

spectra

NHS
Tayside

September-October
Issue 73



**Ninewells remembers
the Great War**

Dear spectra readers,

Welcome to your new look magazine! We've brought the production of spectra in-house and decided to take the opportunity to give it a bit of a makeover. You'll still find all the news and features from across NHS Tayside but with a fresh new layout and design.

We've also changed our printing schedule slightly which means the deadline dates for you to submit articles are different. You can see the new dates on page 3.

There's lots of anniversaries in NHS Tayside this year and in this issue we are celebrating the centenary of Perth Royal Infirmary with a double page spread to mark the occasion (page 10&11). As Dundee Dental Hospital was also 100 years old this year and Ninewells will be celebrating it's 40th anniversary in October, we invited staff to take a trip down memory lane and give us their memories and experiences of the three buildings. Check out what they said in Your View on pages 12&13.

Thanks to its close links with the University of Dundee and other partner organisations, NHS Tayside is at the forefront of embracing and developing new technology for the benefit of patients. We've done a round up of some of the latest digital initiatives that have been developed in Tayside, find out more on page 16.

We also focus on the selfless gift that ward assistant Keir Gordon gives every month when he donates platelets at Ninewells. Keir has been donating platelets for 22 years and recently made his 250th donation to the Scottish National Blood Transfusion Service. Well done Keir! Read his story on page 17.

The TREATS pull-out has applications for the Enchanted Forest at Faskally Wood and a weekend trip to Glasgow as well as many other offers on the TREATS Staffnet page. Why not see if you can grab a bargain!

We hope you enjoy your new look spectra and please feel free to call or email us if there's anything you would like included. Our details are on page 3.

spectra editorial team

spectra's stars!

We want to celebrate the amazing staff we have here in NHS Tayside. Help us find the hidden gems by nominating someone for spectra's stars! Every issue we will feature one member of staff who has been nominated by a colleague. If you would like to suggest someone, please contact us and explain why you think they deserve to be a spectra star.

To start you off we've gone for our platelet donor extraordinaire Keir Gordon this issue. To read more about Keir, check out the feature on page 17



Contents

- 4 The Buzz!
- 10 PRl centenary
- 12 Your View
- 14 Health Matters
- 16 Top Technology
- 17 Be a Platelet Donor
- 18 Tayside's Got Talent
- 20 Central Healthcare
- 21 So Long, Farewell...
- 22 Check It Out
- 24 All About Bruce!



Submission deadlines for future issues

- Issue 74 November/December - 15 September
- Issue 75 January/February - 17 November
- Issue 76 March/April - 19 January

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Chief Nursing Officer visits Stracathro



l-r Alison Hume, Gail Smith, Ros Moore, Eileen McKenna, Karen Fletcher and Mandy Warden

Scotland's Chief Nursing Officer Ros Moore visited Stracathro for a tour of the facilities.

Interim lead officer of Angus CHP Gail Smith said, "We were delighted to welcome the Chief Nursing Officer to Stracathro and show her the range of services and high level of care we offer the local population."

During the visit, Ms Moore was shown the surgical unit and outpatient areas, the stroke assessment and rehabilitation ward and the Susan Carnegie Centre.

She also had the opportunity to meet staff and view poster presentations of improvement projects carried out in the hospital.

SmallTalk

Smokers urged to 'take it right outside'

Smoke Free Services visited Abbeygate Shopping Centre in Arbroath to highlight the dangers of second-hand smoke.

The team hosted an information stall as part of the Scottish Government's 'Take it right outside' campaign, which aims to reduce the number of children exposed to second-hand smoke in the home or car.

Arbroath radiology refurbishment complete

New radiography equipment is now in place at Arbroath Infirmary following an extensive refurbishment.

The radiology room at Arbroath Infirmary was closed for a short time earlier this year to allow work to begin on the improved facilities.

Radiography manager Ilona Graham said, "The new equipment gives higher quality images and the refurbished room surroundings have further improved patients' experience."

Planned maintenance work in the Queen Mother Wing of Arbroath Infirmary, which involved relocating the majority of outpatient clinics, has also now been completed.

All outpatient clinics are back to their usual locations in Arbroath Infirmary.

Clinical service manager Stuart Keys said, "I'd like to thank all the staff who made this complicated logistical process go smoothly with minimal disruption to patients."



Walkers take Steps Tay Health

Staff from St Margaret's House enjoyed a Big Fit Walk which took them to Forfar Loch.

The day out was organised by Steps Tay Health, a joint initiative between NHS Tayside and Paths For All.

The group was made up of employees from St Margaret's House at Orchardbank Business Park in Forfar together with their neighbouring colleagues from Angus House and William Wallace House.

Steps Tay Health runs eight health-led walking groups throughout Angus. Walkers attending the groups benefit socially and say they experience improved health and wellbeing from the gentle exercise.

Those interested in joining any of the walking groups should contact Frances Joiner on 01307 476495 or frances.joiner@nhs.net for information on their nearest walking group.

SmallTalk

New art gallery at Stracathro

A new art gallery has opened in The Pavilion@Stracathro cafe with an exhibition from well-known local artist Barbara Robertson.

Linocut is her chosen medium and cats, hens, sheep and other animals make regular appearances in her work. She also portrays the landscape of the Angus countryside where she lives.

Promoting Summer Sense in Montrose

A nurse at the Montrose Minor Injury and Illness Unit (MIIU) is promoting sensible summer health messages.

When staff nurse Amy Grayson heard about the Summer Sense campaign launched by NHS 24 and the Scottish Government, she decided to create a dedicated noticeboard in the Links Health Centre to help people to stay safe whilst making the most of the summer months.

Amy said, "The MIIU is close to some wonderful beaches and our Summer Sense board reflects this by focusing on beach and swimming safety, jellyfish advice and sun safety information.

