

spectra

NHS
Tayside

The staff magazine for NHS Tayside

August - September 2013
Issue 67



**Royal visitors
for Ninewells**

Dear spectra readers,

At long last summer has arrived and the sun has shone on Tayside! June was a busy month for NHS Tayside with three VIP visits. Their Royal Highnesses The Duke and Duchess of Rothesay were given a warm welcome by staff, patients and visitors when they toured Ninewells to hear about ground breaking research into the treatment of breast cancer and diabetes, as well as work to help improve the lives of people with osteoporosis, see our feature on pages 10-11.

First Minister of Scotland Alex Salmond also visited Tayside to officially open the new £75 million Murray Royal Hospital in Perth. The new development provides state-of-the-art mental health facilities for adult and older inpatients, outpatients and day patients from across Tayside. Check out the article in news2u.

With our ever ageing population NHS Tayside was host to a number of events during Falls Awareness week aiming to raise awareness on how falls amongst the elderly can be prevented. Events were also held during Breastfeeding Awareness Week to promote the health benefits of breastfeeding for both mother and baby. Both of these are featured in Healthwise on page 16.

With so many people now having tablets and smart phones we went out and about to ask NHS Tayside staff if they were addicted to social networking sites. Are you constantly glued to your phone or have you managed to avoid falling into that trap.....yet? Turn to page 12 to find out what staff said.

In this issue we get to know Nigel Robinson, Advanced Practitioner, Angus CHP Physiotherapy Service who was lucky enough to have one of his wishes come true – Andy Murray's win at Wimbledon. A worthy wish I'm sure many of our readers would agree!

As ever our TREATS page is bursting with offers for NHS Tayside staff so why not treat your family or friends to a day out before the summer leaves us?

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



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Please send items for the next edition of spectra, Issue 68 October/November to the editorial team by 3 September. The deadlines for the following editions of spectra are Issue 69 December/January – 5 November and Issue 70 February/March – 7 January.

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news2u



learning
together



check it out



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Encouraging people to discuss dying

Angus CHP supported a new awareness week aimed at encouraging and helping people to open up and discuss the sensitive topics of death, dying and bereavement.

Around 200 organisations across Scotland came together to organise the first 'Good Life, Good Death, Good Grief' awareness week.

The main message of the campaign is that planning ahead can help make the financial, legal and practical consequences of illness and death for families much easier to deal with.

As part of the awareness week, Kirriemuir hosted Scotland's second 'death café' at the 88 Degrees Café to encourage the public to talk openly about the topics.

Clinical lead for palliative care Helen Dryden said, "Chatting about death when you are well, allows you to focus on what is important to you, what you want to achieve and last, but not least, celebrate life."

Visit www.goodlifedeathgrief.org.uk or www.deathcafe.com for more information

Helen Dryden (2nd right) with visitors to the 'death café'



New Clinical Director for Angus CHP

Lead Clinician for General Adult Psychiatry in Angus, Dr Roger Blake has been appointed Clinical Director of Angus CHP.

After graduating from Edinburgh University Medical School, Dr Blake completed his training in general practice and psychiatry before moving to Tayside to complete higher specialist training in General and Old Age Psychiatry.

Dr Blake said, "I am very positive about my new role within Angus CHP. As Clinical Director I am responsible for leading and coordinating clinical activity to ensure the highest standard of care.

"It is through close working partnerships between GPs and hospital doctors that, together, we can continually improve care and deliver better services for our patients. It is also an exciting time with the improvement opportunities afforded by Health and Social care Integration."



Call for nominations for SHIL Innovation Award

Do you have an idea for, or are you already working on developing, an innovation that could improve patient care? Or do you know somebody that is? Then Scottish Health Innovations Ltd (SHIL) wants to hear from you.

SHIL is a publicly funded, not-for-profit organisation that exists to facilitate the commercialisation of innovative ideas arising from NHS staff in Scotland.

SHIL is currently looking for new candidates for its 2014 Innovation Award, which recognises the people responsible for the most innovative idea of the year.

Innovations can be diverse and from any field of healthcare. Examples of previous winners include a diagnostic and potential therapy for stroke, a new type of epilepsy alarm, a child-sized restraint for ambulances, and a computer hardware system for assessing retinal function and structure.

Ideas can be submitted via the online form at www.shil.co.uk

Child Safety Week

Staff nurse Amy Grayson at Montrose MIU



Angus healthcare staff became Safety Heroes to support Child Safety Week, an annual community education campaign to raise awareness of how to prevent serious childhood accidents.

This year's theme 'Be a Safety Hero' focused on the message that you don't need to be a superhuman to be a Safety Hero – it can be the little changes you make that can have the biggest impact on preventing accidents.

Across Angus staff worked in the Minor Illness and Injury Units (MIUs) supporting the campaign by nominating Safety Heroes in each unit who gave safety advice aimed at preventing some child accidents including accidental burns and falls.

Sandy Watson elected Chairman of Scottish NHS Board Chairs' Group

NHS Tayside Chairman Sandy Watson has been elected to the role of Chairman of the Scottish NHS Board Chairs' Group.

Mr Watson, who has been chairman of NHS Tayside for more than five years, was previously vice chair of the Scottish group.

In his new national role, Mr Watson will represent the collective decisions and views of the chairs of all NHS boards to Scottish Government ministers.

Speaking on his appointment Mr Watson said, "I am very privileged to take on this role which sees NHS Boards and the Scottish Government working in partnership to ensure patients in Scotland continue to have a quality health service which is truly person-centred."



News in Brief

Angus

Volunteer befriending scheme

A new Angus befriending scheme aimed at supporting older people in the community is looking for volunteers.

NHS Tayside is currently recruiting volunteer befrienders who can commit one hour each week to the scheme, which offers support and social contact to older adults within the Forfar and Kirriemuir areas.

For more information contact Paula Mulholland on 01356 692806.

New patient transport scheme for Edzell

At a public meeting held at Edzell Health Centre members of the local community expressed an interest in supporting the introduction of a patient transport service.

Although the village itself is served by public transport, older and less mobile people can find it challenging to attend medical appointments.

Local volunteers are needed for this new patient transport scheme and anyone interested in becoming involved in this venture is encouraged to get in touch. For more information or to register an interest, contact Edzell Health Centre on 01356 648209.

