

spectra

NHS
Tayside
July-August
Issue 84



DESTINATION	FLIGHT	GATE	REMARKS
BERLIN	LH543	09	: DELAYED
NEW YORK	AA978	28	: CANCELLED
TORONTO	AC902	11	: CANCELLED
MADRID	IB342	15	: CANCELLED

DREAM TRIP OR
HOLIDAY NIGHTMARE?

Chairman's introduction

At times it feels that we hear only negative things about the NHS: financial challenges and missed targets are familiar themes. That is why it is important for us to bear in mind that the great majority of people are very happy with the experience that they have when they engage with NHS Tayside, across our community and hospital services.

I am always very impressed by the dedication and professionalism of all of our staff, as well as the superb outcomes that are achieved, and am keen that we publicise and celebrate more the positive aspects of our service.

This illustration of how we deliver first class care was reinforced by an e-mail which I received from California. It was sent by the son of a patient who had been visiting Scotland for a holiday, and was admitted initially to Perth Royal Infirmary and then to the neurosurgery wards in Ninewells. I would like to quote directly from his note:

"Coming from the United States (Los Angeles), we had no idea of how the healthcare system in Scotland worked. Upon initial consultations through this difficult time, we quickly realized we were in the best of hands and felt very reassured that everything would be done to save my father's life and bring him back to full recovery. Not only did the staff operate with complete and utter integrity, they did so from the heart with true compassion. We are now back in Los Angeles and my father has recovered very well. All his doctors here are beyond impressed with his recovery!"

This is a fantastic tribute to all of the staff involved in the care of this gentleman, and is a reminder of the type of care that is delivered, routinely, every day across Tayside. Our staff, of all grades and disciplines, are our greatest asset, and I hope that all of us can share in the sense of pride that this sort of tribute brings. I meet a lot of people who have used NHS Tayside services during the course of my duties (and away from work!) and am always impressed by the positive experiences that they describe – mostly reflecting the staff with whom they come into contact.

I hope that all of us have now heard of 'Value Your NHS' and I am very keen that this focuses on valuing our staff. For this reason, we will be working hard on our strategy for staff engagement over the next few months and looking at how we ensure that all staff are valued and recognised appropriately.

Professor John Connell



spectra's stars!

Hot off the press is the news that advanced nurse practitioner June Finnie and consultant Dr Bill Morrison have been awarded MBEs for services to healthcare in the Queen's Birthday Honours list.

June specialises in neurosurgery care in ward 23b at Ninewells and Bill was NHS Tayside's first consultant in emergency medicine.

We'll have more about this in the next edition of spectra but for now we want to say a big congratulations to June and Bill who will receive their awards at an official ceremony later this year.

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!
- 12 Your View
- 14 Value Your NHS
- 15 Healthcare by Design
- 16 Health Matters
- 18 Tayside's Got Talent
- 20 Snow Limits
- 21 So Long, Farewell
- 22 Check it Out
- 24 All About James!



Submission deadlines for future issues
Issue 85 September/October - 18 July
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Issue 87 January/February - 14 November

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Improvement work begins at Arbroath Infirmary



Trisha Hatt and Professor John Connell (centre) with representatives from Angus Health & Social Care Partnership, Macmillan and the building contractors

The first phase of building work to create new community palliative care and medicine for the elderly facilities at Arbroath Infirmary began in May.

The project, a partnership between Macmillan Cancer Support and NHS Tayside, will see substantial investment to help those living with cancer and other life-limiting illnesses as well as improving facilities on the wards.

NHS Tayside Chairman Professor John Connell and senior Macmillan development manager Trisha Hatt marked the start of the first phase of building work at Arbroath Infirmary with a visit to see how work had progressed in the first couple of weeks.

To minimise disruption to patients, the building project is being carried out in two phases, with the first phase starting in the medicine for the elderly wards where three side rooms with en suite facilities are being created.

The first phase of the work is due to be completed in late summer and the second phase of the project is planned to take approximately four months.

Launch of Angus Homebirth Service

The first dedicated homebirth service in Tayside was officially launched by Professor Lesley Page CBE, President of the Royal College of Midwives, at an event with an audience of mums-to-be, family members and midwives.

NHS Tayside’s Head of Midwifery Justine Craig said, “This new pilot service provides more choice for women in Angus about where they would like to give birth.

“Clinical evidence shows that homebirth is as safe an option as hospital for women who have previously had a normal birth and who have had a straightforward pregnancy.

“Giving birth at home in private and familiar surroundings can promote feelings of calmness, allows families to stay together and means women can remain comfortable at home rather than journey to the hospital in labour.

“We hope that this new dedicated service will encourage women who have had a baby before, and who do not have any medical complications, to consider homebirth.”

I-r Justine Craig and Professor Lesley Page with Angus Homebirth Service midwives Paula Ewen and Jillian Strachan



SmallTalk
Gather in the Garden

As part of Dementia Awareness Week 2016, an event was held in the Forfar Community Garden where light refreshments and help and advice were available.

The drop in event offered an opportunity for people to find out more about dementia as well as providing information about help and services that are on hand from organisations such as Alzheimer Scotland, Angus Care and Repair and the Post Diagnostic Team.

Electric car charging points launched

Charging points for electric cars are now available at three sites across Tayside.

Head of Environmental Management Philip Wilde explained, “Thanks to funding from Transport Scotland and working in partnership with Indigo, Ninewells now has a dual charger which can charge two vehicles and a rapid charger which can charge one vehicle. These charging points are in car park 6.

“We already have dual chargers available at Perth Royal Infirmary in car park 2 and at Stracathro outside the canteen. We are also planning to install a further six dual chargers at other NHS Tayside sites this summer.”

The rapid charger will charge a vehicle in 30 minutes. It is free to park at Ninewells whilst your vehicle is charging from the rapid charger, but once fully charged, you must move your car. The dual charger takes between two and four hours to charge and you must pay for your parking whilst charging.

There are signs in place with instructions about the new charging points. For more information, please contact transport fleet officer Donald Martin or transport admin assistant Wendy Irving on 01382 740832 or x40832.



I-r Donald Martin, Wendy Irving and Philip Wilde

SmallTalk

Forfar GP practice merger not to progress

Academy Medical Centre and Ravenswood Surgery in Forfar will continue to run as individual general practices. The proposed merger between the two practices will not be progressing at this time.