"We aim to provide valuable advice to those presenting at the unit by highlighting health and safety information. Hopefully, this will help reduce the risk of injury and illness to locals and visitors to Scotland this summer."



RVH staff remember former colleague

Staff at Royal Victoria Hospital have installed a plaque in memory of former colleague John Hemsall.

John was a catering assistant at various sites across NHS Tayside for almost 23 years, working in Strathmartine Hospital, Royal Dundee Liff Hospital and latterly Royal Victoria Hospital, before passing away in December aged 64.

John's colleagues decided to raise money for a memorial and many staff who had worked with John over the years contributed.

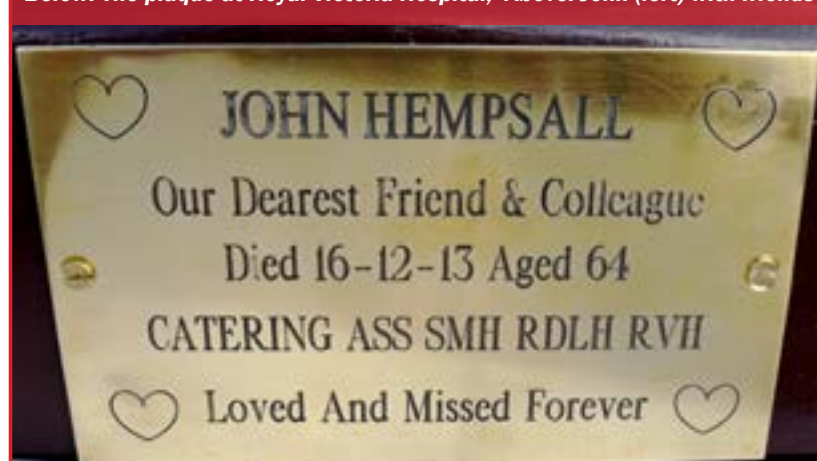
A plaque in John's memory was installed on a bench at the main entrance to the hospital at a ceremony attended by colleagues and friends.



Colleagues and friends at the memorial ceremony



Below: The plaque at Royal Victoria Hospital; Above: John (left) with friends



SmallTalk
Dental Hospital to receive 3D scanner
Dundee Dental Hospital will receive a state-of-the-art 3D digital model scanner thanks to £40,000 of endowment funds.
The 3D models will improve treatment pathways, eliminate costs associated with plaster models and integrate with other 3D technologies.
The scanner will also support research, teaching and innovation.

World Orthoptic Day



Ninewells orthoptist Elizabeth Shepherd hosted an information stand on World Orthoptic Day to raise awareness of the profession and the services that they provide.

Orthoptists work in the eye department where they investigate, diagnose and treat eye disorders such as squints, "lazy eye" and double vision.

Elizabeth set up a stand in the main concourse with various tests for the public to try themselves as well as posters with information about various eye problems.

The most popular subject was pre-school eye screening as a lot of people were unaware that their child would receive this.

Elizabeth was able to show them the tests used and provide them with more information about why the team test all four year olds for squints and reduced vision.

It's good to volunteer for NHS Tayside

Volunteers from across Tayside attended an event to mark National Volunteer Week, which showcased the wide range of volunteering roles and opportunities available within NHS Tayside.

The event at Ninewells also celebrated NHS Tayside's success in being re-accredited with the 'Investing in Volunteers' Award, which recognises good practice in managing and supporting volunteers.

Chairman Sandy Watson met with volunteers and heard their experiences of volunteering within NHS Tayside.

Mr Watson said, "I am delighted to present these 'Investing in Volunteers' awards which highlight NHS Tayside's continued commitment to volunteers ensuring that they are offered support and training to enable them to carry out their many roles."

SmallTalk
New paediatric area at A&E
£81,000 of endowment funds will improve the environment for children and adolescents in Ninewells A&E.
The reception, waiting and treatment areas will be accessible, welcoming and child-friendly away from adult patients.
There will also be recreational activities for all ages.



Ninewells remembers the Great War

Ninewells grounds maintenance staff paid tribute to the centenary of the Great War with a colourful display of wild flowers.

Grounds maintenance manager Malcolm Ross thought that it would be a fitting tribute to prepare the fallow beds that line Ninewells Drive and sow them out with a commemorative wild flower mix, specially created to mark the start of the First World War.

Two mixtures were chosen, 'Alliance' and 'Hope', which symbolise the Great War and the millions of lives that were lost as a result of it.

Maintenance manager Brian McGarrity, who is also an Army Reservist with the Royal Regiment of Scotland (7 SCOTS), was invited to inspect the display in all its glory



Palliative care artwork



An artwork inspired by wishes and aspirations of people in Dundee is currently being shown at Roxburghe House.

The specialist palliative care team attended community events last year where they took part in a global public art project called 'Before I die...' by providing a wall on which people could write their hopes and dreams.

Duncan of Jordanstone student Laura McCartney volunteered to capture the comments in an artwork and created the inspirational and thought-provoking piece.

Maternity unit celebrates 10-year anniversary

The Perth Community Maternity Unit (CMU) celebrated its tenth anniversary with a family open day.

Families had the chance to take part in a range of activities, including a tour around the unit, advice on baby massage, face painting, a tombola and entertainment from a magician.

More than 2750 babies have been born in the CMU since it opened a decade ago.

Mum Lisa Cochrane, who recently gave birth to her second son at the unit, said, "The Perth unit is first class. It has fantastic resources, beautiful rooms and the team are so down to earth and are exactly what you need when you feel at your most vulnerable."

To celebrate their ten year milestone, staff at the unit also knitted 10 blankets for babies and children in Tanzania.