'Partners in Learning' award for Angus CHP project

The Healthy Happy Communities project was presented with a 'Partners in Learning' award at the Education and Employers' Partnership Recognition Event at the Carnoustie Golf Hotel.

Strategic Director (People) Margo Williamson commended the project with a certificate after being put forward by Wardykes Primary School in appreciation of the support and assistance given to them to enhance learning and teaching opportunities within their school.

Celebrating the gift of life



organdonation.nhs.uk

NHS Tayside hosted a memorial service to pay tribute to all those who have donated organs and tissue in Tayside.

Around 120 family members and friends of loved ones who have donated organs, transplant recipients, medical and nursing staff, and supporters of organ donation attended the 'Time to Remember' service at the University of Dundee's Chaplaincy Centre.

The event was organised by NHS Tayside's Organ Donation Committee along with NHS Blood & Transplant, recognised the legacy left by organ donors in Tayside over the years.

To further commemorate the gift of life given by organ donation, Tayside NHS Board Endowment Fund has agreed funding of £6,800 for the design and installation of a stained glass window.



Designed by Newport-on-Tay artist Liz Rowley, the window will be installed in the Ninewells concourse in memory of those who have donated organs.

The project has been led by clinical lead for organ donation Dr Stephen Cole and Chairman Sandy Watson, who are co-chairs of the Organ Donation Committee.

Local organ donation charity Revival has also provided funding of £3500.

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

Carers information event held

Dundee Carers Centre and NHS Tayside hosted a carer's information event at Ninewells to mark National Carers Week to raise awareness of the role of carer.

In the UK there are six million people caring unpaid for an ill, frail or disabled family member or friend. Carers can provide help with personal things like getting someone dressed, turning them in their sleep, helping them to the toilet, helping them move about or administering their medication. Carers also help with things like shopping, laundry, cleaning, cooking, filling in forms or managing money.



Dr Margaret McGuire, nurse director (centre, back) and Tim Minard, deputy manager, Dundee Carers Centre with carers at the event.

The event at Ninewells aimed to highlight the support and information that is available through carers centres and encourages members of the public to find out more about what they can do to help them in their role.

Palliative and cancer patients benefit from funding

Tayside NHS Board Endowment Fund has agreed funding to provide WiFi facilities for patients at Roxburghe House Palliative Care Unit in Dundee and for research into treatment for ovarian cancer.

The £12,000 WiFi installation at Roxburghe House will be of a huge benefit to patients, allowing them to maintain a connection with family and friends through email and Skype and to access entertainment streaming and browse the internet.

£40,000 has also been approved to support a collaborative research programme for ovarian cancer jointly directed by Dr Michelle Ferguson, consultant in medical oncology, and Dr Gillian Smith, senior lecturer in the University of Dundee Division of Cancer Research. This funding will continue to build on the work already achieved with the appointment of a laboratory research technician and purchase of laboratory equipment.

For more information about how to donate to Tayside NHS Board Endowment Fund visit nhstayside.scot.nhs.uk and follow 'Getting Involved' then 'Fundraising'.

Emergency services prepare for contamination incident



Attendees at the mock exercise

A multi-agency mock exercise to support readiness in the event of a contamination incident was held at Ninewells involving A&E, Police Scotland, Scottish Fire & Rescue, the Scottish Ambulance Service and the University of Dundee.

Exercise 'Brine' involved a scenario where A&E were notified of an incident in a nearby factory which resulted in unknown material escaping from unlabelled drums. Volunteers, who were students at the University of Dundee, arrived at the entrance to A&E complaining of a variety of symptoms.

The exercise was planned by the Tayside Strategic Co-ordinating Group as part of Preparing Scotland - the Scottish guidance on resilience.

New Board appointments

NHS Tayside has welcomed new non-executive members, Stephen Hay and Douglas Cross, to Tayside NHS Board. Both appointments will run for four years.

Stephen Hay is a management consultant focusing on healthcare, sustainability and finance. He was a former managing director at Goldman Sachs as well as a founding partner of Circle Health, a non-executive director at the Homerton University Foundation Trust Hospital. He is currently a lay adviser to the Trust Special Administrator at the South London Trust.

Douglas Cross is a Fellow of the Chartered Institute of Management Accountants. His most recent executive role with the Police Service spanned 18 years as Director of Corporate Services for Tayside Police. Within the wider policing arena he was Chair of the Association of Chief Police Officers in Scotland (ACPOS) Finance Management Business Area. In 2006, he was awarded an OBE for services to Policing in Scotland.



Stephen Hay



Douglas Cross

News in Brief

Dundee

Equally Well test site learning event

Chairman Sandy Watson hosted a learning event at Discovery Point to share findings from the evaluation of the Dundee Equally Well test site in Stobswell and reflect the experience of rolling out the approach across the city.

The Stobswell site was sponsored by the Scottish Government for three years and aimed to improve community mental wellbeing.

Services are now engaging with local people in new and innovative ways and targeting the most disadvantaged streets in the area.

£34,300 to make Whitfield Local Care Centre child-friendly

Tayside NHS Board Endowment Fund has agreed funding of £34,300 to ensure the facilities at the new Whitfield Local Care Centre are more therapeutic for children.

The £6.8m multi-purpose facility will open later this year and is where health, community, social and leisure services will be delivered under one roof in the heart of the Whitfield community.

Themes are being developed for each of the paediatric rooms as a positive distraction for children including birds, the beach, the world map, library books, outdoor adventure and the galaxy.

Other design features include indoor trees, mood lighting and an indoor "street scape" on the upper floor.

Palliative Care Big Issues

NHS Tayside hosted a conference to explore the issues and challenges in caring for disadvantaged people with palliative care needs.

Over 150 delegates attended the Specialist Palliative Care Services sixth national conference in the West Park Centre which aimed to encourage collaboration and the exchange of ideas for the advancement of palliative care.

First Minister officially opens Murray Royal

First Minister of Scotland Alex Salmond visited Tayside to officially open the new £75m Murray Royal Hospital.

The new development provides state-of-the-art mental health facilities for adult and older inpatients, outpatients and day patients from across Tayside and replaces the previous 19th century buildings on the existing Murray Royal Hospital site.

Chairman Sandy Watson welcomed the First Minister to the hospital and introduced him to some of the many staff involved in bringing the eight-year long project to fruition.

The First Minister presented two benches which overlook the landscaped gardens. One bench is dedicated to all past, present and future patients of Murray Royal and has a plaque inscribed with a line adapted from a former Blairgowrie patient's poem. The inscription on the second bench comes from a well known nurses' prayer and is dedicated to all hospital staff.