Both practices state that they have learned a huge amount from the tests of change that have been running over the last 18 months and now plan to use this learning to implement change and deliver new models of care which will benefit patients.

Celebration of patients’ artwork in Angus

Artwork created as part of the ST/ART programme for stroke inpatients was displayed at the Stracathro stroke rehabilitation unit.

The programme, run by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside, saw artist Jude Gove work with patients using a variety of arts and crafts techniques to create paintings, monoprints, cushions and mosaic panels.

An exhibition of work produced by people with chronic pain in Angus also went on display in Old and Abbey Church in Arbroath.

Participants explored a range of printing techniques to produce their own unique artworks.

The Tayside-wide programme was supported by NHS Tayside’s Pain Service and provided an opportunity to use creative arts to build confidence and encourage people to work on their own ideas.



Stracathro stroke rehabilitation unit



Angus Chronic Pain Group

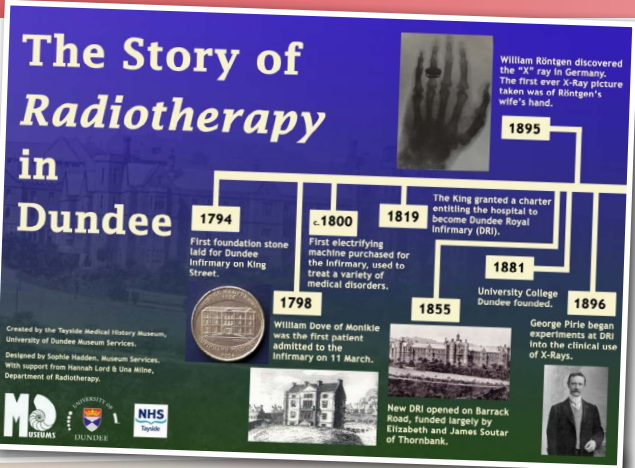
History of radiotherapy in Dundee on display

Ninewells is hosting a permanent display in the Princess Alexandra Centre which tells the story of the history of radiotherapy in Dundee.

The five-panel wall display in the radiotherapy department features a timeline of photographs and information which captures the innovative work of various doctors in the development of radiotherapy.

The display was created and designed collaboratively between consultant clinical oncologist Dr Hannah Lord, head of therapeutic radiography Una Milne, curator of Museum Services at the University of Dundee Matthew Jarron and Tayside Medical History Museum volunteer Sophie Hadden.

Dr Lord said, "There is a wealth of historical information relating to the pioneering work that took place in the development of radiotherapy in Dundee and I thought this would provide the perfect opportunity to highlight the inspiring work."



l-r Dr Hannah Lord, Una Milne, Sophie Hadden and Matthew Jarron



l-r Dundee HSCP acting resource manager Karen Lesslie, district staff nurse Fiona Greig, specialist practitioner Elaine Gray and clinical coordinator palliative care Jane Andrew

New palliative care bundle launched

A community palliative and end of life care bundle 'Nothing About Me, Without Me' was launched at Roxburghe House in Dundee.

The new palliative care bundle and response standards aim to provide individualised palliative care planning by involving patients and their carers at an early stage in shaping their care plan. It will provide a more consistent approach to palliative care delivered in community settings.

Funded by Dundee Health & Social Care Partnership, the project is a new integrated approach to supporting people in the community with palliative care needs. It was developed in partnership between carers, Dundee district nursing staff, care homes and social care staff.

A&E staff meet Ninewells community police officer

A multi professional team from the Accident & Emergency Department has been working collaboratively with community officer PC Morag Shewan from Police Scotland.

Morag attended the Emergency Department education sessions where she outlined her role and interaction with staff across NHS Tayside.

During the session a variety of issues around staff safety, violence and aggression management, and crime rates across NHS Tayside were discussed.

Community officer PC Morag Shewan with staff from A&E



Ninewells surgeon's mission to Nepal

Ninewells facial surgeon Sean Laverick has returned from a successful two-week mission to Nepal where he helped train local surgeons to carry out life-changing operations in their own country.

Sean volunteered to join a group of five UK head, neck and facial surgeons who carried out operations in Dharam in East Nepal at the BPKIHS teaching hospital, which cares for a large, poor, rural population. They also gave trauma skills workshops to both facial surgeons and doctors from all specialisms and departments at BPKIHS.

Sean's own charity Face Facts is proposing to fund 50% of the bill to allow Nepalese surgeon Dr Mehul Jaisani to spend a year in the UK, which will include spending six months at Ninewells, before taking his new-found skills back to Dharan.

Sean said, "Education is the key to our collaboration in Nepal. At BPKIHS I believe that real meaningful change can be developed. Dr Jashani is compassionate and caring for his people, and realises that it is his teaching of the next generation of trainees that really matters – and this is where we can support him to make this happen."



Sean Laverick (right) with local surgeon Mehul Jaisani and mission leader Shakir Mustafa



Diabetes trial launched at Ninewells

A clinical trial aimed at preventing Type 1 diabetes in children was launched at Ninewells.

The autoimmune diabetes Accelerator Prevention Trial (adAPT) will examine the possibility that the inexpensive drug Metformin could prevent people developing Type 1 diabetes.

The huge trial will see 6,400 families in Scotland affected by this disease being contacted and Tayside is the first centre to start recruitment. The adAPT study is a joint initiative between the Universities of Dundee and Exeter and is supported by NHS Tayside staff at the Tayside Clinical Trials Unit at Ninewells.

Fun Box sing-along

Patients and staff from Tayside Children's Hospital enjoyed an exciting superhero themed sing song as part of Radio Tay's Cash for Kids Superhero Day.

Tay FM carried out a live broadcast direct from ward 29 of the event, provided by the children's entertainment group Fun Box.



Chief Medical Officer visits Ninewells

As part of her engagement programme Scotland's Chief Medical Officer Dr Catherine Calderwood visited Ninewells Hospital.

Dr Calderwell gave a lecture in the Gannochy Trust Lecture Theatre based on her annual report on 'Realistic Medicine'. The report looks at the many challenges that face clinicians as a profession and in healthcare.