Scottish cup visits Cornhill

St Johnstone chairman Steve Brown and former player Roddy Grant made a special visit to Cornhill Macmillan Centre to chat to patients and give them a chance to have their photograph taken with the Scottish Cup trophy.

Dr Claire Douglas, consultant in palliative medicine, said,

"Many of our patients are St Johnstone fans but were unable to go to the match or to the parade the next day.

"The visit and getting to see the cup has meant a lot to the patients and we are grateful to St Johnstone for coming along."



Also at Cornhill, a range of drawings and paintings created by people who attend Specialist Day Services were put on show at the centre.

Family, friends and staff had the opportunity to go along and see examples of the charcoal, pencil, pastel and paint works.

Anne Jardine, team leader for Specialist Day Services, said, "This programme has been a huge success and has introduced a new therapeutic area of interest that patients have really enjoyed."

SmallTalk

Dementia awareness sessions
NHS Tayside and Alzheimer Scotland held a series of dementia awareness sessions in Invergowrie and Stanley.
The free sessions were informal with opportunities for questions and to share information about what is going on in the local areas.

The Buzz!



Royal Voluntary Service gifts £30,000 to PRI

The Royal Voluntary Service (RVS) has gifted £30,000 to NHS Tayside from the profits of their shop and café at Perth Royal Infirmary.

Volunteers run a shop and café at the main entrance to the hospital, providing teas, coffees, snacks and lunches to patients, staff and visitors.

NHS Tayside does not charge any rent to RVS for the premises and, in return, any profits made are gifted back to NHS Tayside to invest in services for older people.

The money will be used to enhance the main entrance of the hospital with dementia-friendly improvements including signs, lighting, floor coverings, clocks and wall colours.

SmallTalk

Feedback event for Aberfeldy
Members of the public attended a feedback event about the future of health and social care services in Aberfeldy and the surrounding areas.
Several working groups have now been established to consider future proposals and their feedback and progress were shared with the local community at the event in Aberfeldy Town hall.

The Buzz!

SmallTalk

Positive progress in stroke care
A new 'stroke care bundle' is in place at PRI which sees a patient receiving swallow screening and brain imaging on their day of admission, as well as reaching the specialist stroke unit and receiving aspirin within 24-hours.
Work is also ongoing to upgrade the sitting room area and to develop a staff multidisciplinary teaching room.

Chairman Sandy Watson (front right) and staff from Perth Royal Infirmary accept the cheque from members of the Royal Voluntary Service

Dietitians showcase their work



Sarah Williamson, Ciara Casey, Hazel Rogers, Alison Campbell, Clare Brown, Jenny Squires

To mark Dietitians Week, dietitians in Tayside displayed examples of their work to colleagues and the public at PRI and Ninewells.

The information stands included posters representing the variety of areas where dietitians work in Tayside, including mental health, public health, weight management, diabetes and nutritional support.

Dietitians use the most up-to-date public health and scientific research on food, health and disease to provide practical guidance to enable people to make appropriate lifestyle and food choices.

Clare Brown, a dietitian at PRI, said, "This was the world's first Dietitians Week and it provided a fantastic opportunity to promote our role."

spectra 73 September-October 2014



The Royal party arriving at PRI



PRI's first house doctors



Ceremonial key used by King George V to unlock the door of PRI



The newly completed hospital

Perth Royal Infirmary marked its centenary recently with celebration events at the hospital.

The County and City of Perth Royal Infirmary was opened by King George V and Queen Mary on 10 July, 1914. During the visit, the King planted a copper beech tree, which still stands at the Taymount Terrace entrance of the hospital, and a plaque was sited at the tree to mark the opening. This plaque was restored and re-laid by Chairman Sandy Watson and Provost Liz Grant, Perth & Kinross Council, on 10 July, 2014 in front of invited guests.

Sandy Watson said, "Perth Royal Infirmary has a great deal to be proud of and this is an occasion which allows us to look back to celebrate and give thanks for the achievements of the past, and to look to the future with an optimism and a vision informed by the experience, knowledge and skills of those who have given their careers to the hospital and the National Health Service, and those who have been helped by their dedicated efforts."

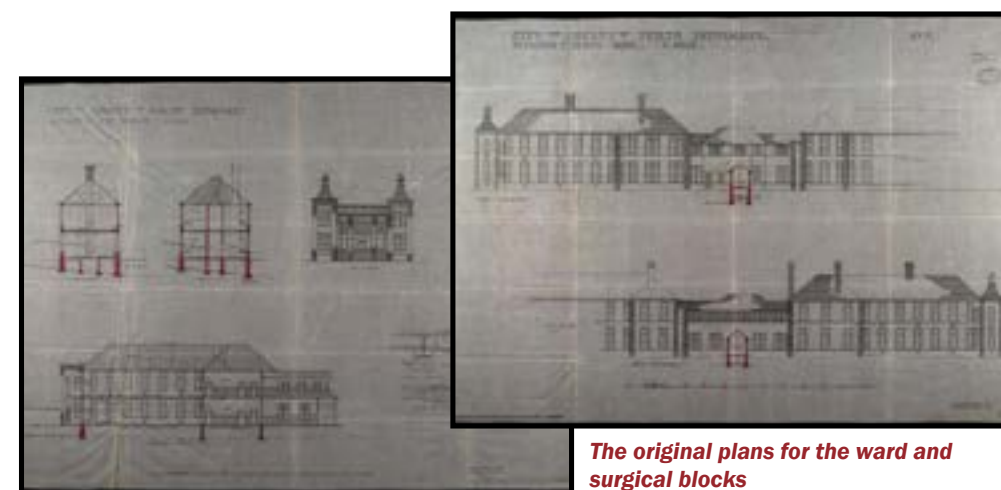
Following the unveiling, guests had the opportunity to view an exhibition of photographs and historical medical equipment which was on display in the hospital's dining room.

