

spectra

NHS
Tayside
January-February
Issue 81

Value Your NHS



#lovenhstayside

Dear spectra readers,

Welcome to the first spectra of 2016 and a Happy New Year to all our readers! We hope you all managed to have some time off to relax and enjoy the holidays with loved ones. Many of our staff were feeling particularly festive throughout December and we've pulled together a selection of photos in our Christmas round-up in The Buzz on pages 4 and 5.

You may have spotted people across NHS Tayside doing the 'hand heart' symbol in recent weeks. Value Your NHS is a new local campaign to engage and inform staff, patients and their families, and the public about the challenges facing the NHS and how we all have a role to play in ensuring NHS Tayside keeps delivering safe, person-centred care for everyone. You can read more in our feature on pages 11 and 12 and find out why our staff #lovenhstayside in Your View on pages 13 and 14.

We also focus on the integration of health and social care services which will be fully transferred to the new Integrated Joint Boards in the next few weeks. Get an update on the new arrangements in our feature on page 20.

Our staff have been busy picking up more awards and honours for all the great work that they do. We've got them all covered in Tayside's Got Talent on pages 18 and 19.

TREATS is looking for feedback on the types of offers and events you'd like to see in 2016. Send them your ideas and check out what's on offer in this issue's pull-out.

Get in touch if you have an idea for an article or feature for a future issue. Our contact details are on page 3.

spectra editorial team

spectra's stars!

Our spectra star this issue is community staff nurse Karen Duncan.

Karen was named Unsung Hero at the 2015 Scottish Health Award for her work with the One-Stop Women's Learning Service (OWLS) in Perth, which was designed for women who have been convicted of offences and want to integrate back into the local community. See Tayside's Got Talent on page 18 for the full story.

Congratulations to Karen!

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.

Value Your NHS

NHS Tayside

It's your NHS - you can help us to make use of our resources better

Everyone can make a difference

Tell us what the NHS means to you and your family

#lovenhstayside

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Submission deadlines for future issues
Issue 82 March/April - 25 January
Issue 83 May/June - 21 March
Issue 84 July/August - 23 May

Designed and produced by
NHS Tayside
Corporate Communications

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

You'd better watch out...

NHS Tayside welcomed a very special visitor when Santa Claus stopped off at hospitals across the region to spread some festive cheer.

Staff and visitors at Ninewells got into the Christmas spirit by joining in with some carol singing before Santa Claus officially switched on the lights on the Christmas tree at the main entrance to the hospital.

Patients from the Tayside Children's Hospital were also invited to join in the festivities and received gifts from Santa to take back to the ward.

Santa also took time out of his busy schedule to sing carols with staff at Murray Royal Hospital and switch on their Christmas tree lights.

He was then joined by Rudolph, an elf, a snowman and a Christmas tree as he visited wards and departments at Whitehills.



Ninewells



Whitehills



Murray Royal

Forfar staff collect for Shoe Box Appeal

Staff at St Margaret's House in Forfar collected 16 boxes of gifts for the Rotary Shoebox Appeal.

The Rotary distribute the boxes to Eastern Europe and for many children it will be the first present they have ever received.

The collection was co-ordinated by Sandra Christie (seated front right).



Dundee Biker's Forum Santa Toy Run visits Glenlaw House

Members of Dundee Biker's Forum stopped off at Glenlaw House to hand in donations during their annual Santa Toy Run around Dundee.



Medical Procurement staff with some of the donations

Festive delivery for Dundee Food Bank

NHS Tayside staff showed their Christmas spirit with a generous donation to Dundee Food Bank.

Staff in the Procurement Department decided that instead of sending out Christmas cards they would donate food, toiletries and children's toys for people who may struggle over the festive period.

Donations also came in from other areas of the organisation, including Nuclear Medicine, Tayside Medical Science Centre (TASC), the Nursing Directorate, Respiratory, Microbiology, Pain Services and Psychology.

Reception staff dress up for charity

Ninewells outpatient clinic reception staff wore Christmas outfits in the week leading up to the holidays and made a donation to Tayside Health Fund.



St Margaret's House Christmas Jumper Day

NHS Tayside and Angus Council staff at St Margaret's House in Forfar took part in the Text Santa Christmas Jumper Day raising £76 for the ITV appeal.

Dundee football teams bring smiles at Ninewells

There were smiles all round at Ninewells when players and staff from Dundee and Dundee United Football Clubs stopped by with gifts for patients in Tayside Children's Hospital and wards 1, 2, 19 and 32.

Senior charge nurse at the children's surgical ward Suzie Byer said, "We have a great relationship with the Dundee football teams and we love it when they come in to visit. It helps lift the patients' spirits and makes them feel special."



Picture courtesy of David Young Photo



Employability Services students celebrate success

An awards ceremony was held at Dundee and Angus (D&A) College Kingsway Campus to celebrate the latest group of students completing the Employability Services programme.



