

spectra

NHS
Tayside
May-June
Issue 77



Planting the seeds of better health

Dear spectra readers,

The long-awaited summer is almost upon us and, as the sun starts to shine and the weather warms up, many people are tempted out into their gardens and green spaces to enjoy a spot of gardening or just to relax.

We went out and about to discover a wealth of beautiful gardens and outdoor spaces at sites across NHS Tayside. Check out the photos and read about how gardening and even just looking at a garden can have a positive effect on your health and wellbeing in our feature on pages 10 and 11.

Sticking with the gardening theme, we unearthed a few budding Alan Titchmarshes and Charlie Dimmocks when we asked how green-fingered NHS Tayside staff are in Your View. Read about their gardening prowess on pages 12 and 13.

The feature on pages 16 and 17 showcases how our nutritionists, dietitians, catering staff and others supported Nutrition & Hydration Week. Staff from across the region made special efforts to mark the week highlighting the importance of the role of food and drink in a patient's recovery.

At the end of May, Mr Sandy Watson retires from his role as a non-executive member and Chairman of the Board of NHS Tayside after 48 years of public service to communities across Scotland.

Over the past nine years, Mr Watson has made an immense contribution to health services in Tayside and we're sure everyone will join the spectra editorial team in wishing him a long and healthy retirement.

In honour of Mr Watson's dedication to NHS Tayside, we've made him this edition's spectra star so we can sing his praises in a bit more detail! (see below)

spectra editorial team



spectra's stars!

Sandy Watson will retire as Chairman of NHS Tayside at the end of May. Paying tribute to Mr Watson, Chief Executive Lesley McLay said, "Over these past nine years, Sandy has made an immense contribution to health services here in Tayside.

"Always resolute in his belief that NHS Tayside is one of the best health systems in the country, he has helped this organisation achieve all of its goals with exceptional leadership of the Board.

"Sandy always puts staff and patients first in everything he does. You will regularly find him out and about meeting staff, learning about the day-to-day running of departments and meeting patients across Tayside. His wisdom and vast experience have undoubtedly stood NHS Tayside in good stead over the years and he has pursued everything with an unwavering professionalism, but also always with a sense of humour and a love for a great anecdote!"

Help us find the hidden gems by nominating someone for spectra's stars! If you would like to suggest someone, please contact us (details on page 3) and explain why you think they deserve to be a spectra star.

Contents

- 4 The Buzz!
- 10 Planting the seeds of better health
- 12 Your View
- 14 Health Matters
- 16 A recipe for recovery
- 18 Tayside's Got Talent
- 20 Check It Out
- 22 So Long, Farewell...
- 24 All About Lynne!



Submission deadlines for future issues
Issue 78 July/August - 18 May
Issue 79 September/October - 20 July
Issue 80 November/December - 21 September

Designed and produced by
NHS Tayside
Corporate Communications

Communications, Level 10, Ninewells
communications.tayside@nhs.net
01382 424138 x 71138

Forfar GP surgeries reveal name for new practice

Academy Medical Centre and Ravenswood Surgery in Forfar have announced Chapelpark Healthcare Centre as the name for the new practice which will open later this year.

The new practice, which will replace the two existing practices, is named after the old primary school which is opposite the practice.

Dr Andrew Thomson said, "Patients voted in large numbers for their preferred name and once the votes were counted Chapelpark came out as the clear winner."

The new practice will deliver healthcare to the local population through six small teams. Patients will interact with the same team each time they contact the surgery and will receive improved continuity of and access to care.



Staff focus group with NES



Staff working in business and administration in NHS Tayside took part in a focus group with NHS Education for Scotland to give their views on the development of national education pathways.

The event gave staff the opportunity to share their opinions on the education pathways for support workers in business and administrative roles and how the pathway can be improved in their workplace. This consultation process is taking place throughout NHSScotland.

NHS Tayside's Steps Tay Health project is looking for volunteers to lead weekly health walks in Angus.

Steps Tay Health provides opportunities for people of all abilities to become more active by taking part in walking groups at various Angus locations. Participation is free and each walk is followed by a chance to socialise over a cup of tea or coffee.

The project now needs additional volunteer walk leaders, particularly in the Edzell, Montrose, Brechin and Arbroath areas.

For more information, please contact Frances Joiner on 01307 476495 or Shona Burge on 01307 474872 or email frances.joiner@nhs.net or shonaburge@nhs.net.



Kirriemuir Steps Tay Health walking group at Forfar Loch

Celebrating the Angus Self Management Network

The Angus Self Management Network held a celebration event to recognise the team effort that contributed to Angus CHP Primary Care team winning a Scottish Health Award for the Care for Long-Term Illness.