Connecting music, people and memories

A project promoting the benefits of music for people with dementia has hit the right note.

Students from Perth College UHI spent time with residents at the Louise Brae Care Home in Perth to identify songs which were personal to them. The students then downloaded the music onto mp3 players ready for the residents to use with their own headphones.

The partnership project involved NHS Tayside, Perth College UHI, Perth & Kinross Council, charity Playlist for Life, Louise Brae Care Home and the Rotary Club of Perth Kinnoull.

Playlist for Life is a charity which recognises and promotes the tremendous benefits which music can make in transforming a person's life, particularly those with dementia.

Falls service manager Carolyn Wilson said, "By creating personal playlists, residents can have access to their own music at any time of the day or night. Music can have a calming influence, bring back memories and cheer people up. This has been a very successful project and celebrated the importance of intergenerational working."



Carolyn Wilson (standing centre right) with care home staff and residents as well as Perth College students and staff

Recovery work at HMP Perth recognised

The success of work at HMP Perth to promote recovery from addiction has been recognised by the Scottish Recovery Consortium.

Last year prisoner healthcare staff joined community recovery champions, representatives from community agencies and prisoners to walk for a mile around the grounds of Perth Prison to support the Scottish Recovery Consortium with the annual Recovery Walk Scotland.

Following the success of ongoing work to promote recovery in HMP Perth, this year's annual Recovery Walk Scotland in September will adopt HMP Perth's recovery slogan 'Recovery Comes From Within' as its theme.

The Recovery Walk Scotland, which began five years ago, aims to raise awareness of substance misuse and recovery from addiction by gathering the recovery community in Scotland together.

The walk also aims to help combat the stigma associated with addiction and inspire action to strengthen recovery.

Staff from the substance misuse team with community recovery champions and representatives from community agencies at last year's recovery walk



Men's Shed project in Strathmore – under construction!

A new Men's Shed project is currently under construction in the Strathmore area.

Men's Sheds provide a place for men to gather and participate in a number of activities whilst supporting each other. The project has gained in popularity across the world and has now been introduced to several areas in Tayside.

Residents in the Strathmore area are in the process of establishing a Men's Shed locally and have started looking for suitable premises to set up the group.

Perth & Kinross Healthy Communities Collaborative project manager Jackie Doe said, "Men's Sheds are friendly environments that cater for men of all interests, ages and cultures and serve as important meeting places for men to socialise, share life experiences and skills, make things, fix things and support each other and their communities."

Art display at Cornhill

Artworks created by carers and family members who have been bereaved were exhibited at Cornhill Macmillan Centre in Perth.

The display marked the end of an eight-week creative art programme which was developed by Tayside Healthcare Arts Trust (THAT) in collaboration with Cornhill Macmillan bereavement and family support coordinator Patricia McIntosh as a new therapeutic opportunity for bereaved carers or family members.

The group worked with artists Elspeth Mackenzie and Annette McBride to explore a range of drawing and painting techniques to help participants produce a number of pieces and work toward their own personal project.

Patricia McIntosh said, "This programme has had a very positive effect on those who attended."

Karine Neill (second right) and P&K Health & Social Care Partnership AHP lead Jane Dernie (right) at the launch of the exhibition in Cornhill Macmillan Centre



NHS Tayside's public partners praised for performance

Public partners who work with NHS Tayside have been praised for their significant contribution to improving services.

Public partners are members of the public who participate in a number of activities arranged by NHS Tayside, where they are given the opportunity to share their views and contribute to decision making. In the last year, the public partners have engaged on a wide variety of projects or topics, including Power of Attorney, improvements to dental health and services, review of information leaflets and health and social care integration.

Public involvement manager Allyson Angus said, "NHS Tayside is committed to involving patients and the public in the planning, delivery and development of services. Our group of public partners gives ordinary people the chance to work in partnership with NHS Tayside and to become involved in the decision making processes."



Public partners at recent It's Your NHS event

"We are very grateful to the dedicated members of the public partners who give their time and commitment to improve health services for everyone living in Tayside."



Tayside Dynamos thank TORT Centre

Tayside Dynamos Powerchair Football Club has thanked the Tayside Orthopaedic Rehabilitation Technology (TORT) Centre at Ninewells for helping the team to league and cup success.

Ninewells assistant estates manager Garry Johnstone's son Alexander was one of the first players to join the club when it was set up around three years ago and Garry soon took over coaching the team.

Alexander has cerebral palsy and cannot use his legs or arms. Thanks to TORT, his specially-designed powerchair allows him to take part in powerchair football by giving him the ability to control the speed, direction and seat position. The staff at TORT continue to support Alexander with little adjustments and improvements and also support the rest of the team, having all the chairs set up to be the best they can be for powerchair football.

Since forming, Tayside Dynamos have won the SFA Scottish Cup, the Scottish Powerchair Challenge Cup and have just retained the Scottish National Powerchair League title for the second year.

Garry Johnstone said, "TORT has had a large part to play in the Dynamos' success. Before the formation of the club the players mainly viewed their powerchairs as a mobility device essential to their everyday lives. To see them all start to have fun in their chairs and be able to take part in a competitive sport at a national level was very special indeed."

The club is open to wheelchair users of all ages and anyone interested in joining can contact taysidedynamos@sky.com or facebook.com/TaysideDynamosPowerchairFootballClub.

Modern apprentices celebrate success

The latest modern apprentices to complete their training have been recognised at a celebratory event.

Each apprenticeship has been carried out over one to four years and participants worked within Medical Physics, Business Administration, Creative and Digital Media, Healthcare and Catering.

NHS Tayside has supported modern apprenticeship programmes since 2006 and the initiative is implemented across an expanding range of departments and specialities to reflect the diversity of the workforce.

NHS Tayside was the first Board in Scotland to offer the apprenticeship in healthcare and, due to its success, the role is now being introduced in other Boards.

HR lead for workforce planning services Caroline Hay said, "Our most recent apprentices have done very well, working hard and making a positive impact in their department and a positive contribution to the workforce of NHS Tayside.

"We are committed to the ongoing support of the modern apprentice programmes with plans to extend the numbers and range of apprenticeships offered."