Thirteen students completed the seven-week pre-employment programme which incorporates college-based learning with practical experience gained on placements across departments in NHS Tayside.

During their time on the course, students gained certificates in manual handling, infection control and food hygiene and learned basic first aid and IT skills. They were also given a unique opportunity to experience a pre-placement education day and had access to three short placements in a variety of clinical and non-clinical settings.

NHS Tayside HR lead for Employability Services Alison Smith said, "Employability Services is an excellent example of multi-agency partnership working. I would like to commend the students for their hard work and commitment over the last seven weeks, and wish them every success in their future careers."

Director of Curriculum at D&A College Dorothee Leslie presented certificates to the successful students at the award ceremony, which was attended by family and friends.

SmallTalk

The Bike station visits Ninewells

Bike recycling charity The Bike Station held second hand bike sales at Ninewells.

All bikes came with free LED lights and bell and free checks and repairs were carried out.

The charity refurbishes and restores donated bicycles and sells them at affordable prices, all with a three month warranty.

Health and wellbeing marquee at Arbroath Relay for Life event



Kelly Cruickshanks (third right) with volunteers at the marquee

Health promotion officer Kelly Cruickshanks organised a health and wellbeing marquee focusing on cancer prevention and Detect Cancer Early at the Arbroath Relay for Life.

Kelly said, "The marquee was busy and we spoke to lots of people on the day. As part of the Detect Cancer Early campaign we covered bowel, breast and lung cancer and also played games to show fat and sugar contents in every day foods to demonstrate the link with obesity and cancer."

Local fitness company fit4purpose provided free health checks and Completely You Lingerie, who offer post surgery bras, massage therapists and a specialist nurse from Cancer Research UK also supported the event.

New services at Brechin Health Centre

Brechin Health Centre has launched a new health information service in partnership with Voluntary Action Angus (VAA).

Staff from VAA will be available in the practice waiting area on Tuesdays, Wednesdays and Thursdays to help patients access support within the community such as volunteering, befriending and voluntary transport as well as signposting to local organisations and community groups.

Practice manager Fiona Robertson said, "VAA's knowledge of local communities is fantastic and they can often provide quite patient-specific solutions to help meet people's needs.

Staff at Brechin Health Centre will be also be working closely with Carol Dougan from Angus Carers to ensure that carers' voices are heard and that the right support and guidance is given.

As part of the new initiative, Carol will be attending multidisciplinary team meetings where professionals from various organisations discuss carer cases in the community that need support to enable them to continue to live at home.



I-r Kay Findlay of VAA and Carol Dougan of Angus Carers



I-r Fiona Small, staff nurse Kathleen Procter, senior charge nurse Joy Milne and staff nurse Carol Balfour

NHS Tayside attends careers fair in Forfar

NHS Tayside (Angus) attended the "It's Your Future" career's fair in the Reid Hall, Forfar to promote the organisation to young people.

Staff from nursing, blood sciences, allied health professions and human resources were on hand to chat to school pupils and parents.

HR business adviser Fiona Small said, "The fair was a great opportunity to promote NHS Tayside as an employer of choice and to provide guidance to young people looking for employment, work experience, volunteering opportunities and modern apprenticeships."

'It's Your NHS' event

Members of the NHS Tayside Public Partner Network attended an 'It's Your NHS' event at Ninewells where they met with NHS Tayside Chairman Professor John Connell to hear about his role and his future vision for NHS Tayside.

This was followed by a 'Public Partner Snapshot' where several members of the network showcased their role and shared what being a public partner means to them.

Next on the programme was a presentation from practice development nurse James Kennedy about progress with a patient safety improvement programme that is being piloted in Angus.

Partners were then given information about the Scottish Government initiative 'Creating a Healthier Scotland – What Matters To You', which is designed to get people thinking about health and social care integration.



Professor John Connell with members of the Public Partner Network

Cabinet Secretary visits Bluebell Unit



Health Secretary Shona Robison visited the Bluebell Unit in intermediate care facility Riverside View in Dundee to meet with residents and staff.

During her visit, Ms Robison announced investment of £10.7 million to help ease pressure on Scotland's NHS across the winter months, including improving weekend discharging of patients from hospital, increased staffing over the festive period and provision of more patient transport.

The funding is also being used to help improve outpatient performance and to tackle delays in discharging patients from hospital.

Supporting Older People's Day in Dundee

Members of the public were invited to recognise what is good about being older or caring for an older person to celebrate UK Older People's Day.

An information stand was held in the main concourse at Ninewells to provide information on a range of topics, including Power of Attorney, physical activity and supporting discharge from hospital.

Learning sessions were also provided for staff members about aspects of caring and respect for frail older people.

In addition, Dundee College Beauty Therapy students visited the hospital to pamper older patients in wards 5 and 6 with hand and shoulder massages.