The Angus Self Management Network aims to give people living with long term conditions and supporting organisations the chance to meet, share information and provide suggestions for future development.

Many peer support groups in Angus participate in the network including the four COPD peer support groups, Angus Cardiac Group, Montrose Stroke Club and Angus Long Term Conditions Support Groups.



Power of Attorney roadshow events

Roadshow events were held in libraries and supermarkets across Angus and Dundee in support of 'Start the Conversation', a campaign to raise awareness of the importance of having a Power of Attorney granted to a trusted relative or friend.

This campaign, funded by the Scottish Government, is a partnership between NHS Tayside, Angus, Dundee and Perth & Kinross Councils and local law firms.

Visit www.mypowerofattorney.org.uk for help and information.

Clinical lead Helen Dryden said, "Many people are unaware that if they become ill or injured and are unable to make decisions for themselves, no one else can do this on their behalf unless they have legally been given power to do so through a Power of Attorney. Whatever age we are, it is important to think about and make plans for the future."



Power of Attorney roadshow event at Forfar Library



SmallTalk

Whitehills art exhibition raises money for good causes
A recent exhibition by Frickheim artist Bob Stevens at Whitehills HCCC has raised £475 for local health charities.
The money was divided equally between Whitehills, Angus Carers Centre in Arbroath, Arbroath Infirmary and Frickheim Health Centre.



l-r Medical physicist Patrick Carena, Dr Douglas Elder, apprentice instrumentation technologist Pamela Brown, Pat Coyle of Neurotechnics Ltd and medical technologist Robert McKinnes

Scores of new heart monitors delivered across Tayside

NHS Tayside delivered 95 state-of-the-art electrocardiograph (ECG) machines to GP surgeries and community hospitals across Tayside to significantly enhance the delivery of cardiac diagnostic services.

Consultant cardiologist Dr Douglas Elder led the project to deliver the machines, which will give instant access to patients' ECGs (heart tracings) to all health professionals 24-hours-a-day, seven-days-a-week.

The project has been made possible by a grant of over £250,000 from Tayside Health Fund.

Chairman of the Board of Trustees for Tayside Health Fund Sandy Watson said, "We are delighted to support this project. These new machines will certainly improve the service for patients all across Tayside."

The machines will be replacing older versions which will be donated through medical charities to third world countries.

Community Innovation Fund information sessions

A series of information and advice sessions were held across Dundee to allow local communities to find out more about NHS Tayside's Community Innovation Fund.

The Community Innovation Fund, which builds on the work of the former cash4communities fund, aims to help community groups develop local improvement projects that will benefit the health and wellbeing of their local population.

The Fund is financed through the Tayside Health Fund, the charity for NHS Tayside.

Richard McIntosh, community capacity building officer and first point of contact for enquiries about the Fund, said, "The Community Innovation Fund hopes to support new, innovative projects which will work in partnership with communities in disadvantaged areas.

"We aim to help with projects that will promote quality of life, overall health and wellbeing and create a stronger sense of community and social relationships."

Community groups can apply for any amount between £500 and £35,000 on an annual basis to establish new and innovative projects.

Anyone interested in finding out more information or applying for funding please visit the website www.communityinnovationfundtayside.scot.nhs.uk



Richard McIntosh and public involvement secretary Audrey Lindsay

SmallTalk
Supporting recovery from alcohol and drug misuse
A new project to help people to recover from drug and alcohol misuse has been launched in Dundee.
The Community Hub @ Albert St. Boots was developed following a recent city-wide alcohol and drugs review led by Dundee Alcohol and Drug Partnership (ADP), and offers a range of services, including drug and alcohol treatment, housing and homeless services, benefit advice and children and families' services.

The Buzz!

Rugby star supports ARCHIE appeal



Andy Nicoll at ward 30

Staff and patients at Tayside Children's Hospital gave a warm welcome to former Scotland rugby captain Andy Nicoll when he dropped by in support of the Archie Foundation Appeal.

Senior charge nurse Suzie Byer gave Andy a short tour of ward 30 and explained about the day-to-day work carried out there. He then visited ward 29 and spent some time chatting with children and staff.

Andy also heard about the appeal which aims to raise £2m to make the environment of the proposed new children's operating theatre suite more child-friendly.

SmallTalk

ARCHIE Mountain Challenge

Staff are invited to support the ARCHIE Mountain Challenge which will take place in Scotland this summer to raise funds for Tayside Children's Hospital.

To find out more how you can support this challenge visit www.archiesmountainchallenge.org.uk

SmallTalk

Health Checks for vulnerable groups

Dundee Keep Well community team is supporting GP practices through inreach and outreach clinics.

Vulnerable groups including homeless, substance misuse and offenders have been offered health checks.