The First Minister then visited the General Adult Psychiatry Service where he planted a 'Tree of Hope'. The next part of the visit included a tour of a Psychiatry of Old Age ward where the First Minister also heard about the work of the Strathmore Dementia Service.



Mr Watson said, "It is wonderful to see these fantastic facilities up and running with staff and patients in their new environment."

"This project, which has had so much input from so many people with a real involvement in the hospital, underlines NHS Tayside's commitment to the care of patients with mental health problems."



Director of Mental Health appointed

NHS Tayside has appointed Jim Crichton as Director of Mental Health Services, a new post which underlines NHS Tayside's commitment to driving forward further improvements in mental health care.

Jim joined NHS Tayside from his post of Director of Primary Care and Mental Health Services in NHS Ayrshire and Arran where he was responsible for shaping and delivering "Mind Your Health" - the local mental health strategy. Prior to this, Jim spent 20 years in mental health services in Glasgow.

Dundee parkrun celebrates first birthday

The weekly community exercise programme parkrun celebrated its first birthday at Camperdown Park with a fancy dress event.

NHS Tayside provided £3000 of endowment funds to parkrun, an organisation which offers free, weekly 5km timed runs in parks all over the UK, to set up the sessions in Dundee.

Over 53 events, parkrun attracted 869 different runners to Camperdown Park who have run a total of 20,945km over 2,064 hours in all weather. Runners range from under-16s to those in their 80s and a number of students from the Medical School have also been attracted to run or volunteer.

Respiratory consultant physician Dr Tom Fardon, who helped establish the



Picture courtesy of The Courier, Dundee

Camperdown parkrun, said, "A number of people who turn out every week tell me that without parkrun they would not go out running and would not feel as healthy as they do right now. We also have a number of runners who have lost a lot of weight since starting running at Camperdown.

"We are extremely grateful to NHS Tayside for the start-up funding and hope to continue to go from strength to strength."

For more information or to register to take part in the Camperdown parkruns visit www.parkrun.org.uk/camperdown

News in Brief

Perth & Kinross

Crafty knitters raise money for local children

Ladies from the craft group in Bridgend, supported by Perth & Kinross Healthy Communities Collaborative (HCC), have raised over £400 for Woodlea Cottage respite care facility for children and young people with complex, multiple and enduring needs.

The group previously raised funds for Poppy Scotland by knitting poppies and, looking for a new challenge, they decided to knit Easter chicks which they sold along with Creme Eggs donated by local businesses.

Perth & Kinross HCC aims to encourage interaction, group activities and gentle exercise in older people to combat isolation and loneliness.

New Stroke Care Standards

Perth & Kinross CHP Committee has heard about improvements in the patient environment and experience at PRI following the revision of national stroke care standards.

The number of transient ischaemic attack (TIA) clinics held at the hospital has been increased to three per week to help meet the new target of 80% of patients with stroke or TIA seen within four days (previously seven).

Improvements have also been carried out to the stroke unit ward area which greatly enhance the patient experience and working environment for staff.

Community Hospital Refresh Strategy

Work is progressing with the second stage of the Community Hospital Improvement Programme.

In partnership with GPs, P&K CHP is researching examples of best practices of community hospital models of care. Aberfeldy will be a test site for P&K to develop a model of care which meets the current and future needs and demands of the local population.

A scoping exercise has also begun to review provision at each MIU and at outpatient clinics to identify what could possibly be provided locally, particularly in rural areas.

Older people 'Go4Gold'

Older people in Perth & Kinross took part in 'Go4Gold', an Olympic-style event at Bells Sports Centre to highlight the importance of physical activity.

Around 105 care home residents and day care clients tried their hand at various physical challenges including indoor 'Kurling', bucket basketball, and fishing for ducks.

'Go4Gold' was organised by the Perth & Kinross Care Home Activity Network, which is a partnership between NHS Tayside, Perth & Kinross Council, Live

Active Leisure and local care homes. Each participant received a medal and certificate and trophies were presented to the overall winner, most enthusiastic team, most enthusiastic staff, best team identity and best banner/flag.

NHS Tayside falls service manager Carolyn Wilson said, "Building on the overwhelming success of last year's 'Go4Gold', which recently won Gold in the P&K Council Securing the Futures Awards, the event has just got bigger and better and more exciting and enjoyable for everyone."



Royal visitors for Ninewells

NHS Tayside played host to not one but two Royal visitors this summer. Their Royal Highnesses The Duke and Duchess of Rothesay were given a warm welcome by staff, patients and visitors when they toured Ninewells Hospital to hear about the ground breaking research into the treatment of breast cancer and diabetes as well as a fracture service which is changing the lives of people with osteoporosis.

The Duchess visited three services at Ninewells which are supported by charities of which Her Royal Highness is President: The type 1 diabetes charity JDRF; the National Osteoporosis Society; and Maggie's Cancer Caring Centre.

During her tour The Duchess met with staff and patients at the £15m Clinical Research Centre (CRC), which is a collaboration between NHS Tayside and the University of Dundee and is a hub for clinical trial activity.

JDRF has invested around £1.2 million into a hypoglycaemia research programme at the CRC led by Professor Rory McCrimmon.

The Duchess also met patients and staff from the Fracture Liaison Service Tayside, along with representatives from the National Osteoporosis Society, and heard about the positive input the service has made in the past year with the number of patients doubling to over 1000.

The final stop on her tour was Maggie's Dundee where The Duchess was introduced to representatives from Maggie's, including support specialists, nurse practitioners and funders, as well as women with advanced cancer.



The Duke of Rothesay visited Ninewells to hear about the pioneering research into breast cancer being carried out by Breakthrough Breast Cancer in the hospital.

First stop on the royal tour was Ward 27, a plastic surgery ward and breast surgery unit, where The Duke met with key staff involved in delivering treatment to breast cancer patients. The Duke, who is Patron of Breakthrough Breast Cancer, then heard from Professor Thompson and members of the Breakthrough Breast Cancer team who discussed their recently-funded research into predicting and measuring responses to chemotherapy through tissue analysis.

Breakthrough Breast Cancer commissioned this new study with the aim of reducing the extent of surgery required by some breast cancer patients.