Beauty therapy students



I-r Associate Director for Improvement Tracey Williams, nurse consultant in dementia Andy Shewan and nurse consultant in geriatric medicine Liz Myers



Ninewells play specialists

Celebrating 40 years of play in hospital

Play specialists at Tayside Children's Hospital hosted an event to celebrate 40 years of play in hospitals.

Senior play specialist May Duncan said, "Play specialists have experience in working with a wide range of children and young people and have an insight into various ways that stress can be alleviated through play. The service provides play for all ages including therapeutic play, preparation for medical and surgical procedures and distraction."

Today there is a team of seven play specialists covering Ninewells and Perth Royal Infirmary.

Royal couple's visit to The Corner

As part of their visit to Dundee, the Earl and Countess of Strathearn, William and Catherine, visited The Corner, which provides health information and peer-led services to 11-19 year-olds.

The royal couple met with staff and young people who use the centre and heard about anti-bullying workshops and projects to help young people with mental health and wellbeing issues.



Picture courtesy of The Courier, Dundee

Pelvic trauma study evening

A study evening at Ninewells which focused on pelvic trauma was attended by over 100 radiographers, students, doctors and nurses from across Scotland.

Speakers included A&E charge nurse Gwen Gordon, consultant orthopaedic surgeon Mr Gilles Avison, senior radiographer Lindsey Fulton, interventional radiology registrar Dr Jamshaid Anwar, anaesthetist Dr John Smith and intensive care staff nurses Jennifer Godfrey and Sarah Aucott.

The evening was organised by staff from clinical radiology and A&E. For further information please contact Fiona on fturnbull1@nhs.net



Speakers at the event

SmallTalk

Dundee event for World COPD Day

Specialist COPD nurses from NHS Tayside held an information stand in The Wellgate Centre for World COPD Day to highlight the early warning signs and offer lung function tests.

Specialist COPD nurse Edwina Simpson said, "COPD is under-diagnosed as the development of symptoms tends to be slow and people may accept a chronic cough or mild breathlessness as a normal part of getting older or an expected consequence of smoking."

Baby Friendly Award for health visiting teams

Perth & Kinross and Dundee health visiting teams have received the UNICEF Community Baby Friendly Award.

The Baby Friendly Award is a worldwide programme that recognises high standards of care provided for pregnant women and breastfeeding mothers and babies by community teams across the country.



Strathmore & North West Perthshire



Kinross



Errol



Crieff



Bridge of Earn



Auchterarder



Dundee

'At Work Without My Car' challenge



In support of European Car Free Day, the Healthy Working Lives team created their own green challenge and encouraged staff to travel to work at least one day in September by an environmentally-friendlier option.

Staff who took part chose to walk, cycle, car share or use an electric vehicle and shared their travel story to be entered into a prize draw.

Travellers reported how much better they felt for exercising in the fresh air before beginning their working day and taking their own small steps towards reducing carbon emissions and helping to create a healthier Scotland. The added benefit was the saving in travel costs for the day.

Graham Mason, who works in support services at Perth Royal Infirmary, chose to cycle to work and was the winner of the prize draw.



Creative Engagement art programme for patients at Cornhill Macmillan Centre

Tayside Healthcare Arts Trust (THAT) has recently delivered a nine-week Creative Engagement programme for palliative care inpatients at Cornhill Macmillan Centre at Perth Royal Infirmary.

Lead artist Elspeth Mackenzie worked with patients to create paintings and drawings.

Staff, family, and friends also took part when possible and the artwork was displayed within the inpatient area at the centre.

Elspeth Mackenzie (left) and THAT development officer Karine Neill (right) with staff from Cornhill Macmillan Centre



SmallTalk

Men's Shed project under construction
A new project is being explored in Perth where men can share skills, knowledge and interests in a relaxed atmosphere.

Healthy Communities Collaborative project manager Jackie Doe said, "Men's Sheds are friendly environments that cater for all interests, ages and cultures and give men a place to socialise, share life experiences and skills, make or fix things and support each other and their communities."

For more information, please contact Jackie Doe on 01738 473718.

SmallTalk

Volunteers needed at PRI

Staff from the PRI OT department are looking for volunteers to help revitalise a former therapy garden to produce a green space that can promote healthy working lives and create a natural space for treatment and recovery for patients.

Anyone who is interested in taking part in the garden project please email kimstewart@nhs.net or tiadixon@nhs.net or call Kim or Tia on 01738 473720.

Value Your NHS

As most of you will be aware, the NHS in Scotland is facing a number of challenges such as caring for an ageing population with longer life expectancy, more people with long-term and multiple conditions, a growing demand for services and pressure on public finances.



Value Your NHS is a new local campaign to engage and inform staff, patients and their families, and the public about the challenges facing us here at NHS Tayside. It will also let all of us know the role we can play to ensure that we make the best use of resources to support health services.