I-r Caroline Hay with modern apprentices (back) Daniela Flynn, Jennifer McIntyre, Rebecca Taylor, Shaun Christie, Pamela Brown, (front) Lucy Herriot, Rebecca Clark and Chloe Vannet

SmallTalk

Organ donation memorial service

The Tayside Donation Committee held the fourth 'Time to Remember' organ and tissue donation memorial service to acknowledge the selfless gift of those who have donated their organs and tissue to help others.

More than 90 people attended the evening, which involved the recital of poems and readings and an act of remembrance when people were able to light a candle in memory of their loved ones or their donor or donor family.

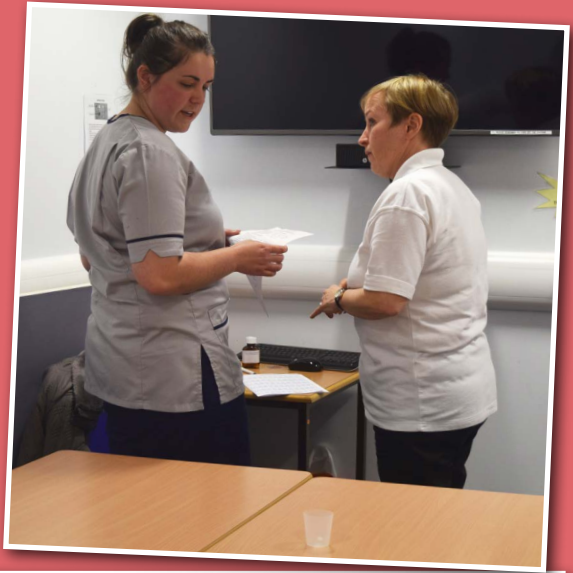
Preparing student nurses for practice

A group of student nurses took part in a simulation exercise at Ninewells with prisoners from HMP Castle Huntly.

School of Nursing lecturers Tom McConnachie and Fiona Paul led the sessions in the Clinical Skills Centre which focused on patients with suicidal thoughts, apologising to patients, courageous conversations, and dealing with end of life and death.

The Castle Huntly prisoners volunteered to act as patients during the exercise and they were also joined by Mairi McKinnon from Lift Off, an initiative which works to prepare pupils for higher education, and St Paul's Academy pupil Chantelle who sat in on the sessions.

The School of Nursing is looking for clinicians to help facilitate future sessions. Anyone interested in taking part can contact Tom McConnachie at t.mcconnachie@dundee.ac.uk or 07828 016519 for more information.



Cycle relay raises funds for Maggie's

A medical laboratory assistant from the Scottish National Blood Transfusion Service (SNBTS) at Ninewells has helped raise over £13,000 for Maggie's Centre at Ninewells.

Lorna Dalrymple took part in a cycle relay from John O'Groats to Land's End with her husband and eight other cyclists. Team JOGLE72 set themselves the goal to complete the challenge in 72 hours non-stop and after 61-and-a-half hours of blood, sweat, tears and laughter they made it safely to the finish line.

Lorna said, "We managed to raise £13,295 for Maggie's to help support the amazing work these centres provide for people living with cancer and their families and I would like to thank my colleagues for their support and sponsorship."



Lorna Dalrymple (second right) with Team JOGLE72

DREAM TRIP OR HOLIDAY NIGHTMARE?

With the summer holiday season firmly underway and all the excitement that the longed for holidays bring, it is easy to forget about those holidays when things do not quite go according to plan.

Hands up who has turned up at the airport with the absolute certainty that their passport has been packed then, after a discreet search which quickly escalates to frantically rummaging amongst bags resulting in the eventual tipping out of bag contents on to the floor, the realisation hits that the last time the passport was seen was on the kitchen table? Oh dear...

Asking around the communications office for examples of holiday disasters brought forth a few groans and revelations. Included in the holiday nightmare experiences were episodes of dysentery and food poisoning, almost missing flights (a regular occurrence), landing in Egypt during a political coup, being strip searched in New Zealand and, last but not least, returning from honeymoon in the middle of the fuel strike and finding, after picking the car up from airport parking, that there was less than a quarter tank of petrol in the car and no way of getting any more.

We decided to ask our staff to share their worst holiday experiences. You know, the ones that you can (just about) laugh about after the event but could almost make you cry when they are happening.



Sandra Christie
Corporate Services Assistant
St. Margaret's House, Forfar

I have had several 'holiday nightmares', but the most memorable occurred when travelling to Turkey with my friend. It was a last minute cheap deal and after hours and hours of travelling, our coach driver delivered us to our hotel – only to discover it had been closed down the week before.

It was late at night, our driver couldn't speak English and we couldn't speak Turkish! He eventually phoned a number for us and handed me the phone and in broken English it was explained we were to be moved to another hotel which was nowhere near where we wanted to be. Not a great start to our holiday – I'll will never book a cheap holiday again!



Nicola Brown
Staff Nurse
Care Home Peripatetic Service
Royal Victoria Hospital

When I was younger I saved up my holiday spending money and I was so chuffed with myself that I took it outside to show my friend.

Unfortunately the money got blown away in the wind! I have never lived that down.



Elizabeth Proudfoot
Site Support Services Manager
Perth Royal Infirmary

When I was going to Turkey, the plane taxied and after reaching the end of the runway, take off was aborted. Twice! We stayed overnight in a hotel and returned early the next morning to be told we'd be flying on a new plane as the original plane had a fault. However, I had eaten a sweet and put the wrapper in the front pocket the night before and the paper was still there as we were allocated the same seats on the supposed replacement plane!

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Jayne Jamieson
Secretary, General Adult Psychiatry
Susan Carnegie Centre,
Stracathro Hospital

I came home from work on a Monday and went to check my emails to see what time we were allowed to arrive at our caravan the following Monday only to discover I had got the dates wrong and we should have been there already!

We had missed a day of our holiday and I had to go into work early the next morning and ask for the rest of the week off. Luckily my boss was very understanding and agreed to swap my holidays and as we were only going to Blackpool we were able to drive down that day and enjoy the rest of the week away.

Had we had flights booked etc we would have lost the holiday entirely!



Julie Strachan
Charge Nurse
Care Home Peripatetic Service
Royal Victoria Hospital

We arrived overnight to our apartment with our three small children and were awakened early by voices that seemed exceptionally close.