A health fair took place during the day in the hospital's conference centre with health promotion stalls such as smoking cessation, cancer screening and breast feeding, for staff, visitors and members of the public to attend. The Chairman, Provost and guests also attended the fair and a celebratory '100 years' cake was cut by Chief Executive Lesley McLay and the Provost to mark the occasion.

Liz Grant said, "This hospital has borne witness to the tireless efforts of health professionals who have worked for the benefit of our community over the past 100 years."



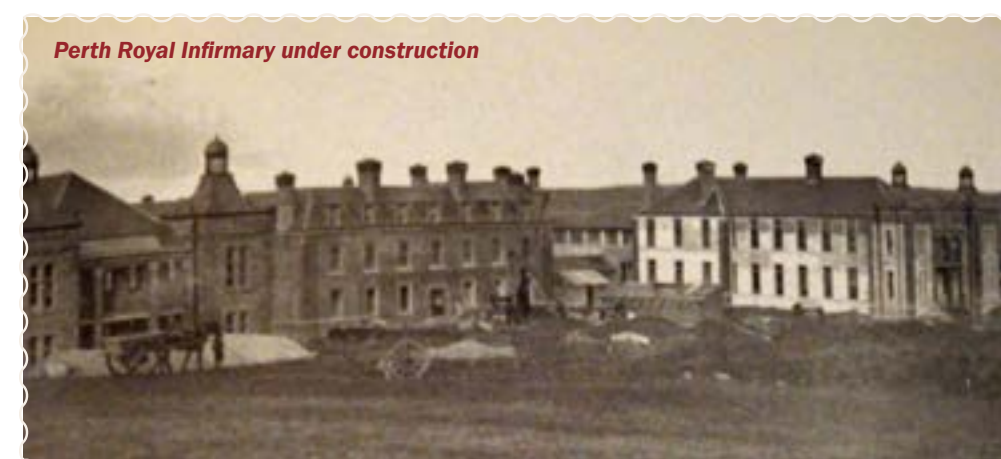
"Perth Royal Infirmary has a great deal to be proud of"



The original plans for the ward and surgical blocks



Invitation from Lord Provost
Image courtesy of Perth & Kinross Council Archive



Perth Royal Infirmary under construction

Dundee portering services team lead Bruce Leckie (formerly PRI support services) has produced a book documenting the building and royal opening of Perth Royal Infirmary, which is available for sale to members of staff and the public at a price of £5.

Bruce has generously said that any profits from the sale of the book will be donated to the PRI endowment fund. Anyone wishing to purchase a copy of the commemorative book please contact Jennifer Welch on jwelch@nhs.net or 01738 473207.



"This hospital has borne witness to the tireless efforts of health professionals"



A trip down memory lane

This year we are celebrating the centenaries of Perth Royal Infirmary and Dundee Dental Hospital, as well as the 40th anniversary of the opening of Ninewells Hospital.

To mark these milestones, we enlisted some long-serving members of staff to take us on a trip down memory lane and tell us their stories of how things have changed over the years.

Elizabeth Connor Dundee Dental Hospital

Elizabeth is clinical lead and consultant at Dundee Dental Hospital.

“The staff and students are proud to be celebrating the centenary of the Dental Hospital this year.

“The hospital was founded in 1914 after Dundee Dental Club were given premises in Park Place to provide treatment for the poor and education and training for dentists of the future.

“The premises have undergone many changes with the current tower building opened in 1968 by the Queen Mother.

“The Dental School will also be celebrating its centenary in 2016 and we are combining the fun over a three-year period so watch this space!”



Gordon Fotheringham Ninewells



Picture courtesy of Evening Telegraph

Estates officer Gordon started work at Ninewells in 1977 and has seen the site develop over the last 40 years.

“The hospital is about half a mile long and I reckon the site is at least a third bigger now in terms of floor area than when it opened.

“Despite 37 years working in the building, there’s still about 10% of the hospital I’ve never been to.

“There’s less maintenance on the physical side of things, but more knowledge to begin with, for example there’s a computer-controlled heating system now.

“We’ve got an all-round expertise and no two days are the same.”

Stuart Mitchell Ninewells

Maintenance fitter Stuart has worked at Ninewells since 1974 and saw models of the hospital before it was built as his father was working on the project.

“You can see the alterations to the building from the original documents. The new ventilation plan has completely changed compared to the old one.

“There are still parts of the hospital I’ll go into that I’ve never been in before. They’d never build another hospital with as much space as this has got.

“Though there’s more paperwork now, there’s still a real pride when you walk around the building and think ‘I put that there’.



Picture courtesy of Evening Telegraph



Wendy Roud Dundee Dental Hospital

Senior dental nurse Wendy worked in an NHS dental practice after leaving school before moving to Dundee Dental Hospital in 1996.

“The role of a dental nurse has evolved over the years with mandatory registration with the GDC coming into effect in 2007. This has led to a marked increase in learning and development for dental nurses in order to fulfil their registration requirements.

“The thing I love most about working at Dundee Dental Hospital is that as we are a teaching hospital, we have access to the latest cutting edge dental technology and techniques, which enables us to provide high level care and dental treatment to the Tayside population.”



Lesley Marley (nee McAdam) Perth Royal Infirmary

Health promotions manager Lesley is a proud PRI baby.