Spring school art display

A selection of prints and short animations produced by people with long term health conditions went on display as an exhibition at Dundee Contemporary Arts (DCA).

Colourful photo silkscreen prints and short animated films were created by participants of the ST/ART spring school programmes, part of Tayside Healthcare Arts Trust's (THAT) ongoing work with people with long term conditions.

DCA print studio and education staff and THAT volunteer artists worked closely with participants during the spring art programme, which included a photo-silkscreen course and stop-frame animation sessions. The spring school is run in partnership between the ST/ART Project and DCA Community & Education Programme and Print Studio.

Meet the Buyer event in Dundee

The latest 'Meet the Buyer' event held in the Invercarse Hotel in Dundee provided local suppliers with the chance to meet with those who award public sector contracts for business and services.

NHS Tayside buyers attended the event, which promotes growth in the local economy, to share their knowledge and expertise with small and medium businesses and give an insight into the public sector procurement process.



Non executive member Doug Cross and head of procurement Michael Cambridge at the Meet the Buyer event

The Buzz!

NHS Tayside supports Sustainability Day

Members of the ground maintenance team planted two trees at the entrance of Ninewells Hospital to mark NHS Sustainability Day.

They were among ten trees planted at Ninewells and 100 trees planted across other NHS Tayside sites in the past month as part of the NHS grounds sustainability programme.

NHS Sustainability Day is an annual event aimed at encouraging healthcare organisations to take action on climate change.

Head of Environmental Management Philip Wilde said, "Planting the trees improves the environment for patients and visitors and shows NHS Tayside's commitment to sustainability. Together we can make a significant difference to our future."

l-r Ground maintenance staff Alex Stott, Ian Tosh, Willie Anderson and David Laing with Philip Wilde



Fraud awareness events



l-r Robert MacKinnon with CFS communications officer Stephen Frier and counter fraud specialist Graeme Ross

Staff were given the opportunity to find out more about the types of fraud that can occur within the health service in Scotland at awareness events at PRI and Ninewells Hospital.

Information about the role of NSS Counter Fraud Services (CFS) was available and staff also has the chance to chat with fraud liaison officer Robert MacKinnon to find out more about how fraud can be prevented.



New national dementia research service launched

The Scottish Dementia Clinical Research Network (SDCRN) based at Murray Royal Hospital has been involved in the development of a new UK-wide service to help people take part in dementia research studies.

Join Dementia Research (JDR) promises to accelerate the pace of dementia research by allowing people with and without dementia to register their interest in studies, helping researchers find the right participants at the right time.

Join Dementia Research is a collaboration between the National Institute for Health Research (NIHR), Alzheimer's Research UK, Alzheimer's Society and Alzheimer Scotland with funding from the Department of Health. The SDCRN has also been involved in developing the service.

The joindementiaresearch.nihr.ac.uk website offers a secure and easy way for someone to register their interest, discover studies that interest them, and ultimately connect with researchers to take part in their studies.



Nurse practitioners host A&E educational event

Nurse practitioners in the emergency departments at Perth Royal Infirmary and Ninewells Hospital recently ran an educational event in Ninewells Hospital.

A number of nurse practitioners from the minor illness and injury units from Tayside attended the event. Emergency department consultants supported the event and delivered lectures on musculoskeletal, facial, cervical spine injury and also incorporated professional and legal practice issues.

The event provided useful networking opportunities for minor injury nurses in Tayside and Fife and gave them the opportunity to share their experiences.

Feedback event for Aberfeldy communities

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 been established to consider future options and their feedback and progress was shared with the local community at the event in Aberfeldy town hall.

The feedback event was organised by NHS Tayside, Perth & Kinross Council and independent and voluntary sector partners as part of an ongoing engagement programme with the local community.

Following local engagement three working groups were established with interested community members to consider options and improvements for the future.

Interim lead officer for Perth & Kinross CHP Evelyn Devine said, "We are delighted with the progress so far and the level of engagement from community members, and we are continuing to move on with further consultation."



Planting the seeds of better health

“Gardening adds years to your life and life to your years.” - Anon

Healthcare research points towards a positive relationship between green space and general health with studies suggesting that gazing at a garden can sometimes speed healing from surgery, infections and other ailments.

The positive power of gardening and being in a garden or in a green space can affect young and old patients alike and in Tayside we are fortunate that many of our hospital sites and community settings have been developed to provide patients, staff and visitors with a green outdoor place to enjoy.

The majority of NHS Tayside’s sites are looked after by staff from the estates department but in some areas gardening projects have been developed in collaboration with local communities with patients, staff and volunteers encouraged to be very much hands-on and to get involved with gardening tasks.