During the tour, The Duke met with patients at different stages of their treatment for breast cancer. The tour ended with a visit to The Princess Alexandra Centre where he met with patients and staff before stopping for a chat with Macmillan Nurse Specialists.

Chairman Sandy Watson said, "NHS Tayside was delighted to welcome Their Royal Highnesses The Duke and Duchess of Rothesay to Ninewells. The Duchess's tour highlighted the scale of the partnership which exists between NHS Tayside, the University of Dundee Medical School, JDRF, the National Osteoporosis Society and Maggie's Dundee.

"The fact that The Duke chose to visit Ninewells - which was opened by his late grandmother Her Royal Highness Queen Elizabeth, The Queen Mother - and focused his visit on breast cancer speaking to members of the cancer team and patients, was very much appreciated by all involved."



Billions of people 'like' this



A study by the University of Chicago in 2012 suggested that Facebook can be more addictive than alcohol or cigarettes and harder to give up too. In fact some people have even turned to counsellors for help with their obsession, with the announcement that an NHS clinic in London is offering treatment for social media addiction.

With over 1.11 billion active Facebook users and 5.5 billion registered Twitter users tweeting 58 million tweets per day, social media can be a lifeline for many people, obsessed with knowing what their friends, friends of friends and every celebrity under the sun is up to at any given moment.

Another study from the University of Winchester asked ten self confessed social media addicts to go 'cold turkey' for four weeks with participants reportedly feeling isolated from friends and family and feeling 'cut off from the world'.

With our fingers hovering over the 'like' button, spectra asked readers are you addicted to Facebook or Twitter? Do you think social media is taking over our lives?



Carol Barnett

*Maternal and Infant Nutrition Programme Manager
Health Promotion
Kings Cross*

I am on Facebook, but I'm a bit of a dinosaur! I don't really use them but realise I need to keep up to date by using social networking. It has taken over slightly as some people are glued to their phones!



Ian Swan

*Advanced Nurse Practitioner
Surgery, Ninewells*

No. It's taking over some peoples lives, but not mine.

Six ways to tell if you're hooked on social media:

- 1) Looking at Facebook or Twitter more than 10 times a day or for more than half an hour
- 2) Checking social media on a smartphone when you're driving
- 3) "Cyber-stalking" friends to see you haven't been left out
- 4) Feeling down if no one comments, "likes" or retweets what you post
- 5) Getting upset if Twitter or Facebook isn't working
- 6) Ending a foreign trip with a sizeable bill for data roaming



Denise Williamson

Charge Nurse
Ward 8
Ninewells Hospital

I don't use facebook or twitter but yes I do believe social media is taking over some people's lives. People are constantly looking at their smartphones, laptops and tablets even when they are sitting in company having a conversation.

To be honest I think social media can be invasive as your photo can appear on facebook without your consent if posted by another user.



Holly Knight

Healthcare Assistant
Ward 8
Ninewells Hospital

Yes it can take over your life – I know from personal experience! I use facebook but not twitter – yet! I deactivate facebook from time-to-time just to give myself a break from constantly checking in but I am really nosey so I can only go about a week before I give in and log back on.

Using social media makes it easy to keep up with what is going on in other people's lives and see what they write but that isn't always a good thing as I can get annoyed when I read some of the comments that are posted.



Richard McIntosh

Specialist Health Promotion Officer
Public Health
Kings Cross

I'm an addict. I spend a lot of my time on Facebook as I've family and friends all over the world.

Facebook doesn't have to be all nonsense but I hate it when people post really awkward things or complain about their relationship status.

Get out there and get a life and socialise with real people!



Maria Uribe

Receptionist
Kings Cross

Yes I'm addicted to Facebook – I'm always getting my grandchildren into trouble for it but I still go on myself!

It's definitely taking over especially with younger people – they would rather be on their phones than talk to you!



Sandy Watson

NHS Tayside Chairman

I have been using Twitter for a number of months in my Health Board capacity.

So far I have sent 310 tweets and have 199 followers – many of whom are politicians or officers in the public sector, and some media representatives.

I believe that this is a useful additional way of getting some of NHS Tayside's messages out into the wider world and have no doubt with the speed of technological change it will become an even more significant way of communicating in the future.

I attended an excellent Modern Apprentice Graduation Ceremony in Surgeons Hall in Edinburgh recently and was fascinated by the extent to which the young people present were tweeting their observations of the event as the programme progressed.

We need people with social media skills in the NHS now!

In the next issue of spectra, we ask readers, is the age of the Good Samaritan dead? Would you offer to help someone you didn't know?

If you are interested in taking part in the next voxpop, please email the spectra team on

communications.tayside@nhs.net.

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or
www.twitter.com/NHSTayside

Perth dental staff making a difference in Romania

Three members of staff from Broxden Dental Centre in Perth visited Romania recently to provide dental care and advice to children in deprived areas.

Dentist Dr Miriam Fraser and dental nurses Sandra Christie and Andrea Sturrock joined forces with charity Vision Romania to treat special needs children at a respite camp in Varmaga, Romania.

Most of the children have little or no access to dental care. Treatment is very expensive and the majority of people helped by Vision Romania are simply unable to afford it, leaving them suffering with dental pain as a part of life.

The children at the camp also had a range of disabilities which meant some found the interaction of a dental exam difficult to tolerate.

Miriam said, "All the dental team were able to use their experience in dealing with anxious patients and those with special needs and it was very rewarding to see children who have encountered very little positivity within the healthcare system allowing us to investigate and treat them."

"One very insular girl who attended the camp last year and had previously

Miriam and Sandra with their translator Narcis and Trisha from Vision Romania



refused the dentist was able to interact with staff and completed a dental exam over two days. She went away beaming with a sticker to show off her bravery.

"The team also visited a special school which houses around 300 children and the treatment they required was an insurmountable mountain. We found this our most difficult and emotional day.

"It was a busy and rewarding trip and saying goodbye was difficult, knowing the conditions that some were returning to. It also made us determined to continue to support Vision Romania and hopefully return next year to continue the invaluable work they carry out."

Vision Romania run respite camps for children to provide them with hot meals, games, arts and crafts and to have fun for a week. The camps also aim to give support and counselling to parents and carers. Many families have never had a holiday, so the relief of relaxing and watching their children grow in experience and health is inexpressibly valuable.