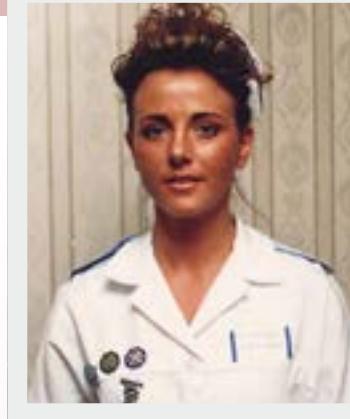
“I was born on 16 July 1961 at PRI. I was 16 days late and arrived at 11.50am, just in time for lunch!

“It never occurred to my mum that my dad should be at the birth; he was to bring flowers and welcome me once I was washed, fed and dressed! We stayed for a week after my birth and my mum felt well supported and safe with her first child.

“Over the years the staff at PRI have provided me and my family with quality healthcare and we hold the hospital in high regards. PRI’s part of our city and a comfort to all knowing it’s there if needed.”



Dundee Dental Hospital



Aix Mitchell Perth Royal Infirmary

OHSAS musculoskeletal team leader Aix began her nurse training in Perth in 1987.

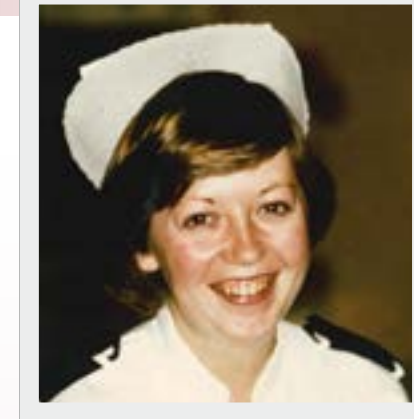
“My first placement at PRI was in wards 7&8, run by Dr Bertie Woods and Sister Rose Mackle. Sister Mackle was like a human medical encyclopaedia, there seemed no end to her knowledge.

“On ward rounds the doctors would descend in their crisp white coats as we all stood in line. You could hear a pin drop. Hats and dresses were starched and our appearance would get checked by the nursing officer. You couldn’t have your hair on your collar and you were not to ‘walk in front of your hat’ (that meant it was too far back on your head).

“What a wonderful experience it was. I treasure every moment and hour in PRI.”



Perth Royal Infirmary



Dawn Weir Ninewells

Dawn, now general manager for infection control, got her first job at Ninewells as a nurse on the ear, nose and throat ward in the early 1970s.

“As a child this was my playground. It was exciting to peek through the fence and see what they were doing.

“By the time it opened to patients in 1974 I had already started my nurse’s training.

“Ninewells was daunting for staff – but exciting too. Despite massive advances in technology since I began nursing, I think the core values of a nurse to do their best for a patient have remained the same.”



Picture courtesy of Evening Telegraph

Ninewells Hospital



Allotment project ready to grow

A Dundee allotment project has launched for people living with chronic obstructive pulmonary disease (COPD).

The project offers people the opportunity - as part of their ongoing exercise programme - to get outside and do some gentle gardening.

The allotment was transformed from an overgrown wilderness with uneven paths, to an enjoyable and accessible area.

The project also received a donation from 'Anna and the Tay Valley Stompers' to purchase materials including gravel and general gardening equipment.



Picture courtesy of The Courier, Dundee

Care home residents

Go4Gold!



Picture courtesy of The Courier, Dundee

Around 120 residents from 30 care homes across Perth & Kinross tried their hand at various games and challenges at the Go4Gold event.

The aim of the event is to increase physical activity levels in all care home residents.

Participants, supported by carers staff and volunteers, took part in a range of physical challenges including indoor kurling and beanbag bucket basketball and were rewarded with a Go4Gold medal and named certificate.

The award-winning Go4Gold event was organised by the Perth & Kinross Care Home Activity Network (CHAN), which is a partnership between NHS Tayside, Perth & Kinross Council, Live Active Leisure (LAL) and local care homes.



Dental health of children across Tayside is smiles better thanks to the success of oral health improvement programmes.

The latest figures show that 63.2% of primary one and 74.9% of primary seven children in Tayside are free of obvious dental decay meeting the Government's 2010 target of 60% for these age groups.

The Childsmile programme aims to improve the dental health of children by reducing inequalities in oral health and ensuring access to dental services for every child across the country.

Locally, the programme involves visiting schools and nurseries across Tayside to promote and monitor the tooth-brushing programme and to provide applications of fluoride varnish to children. The programme also supports dental practices to deliver fluoride varnish treatment to their young patients.

Safe tippie advice



Nataliya Comerford, FOA community development worker (back) at the event

Focus On Alcohol Dundee held a Stay Safe event at Morven Sheltered Housing Complex to promote safe and responsible drinking.

Residents took part in a range of activities including a quiz on alcohol habits, a short movie and a demonstration of what amounts to a unit of alcohol in different drinks.

Vered Hopkins, Dundee ADP development officer, said, "People of all ages can make small, achievable changes to manage the amount of alcohol they drink."

New test for bowel cancer

NHS Tayside is one of only four Scottish Boards to offer patients an innovative new way of detecting and preventing bowel cancer at its earliest stages.

The bowel scope test which takes about 15mins helps detect polyps in the bowel that could eventually become cancerous. The earlier cancer is detected the easier it is to treat and the higher the chance of survival.

The new test will complement the current implemented screening programme. Everyone who is offered bowel scope

screening will continue to be sent a home screening kit as usual.

Bowel cancer is Scotland's third most common cancer and in Tayside around 330 people are diagnosed with bowel cancer each year. Both men and women are at risk and it is more common in people who are over the age of 55.

For information contact the Scottish Bowel Screening Helpline on 0800 0121 833 or visit www.bowelscreeningtest.org or www.nhsinform.co.uk/screening/bowel/scope



Ninewells is cycle friendly

Ninewells Hospital has been awarded Cycle Friendly Employer status by Cycling Scotland, the national cycle promotion organisation for Scotland.