Whether its an allotment project, a community garden or a landscaped memorial area, the common denominator shared by all involved in these projects is an interest and enthusiasm for gardening – and maybe just a touch of green fingers.

So for all the gardening enthusiasts amongst us – here’s to a great summer!



The Healthy Happy Communities Allotment Project in Arbroath continues to go from strength to strength. The initiative is primarily run by local volunteers although health professionals and other agencies can also refer clients to the allotment for health benefits.

The project, which was originally aimed at encouraging children to develop an interest and understanding of how to grow fresh food, has now developed to incorporate therapeutic gardening for people of all ages.

All the physical gardening work including the ground preparation, tending the garden and harvesting the vegetables is carried out by the volunteers with help from NHS Tayside staff.

This year the project will incorporate new therapeutic areas featuring raised beds, a tranquillity corner and a sensory corner.

Angus



Ninewells Hospital is surrounded by large areas of green space and is home to gardening projects which aim to enhance the site for patients, visitors and staff to enjoy.

The community garden was laid out with the help of the BBC’s Beechgrove Garden and is now fully established with flowers providing a riot of summer colour and the vegetable gardens delivering fresh produce each year.

The garden is tended by enthusiastic volunteer gardeners with support from our estates staff. Between them they carry out the necessary gardening tasks of digging, planting, weeding and pruning throughout the year.

Local groups also have their own areas within the garden including children from the on-site nurseries and patients from Carseview.

Last year staff from the radiology department at PRI in partnership with estates staff created a memorial area at the bus turning stance at the hospital in memory of their colleague Yvonne Rennie.

Radiology staff fundraised for the memorial bench and the estates team designed and developed the attractive area which also includes a paved area and flower rockery.

P&K



Thyme well spent



Now that spring is finally here, it's the perfect time to get out in the garden, get a bit of exercise and enjoy the fresh air.

Our feature on pages 10 and 11 focuses on gardening projects at our hospitals and in the community but we also wanted to find out about the gardening habits of our staff in their personal lives.

A new survey from the Royal Horticultural Society (RHS) has shown that people in the UK truly are a nation of gardeners with 77% saying they garden and 82% saying it makes them feel happier. It already revealed some surprising facts about people's career choices with a whopping 70% saying that given the choice, they would prefer to spend their working day in a garden with just 9% opting for an office and 21% undecided.

We decided to find out whether we have any prize-winning horticulturalists in NHS Tayside or if it's a struggle to even keep a potted cactus alive. With this in mind spectra quizzed staff from across the organisation to find out just how green-fingered they really are.



Stuart McKiddie
AHP Technical Instructor
Arbroath Infirmary

I love a bit of gardening at home, I grow my own herbs, carrots, potatoes etc, and I have a few fruit bushes in my back garden.

I have also recently been involved with the Lochee community group initiative to grow your own food at the Lochee allotments.

I have a few broken bones at the moment so I'm taking it easy but I can't wait until my garden is in full bloom.



Valerie Norrie
Occupational Therapist
Arbroath Infirmary

I wouldn't say I'm really green-fingered however I really enjoy gardening as it is a great way to relax and be active and you are always learning something.

I use the greenhouse to bring on tomato plants but our potato crop is regularly affected by blight and we have an ongoing battle with slugs.

We usually have success with onions, parsnips, leeks, beetroot and fruit bushes though!



Karen Duncan
Community Staff Nurse - Central Healthcare
and Nurse Advisor - Joint Equipment Store
Drumhar Health Centre, Perth

I have recently taken an interest in gardening by joining my local gardening group in Glenfarg, Perthshire.

We are a small group who meet weekly and swap ideas and plants for our gardens and for around the village. At present our daffodils and primulas are flowering and giving a bit of colour around the village, I'm now just waiting for mine to do the same!



Luci Ironside
Community Health Staff Nurse - Central Healthcare
Drumhar Health Centre, Perth

I started gardening years ago but really got into it when I attended the local RHS society summer show with my mum which inspired us to enter plants and flowers in the amateur section the following year. I have won a few prizes over the years and last year I won a silver shield for sweet-peas and best in the Almondbank & Pitcairgreen Flower show. I love gardening and have even brought in tomato plants for my colleagues (pictured right).



Grant Callachan
Physiotherapy Assistant
Arbroath Infirmary

I'm very new to the gardening business after buying a new house a couple of years ago. I'm lucky to have a brother who is a gardener so am getting lots of tips. My biggest problem is cats fouling on the grass and am hoping to resolve this during the summer.



Adele McOmish
Staff Nurse
Ninewells

I'm not green-fingered as I live in a flat just now but I do want to grow my own vegetables and have a greenhouse once I have my own garden.



