when I cooked at work and nobody was able to compete with me. Takeaway Chicken Korma or Vindaloo are not curries!

## 3 wishes

1. To get new NHS uniforms for male nurses - a polo shirt would be good.
2. Pay rise for all nurses every year - 5% at least.
3. Have a collection of properties and retire earlier.