NHS Tayside Chairman Professor John Connell said, "As well as being involved in delivering patient care, all of us also use the NHS, have an interest in ensuring that it is the best it can be, and some of us will have ideas about how we can improve the way we work. We

all should feel empowered to contribute to the change that is needed if NHS Tayside is to meet the needs of the population in the years to come.

"NHS Tayside is a fantastic healthcare system that leads the way in many aspects of innovation, quality and provision of services. I know that we would all want to work together to build on that, and develop our service effectively for the future."

Chief Executive Lesley McLay added, "We are about to enter a very important spell for NHS Tayside, with the introduction of health and social care integration and the implementation of our five-year programme which will see healthcare transformed to meet the challenges we all face.

"It's important that we change and modernise our services in the coming years to respond to people's needs. To get this right needs each and every one of us to be fully involved - our staff, our patients and our communities.

"We would really welcome your support to make our new Value Your NHS campaign a truly whole organisation effort. There will be many ways in which you can get involved, give feedback, suggest ideas and stay informed."



As part of the campaign, we are asking staff, patients and the public to tell us what the NHS means to them and their families. We are asking them to take a photo of themselves making a 'hand heart' and saying why they value NHS Tayside. You can take part by posting your picture on facebook.com/nhstayside or tweeting @nhstayside and hashtag #lovenhstayside



A bright idea

As part of a 25-year project between NHS Tayside and Vital Energi, an 18-month programme of work has begun to improve the carbon and energy performance of Ninewells Hospital, Perth Royal Infirmary and Stracathro Hospital.

This includes the replacement of 22,000 light sources and the installation of a combined heat and power plant as part of an overall refurbishment of the energy centre at Ninewells Hospital. The energy centre will provide 90% of all power and heating for Ninewells.

This project is designed to make our hospital sites more energy efficient and enhance the service and environment for the patients and staff of NHS Tayside.



Save
A&E
for
emergencies
ONLY

Know Who To Turn To

In December we launched Know Who To Turn To - our campaign to encourage patients, their families and the general public to access the right person from the right service at the right time.

Around one in four people who visit A&E could receive treatment more appropriately by accessing a different service such as their own

GP, community pharmacist or local Minor Illness and Injuries Unit. This can put extra pressure on staff when they may be needed for a real emergency, especially around the busy winter period.

There are many alternatives to A&E and going directly to the person with the most appropriate skills is important. This can help a quicker recovery and ensures that all NHS Tayside services are run efficiently.



Give us your ideas

NHS Tayside is committed to making the best use of public money while ensuring we continue to deliver person-centred, high quality and effective care to our patients.

Everyone has a part to play. Perhaps you have seen things in your own department that could be done more efficiently but haven't had the opportunity to put your idea forward?

If you have a good idea or a suggestion that can help NHS Tayside to make the best use of its resources, you can submit via the new Value Your NHS button on Staffnet. We'll let you know who will get in touch with you to discuss your suggestion with you. You can make a difference!

How will we transform services?

Our campaign for transformation is underpinned by six workstreams that will support the organisation to improve outcomes for our patients by redesigning our services.

These workstreams are:

- Workforce and Care Assurance - led by Director of Acute Services Lorna Wiggan and Director of Human Resources George Doherty
- Optimising Demand Management - led by Director of Primary & Community Services Bill Nicoll and Director of Pharmacy Frances Rooney
- Optimising Our Environments of Care - led by Director of Operations Ken Armstrong
- Cost Effective Procurement - led by Medical Director for Acute Services Dr Alan Cook
- Repatriating Services - led by Director of Mental Health Karen Ozden
- Property Management and Asset Sales Plan - led by Director of eHealth Jenny Bodie

What does the NHS mean to you?



It's easy to forget sometimes that as well as being employees of the NHS, we are also all patients at various points of our lives and we all use the services that we help to provide.

As part of our Value Your NHS campaign we asked staff across Tayside what the NHS means to them.



Paula Niven
Senior Charge Nurse
Ward 23a/b, Ninewells

I feel very lucky that as a nation we have a National Health Service where care is free at the point of need.

When you visit countries which do not have an NHS, if you have nothing, you get no care.

I feel that although we contribute in our taxes, care is given to a high standard, especially emergency care.

Joanne Southern
Business & Project Manager
Children, Young People & Families, Perth & Kinross

NHS Tayside helped to diagnose my son very quickly and I was able to access interventions such as his speech and language therapy within the community, which was more convenient and comfortable to him. Thank you!



Valerie Egginton
Phlebotomist
Blood Sciences, Ninewells

The NHS is amazing as it has saved my life twice.

I first suffered from a blood clot in my lung, then just last year I was hospitalised for two weeks with Sepsis. So I am very grateful for the NHS and the service it provides.



Callum Cockburn
Fundraising Development Manager
Royal Victoria Hospital

I have trust in the staff who strive to improve and develop patient care in NHS Tayside.

Improvements to any organisation should be ongoing and NHS Tayside constantly takes the lead in Scotland trying to achieve higher standards.