To find out more about the charity please contact info@visionromania.org



Looking after prisoner healthcare in Tayside

NHS Tayside took over the provision of healthcare for prisoners at HMP Perth and Open Estate Castle Huntly on 1 November 2011. Since this time, NHS Tayside has embarked on a healthcare transformation programme aimed at improving the health and outcomes of prisoners.

NHS Tayside staff look after the health and wellbeing of around 650 prisoners in HMP Perth and 285 prisoners in Castle Huntly.

Overseeing the team, clinical team leader for primary care Ian Houston explains the challenges they face, running a health centre within a prison.



Ian said, "We deal with patients who have a wide range of problems including alcohol and substance misuse and poor mental and physical health.

"It can be difficult to engage with these patients as they will generally have led chaotic lifestyles and not kept to appointments in the community.

Substance misuse nurse in HMP Perth, Marion Wilson has been working in this role for over ten years and has seen a great deal of changes to the service. Marion said, "Ten years ago we would have been managing and dispensing methadone to around 40 patients a day. The number of patients requiring treatment intervention has increased significantly since then and the way in which we provide support and treatment has changed considerably."



The team help to prepare patients with substance misuse problems for release by ensuring that community services help is set up for them and by preparing them for drug rehabilitation.

Marion added, "I do this because I think I can make even just small changes for some of the patients. Getting patients drug-free is very satisfying."

Public health nurse Sue Fraser, covers both Castle Huntly and HMP Perth. Sue deals with health protection issues that would affect patients anywhere – norovirus, chicken-pox, shingles and scabies – and is also the lead nurse for blood borne viruses and sexual health.

Sue said, "I'm not here to judge our patients, I'm here to help. Working with them on matters of sexual health education and helping them with hepatitis C life coaching can be very rewarding."

Diane Perera has worked with mentally disordered offenders for the past 15 years across both HMP Perth and Castle Huntly.

Diane said, "Mental Health services in both prisons are designed to meet the needs of two very different populations. In HMP Perth we identify service users who may be suffering acute, chronic and long-term mental health difficulties and either manage them internally or in partnership with external services, facilitate emergency transfer to appropriate psychiatric facilities.



"In Castle Huntly, the emphasis, from a major mental illness perspective, is on risk management and preparation for release."

Practitioner nurse Mumtaz Hussain has been with the NHS for 23 years and has worked in HMP Perth since 2010. Mumtaz is part of the primary care team which provides services such as administering medication, health checks on admission, physical and mental health checks, vaccinations and phlebotomy.

Mumtaz also holds a clinic in sexual health offering patients a wide range of tests and treatments and, along with a number of his colleagues responds to emergencies where he may have to deal with cardiac arrests, breathing difficulties, suicide attempts and violent incidents.



The transformation of prisoner healthcare will see active, dynamic participation by Tayside Primary Care Services, Substance Misuse Service, Mental Health Services and Scottish Prison Service, as well as including the local authority partners such as Criminal Justice and Social Work, the Chaplaincy and voluntary organisations with the aim of improving prisoner healthcare in Tayside's prisons.

NHS Tayside promotes 'breast is best'

NHS Tayside marked Breastfeeding Awareness Week with a series of events across the region.

In Arbroath, mums and babies took part in a buggy walk from the Harbour Visitor Centre to Arbroath Infirmary where an afternoon tea party was held in the Community Maternity Unit for

mums to share their experiences and get advice and support from staff.

Awareness events were also held at the Healthy Start Café in Brechin, Asda in Arbroath, Ninewells, YMCA in Broughty Ferry and the Community Maternity Unit at PRI.



Angus



Dundee



Perth & Kinross

Dementia Dogs visit Ninewells

In support of Dementia Awareness Week, NHS Tayside held information stalls at Ninewells and PRI showcasing some of the many services and initiatives that are available for people in their local communities.

At Ninewells, there were some very special visitors from the Dementia Dog Project, a brand new service being piloted in Tayside. Two specially trained assistance dogs from the project, which is based at the Guide Dogs for the Blind training facility in Forfar, made an appearance to demonstrate the support they can provide to people with dementia.

Staff from the Dundee Community Mental Health Team, Hospital Dementia Liaison Psychiatry Team, Dementia Champions, Nutrition Champions, the Scottish Diabetes Clinical Research Network and Alzheimer Scotland were also on hand to give patients, carers and visitors information and advice about living with dementia. NHS Tayside consultant nurse for dementia Andy Shewin said,

"People with dementia, on admission to hospital, can become seriously ill with a combination of physical and cognitive problems and we are working really hard to improve this aspect of their journey."



I-r (back) social worker Lee Foggarty, nutrition champion Kerry Queen, Andy Shewin, clinical studies officer Leigh Ann Whyte, community mental health nurse Frances Taylor and psychiatric liaison nurse Ann Harland with Dementia Dog Alex and trainer Shirley

Working out at work

Staff from Ninewells, Kings Cross, PRI and Arbroath Infirmary completed a static team cycle for the cumulative distance of 469 miles – from Ninewells to Great Ormond Street Hospital – as part of Workout at Work Day.

Physiotherapist Fiona Lamont said, "Workout at Work Day is a great way for us to encourage our staff to improve their health and make small changes to help integrate more physical activity into their lifestyles."

Head of physiotherapy Matthew Kendall added, "We know that healthy employees are more productive, have higher morale and are less likely to be absent through ill health. This helps NHS Tayside to be more effective and efficient in providing high quality care for our patients."



I-r Physiotherapy and occupational therapy staff Kelly Ross, Jessica Simpson, Anna Huggard, David Johnston, Lana Peacock, Andrew Suttie, Simon Bancewicz and Giulio Maffioletti and David's son Daniel Johnston

'Best Foot Forward' to prevent falls

Falls service staff from across NHS Tayside were out and about during Falls Awareness Week to give advice and support to help reduce the risk of falls in older people.

The theme this year was 'Best Foot Forward' and focused on how foot problems can affect balance and walking and therefore can lead to falls.

Awareness events were held across Tayside where falls service teams highlighted how to minimise the risk of falling including how to care for feet and exercises for the feet and ankles, as well as the importance of well fitting shoes and reporting foot problems to a GP or podiatrist.

They also handed out literature, bookmarks, emergency datalink bottles and fridge magnets, replaced worn walking stick tips and cleaned glasses.



Angus



Dundee



Perth & Kinross

Healthy Start for families

NHS Tayside has re-launched the Healthy Start scheme which provides pregnant women and young families with vitamins, milk, fruit and vegetables.