Kerry Webster
Specialty Doctor
Oral & Maxillofacial Surgery
Ninewells

I'm not green-fingered as I live in a flat and have no garden.

I do have a couple of orchids as house plants though!



Jackie Taylor
Catering Assistant
Ninewells

I am fairly green-fingered. I am usually in the garden in the summer months as I enjoy planting flowers and cutting the grass.

- Academic research has shown that plants and gardens help increase workplace productivity, mitigate the risks of flooding, and have health promoting benefits
- People in the UK spend around £5 billion a year on products and plants for their gardens
- The UK's commercial growers of plants produce around £1 billion of garden and houseplants
- If all the growing media (compost to the layman) that gets sold each year were piled up, it would almost fill the Olympic stadium in London
- Over half of the overseas tourists who come to the UK each year will visit one of the UK's parks or gardens, making horticulture a key part of the UK's brand image for tourists



‘Men Matter’ at Rohallion

Rohallion Secure Care Clinic in Perth held a men’s health promotion event ‘Men Matter’ to raise the profile of men’s health and staying well issues to both patients and staff within the clinic.

A variety of community and hospital-based health and social care professionals offered their expertise in a variety of topics including substance misuse, sexual health, dietetics, smoking cessation and oral hygiene.

Following the success of the event, Heartstart/First Aid and Wellness Recovery Action Plan (WRAP) workshops have been arranged along with further health promotion events.



The Corner says ‘Know your LGBTs’

The Corner asked people to ‘Know your LGBTs’ as part of a campaign to raise awareness of gender and sexual identity issues.

Young people and volunteer arts workers created a window design and resources which were used in drop-in and outreach work.

The campaign was run in partnership with LGBT Youth Scotland’s local youth group AllSorts Dundee. LGBT refers to people who identify as lesbian, gay, bisexual or transgender.



POST sponsors dance festival



The Paediatric Overweight Service Tayside (POST) sponsored the annual Dundee S1-S6 Dance Festival.

POST team lead Laura Stewart said, “The festival was fantastic and we would like to say a huge well done to all the teams who took part. The standard of dancing this year was incredible!

The winning teams in each category were **St John’s RC Academy (Street Dance)** and **St Paul’s RC Academy (Contemporary).**”

New walking routes at Dundee hospitals

NHS Tayside has created new walking routes in and around the grounds of Ninewells and Royal Victoria Hospitals.

The walks, known as Medal Routes, have been designed in partnership with Ramblers Scotland to be enjoyed by the public, patients, visitors and staff and to help increase physical activity levels, help with recuperation and simply to enjoy nature.

The routes vary in length with the bronze walk taking around 15 minutes to complete, the silver route taking 30 minutes and the gold route taking one hour. Members of the Dundee Healthy Living Initiative Hiltown Walkers group joined senior health promotion officer Sylvia Mudie on the inaugural walk along the Ninewells Gold Medal Route.



Chronic pain books available

A series of self-management books to help those living with chronic pain are now available in all Tayside libraries, including mobile units, thanks to funding from Tayside Health Fund.



I-r Councillor **Jeanette Gaul**, Angus primary care manager **Rhona Guild**, librarian **Hazel Cook** and non-executive member **Alison Rogers**

Play focuses on teen health issues



Third year pupils in secondary schools across Tayside explored health issues through the creativity of theatre.

NHS Tayside’s Early Years and Young People Team worked with the three local education departments and Dundee and Angus College Theatre Arts Team to produce a play aimed at 14- and 15-year-olds to help them explore a wide range of health issues facing young people today.

This year’s play, entitled ‘For My Eyes Only’, examined relationships, sexual health and sexuality, substance misuse, cyber-bullying and sexting as well as issues related to self image, mental wellbeing and the role of a young carer.

No Smoking Day



Dundee



Perth

NHS Tayside Smoke Free Services urged people to be quitters for No Smoking Day 2015.

Awareness events were held in Perth and Dundee in a bid to help people take their first step in giving up cigarettes for good and become proud to be quitters.

Staff were on hand to provide expert advice and information about quitting smoking and the support available locally for those who want to give up.

A recipe for recovery

“Good nutrition and hydration is key to a patient’s recovery so it’s a vital part of our care.”

The Tayside Nutrition Managed Clinical Network held a series of events during Nutrition and Hydration Week aimed at staff and visitors to promote the ongoing work that ensures good nutrition and hydration for patients across Tayside’s hospitals.

Information stands held during the week highlighted the importance of protected mealtimes, fluid balance and eating and drinking equipment and offered tastings of oral nutritional supplements.

During the week catering staff across Tayside also made scones and tray bakes as part of a ‘global’ afternoon tea for staff and patients and offered ‘Fruity Friday’ to encourage people to eat more fruit.