NHS Tayside vice-chair Linda Dunion accepted the certificate from Cycling Scotland Director Stuart Knowles.

In order to achieve the award, a self assessment of the cycling facilities at Ninewells was completed which looked at bike storage options, changing facilities, pool bikes, cycle schemes on offer to staff, training opportunities and bike user groups.

Linda Dunion said, "I am delighted to be accepting this award. We are committed to providing opportunities for our staff to keep active to improve their physical and mental wellbeing. We hope to be able to gain this award for our other sites across Tayside in the future."



Healthy Working Lives Adviser Sylvia Mudie, Stuart Knowles, Linda Dunion and Cycling Scotland Development Officer Gary Bell

Tayside's top technology

Stories at the Dentist

A visit to the dentist can be an anxious time, but for people with disabilities that affect communication, it can be particularly stressful.

A speech app has been developed which helps children and adults with learning and/or communication disabilities prepare for a visit to the dentist.

The Stories at the Dentist communication system helps these patients know what to expect when visiting the dentist and to be more involved in decisions about their care and treatment options. Stories are written from the perspective of the patient and photographs of people, places and equipment help to prepare them for the visit.

The system is the result of a collaboration between NHS Tayside, Capability Scotland and the Universities of Dundee and St Andrews.



From electronic patient whiteboards to e-rostering, NHS Tayside is at the forefront of embracing new technology. Here's a look at some of the latest technological developments that are benefitting patients across Tayside.



'It's Not One Thing'

The revolution in digital technology which many of us take for granted, including access to devices such as smartphones and tablets, has excluded people with aphasia, which is a difficulty understanding and using language and a common consequence of stroke.

A pioneering collaboration between NHS Tayside, Dundee University and aphasia support group Speakability is working with patients to provide better access to the digital world.

The 'It's Not One Thing' project saw people with aphasia working with therapists, educators, designers and rehabilitation engineers to design an accessible iPad workbook.

It's not one thing

Tayside Area Formulary

The Tayside Area Formulary (TAF) is a joint (primary and secondary care) formulary that supports prescribers in selecting the most appropriate medicines for their patients based on clinical efficacy, safety, patient acceptability and cost-effectiveness, and is used by healthcare staff across NHS Tayside.

The TAF website went live on the new netFormulary platform in August to coincide with the launch of a formulary app available on Apple (iOS) and Android operating systems.

The website can be accessed from the Formulary tab on the main tool bar on the home page of Staffnet, online at www.taysideformulary.scot.nhs.uk or via the 'netFormulary' app which is free to download from the App Store or Google Play.



250 donations and Keir's still counting...

Keir Gordon, a ward assistant in the Ninewells surgical high dependency unit, has received a special honour from the Scottish National Blood Transfusion Service after his 250th donation of platelets.

Four decades ago Keir gave his very first donation of blood when he was just 17 years old and quickly became a regular blood donor. In 1992 he began donating platelets and every four weeks Keir attends the Blood Transfusion Centre at Ninewells for around 90 minutes to donate.

To mark his 250th donation milestone the Scottish National Blood Transfusion Service gave Keir a glass paper weight and a gold pin to thank him for his dedication to the service.

These will be formally presented to Keir at a ceremony in The Dundee Chambers of Commerce in February. This annual ceremony, which is attended by donors and those who have received platelets, acknowledges and celebrates the selfless gift that Keir and other donors make.

Keir said, "I have been asked why I donate and I explain that both my parents donated blood and when I donate I feel like I am making a difference."

"On a few occasions I've been told that my donation went straight to patients who were waiting for platelets."

"I was also once asked if I could donate platelets once a week for three weeks and that went directly to a patient who urgently required it."

"That's when you know you really are making a difference to someone's life and it's a good feeling."

"when I donate I feel like I am making a difference"

WHAT ARE PLATELETS?

Platelets are cells within our blood that bind together when they recognize damaged blood vessels.

When you get a cut, for example, the platelets bind to the site of the damaged tissue, causing a blood clot. Platelets are very important as they stop us from bleeding to death.

WHO NEEDS PLATELETS?

Many patients need platelets including cancer and leukaemia patients, premature babies, patients who suffer blood loss during surgery and emergency admissions.

Platelets have the shortest shelf life of all blood components, lasting only five days, which means the service faces a constant urgent need for donors.

WHO CAN GIVE PLATELETS?

Platelet donors are normally:

- existing blood donors under 60 years of age
- blood group A+ and O+
- able to donate every four to six weeks, for around an hour and a half each time. The platelet process puts red cells back in your body, so you can leave four weeks in between donations, rather than the twelve weeks for whole blood donations.

For more information visit the Scottish National Blood Transfusion Centre website www.scotblood.co.uk



Morag Carlin, Jan Rennie, Keir, Amanda Duncan and Cathryn Heaney

NHS Tayside nurse scoops Mentor of the Year award

Public health nurse Sue Fraser has been named as Mentor of the Year in the Abertay University One-to-One mentoring programme.

Sue, who is part of the team providing healthcare for prisoners at HMP Perth and HMP Open Estate, mentored criminology student Amy-Louise Walker during the six-month project.

Sue said, “This award is not just for me but it is for everyone in our team who was involved in assisting me carry out the mentoring.”

Chris Lamont, acting head of nursing, said, “Sue is a valued member of the team and we are not surprised that she has won this award as she offers continued support and guidance to all.”



Sue Fraser (left) receiving her award from Andrea Cameron of Abertay University

Hearty Lives Dundee – a celebration

A conference to celebrate and share the successes of Hearty Lives Dundee, a programme which aims to improve the heart health of Dundonians, was held at The Crescent in Whitfield recently.

The £1.3million programme, of which NHS Tayside is a partner, has contributed towards reducing health inequalities for cardio-vascular disease through a variety of initiatives.