On pulling back our patio door curtains we were met with several semi-naked sunbathers on sun beds which were literally touching the glass!

Then on turning round to look into the room I realised it still had electrical wires hanging out of the sockets.

Cases still packed, we headed to the rep and were promptly relocated!

Value Your NHS

Bringing Your Ideas to Life!

In this issue of spectra we are looking at the **GO See** initiative and how we can help you to take forward ideas for improvement in your area. We know that the best placed people to ensure that everyone has the best possible experience and care in NHS Tayside are the people who deliver the services we provide. And that's why we want to hear from you!

Do you have an idea to improve patient care and staff experience and aren't sure how to develop and spread it? Fed up with improvement initiatives which always seem to come down from the top? Then our newly established GO See team is here to help!

They provide face-to-face mentoring and support to develop ideas, using tried and tested quality improvement techniques to find solutions for the inefficiencies and problems identified by people delivering services throughout NHS Tayside. No idea is too small or too big. They also provide group facilitation and training in quality improvement.

Locality catering services manager Fiona Kimmert and practice development nurse Kerry Queen are using the Plan, Do, Study, Act methodology to trial their idea for reducing the amount of snacks returned as waste from the wards in Ninewells. This is currently in the planning stage with Fiona and Kerry working very closely with senior charge nurses in Wards 11 and 12. For more information and to get involved, contact the team at gosee.tayside@nhs.net



l-r Transformation programme adviser James Henderson, Kerry Queen, GO See team administrator Lesley Davidson, GO See team lead Elma Marshall and Fiona Kimmert

Examples of your change ideas under development

Right people doing the right thing at the right time. We are currently identifying the admin tasks carried out by clinical staff in the ward environment and whether this is the best use of the skill mix.

Looking at ways to increase the reuse of envelopes to send medical records from one point to another. A staff-led small test of change is currently in the planning stages.

Enabling mobile working by clearly designated 'hot desk' areas with wireless connection and PC access where all NHS Tayside staff are welcome to work from.

Staff feedback

"The GO See team responded really quickly to my ideas submitted via the Value Your NHS button. Once we met I felt listened to and more confident about the process."

"It feels like we are finally being listened to."

"It's good to have somewhere to take our ideas."

"Before I contacted the GO See team I felt really frustrated and overwhelmed by the messiness of the problems I faced on a daily basis. Speaking to someone helped me sort out what the real problems were and I now realise that I have to involve more colleagues in finding a solution that works for us all."

Contact Us

If you have examples of successful ideas being tested or implemented, please get in touch so we can help share and spread throughout NHS Tayside.

Submit your idea through the Value Your NHS button

Email gosee.tayside@nhs.net

Attend improvement clinics throughout NHS Tayside – dates coming soon!

If you think you can help transform NHS Tayside services for the future, why not get in touch with the Transformation Programme team on stp.tayside@nhs.net



Cancer by Design
a story of molecule p53
Dr Richard Oparka & Campbell Medical Illustration, Healthcare Design Dundee

In the 1970s researchers from Dundee identified a molecule named p53. This discovery is perhaps the biggest breakthrough there has been in understanding cancer.

The story behind p53 incorporates a range of design principles from good experimental design through to drug design. Here a group of doctors, educators and medical artists share their knowledge and creativity to communicate what p53 is, and to show how the use of design thinking can be used successfully across science and healthcare.

Supported by NHS Tayside.

Healthcare by design



NHS Tayside showcased the value of design in healthcare at the inaugural Dundee Design Festival in May. The theme for the Festival was 'Place. Work. Folk. Design.' which explored the potential of design to connect the city's communities and improve the everyday lives of people in Tayside.

Healthcare was one of the featured themes and staff from NHS Tayside and Dundee University created a variety of exhibitions to show how design developments in areas such as endoscopy and cancer research are improving the lives of patients in Tayside today.

The 'Cancer by design' exhibit created by Dr Richard Oparka, consultant pathologist and honorary senior clinical lecturer, told the story of p53, a molecule that helps cells to suppress cancer tumours. The exhibit explained how design influenced the discovery of p53 and how it is now a target for drug design. The molecule was discovered by researchers in Dundee in the 1970s.

The University of Dundee presented their 'sonopill' project which has developed a capsule that can be easily swallowed and pass through the gastrointestinal tract, relaying images which clinicians can use to diagnose any problems. This small pill contains a camera and ultrasound facilities that will replace conventional large endoscopes. The project shows how the use of design thinking can be used successfully in science and healthcare.

The University's drug design unit exhibited their new drug for malaria and visitors were able to watch a series of short videos using 3D anatomical models which are used to teach students about laryngeal anatomy.

Maggie's Centres from across the country, famed for the unique designs of their buildings, were also featured at the Festival with a presentation about the Dundee Centre at Ninewells being given by Lesley Howells, centre head and consultant clinical psychologist at Maggie's Dundee.



NHS Tayside supports Deaf Awareness Week

NHS Tayside supported Deaf Awareness Week by hosting an information stand at Ninewells.

Visitors, staff and patients were invited to stop by the information stand on the main concourse to find out about support and services for people who are experiencing problems with their hearing or their eyesight.

The theme this year for Deaf Awareness Week was 'Common Purpose' and was an opportunity to raise awareness that one in six people in the UK are deaf or have a hearing loss. The campaign acknowledges the many different organisations that are collaborating and working together in this joint campaign.

The event at Ninewells was supported by NHS Tayside's Audiology Service, as well as various local groups and organisations to support the deaf and hearing impaired community. Groups include Deaf Links, Action on Hearing Loss, Perthshire Lipreading, Dundee Blind & Partially Sighted Society and the National Deaf Children's Society.



I-r Volunteer admin assistant Yesmin Eva, vision and hearing support officer Lorna Donnelly, interpretation & translation project manager Pammy Chima, audiology practitioner Jackie Black and audiology head of service Samantha Batty

Are you 'heart failure aware'

Visitors to Ninewells were invited to think about their heart and be 'heart failure aware' during an information event at Ninewells.



Visitors, staff and patients visited the information stand on the concourse where they were able to speak with nurses from the heart failure liaison service, cardiology consultants and physiotherapy staff to find out more about the condition, the symptoms associated with heart failure and its management.