Margaret Barbour
Senior Treatment Nurse
Dermatology, Ninewells

The NHS is a fantastic free healthcare service.

People may be at a critical time in their lives or just have a minor issue, but there will be an NHS service to help.

Gary Henderson
Retinal Screener
Strathmore Diabetes Centre

The NHS is a great provider of healthcare for everyone, I think it is also under appreciated.

I really enjoy my job as I help prevent people losing their sight, which is another reason I value the NHS.



Philip Wilde
Head of Environmental Management
Ninewells

It's fair to say that these are challenging times working in the NHS.

However, we shouldn't lose sight of the fact that we are all part of an amazing organisation that provides an incredible service.



It's your NHS - you can help us to make use of our resources better

Everyone can make a difference

Tell us what the NHS means to you and your family

#lovenhstayside



nhstayside



@nhstayside



Activity day for diabetic kids

A group of children who are supported by the Tayside paediatric diabetes team enjoyed a fun-filled activity day in Perthshire.

The children, aged between seven and 12, took part in a range of activities including a Commonwealth Games-style 'Going for Gold' competition, team games and a treasure hunt.

The Tayside Paediatric diabetes team provides a specialist service to approximately 230 children with diabetes and their families across Tayside and North East Fife.

Diabetes in childhood requires intensive treatment with insulin. Children and families have to learn how to adjust insulin doses according to blood glucose levels, account for food eaten and exercise taken.

Lochee Wellbeing Week

The Dundee Healthy Living Initiative invited Lochee residents to a wellbeing week in October which included a range of free activities to promote health and wellbeing.

The main event included activities for all ages including relaxation sessions, free health checks, games and healthy Hallowe'en treats.

There was also a performance by local singing group Lochee Linties.



Arts and health event



'It's Good For Your Health', an event exploring the health benefits of art programmes, was held at Dundee Contemporary Arts (DCA).

The event was organised by Tayside Healthcare Arts Trust (THAT) and DCA.

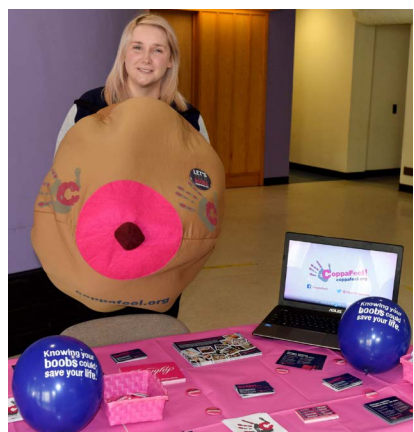
People with an interest in health, arts, education and research attended the event, which highlighted the success of THAT's Creative Engagement Project 2013-15.

People living with COPD, dementia and Parkinson's Disease took part in the Creative Engagement project programme, which was funded by Creative Scotland and NHS Tayside.

Our staff have been out and about promoting health messages to patients, colleagues and members of the public at events across Tayside.

In support of Lung Cancer Awareness Month, an information and awareness stall was held at Ninewells in conjunction with Roy Castle Lung Cancer Foundation which aimed to encourage people displaying the symptoms of lung cancer to visit their GP.

Early detection of lung cancer makes it more treatable, so encouraging people to recognise symptoms such as a persistent cough and see their doctor sooner could save lives.



Ninewells support worker Aimi Munro hosted an information stand to raise awareness of CoppaFeel!, a charity which encourages people to check for signs of breast cancer.

CoppaFeel's mission is to make sure all breast cancers are diagnosed at the earliest stage

possible, making treatments more effective and survival rates higher. The campaign particularly targets young people to educate them about the signs and symptoms of breast cancer to enable them to spot when something's not right.

Members of the NHS Tayside Antimicrobial team hosted an information and advice stall at Ninewells in support of European Antibiotic Awareness Day.

Overuse of antibiotics causes bacteria to change and develop resistance, making infections harder to treat and the annual campaign aims to help cut out the unnecessary use of antibiotics.



Student health visitors from P&K Children, Young People & Families Service attended a Wellbeing Fair in Perth's Dewars Centre to highlight the range of mental health and wellbeing services available.

The fair also provided opportunities for people to learn about positive wellbeing, the benefits of early intervention and self-help options.



'Hocus pocus, do not choke us' was the message from NHS Tayside Smoke Free Services to encourage staff and visitors at Ninewells to think about the effects of smoking and second hand smoke.

Smokers were invited to bin cigarettes in the Halloween cauldron and get advice about making a quit attempt.

Staff from Dundee Alcohol and Drug Partnership's Focus on Alcohol project took part in events in the Wellgate Centre and at Ninewells for Alcohol Awareness Week.

The team highlighted the small changes individuals can make to help them drink more responsibly and get more out of their day, week and weekend.



Karen is Scotland's Unsung Hero

Community staff nurse Karen Duncan won the Unsung Hero Award at the Scottish Health Awards 2015.