Director of Public Health Dr Drew Walker said, "It has been a privilege for all of us in Dundee to participate in the Hearty Lives programme, which has brought real benefits to our population, and particularly to those living in our less affluent areas."



I-r Doug Cross, Shona Hyman, Marjory Burns, Lucy Rennie, Linda O'Neill and Dr Drew Walker



Care home presented with Tayside Oral Health Award

Glencairn House Care Home in Auchterarder has been presented with NHS Tayside's Oral Health Award, a programme aimed at improving the oral health of care home residents.

Care homes are invited to work towards the Tayside Oral Health Award, which recognises good practice and requires the care homes to achieve 10 criteria, including having daily care plans, appropriate resources, access to a dentist and oral health champions.

Ninewells staff reaccredited with Baby Friendly Award

Staff from Ninewells maternity department have been reaccredited with the prestigious Baby Friendly Award from UNICEF, which recognises the high standard of care provided for pregnant women and breastfeeding mothers and babies.

Staff were assessed on their infant feeding knowledge and skills and representatives from UNICEF invited pregnant women and mums to share their experiences of the support offered to breastfeed.

Head of Midwifery Justine Craig said, "This award acknowledges the work carried out by the staff to support mums to breastfeed, increase breastfeeding rates and to improve care for all mothers at Ninewells."

Mothers who access the services at Ninewells benefit from having additional support from volunteers who have been trained in breastfeeding management.



Roxburghe House visit

Shona Robison MSP visited Macmillan Day Care Unit at Roxburghe House to find out more about an innovative palliative care exercise programme which recently won a prestigious Physical Activity and Health Alliance Award from NHS Health Scotland.

During her visit, Ms Robison had the opportunity to watch the winning presentation 'Promoting Physical Activity in Palliative Care' before being accompanied by patients on a tour of the bronze, silver and gold garden walking routes at the unit.

She also heard first-hand about the positive benefits of the walking programme and how the carefully identified routes have helped build up patients' levels of activity in a supported and safe environment.



NHS Tayside hosts child protection conference



Representatives of the PAN Tayside Training Consortium and keynote speakers

NHS Tayside hosted a conference at Ninewells on the impact of adolescent neglect.

The event, held on behalf of the PAN Tayside Child Protection Training Consortium, was attended by more than 150 participants from a range of partner agencies across Tayside, including health, social work, education and police.

More than 50 staff from a range of professions across NHS Tayside attended, including representatives from the family nurse partnership, school nursing, health visiting, CAMHS, sexual health services, psychology and The Corner.



Central Healthcare – in the spotlight

A small team at Drumhar Health Centre are making a big difference to some of Perth's most vulnerable people.

Services provided include:

- First aid and treatment for minor ailments or illness
- Triage
- Advice, support and information
- Awareness raising
- Access to primary care
- Signposting to alcohol/drugs services and skills development
- Podiatry
- Dental
- Optical
- Mental health support
- Keep well checks
- Health coaching

Central Healthcare staff work as a close-knit team to deliver vital support and healthcare to those who are homeless or at risk of homelessness, victims of domestic violence, people facing homelessness on discharge from prison or those who have no registered doctor.

The nurse-led team provides a front line drop-in service that operates Monday to Friday, as well as signposting to other services. Members of the team also visit hostels, homeless accommodation and temporary housing in Perth to support homeless or vulnerable patients.

Central Healthcare team leader Ian Houston said, "Working here is very rewarding. People in crisis with multiple and complex needs have the same fundamental rights as everyone else and these clients are often disadvantaged in society.

"As such, we use proactive approaches to ensure earlier intervention and improved continuity of care and this in turns helps people achieve maximum levels of mental and physical wellbeing, social inclusion and community participation."

The One-Stop Women's Learning Service (OWLS) run by Central Healthcare was recently recognised for its efforts to support former female offenders.

Staff at OWLS won gold in Perth & Kinross Council's Securing the Future Awards for the support they offer to address the women's often complex needs, encouraging positive behaviour change to improve the quality of their lives.

Community nurse Karen Duncan said, "At the beginning it was a challenge to get the women to accept me but I have worked hard to prove that I am on their side, and now the women come to me and ask about all sorts of things."



Luci Ironside, Richard Sime and Ian Houston



OWLS staff receiving their gold Securing the Future Award

So Long, Farewell...



Mary McKillop

Community midwife Mary McKillop has retired after over 30 years of service. For the last 18 years Mary has worked in the Kinross area covering all aspects of midwifery.

Presenting Mary with her gifts, Janice Suttie, midwifery team leader, said, "Mary will be missed by her friends and colleagues and all the families she has supported throughout her career. We wish Mary all the best for a lovely busy retirement."

Colleagues gathered in the Mulberry Unit, Susan Carnegie Centre to celebrate staff nurse Lee Anderson's retiral from NHS Tayside after more than 40 years service, the past 17 of which have been within Adult Mental Health.

Lee was presented with flowers and jewellery on behalf of her colleagues and is looking forward to a relaxing time ahead.



Lee Anderson



Laureen Allan

Laureen Allan has retired after 37 years of service with the last 11 years spent as Senior Charge Nurse in Ward 2, Crieff Hospital.

She trained Perth College of Nursing, then worked in Murray Royal and PRI as a staff nurse before finally moving to Crieff.

Plastic surgery secretary Joyce Black has retired after 29 years with NHS Tayside.

Joyce started as an admin assistant in estates before becoming a secretary at the chest clinic and finally moving to plastic surgery.

Joyce now hopes to spend more time with her family and friends, being a lady of leisure and keeping local coffee shops in business.