People were also provided with resources and information to help improve their understanding of the condition, including patient and carer booklets, telephone helplines, online resources and support groups.



Heart failure specialist nurse Jill Nicholls said, "Heart failure is one of the top two causes of unscheduled readmissions across the UK. It is hoped that by highlighting this condition, members of the public will be more aware of the symptoms associated with heart failure and have increased confidence to go to their GP."

New breastfeeding support group for mums in Crieff

Mums in Crieff are benefiting from a new breastfeeding group set up by local mums with support from NHS Tayside.

The Crieff Breastfeeding Support Group meets every Thursday between 9.30 and 11.30am in Crieff Health Centre. The group is supported by trained peer supporters who are local mums working in partnership with NHS Tayside.

The morning sessions are free and aim to provide breastfeeding mums with a relaxed and informal environment where they can get together and share their experiences and tips and advice on breastfeeding.

Janice Suttie, midwife team leader at Perth Royal Infirmary, said, "Breastfeeding takes time and has to be learned and it is really important for mums to feel supported. Having the right kind of support and encouragement is vital to ensure success."

For more information and advice on breastfeeding, visit the NHS Tayside Mums and Babies Facebook page at facebook.com/nhstaysidebabies

POST helps Perth pupils stay healthy

The Paediatric Overweight Service Tayside (POST) supported health week at St John's Academy in Perth to help pupils learn healthy lifestyle messages.

The POST team worked alongside teachers and The Royal Highland Education Trust to deliver a series of workshops to S1 to S3 pupils, using quizzes and games to share information about body image and self-esteem. There was also an information stand available at lunchtime which included games for pupils to find out more about fat and sugar levels in popular foods and drinks.

POST team lead Dr Laura Stewart said, "We really enjoyed working with the pupils at St John's and helping them learn how to adopt a healthy lifestyle which they can carry through to their adult lives."

The POST service promotes the Fun Fit Tayside '1, 2, 3' message of at least one hour of physical activity, no more than two hours of screen time and three healthy, balanced meals each day.



Jenny Gillespie from POST delivering a workshop at St John's Academy

Promoting NHS Tayside's smoking policy

NHS Tayside's Hospital Smoke Free Service has worked with staff to create educational training videos to promote the No Smoking Policy and how it is being put into everyday practice in patient care.

Six training videos were produced which highlight areas of best practice and the contributions made by colleagues to create an environment that can help provide the best health outcomes for patients.

The wards and departments involved in the videos included pre-assessment in PRI, the vascular ward and the renal ward at Ninewells, and the endoscopy department at Stracathro. The experience of a former smoker was also highlighted. Each video shows a snapshot of the process and steps taken to provide advice to smokers during their stay or appointment.

The Hospital Smoke Free Service is keen to share how the No Smoking Policy is being put into practice across our hospitals and would welcome the opportunity to work collaboratively in the development of further learning resources with colleagues from Dundee University and NHS Tayside.



For further information please contact NHS Tayside Smoke Free Services on 0845 600 999 6.

I-r The pre-assessment team in PRI – staff nurse Gillian Clark, healthcare assistant Diane Swan, staff nurses Sheena Hampton and Alison Johnstone, and charge nurse Louise Andrew

NHS Tayside held a series of awareness raising events across the region to support the Stroke Association's 'Make May Purple' campaign.



Information stands were held in Ninewells, Perth Royal Infirmary, and Whitehills and Kings Cross Health & Community Care Centres to help raise awareness of stroke.

The FAST acronym aims to help people to recognise the symptoms of stroke and stands for Facial weakness, Arm weakness, Speech problems, Time to call 999.

Around four in five people will have one or more FAST symptoms when having a stroke. Other symptoms include sudden loss of vision or blurred vision, sudden weakness on one side and sudden memory loss.

Clever Physio-Therapet!

Finlay McDonald, physiotherapy technical instructor within general adult psychiatry, has completed his level four gym instructor qualification after receiving funding from Tayside Health Fund.

Finlay said, "My role to look after the health and wellbeing of service users requires a very good understanding of exercise and how it affects the body and mind, especially for patients with mental health issues who often suffer from many physical health issues too."

"I have gained further insight and understanding of mental health conditions and the medications that can impact on a patient's ability to exercise. It also allows me to plan exercise and activities with the individual that suits their physical and mental health needs.



"Along with this new qualification, I have also employed my nine-year-old Labradoodle called Dylan who is a fully qualified Therapet. Dylan doesn't care much for gossip, just biscuits!"



Liaison officer recognised as Tayside Local Champion

Paul Winter has been recognised as a Local Champion in the Tayside Community Justice Authority Awards 2016.

Paul was appointed as NHS Tayside's Multi Agency Public Protection Arrangements (MAPPA) health liaison officer in 2009 and his co-location with partner agencies and contribution to assessment and case management is unique in Scotland.

In his role, Paul works in partnership with social work departments across Tayside to manage MAPPA clients, including restricted patients, registered sexual offenders and other high risk offenders such as violent offenders or anyone who causes a significant concern in relation to public safety.

Paul was nominated for the award by Dundee City Council resource manager Mike Hendry on behalf of Tayside Criminal Justice Social Work Partnership. He was presented with his Tayside Local Champion Award by Convener of Tayside Community Justice Authority Bailie Helen Wright at a ceremony held in Malmaison in Dundee.

The awards recognise the effort of practitioners across the criminal and community justice sectors in Tayside who deliver consistency, effort, commitment, achievement and performance.



First Graduate in MSc Quality Improvement

Congratulations to Arlene Coulson, lead clinical pharmacist in specialist services and surgery, who is the first graduate of the MSc Quality Improvement, a masters programme run in partnership with NHS Tayside and the University of Dundee.

The part-time programme was launched in 2012 and enables participants to study whilst remaining in practice. It was designed to focus on the delivery of sustainable, measurable improvements in quality and is suitable for a multi-professional audience. It enables participants to develop an understanding of the science and art of improvement and its application in their organisation.

Arlene said, “I thoroughly enjoyed the quality improvement modules over the first two years and could relate the theory to clinical practice as a pharmacist. This empowered me to undertake further improvement work in relation to medicines using the improvement methodology. I also learnt about action research and applied this to frontline clinical practice.”