Those eligible receive coupons to exchange for women's and children's vitamin supplements at community pharmacies.

They are also given vouchers that can be used in shops to help pay towards milk, formula milk and fresh or frozen fruit and vegetables.



Director of Public Health Drew Walker (back left) and maternal and infant nutrition manager Carol Barnett (back right) at the launch



Pharmacy technician Zoe Macgregor, Melissa Henderson with Paige and Indie, and Tracey Furness

Perth mum Gives It Up For twins!

Perthshire mum Melissa Henderson has given her newborn twins the best start in life by giving up her 20-a-day smoking habit with the help of NHS Tayside's Give It Up For Baby (GIUFB) scheme.

Melissa has attended Davidson's pharmacy in Bridge of Earn since September for carbon monoxide testing and has successfully managed to quit throughout her pregnancy and after giving birth to twins Paige and Indie.

"The pharmacy staff were a great help", said Melissa. "They were very friendly and one of the girls who works there also has twins which was nice. It was also great to know that the support worker Tracey Furness was always on the end of the phone if I needed any support or encouragement."

- Smoking cessation staff hosted an information stand at Angus College's Family Fun Fayre in Arbroath. The team was joined by 'Big Cig' at the event where they offered advice and tips on how to give up smoking.
- Primary five children at Ballumbie Primary School in Dundee have been writing a story about the dangers associated with smoking and passive smoking along with children from primary two and their parents. The stories are to be collated into a book along with artwork by the children.

Picture courtesy of The Courier, Dundee

Focusing on research for Diabetes Week

Tayside Diabetes Managed Clinical Network (MCN) in partnership with local support groups marked Diabetes Week with free information events for people with diabetes, their families and members of the public.

Tayside Diabetes Team, Scottish Diabetes Research Network, Dundee Diabetes UK Group and TayKids hosted an information stand in at Ninewells where they gave out information on diabetes, how to live well with the condition and opportunities to become involved in research.

The Tayside Paediatric Diabetes Team also held an information morning at Ninewells in partnership with TayKids.



I-r Research register manager John Kerr, MCN manager Elaine Wilson with members of Dundee Diabetes UK group and TayKids

Roxburghe House Sensory Garden

Dundee College's award winning show garden, which scooped gold at last year's Dundee Flower and Food Festival has taken root at Roxburghe House.



NHS Tayside Staff and students watching the garden take shape

About 100 horticultural students have been involved in surveying the site, adapting the original design, and undertaking the skilled installation work which, as well as laying foundations and planting hundreds of plants representing nearly 40 different varieties, also includes creating a water feature and seating in stone.

The finished garden will serve both staff and patients at the hospice with a huge sensory element including lots of tactile plants, aromatic herbs and an audio component with rustling leaves and bubbling water.

Algeos prize for Derek

PRI orthotic technician Derek Bremner received the Algeos prize for his winning presentation at a recent meeting of the British Association of Prosthetists and Orthotists (BAPO).

The BAPO conference is an important resource for orthotic and prosthetic technicians offering a platform to showcase manufacturing processes and useful fabrication techniques. Derek gave a presentation on how he has overcome a specific manufacturing difficulty in relation to production of Ankle Foot Orthoses.



Derek (right) receives his prize from Lee Willan of Algeo Ltd

Dementia awards for staff



Nursing and allied health professional staff from NHS Tayside have completed a course to improve their skills in working with patients with dementia.

The 19 staff graduated from the University of West of Scotland (UWS) as Dementia Champions, joining 38 other colleagues from across Tayside who have already completed the course. The newly graduated staff will join their colleagues in supporting patients with cognitive impairment, their carers and their other colleagues in the acute care environment.

The champions received their award at Murrayfield, following an address by the Cabinet Secretary for Health and Wellbeing Alex Neil.



Paul Ballard (second from left) accepts the Lord Provost's award for innovative project to tackle low attendance at Braeview Academy

NHSScotland Event poster success

Staff from Angus Pharmacy Department submitted an abstract and were one of 120 teams chosen to present a poster at the NHSScotland Event held at the SECC in Glasgow.

The poster, presented by pharmacist Fiona Cordiner and pharmacy technician Alison Dickson was based on the compliance assessment work that is being carried out in Arbroath Infirmary as part of the Older People in Acute Care Collaborative work.



Alison (left) and Fiona with their poster



(l-r) back NHS Tayside consultant radiologist Dr Gavin Main and NHS Tayside consultant paediatrician Dr Peter Fowlie with other speakers at the event

Paediatric Imaging Tayside study session

The third Paediatric Imaging Tayside study session was held in Ninewells in April. The aim of these sessions is to help drive up the standards of paediatric imaging in adult x-ray departments and was inspired by the efforts of the Children's Imaging Taskforce.

A fourth study session is planned for spring 2014. For more information contact radevents.tayside@nhs.net

Talking Tayside voice training



Sally and Sam (far left) pictured with participants on the course

A voice workshop was delivered to the Talking Tayside steering group by senior specialist speech and language therapist Sally Milne and consultant surgeon Mr Sam Majumdar.

Talking Tayside is a support organisation for call centre workers in the Tayside area. The workshop coincided with World Voice Day and covered topics such as normal voice production and how to prevent voice problems.



Keeping the Tayside workforce healthy

The Healthy Working Lives (HWL) programme provides free and confidential advice to employers, with one simple aim: to create a healthier workforce.



NHS Tayside's HWL team delivers the programme in a variety of workplaces ranging from small to medium enterprises employing less than 250 people (SMEs) through to the larger employers such as local authorities.

With support from the team, workplaces run awareness campaigns, health promoting activities and sessions on topics such as healthy eating, physical activity, stress, mental health, alcohol and drugs.

With funding from the Scottish Centre for Healthy Working Lives, the team created the Workplace Health Improvement Fund earlier this year, which allows SMEs that are not already engaged with the programme to apply for grants of up to £250 to promote the health and wellbeing of their staff.

So far applications have been approved to provide fruit to encourage healthy snacking, massage sessions to relieve pressure and a replacement chair to relieve musculoskeletal problems in a sole trader business.

In 2010 the team also developed a Business Pamper Day concept which sees them deliver sessions such as Reiki, one-to-one confidential lifestyle checks and group relaxation to employees at their own workplaces. Twenty four SMEs have already taken up the offer of a pamper day, allowing the team to engage directly with staff about their health and wellbeing in the workplace.