Joyce Black



Long Service Award

Hugh Ross, head chef at Royal Victoria Hospital, received his 40-year long service award from Fiona Kimmet, Locality Catering Services Manager Dundee at a presentation at Royal Victoria Hospital.

Hugh began his chef training in 1974 and worked at Liff Hospital and the Kingsway Care Centre.

Football therapy team scores generous donations

Former Carseview service user turned volunteer Grant Robertson donated £300 to the football therapy group he works with at Ardler Complex.

Grant was one of the first participants at the sessions and soon progressed to taking the warm-up and helping with training and drills.

The Ardler Complex Management Committee has also donated training tops to the football therapy group.



Grant (second left) with some of the group

Parent's gift for children's ward



Leanne Rattray, Tracey Falconer, Bonnie and Lily Bremner, Cath McGhee, Tracey Gellatly and Grant Rodney

Bonnie Bremner donated £400 to the Ninewells children's surgical ward after daughter Lily received treatment there.



Nurses scale new heights

Nurses from Ward 27 at Ninewells took part in a charity climb up Ben Nevis to raise money for children and young people with Hemiplegia.

Staff nurse Lorraine Campbell organised the Ben Nevis challenge as her son has mild Hemiplegia, a neurological condition that affects children in a similar way to a stroke.

Audiology equipment donation

The Friends of Stracathro donated Diagnostic Otoacoustic Emission equipment to assess patients' hearing to staff in the audiology department at Stracathro.

Audiologists Paul Hoskins and Susan Campbell receive the equipment from The Friends of Stracathro

Angus Cardiac Group donates equipment

Angus Cardiac Group recently donated two blood pressure monitors to Kirriemuir Medical Practice for patients to use at home.

Gordon Snedden of Angus Cardiac Group with Lorna Batchelor and Gillian Henderson of Kirriemuir Health Centre



Staff raise funds for MS

Staff from Stracathro raised funds for the MS Society with a cake stall and jewellery sale in the Angus Macmillan Centre.

Several other fun events including a raffle and a guess the weight competition helped raise almost £400 in under three hours.



Kit Finlay and Sheila Burgess at the cake stall



Euan puts best foot forward for Children's Hospital

Kind-hearted six-year-old Euan Gray walked nine miles to and from school to raise funds to buy electric cars for the children's surgical unit.

Euan's mum, Lynne, said he wanted to raise money to make being in hospital less daunting for children and to support the playroom and outdoor garden at the Children's Hospital.



£1375 breast screening donation

Breast cancer patient Jill Macloed handed over £1375 to the breast screening fund at Ninewells on behalf of her sister Wendy Mutch and nephew Callum who live in England.

Jill said, "My sister was feeling a bit helpless living so far away so she decided to raise some money for the breast screening unit. My nephew also organised a sponsored bike ride."

Clockwise from left – Avril Gunning, Judy Dixon, Jane Macaskill, Morag Carroll, Sarah Vinnicombe, Julie Lindsay, Bruce & Jill Macloed



Funds donated to stroke unit

The Stracathro Stroke Rehabilitation Unit (SSRU) has received a £2000 boost after a former patient's daughter took part in a fundraising bike ride.

Hannah Metelski, whose mother Angela was a patient in the unit, undertook a 425km bike ride to raise funds.



Irene Wallace, Angela Metelski, Debbie Robertson, Hannah Metelski and Dr Ian Gillanders

Cardiology fund receives golden gift

Dundee couple Bill and Hazel Taylor donated £800 from their golden wedding anniversary celebration to the cardiology endowment fund at Ninewells.

Bill, who has received treatment on the cardiology ward, said, "I've been a patient here over the years and have always received excellent care from the staff."



Avril Beattie, Mike, Kevin and Maureen Payne and Douglas Gentleman

Double donation to Ninewells Renal unit



The renal unit at Ninewells Hospital accepted two cheques totalling £420 raised by friends and relatives of Sheila Robertson, who donated one of her kidneys to her nephew.

She raised some of the money by asking people to guess how many kidney beans were in a jar.

Sheila Robertson, Mary Robertson of Asda Kirkton, Sean McCartney, Irene Russell and Pauline Wicks

Bruce Leckie Team Leader

From estates to supplies and support services to portering, Bruce has had a varied career with NHS Tayside. But spectra discovered that he also has some hidden talents. A keen photographer and local historian, Bruce was instrumental in organising the PRI centenary celebrations and even wrote a book to commemorate the occasion. Read on to find out more about what makes Bruce tick.



Dundee Locality Portering Services



Bruce's PRI book (see pages 10-11 for more details) and Bessie Dora Bowhill

What would you be doing if you weren't doing your current job?

Retired, probably taking pictures or studying Scottish history.

If you could learn to do something new, what would it be and why?

I'd learn to fly so I could take landscape pictures from above.

What do you miss most about being a kid?

Doing what I want, when I want.

If you could meet anyone, living or dead, who would it be?

The first matron at PRI on it's current site Bessie Dora Bowhill. I discovered her whilst researching my book about PRI and I think her story is fascinating, but there's not much information about her life after she left PRI so I'd love to sit down with her and hear her stories.

What secret skills/party tricks do you have?

Staying invisible at parties, I'm not much of a party animal.

Who would play you in a movie of your life?

Sid James.

What's your theme song and why?

The title song from Chariots of Fire. Eric Liddle, the subject of the film, put his beliefs before personal gain or honour which I admire.

If you were stuck on a desert island, what three items would you take and why?

Book, knife and camera. Book for entertainment, knife to obtain food and shelter, camera to record my escapades!

What is the first music album you ever bought?

The Beatles greatest hits volume 1 (first one with my own hard earned cash).

If you won the lottery, what would be the first thing you would buy?

A house in the middle of nowhere.

Some of Bruce's favourite photographs he has taken recently