Chief Executive Lesley McLay and Chairman Sandy Watson visited the catering department at Whitehills to see how patients’ food is produced before helping with the meal service on Clova Ward.

Ms McLay and Mr Watson also met catering, nursing and dietetic staff to speak about food and drink provision within the health centre and were treated to a tasting session of the lunch that patients received.

Lesley McLay said, “I’m delighted to be supporting Nutrition and Hydration Week and hearing first hand from staff how they ensure that our patients receive the best nutrition possible during their stay. Good nutrition and hydration is key to a patient’s recovery so it’s a vital part of our care.”



Fruity Friday at Ninewells Hospital



Members of the local Meal Makers initiative shared information about their organisation and encouraged others to join their network of cooks.

Meal Makers is a free, local neighbourhood food-sharing project which connects people who love cooking with older neighbours who would appreciate home cooked food delivered to them every now and then.

For more information please visit www.mealmakers.org.uk



Practice development nurse Kerry Queen hosted an information stand at Ninewells



Speech & language therapist Caitriona Hutton created a display with colleagues at PRI to raise awareness about swallowing difficulties known medically as dysphagia.



A&E nursing staff commended

A&E charge nurses Julie Thakore-Rodger and Paula Paton and staff nurse Elaine Campbell have produced an award-winning dementia education programme for emergency care staff in conjunction with Stirling University.

'Best Practice in Dementia Care: A Learning Programme for Emergency Staff' aims to improve knowledge and understanding of dementia and its impact on patients and their families.

It is also designed to improve the experience of patients within A&E and smooth their journey to the ward, care environment or home.

The education programme received a commendation in the Herald Society Awards and has been accredited by the RCN and City & Guilds. It is currently being rolled out throughout the UK.

Julie said, "We are extremely proud that the work we have done to help to improve patient care, not only in Tayside but throughout the UK, has been recognised. Getting the Herald Society commendation was a real highlight for us all."



Scholarship success

Nurse consultant for older people Jacqueline Thompson was awarded a scholarship from the Florence Nightingale Foundation (FNF).

FNF has a number of categories of scholarships for travel, leadership and research to support career development.

Awards are made every two years to applicants on the successful production of their final report on their studies.

Jacqueline said, "These scholarships are open to anyone and a great way to further develop your studies and career and I would definitely urge my nursing colleagues to apply for one."



Jacqueline Thompson was presented with her certificate by Sir Robert Francis QC



PRI staff celebrate success of delirium tool

Staff at PRI recently celebrated their continued success in the awareness, use and compliance with the 4AT tool, which is used to assess all patients over the age of 65 for possible delirium and the level of cognitive impairment on all medical admissions.

If a patient has a score of four or more then delirium is suspected and management of this begins. It also enables a baseline score on admission so there is a clear way of

establishing if there has been a cognitive change at any time during a patient's stay in hospital.

The tool is part of Healthcare Improvement Scotland - improving the care for the older person and is currently being rolled out over the whole of the PRI site.

For more information please contact practice development nurse Marie Hanlin on mhanlin@nhs.net

Dementia champions graduate



I-r Joanne Scott, Sheila Pudney, Diane Forbes, Deborah Hoey and Kirsty Wilkinson

NHS Tayside staff celebrated the completion of the dementia champions programme at a ceremony in Edinburgh, which was attended by Health Secretary Shona Robinson and Chief Nursing Officer Fiona McQueen.

NHS Tayside now has nearly 50 dementia champions working across the organisation. The champions, supported by the nurse consultant, have completed a number of improvements in the care of patients and education of staff across Tayside.

The programme is one of many initiatives which aim to support and improve the experience of people living with dementia and cognitive impairment.

Award for diabetes project

A Ninewells-based project has won a high profile UK award for diabetes care.

My Diabetes My Way won the award for Education and Self-Management from Diabetes UK.

The service, which is run by NHS Tayside and Dundee University on behalf of NHS Scotland, offers people with diabetes anywhere in Scotland online access to their medical records to help them understand and take control of their condition.

The project fought off competition from five other shortlisted candidates from across the UK.

Technical lead Dr Scott Cunningham said, "This is fantastic recognition for the work of the team over the last few years."

Anyone with diabetes across all 14 NHS Scotland Health Boards can register online at www.mydiabetesmyway.scot.nhs.uk



Chief Executive of Diabetes UK Baroness Barbara Young with Dr Scott Cunningham

Ward 10 benefits from ‘hairy coos’ calendar

Roddy McLeod donated £400 to ward 10 after his daughter Kirsty received treatment there.

He painted pictures of ‘hairy coos’ and turned them into a calendar to sell to raise money for the ward.