Karen was nominated for the award by a colleague for her work at the One-Stop Women's Learning Service (OWLS) in Perth, which was designed for women who have been convicted of offences and want to integrate back into the local community.

The service aims to improve clients' mental wellbeing, physical health, employability opportunities and to reduce re-offending.

Karen was one of three NHS Tayside nominees who were shortlisted as finalists at the Scottish Health Awards. The other finalists were Ninewells consultant physician Dr John Dillon who was nominated for the Doctor Award and the NHS Blood and Transplant Scotland team at Ninewells in the Top Team category.



Practice manager scoops top award

Maxine Jones, practice manager at Academy Medical Centre in Forfar, won Top Healthcare Manager at a ceremony held by The Institute of Healthcare Management (IHM), Scotland.

The award recognises healthcare managers who have gone above and beyond to make sure that services to patients are the best they can be.

Maxine won the award for her work in designing and delivering a new model of primary care which aims to improve population health and wellbeing, ensuring that patients are seen in the right place, at the right time, by the right person, and providing a sustainable service model.



Achievement award for Michael

Assistant estates manager Michael Walton was presented with an achievement award by Health Secretary Shona Robison at the Scottish Health and Social Care Facilities Conference 2015.

Michael received the award for completing his Foundation Degree in Facilities Management in partnership with NHS Tayside, Health Facilities Scotland and Sheffield Hallam University Business School.

I-r Assistant estates manager Tom Spasic, Michael Walton and maintenance manager Charlie Flucker

Tayside pair recognised for research work

Gavin Wylie, a podiatrist at Perth Royal Infirmary, and Dr Debbie Baldie, senior nurse practice development at Ninewells, were joint winners in the Personal Achievement category of the Nursing, Midwifery and Allied Health Professions Research Awards 2015.

The pair (far right) were recognised at a ceremony in Edinburgh for doing research beneficial to the NHS and patients whilst continuing to engage in clinical practice.



Ophthalmology 'Best Team' success

NHS Tayside's Ophthalmology Department has won the Best Team Award at Bayer's Ophthalmic Honours, a national competition to identify exceptional initiatives that demonstrate clinical excellence and innovation in ophthalmology.

The team's entry focused on the department being a small, cohesive team with the common aim of providing excellence in patient care and celebrating the role of everyone who contributes to the service. The department's overriding ethos is one of motivation, support, teamwork, family and togetherness, which brings many benefits to patients.

As a result of the team's multidisciplinary work, some of the improvements include a reduced number of appointments in a patient's journey, increased patient satisfaction and care provided closer to home for community patients.



National award for Public Health team

An NHS Tayside initiative to improve access to testing and treatment of Hepatitis C in people receiving opioid replacement therapy has been recognised at the 2015 Quality in Care (QIC) Programme Awards.

The team, led by Public Health, was awarded Best Treatment Pathway Initiative in the Hepatitis C category. The project; Testing and treatment of Hepatitis C through community pharmacist-led care', was commended by the award judges who said, "This is a fantastic model and is the way forward, with potential to replicate in GP practices."

Quality accreditation for Property Department

NHS Tayside's Property Department has celebrated the reaccreditation of its BSI ISO: 9001 Quality Management Certification.

Quality manager Mark Conway said, “Managing our business to an international standard on quality management integration has benefited our operational needs. We continually monitor and manage our systems through benchmarking for consistent performance and servicing.”

“The Property Department is proud to be part of such a system in meeting our customer needs by making excellence a habit.”

**I-r Mark Conway, Director of Operations
Ken Armstrong and Head of Property
Mark Anderson**



MS Unit named Team of the Year

The Tayside and North East Fife Regional Multiple Sclerosis Unit was named Multidisciplinary Team of the Year at the 2015 OuDoS in MS Awards.

This award celebrates teams which work collaboratively to provide innovative, high-quality and person-centred care. It recognises the use of skills, knowledge and expertise within a multidisciplinary team to deliver comprehensive, coordinated and easily accessible services to people affected by MS.

The team was also Highly Commended in the Innovation in Practice category.

MS specialist nurse Christine Whatley (left) and MS speciality doctor Dr Sonia Devereux



Health and Social Care Integration

There are only a few weeks until health and social care services across Scotland are integrated and preparations for the new arrangements are progressing well across Tayside.

Integration of health and social care is the Scottish Government's ambitious programme of reform to improve services for adults who use health and social care services. Health Boards and Local Authorities must integrate their health and social care services by April 2016.

HSCI is all about putting people first and being person-centred - services are focused on individuals and tailored to their individual needs and, where appropriate, closer to home.

Over the last year, NHS Tayside and the three local authorities have been working closely together. Integration Schemes have been approved and Integration Joint Boards (IJBs) have been established. The Joint Strategic Commissioning Plans for Angus, Dundee and Perth & Kinross which set out which functions and services will be transferred to the new integrated bodies are nearing completion ready for the final transfer of services by 1 April 2016+.