Applications are now invited for the MSc Quality Improvement. For further information please visit <http://graduate.cmdn.dundee.ac.uk/msc-quality-improvement> or contact Jackie McCallum on jackie.mccallum@nhs.net



Arlene Coulson (left) was congratulated by Chief Executive Lesley McLay

NHS Tayside achieves Keep Scotland Beautiful awards

NHS Tayside is the first health board in the country to achieve Keep Scotland Beautiful's National Awards for Environmental Excellence.

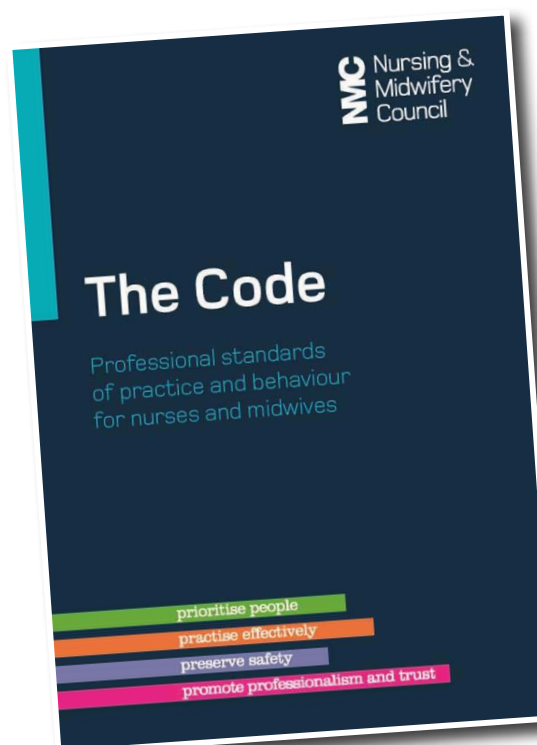
Two silver awards were presented in recognition of the high standards of grounds maintenance at Ninewells and Perth Royal Infirmary.

Grounds maintenance manager Malcolm Ross said, "I am very proud of the grounds staff for achieving these national awards. The job of maintaining NHS Tayside's many outside spaces usually goes unnoticed, but the team has always produced a very high standard of work."

"To achieve these awards, we kept a record of our activities and made the way we work even more efficient and effective by introducing new tools and equipment, whilst also meeting funding challenges. I'm delighted that NHS Tayside is leading the way and our next goal is to achieve the gold award."



I-r Estates manager Robert Harvie, Colin Hegarty from Keep Scotland Beautiful and Malcolm Ross



Are You NMC Revalidation Ready?

The Nursing and Midwifery Council's (NMC) process of revalidation to assess fitness to practice for nurses and midwives came into effect in April 2016.

Revalidation is a three-yearly process which enables nurses and midwives to maintain their NMC registration and builds on existing arrangements for the renewal of registration.

The purpose of revalidation is to improve public protection and confidence by ensuring nurses and midwives demonstrate to the NMC their continued ability to practise safely and effectively throughout their career.

To revalidate successfully, nurses and midwives are required to complete a checklist of tasks including completing a minimum number of practice hours, undertaking professional development, gathering feedback and undertaking reflective discussions.

Over 100 nurses and midwives in NHS Tayside have already successfully revalidated. Those who have been through the process have mainly found it to be a positive experience and advise that preparing early and gathering evidence as you go help make the process easier.

Events and workshops are available to all registered nurses and midwives in Tayside to provide support and guidance on all aspects of NMC revalidation including Familiarisation Workshops, Reflection and Portfolio Building Sessions and Confirmer Workshops.

For further information, contact
Lesley Feeney on l.feeney@nhs.net
x33468 or visit the NMC website
www.nmc.org.uk/revalidation

“It was straightforward as I was sent a checklist and I just worked my way through it.”

I found the experience of revalidation a very positive one. It really helped being part of the Tayside Pilot Site Forum. It is just all that we are doing anyway, but I really believe it is supporting us to make the most of our professional development for our patients and their families.

I admit that when I first read the information about revalidation it seemed overwhelming but it was also an opportunity to recognise that I had provided person-centred care. My advice to others would be to prepare early, gather your evidence as you're going and make the most of your reflective discussion time.

Snow limits



It might be the middle of summer but some of our staff are already planning for winter sports!

An active group of rehabilitation staff in Dundee have worked together to help set up a Disability Snowsport Centre in Glenshee to provide recreational skiing opportunities for people with a physical or learning disability.

Child health physiotherapist Alison Currie and vascular and amputee physiotherapist Louise Whitehead worked with colleagues Kenny and Lesley Moyes, who are orthotists at Ninewells, to raise money for the venture, which is due to get up and running this winter.

A successful application for a Big Lottery 'Awards for All' grant started the ball rolling and this was followed by generous donations towards the initiative from various charities, a community grant from Royal Bank of Scotland and an amazing £47,000 funding from the People's Lottery. This has allowed the team to set up the Glenshee base and become trained to provide support to participants with a variety of disabilities.

To prepare for the upcoming season, the team held various volunteer training days, which were also supported by physios Clare Shepherd, Caroline Lech and Nicola Vermuelen.

Louise said she is thrilled to see the base established at Glenshee. She said, "Ali and I were skiing in Glenshee two years ago and we were chatting about how amazing it would be to take my son Andrew, who has developmental delay and a visual impairment, skiing.

"There were a couple of Disability Snowsport groups running in Edinburgh and Braehead but there were no centres offering recreational skiing for people with a disability or learning disability on real snow. We started fundraising to change that and people have been so generous.

"We now have a base in Glenshee and have already had a lot of interest from disabled people across Scotland. In most circumstances, anyone with a disability can experience skiing using the appropriate equipment, training and expertise. We are excited to get up and running this winter and we hope to run our club every Saturday when the snow arrives, dependent on the availability of our volunteers.

"Skiing is a great activity and we want to enable those with a disability to take part and enjoy the thrill of snowsports."

So Long, Farewell



John McLean

After 37 years working for NHS Tayside, John McLean (third right) retired from his post as clinical team manager for Perth & Kinross Substance Misuse Services and the Tayside Substance Misuse Inpatient Unit.