Roddy, who works in the Clinical Skills Centre at Ninewells, said, “Kirsty received excellent care and I wanted to say thank you and show my appreciation for everything the staff have done for her.”



(Front from left) Senior charge nurse Jess Malcolm, Kirsty McLeod and Roddy McLeod with staff from ward 10

Loom band sale raises money for diabetes fund



I-r Nurse specialist Val Ramsay, Tazmin and Heather Thom

Nine-year-old Tazmin Brown donated £216 to the Paediatric Diabetes Education Fund.

Tazmin decided to make loom bands to sell to family and friends on Facebook and arranged a stall at Braemar Nights in Blairgowrie. She also held a raffle after receiving donations from local businesses.

Tazmin is a patient at the diabetes clinic at Ninewells and wanted to raise money to say thank you to the department.

Accepting the cheque, specialist paediatric diabetes dietician Heather Thom said, “The team is delighted that Tazmin has worked so hard to raise this money, the majority of which will be used for our annual diabetes camp giving children with type 1 diabetes an ideal opportunity to meet and share their experiences.”



Gift to Haematology

Monifieth couple Isobel and Alan Buchan donated £471 to the haematology department at Ninewells Hospital as a thank you to the staff following Alan’s treatment at the ward a few years ago.

Isobel celebrated her 70th birthday and asked her friends and family to make a donation rather than give her a gift.

Isobel and Alan Buchan (Centre) with staff from haematology



Taking a dook for ARCHIE

Members of the 5th Dundee Scout Group braved the icy waters of the Tay to take part in the annual New Year’s Day Dook at Broughty Ferry.

The hardy Scouts decided that a sub zero dooking was worth it to raise money for the ARCHIE Tayside Children’s Hospital Appeal.

Friends and family sponsored the Scouts to the tune of £200 and Scout leader George Walker, who is also a hospital cashier at Ninewells, handed over the cheque to ARCHIE’S Emma White.



£3000 boost for kidney patients

The Renal Unit at Ninewells Hospital received £3,000 from Margaret Johnston and Eleanor Nicoll.

A relative of Margaret lost the use of their kidneys and this spurred the two women into raising funds for the unit by holding bric-a-brac sales.

Over the last seven-and-a-half years, the hardworking pair have raised an amazing £25,600 and all of this money has been used to benefit kidney patients in Tayside.

I-r senior charge nurse Lesley Sheach, Dr Maureen Lafferty, Eleanor, staff nurse Morag Turner, Margaret, head of nursing renal services Sean McCartney and Dr Drew Henderson

Cornhill benefits from Red Envelope Appeal

Pete Chan from China China take away in Perth donated £3400 to Cornhill Macmillan Centre following a Chinese Red Envelope appeal which was supported by generous customers and colleagues from other local businesses.

Pete said, “After meeting staff from the centre when I gave a talk to patients on Chinese New Year and seeing what services they provide, I decided to raise money for them.

“I started a Chinese Red Envelope appeal on social media. Traditionally at Chinese New Year we gift money in little red envelopes. It’s a tradition that’s been around in the Chinese culture for centuries.”



Birthday gift for rheumatology



Dundee woman Hilda Henderson donated £900 to the rheumatology department at Ninewells Hospital after asking friends and family to make a donation rather than give her a gift for her 80th birthday.

Hilda, who receives treatment at the rheumatology department for rheumatoid arthritis said, “I’ve raised money for other causes in the past but this time I wanted to raise money for the department as everyone is very nice and helpful.

“I wanted to give something back to say thank you.”

I-r Staff nurse Rosanne Wood, Hilda Henderson, Dr Thomas Pullar and Hilda’s friend Elizabeth Newton



Frances Wishart

After nearly 42 years working within orthopaedic services, Frances Wishart (left) has retired as secretarial support co-ordinator at PRI.

Frances began her NHS career in 1964 working as a medical secretary in Bridge of Earn Hospital.

In 1981, after a break to have her family, Frances took a post in the PRI children's orthopaedic and community physiotherapy department before moving to her last role in 2001.

After 35 years of service, radiographer manager Douglas Mitchell has retired from PRI.

Qualifying at Aberdeen School of Radiography in 1976, Douglas worked in Falkirk before securing a job as a radiographer at PRI and Bridge of Earn Hospital in 1979.

He rose through the ranks over the years and was in his final post managing the radiology department in PRI as locality radiography lead.



Douglas Mitchell



Yvonne Rennie

Domestic assistant Yvonne has retired from Whitehills after 46 years service.

Yvonne started working for NHS Tayside in 1968 as a pantry maid within the catering department at Stracathro. She then moved to Forfar Infirmary in 1970 as a catering assistant and took a short break in 1978 at which time she got married to her husband David.