Occupational health and safety adviser Jane Duffy works with all types of SMEs, both private and voluntary, to advise on how to protect employees and others affected by their work, help them eliminate or reduce the risks of accidents and work-related ill health and comply with health and safety legislation.

NHS Tayside has over 20 sites holding Bronze, Silver and Gold Awards.

Being physically active at work is particularly good for employees whose role may involve being seated for a large part of their working day, although many job roles within NHS Tayside do involve quite a bit of activity such as walking or being on your feet.

Activities organised through the HWL working group include swimming, stair climbing and pedometer walking challenges and health walks. The promotion of physical activity in the acute sector of NHS Tayside has now been featured as a case study by the Health Promoting Health Service and can be viewed at www.healthscotland.com/documents/21437.aspx

For further information on what the team provide within NHS Tayside please visit the Healthy Working Lives page on Staffnet.



The NHS Tayside Healthy Working Lives team is led by Pat Davidson (centre) and is made up of health improvement officers Rosie Dececco, Sylvia Mudie (second right) and Jackie Ross (right), occupational health and safety adviser Jane Duffy (left) and project officer Beverley Thomson (second left). To get in touch with any of the team contact hw1.tayside@nhs.net or call 01382 424057 or x71057.

Nigel Robinson

Advanced Practitioner Angus CHP Physiotherapy Service

Personal history

I'm from Lisburn in Northern Ireland. After completing my degree at Robert Gordon University, I started my first job at Ninewells Hospital in 1998. After nearly three years of rotations I was offered a static outpatients job in Arbroath. That was 12 years ago and I'm still in Arbroath!

My current post is split between musculoskeletal outpatients and working with the orthopaedic consultants doing triage clinics. Along the way I've picked up extra skills like acupuncture, injection therapy, requesting MRIs and X-rays and ultrasounds. All these extra skills are very useful in assessing and treating patients with complicated problems.

Our new musculoskeletal service integrates referrals to physio and orthopaedics which mostly come to physiotherapy first. We are screening referrals using the Referral Management System which is an interesting development for our service.

I am also one of the Chartered Society of Physiotherapy (CSP) shop stewards for Angus.

Like(s) about current job

Meeting new people is always interesting. I also enjoy the detective work that is involved in trying to work out what muscle or part of the body is causing the patient's pain.

Our physiotherapy department is a great place to work, we all get on very well and there is regular lunchtime banter and good 'craic' on nights out. In June we participated in a challenge to static cycle the distance to Great Ormond Street Hospital from Dundee with the other physiotherapy departments in Tayside. This was

for 'Work-out at Work Day' and we managed to beat the distance required (469 miles) by over 30 miles! (See article on page 16).

Dislike about current job

Always having a waiting list. No matter how hard you work and squeeze patients into slots there is always a waiting list looming over your head.

Most unusual thing asked to do at work

To take freshly shot pheasants and put them into the boot of my car! A grateful patient gave me some from her weekend shoot. They were very tasty except for the bits of shot that peppered them. Gutting them and plucking them in the garden was interesting too!

Achievement most proud of

Becoming a father of twin girls was amazing. Erin and Hannah are six years old and keep my wife and I on our toes. There is never a dull moment in our house.

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

Favourite writer

I like Lee Child and Tom Clancy but my all time favourite is Ian Rankin, who met at a lecture in Dundee. He was quite funny and was like his character 'Rebus' in some ways too.

Favourite music

Anything from Coldplay.

Favourite meal

I love Japanese food, so anything with sushi, sashimi and noodles goes down a treat.

Most like to have dinner with

For conversation - Sir Winston Churchill - he had such a long and interesting life. For entertainment - John Lennon - need I say anymore?

Favourite word

'Eejit'.

Top 3 frustrations

Why there isn't a 'yo sushi!' branch in Dundee.

People who drive at 15 miles per hour under the speed limit.

People who arrive late for appointments and don't apologise.

Irritating habit

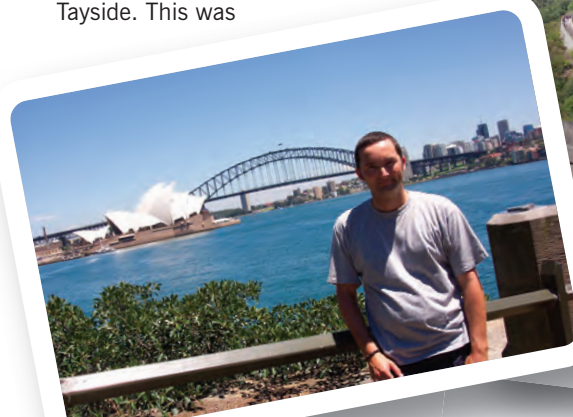
If you ask my wife you'll get a long and detailed list.

Do better than anyone else

I make a pretty mean carrot cake!

3 wishes

1. That Rory McIlroy wins more majors than Tiger Woods
2. That Andy Murrays wins Wimbledon
3. That I get a hole in one (and someone gets to witness it!)



Bowel Screening staff abseil



Consultant clinical scientist Judith Strachan, laboratory team leader Paula McDonald and research statistician Gillian Libby from the Scottish Bowel Screening Centre at Kings Cross completed an abseil down the 130ft-high University of Dundee Tower Building.

Now in its third year, the Marie Curie Daredevil Challenge has raised around £25,000 to fund an additional 1,250 hours of free nursing care to terminally ill people in Tayside and Fife.

Judith, Paula and Gillian want to thank all their colleagues and families for their encouragement and sponsorship.

I-r Judith Strachan, Paula McDonald and Gillian Libby

'Onesie' day at PRI



Laboratory staff at Perth Royal Infirmary Blood Sciences Department took the 'Casual Friday' concept to a new level recently by donning 'Onesies' to raise money for cancer patients.

The team spent a day dressed in their finest one-piece sleep suits and raised a total of £120 which they donated to Cornhill MacMillan Centre at PRI.

I-r (back) Biomedical scientists Elliot Gray, Jane Gorrie and Eileen Pratt, clerical officer Margaret McLellan and medical laboratory assistant Arianne Munro (front) Biomedical scientist James Law and admin supervisor Elaine Sinclair

Nurses walk the West Highland Way



Two Angus nurses recently undertook a personal challenge of walking the West Highland Way.