Chief Officers of the three Health & Social Care Integration Partnerships are Vicky Irons in Angus, David Lynch in Dundee and Robert Packham in Perth & Kinross. Here they tell us about what they believe integration will mean for people.



Vicky Irons

"HSCI will improve the quality and consistency of services for service users, patients, carers, families and communities to ensure that people in Angus are able to live full and positive lives within their own communities."



David Lynch

"Dialogue with our stakeholders will continue to be seen as a priority as the Partnership asks for more innovation and collaborative approaches to be developed, supporting the development of integration."



Robert Packham

"The Integrated Health and Social Care Partnerships will make practical changes to the way things work right now which will formally recognise the important contribution of carers, families and communities."

Here are a few frequently asked questions as we move forward to April.

How will Health and Social Care Integration affect my patients?

Patients and service users don't need to do anything differently - services will be more joined-up behind the scenes and health and social care staff will be working side-by-side to support individuals and communities.

How will Health and Social Care Integration affect me?

The extent of the changes will depend on what you currently do. Essentially, integration is about working together with your colleagues from other sectors to achieve better outcomes for people, for example sharing decisions, planning together and collaborating more. There are no plans to transfer any NHS Tayside staff or Angus Council, Dundee City Council and Perth & Kinross Council staff to other organisations as a result of integration. Current Health Board and Local Authority employees will remain Health Board and Local Authority employees following integration.

Isn't Health and Social Care Integration all about community and primary care services?

HSCI will shape the way that services are co-ordinated along the pathway of care for people, including hospital urgent and acute care. Therefore, integration will touch everything that we do and there is an expectation that every aspect of care will be involved, whatever your service or discipline. The partnerships will need to work at local level with a wide range of partners, including patients or service users and their carers and with whole communities.

If you have any comments or questions, please contact integratetayside@nhs.net or visit [Staffnet Home](#) | [Our Websites](#) | [Health & Social Care Integration](#)



So Long, Farewell...



Shiona Lumsden

Shiona Lumsden (centre) has retired from her role as head of payroll services after 41 years of working with NHS Tayside.

Shiona started with the pay office at Stracathro in 1974 as a clerical officer and rose through the grades to deputy chief payroll manager, chief payroll manager and finally head of payroll services.

Shiona's wry sense of humour will be missed by her many friends and colleagues across NHS Tayside.

Nurse Gail Adams (centre) has bid farewell to colleagues after 37 years with NHS Tayside.

Gail had her first taste of working in mental health services as a volunteer 'Daffodil Girl' at Murray Royal Hospital in 1975 playing bingo and handing out cups of tea to patients.

She then started her career as a nursing auxiliary at Murthly Hospital in the learning disability ward before training as a nurse at Perth College.

Gail was a community nurse at Liff before joining the Assertive Rehabilitation Team in 1992.



Gail Adams

Occupational therapist Shona Crabb (left) received a long service award from Jean Driscoll, CRT lead, in recognition of her 30-year career with NHS Tayside.

Shona has held a variety of posts including elderly rehabilitation, orthopaedics, paediatrics, early supported discharge, medical, amputees and community rehabilitation where she is the team lead.

During her career Shona has gained a Dip COT, BSc in Occupational Therapy, PgCert in Healthcare Management and MSc in Dementia Studies.



Avril Barclay

After more than 39 years with the NHS, Avril Barclay retired from her post as superintendent radiographer for interventional radiology and cardiology in Ninewells.

Avril started her career in 1970 as a darkroom technician at DRI and attended Dundee School of Radiography to train as a radiographer.

Avril spent time working at the DRI chest clinic between 1978 and 1979 before moving to Ninewells.

After a brief spell on the continent, she returned to Ninewells and specialised in vascular and interventional radiology, becoming Superintendent Radiographer in 2007.

Long Service Award



Cake and candy for Children in Need

The play staff at the Children’s Hospital sold cake and candy and raised £230 for Children in Need.

Play specialist May Duncan said, “The cake stand was very successful. Thank you to everyone who supported the event and a special thanks to those who gave a donation.”



Neza’s hair raising event!

Theatre support worker Neza Craig donated 22 inches of her hair to the Little Princess Trust, which makes wigs for children who have lost their hair through cancer treatment.

Neza also raised £300 towards the cost of making a wig in tribute to her dad who passed away from cancer.



Cycling for CAMHS

The Young People’s Unit at Dudhope Terrace received a £700 donation from Dundee couple Mr and Mrs MacMaster.

Mr McMaster and a group of his friends completed a 52-mile cycle to raise the cash as part of the Cycle for Scotland Tour de Tay Cycle Challenge.

Raising dosh for Josh

Paula Livie, Erika Souter and Hayley Hogan from the procurement department held a charity race night, raising £1,815 for their colleague Josh Moir.