She returned to Forfar Infirmary as a catering/domestic assistant until 2005, moving onto Whitehills where she continued to work as a domestic assistant until her retirement.

Dr Karen Richard said farewell to NHS Tayside after a long career at Murray Royal Hospital.

Having spent most of her formative years in Perth, Dr Richard went to medical school in Edinburgh then did her psychiatric training in Highland, Grampian and Tayside.

As consultant forensic psychiatrist, a post she held for 23 years, she looked after mentally disordered offender patients and provided services to the prison, court and police services.

Lead clinician Dr Stuart Doig said, "She will be greatly missed by her patients, their families, the staff of the Forensic Service and the staff of the many agencies with whom she worked. Dr Richard was an outstanding psychiatrist and great colleague."



Dr Karen Richard



Cath Latto

Cath Latto, a nurse at the day surgery unit at Ninewells (holding flowers), has retired after 44 years service with the NHS.

Cath started her training in 1971 in Aberdeen and in 1974 she joined NHS Tayside working in theatres until the day surgery unit opened in 1998.

Senior charge nurse Sandra Hulme said, "Cath has made an enormous contribution to the NHS over the last 40 years. She has trained many students and staff nurses in recovery and has been an invaluable asset to our team."

Smoking cessation coordinator Audrey (seated) has retired after 36 years.

Audrey began her career in 1979 as an auxiliary nurse in the maternity unit at Ninewells before completing her nurse training. She then worked within the cardiology department and in intensive care nursing.

She achieved her Bachelor of Nursing qualification in 2007 and worked in the surgical admissions ward and the surgical high dependency unit.

In 2009, Audrey joined the public health department as a smoking cessation coordinator for NHS Tayside hospitals.



Audrey Mackenzie



Kate Wright

Healthcare assistant Louise (centre in uniform) has retired after 30 years service.

In 1985, Louise started as a domestic assistant at Irvine Memorial Hospital in Pitlochry transferring to Pitlochry Community Hospital in 2008.

In 1989, Louise accepted a three-month contract as a healthcare assistant which lasted 30 years! She plans to spend more time with her grandchildren in her retirement.

Head of nursing for psychiatry of old age inpatients services Kate (centre) has bid farewell to colleagues after a 40-year nursing career.

Kate started as an auxiliary nurse in 1974 at Auchterhouse Hospital. She became senior charge nurse of the Strathmore Unit and Day Hospital in 1999 and supported the move to a community mental health team.

In 2011, Kate was appointed as clinical development nurse at Murray Royal Hospital then head of nursing in 2014.

Perth & Kinross psychiatry of old age service manager Maggie Rapley said, "Kate is incredibly well respected by her team, peers, medical staff and managers. She will be greatly missed and we all wish her a long and happy retirement."



Louise Ross

Lynne Cunningham

Charge Nurse

Aberfeldy Community Hospital

Self-confessed karaoke queen and would-be Bridget Jones, Lynne Cunningham tells us about her dreams of Florida, running a half marathon (only 11 miles to go!) and joining the police force.



How did you come to be in your current job?

I qualified in 2007 and started my nursing career in orthopaedics at Ninewells Hospital. From there I spent three years working in the stroke rehabilitation unit at PRI.

A change of career led me to working in the community and I spent two years working as a staff nurse in Pitlochry Community Hospital.

An opportunity then arose to develop my career further and I joined the Aberfeldy Community Hospital team as the new charge nurse.

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

If I wasn't a nurse I would definitely be in the police force. I enjoy working with the public and I get a great sense of achievement in working in the community and helping others.

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

I would like to learn the ability to run 13 miles as I am doing the Edinburgh half marathon for Macmillan Cancer Support on 31 May and currently I am only managing two miles. Wish me luck!!

when I was growing up but sadly he passed away suddenly when I was nine.

What secret skills/party tricks do you have?

I think I am a diva on the karaoke but my friends and work colleagues would say differently!

Who would play you in a movie of your life?

Bridget Jones as she has the same carefree personality as me and the same healthy appetite!!

What's your theme song?

Roberta Flack's song 'The First Time Ever I Saw Your Face' because it reminds me of my daughter being born.

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

A laptop to do my eKSF

A laptop to do my learnPro

A laptop to read my endless emails

What is the first music album you ever bought?

The first album I ever bought was by BROS.

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

After paying off my massive credit card bill I would buy tickets to Florida for myself, partner and family. My brother and his wife live over there so this would be a fantastic holiday for us all.



Lynne with her daughter

What do you miss most about being a kid?

Eating lots of sweets and not putting on any weight!

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

My granddad as we were best friends