Dawn Cameron (right), who works as an anaesthetic assistant in theatres at Stracathro, and Linda Cameron from the inpatient unit at Brechin Infirmary, began their walk at Milngavie and completed the 96miles to Fort William seven days later.

Dawn has raised £515 for the Macmillan Centre at Stracathro and Linda £500 for the Angus Branch of Alzheimer Scotland.

Specialist chairs for plastic surgery patients

Two specialist reclining chairs were donated to Ninewells plastic surgery department in memory of a former patient.

The family of Shirley Tyrell, who was nursed in the burns unit many times over the past few years, organised various fundraising activities including a bottle bingo and an auction.

Shirley's brothers, husband, son and sister along with some of the Ninewells theatre staff also took part in a football match between Kirkton Old Boys and Ninewells Wannabees.

The total raised was £2720 and was used to purchase the specialist chairs which make life more comfortable for patients recovering from major surgery.



I-r (standing) Staff nurse Andy McDonald, Shirley's sister Caroline McGregor, theatre support worker Grant Coupar, brother David Hume, senior charge nurse Susan Lundie, theatre support worker Derek Johnston and healthcare assistant Dawn Morisson (seated) Shirley's son Nathen Tyrell and brother Stuart Hume

Donation to Ninewells antenatal clinic

Dundee mum Donna Fenemore handed over a cheque for £250 to the antenatal clinic at Ninewells to say thanks for the care given to her and her unborn baby.

Donna suffered complications in her pregnancy that arose through twin to twin transfusion syndrome and sadly lost one of the twins.

She attended the clinic every week after her loss to have her unborn baby monitored and Donna firmly believes that without the help from the antenatal team, Max would not have been born safely at 31 weeks.

Donna said, "We held Max's christening earlier this year and asked family and friends to donate money instead of giving gifts. The donation is a small thank you to the team for the fantastic skill and dedication they gave to help Max."



Picture courtesy of The Courier, Dundee

l-r (seated) Mike and Donna Fenemore holding sons Max and Rhys (standing) Midwife Pauline Mitchell, consultant obstetrician Professor Gary Mires and midwife Angela Dutch

Family fundraises for Teenage Epilepsy Clinic

The family of a teenage boy has been raising money for the Ninewells clinic that has supported them over the past two years.

Carole O'Neill's son Joshua Boyd was 14 when he had his first seizure in February 2011 and was diagnosed with epilepsy. Since then, the family has received support from the Teenage Epilepsy Clinic to help manage Joshua's condition and deal with his seizures.

"When Joshua first began having seizures, it took all his independence away from him and greatly affected both his and the rest of the family's lives," said Carole.

"My sister Leah and my daughter Courtney are Zumba instructors and they held a Zumbathon to raise money for the clinic. I also organised raffles and bake sales and we have raised a total of £871.

"The clinic has made what was a very scary and difficult time for us, a little easier to deal with. They have supplied us with the knowledge we need to move on and to pay them back for their hard work we have raised these funds and will continue to do so."



l-r Carole, Joshua, consultant paediatrician Dr Linda Clerihew, Leah and children's epilepsy nurse specialist Karen Lawrence

Hospital bed sheets bound for Africa

NHS Tayside donated 7000 pieces of bed linen for the benefit of women and children in Africa.

Following the roll out of the new Sleepknit bedding system, NHS Tayside donated its old bed linen to the Gloag Foundation, a charity that provides support to medical projects across the third world.

The Gloag Foundation focuses primarily on medical care and the wellbeing of women and children through its centres in Kenya, Malawi and Sierra Leone.

Director of Operations for the Gloag Foundation Paul McNeil said, "We are extremely grateful for this generous donation which will allow us to keep our sites fully stocked for the next several years.

"Over the years, NHS Tayside has been extremely generous to us and we greatly appreciate the relationship we have with Tayside Linen Services. The donations they provide go a long way to touching the lives of countless women and children in some of the most deprived countries in the world."



Head of Production Unit Billy Alexander, Paul McNeil and laundry assistant Brian Roberts

Joan West

Healthcare assistant Joan West (centre with balloons) has retired after 30 years service with NHS Tayside.

Joan started her career as a domestic in Ashludie before a change of career following a break to have family saw her take up a role as a healthcare assistant. Latterly she worked as a healthcare assistant in ward 3, Royal Victoria before her retirement.



Susan Semple

Nurse Susan Semple bid farewell to colleagues at Arbroath Infirmary after a career spanning almost four decades.

Susan retired after more than 37 years service spent within mental health nursing. Susan began her nursing career at Sunnyside Hospital in Montrose in 1975 and went on to work in every department at the hospital.

She joined the team in Ward 1 at Arbroath Infirmary in 1998 and continued to work there until her retirement.

Colleagues and friends gathered at Arbroath Infirmary to wish her farewell where senior charge nurse Alec Longmuir presented Susan with gifts to mark her retiral.

Gillian Stevenson

Infection control nurse Gillian Stevenson (seated centre) has retired after over 36 years working for the NHS.

Gillian began her registered adult nurse training in 1974 at Western Infirmary in Glasgow before taking up her first post of staff nurse.

In 1985 Gillian became the first Infection Control nurse in GRI before moving to become infection control nurse manager for NHS Lothian before finally moving to NHS Tayside in 2006.



l-r Lead Infection Control Doctor Dr Gabby Phillips, Gillian, Nurse Director Dr Margaret McGuire, Associate Nurse Director Eileen McKenna



Bill (centre) with colleagues at a recent smoking cessation event

Willie Robertson

Senior charge nurse Willie Robertson has retired from Murray Royal after a 37-year career with NHS Tayside.

Willie began his nurse training in 1976 before taking up his first post in 1979 as a staff nurse at Murray Royal.

Willie went on to become a charge nurse, clinical nurse specialist and then senior charge nurse, which is the position he has held until retirement.

Willie plans to make full use of his new-found free time with trips abroad in his new campervan.



Bill Edwards

Bill Edwards, senior health promotion officer, has retired at the end of March having completed almost 35 years' service in NHS Tayside.

In 1978 Bill joined the NHS and was based at the Health Promotion Centre in Dudhope Terrace. He fulfilled his role in a number of health promotion topics and settings, but he has never been far from the smoking cessation and prevention agenda locally and nationally.

Latterly Bill was based in Angus CHP at Orchardbank. Colleagues in both Kings Cross and Forfar arranged retiral celebrations and presented him with gifts and wished him a long, happy and healthy retirement.