Josh was diagnosed with leukaemia only six weeks after starting work in procurement and the girls are delighted that he has now returned to work.



Garden party raises £4400

Patient Sheila Nimmo raised £4,400 for the chemotherapy day unit at Ninewells by holding a garden party for friends and family. Local businesses donated prizes for a raffle and auction.

Sheila is being treated for breast cancer at the unit for the second time, having also had treatment in 2008.

She said, “The unit is very important to many people. The staff are kind and compassionate. They are positive and care about everyone they treat.”

Donation to breast screening unit

Dundee men Andrew Wallace, Simon Allison and Jack Boyle donated £4,250 to the breast screening unit at Ninewells after taking part in the Three Peaks Challenge.

Andrew said, “We chose the breast screening unit as all three of us have a link to it and this is our way of saying thank you to the staff.

“Simon’s sister Jo is a nurse there and both Jack’s mum and my mum have had breast cancer and were very well looked after by the staff.”



Splashing for cash!

Natalie Glancy raised £118 for the dermatology department at Ninewells in memory of her grandad who was treated there.

Natalie took part in the Great Scottish Swim at Loch Lomond, finishing in 133rd place of 223 and completing the swim in 26.36 minutes

She was cheered on by her boyfriend Sean and her mum Wilma, who is a nurse on the dermatology ward.



£1000 for Neurology Department

Dundee couple Eddie and Edna O’Connor donated £1000 to the neurology department at Ninewells Hospital in memory of Edna’s son, Kenneth who died last year aged 28 from SUDEP, which means sudden unexpected death in epilepsy.

To mark the first anniversary of Kenneth’s death, his mum Edna and stepfather Eddie held a charity night and a darts competition to raise awareness of SUDEP and to raise funds for research into epilepsy.



Donation from Dundee Lions club

The City of Dundee Lions Club donated a TV and Xbox 360 to the Children’s Ward at Ninewells Hospital.

Tom McDade of the Lions Club said, “We raise money for local charities throughout the year and organised various charity shops and events for this donation.

“We decided to buy something that will keep children entertained and distract them while they are in hospital.”



Nurses take part in Zombie Run for ARCHIE

Tayside nurses Jill Cairncross, Pauline Robertson and Shelagh Wilson took part in a zombie run with friends and family to raise money for the ARCHIE Tayside appeal.

As well as dodging marauding zombies, the runners also had to complete an obstacle course to reach a ‘zombie cure’. The fun event raised £1734 with support from several local businesses.

£4000 donation to Neuroscience

The Parkinson’s disease Neuroscience Fund at Ninewells received an anonymous donation of £4,000.

The neurology department undertakes clinical research and audit projects and the fund is used to support these activities and support education activities.

The Great Rohallion Bake-off!

Staff and patients from Rohallion Secure Care Clinic put their baking skills to the test for the Macmillan coffee morning, raising £389. A selection of cakes, cookies and sweet treats were presented as competition entries and for sale on the day, which was organised by Rohallion’s Social Committee.



Debbie Huband Communications Manager Chief Executive's Department

Honorary Dundonian Debbie dreams of traveling the world as a writer but if that doesn't work out she can always fall back on her (questionable) dancing skills! Read on to find out more about what makes Debbie tick.



How did you come to be in your current job?

I completed my degree in media and cultural studies at Queen Margaret University in Edinburgh before moving to Dundee in 2007 to become a journalist. I had never been to Dundee before I moved here but now I love the city and feel like an honorary Dundonian, especially after meeting my husband and lots of friends here.

After seven years as a journalist, I took up a post in NHS Tayside's Communications Department as a Communications Manager which I really enjoy. Every day is different but it gives me the chance to learn about and highlight the amazing work being done by staff across NHS Tayside.

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

I always wanted to be a vet but I soon changed my mind as I am too squeamish! If I wasn't working in communications, I would love to write children's books or go round the world as a travel writer.



On honeymoon in Thailand

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

I would love to learn a foreign language as it would be so useful. I was terrible at French at school but I am still hopeful I could improve!

What do you miss most about being a kid?

Probably just being carefree, when you didn't have to pay bills or have chores to do. I loved going to dancing classes and going to the beach with all my aunts and cousins and spending the whole day there until the sun went down.

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

George Clooney. It might be a cliché but he seems lovely!

What secret skills/party tricks do you have?

I learned the 'Single Ladies' Beyoncé dance on my hen weekend in Brighton and can still do all the moves...badly. Beyoncé shouldn't be worried!

Who would play you in a movie of your life?

I would love it to be Emma Stone as she is a great actress but she would probably say no!

What's your theme song?

I looove Dignity by Deacon Blue, it always makes me dance and sing along.

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

A pair of pyjamas so I can be comfy, chocolate and a book to keep me entertained.

What is the first music album you ever bought?

Michael Jackson - Thriller.

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

A luxury trip around the world.



With Communications colleagues at her wedding