During his time in NHS Tayside, John worked in a variety of services including Psychiatry of Old Age, General Adult Psychiatry and Child and Adolescent Mental Health.

John was a well-respected leader who brought out the best in his team and will be sorely missed by his colleagues.

Helen Thomson (centre) has retired from Perth Community Maternity Unit after working for the NHS for 42 years.

Helen trained as a registered mental nurse, registered general nurse and registered midwife before beginning her midwifery career in 1984. She worked mainly in the labour and special care wards delivering lots of babies over the years.



Helen Thomson

Nurses Elaine Devlin (holding grandson) and Alison Geddes (pink cardigan) have retired from the Tayside Children's Hospital after more than 63 years combined service.

Elaine joined NHS Tayside in 1977 after completing her nursing training in Glasgow. She worked in ward 11 before transferring to the paediatric unit in 1978. After a break to have children, Elaine returned to work in 1990 and became a charge nurse in 2006 when she transferred to the children's outpatient department.

Alison began her career at Aberdeen Sick Children's Hospital in the 1970's. After taking a break to have her children, Alison joined NHS Tayside and worked in wards 29 and 30 before moving to the children's day surgery when it opened in 2004.



Malcolm and Rhonda Forbes

Malcolm and Rhonda Forbes both retired from the finance department after a combined NHS service of over 74 years.

Malcolm started his career as a clerical officer in the payroll department and his last role was in finance as a management accountant.

Rhonda began her NHS career in the staff training department before becoming personal assistant to a series of Directors of Finance.



Alison Geddes and Elaine Devlin

School pupils raise over £4000 for Neonatal Unit

Pupils from Ballumbie Primary School in Dundee raised more than £4000 for the Neonatal Intensive Care Unit at Ninewells.

Twelve members of the school's pupil council visited the hospital to hand over a cheque for £2000 and a selection of comfort items before taking a short tour of the unit.

A member of staff from the unit was also invited to give a presentation during school assembly to explain to the children about the role of the unit which provides specialist care to babies from across Tayside.

The pupil council organised a sponsored walk which took place in October. Families and friends got behind the event and, through generous support, raised over £4000.

Following discussions between neonatal staff and the pupil council, a selection of comfort blankets and pram rockers were purchased for use and the remaining sum of £2000 is to go towards buying baby monitors.



I-r Charge nurse Shirley Downie, clinical education nurse Janice Reilly and principal teacher Michelle Smith with children from Ballumbie Primary School

Sheltered housing residents get their dancing shoes on

Mulligan Court residents presented Roxburghe House with a cheque for £109.50 which was raised at a tea dance at the sheltered housing complex.

The dance, hosted by Caledonia Housing Association Volunteer Services, was attended by residents, friends, family and visitors from Monifieth.

Clinical co-ordinator at Roxburgh House Jane Andrew said, "We would like to thank the residents of Mulligan Court for their very kind donation which will help us to provide additional comforts for patients and families in the unit."



I-r (back) Jane Andrew, staff nurse Pam Neill, senior charge nurse Marnie Ferguson, specialty registrar Dr Kirsty Lowe and healthcare assistant Pauline Crowe

(front) resident Anne Graham, Caledonia volunteer coordinator Dawn Balfour and resident Liz Mulgrew



Alison Inglis (centre) with Sandra and Angus Strachan and staff from the unit

Golden gift for chemotherapy unit

An Angus couple has donated £565 to the chemotherapy day unit on ward 32 at Ninewells.

Angus and Sandra Strachan from Forfar celebrated their golden wedding anniversary in March and instead of gifts they invited their friends and family to donate money to the chemotherapy day unit.

Angus said, "Our daughter had breast cancer and received treatment there. We wanted to do something nice to say thank you to the staff who helped look after our daughter."

Accepting the cheque, senior charge nurse Alison Inglis said, "I would like to thank Angus and Sandra for their generous donation to benefit our service.

"This is very much appreciated and will help enhance the comfort for our patients."



Bradley with Catherine Borland (right) and play assistant Elaine Hodgson

Bradley's sweet donation

Kirriemuir schoolboy Bradley Franchi visited Ninewells to hand over a selection of sweet-filled mugs to Tayside Children's Hospital.

Eight-year-old Bradley has been kept very busy these past months taking part in the Making a Difference Awards at his school which see pupils undertake projects at home, in school or in the community, such as baking cakes, helping with gardening or looking after pets, sponsored walks or voluntary work.

Bradley held a stall at a fundraising event selling a variety of items including sweets in a mug with the aim of donating the funds to his local football team where he has just started playing. His aunt gave money to cover the cost of the mugs and suggested that Bradley could donate them to a good cause. As Bradley had recently had a trip to the Tayside Children's Hospital at Ninewells, he thought it would be nice to give the sweet-filled mugs to the children's ward.

Ward 29 senior charge nurse Catherine Borland said, "It is very thoughtful of Bradley to donate to the children's ward and it is very much appreciated. I am sure these mugs will bring a smile to the children's faces."

Parents support labour suite

A Dundee family have donated a large collection of baby clothes and equipment to the labour and TULIP suites at Ninewells in memory of their daughter.

Robyn Stevens and Brian Tolmie's daughter Konnie sadly passed away last year. Robyn sold handmade candles and crafts to help raise the money for the equipment, which included specialist moses baskets and baby clothes.

The TULIP (Tayside Unit for Loss in Pregnancy) suite is used as a dedicated bereavement suite where mums can labour, give birth and spend time after birth with their baby.

Accepting the donation, midwife Vicki Falls said, "Robyn and her family have been through such heartache but she has selflessly worked to support other women who are going through the same. We are very grateful for this wonderful donation."



I-r Vicki Falls, Robyn Stevens, Brian Tolmie and midwife Lorna Berry

Boost for Children's CF Team

The City of Dundee Lions Club donated £200 to the Children's Cystic Fibrosis Team at Ninewells.

The club fundraises for local charities throughout the year and this donation was raised through various charity shops and events with the money going towards assisting children's therapy.

Accepting the donation, nurse specialist Elaine Jackson said, "On behalf of the Children's Cystic Fibrosis Team I would like to thank the Dundee Lions for their kind donation. We are very grateful for their support."



Tom McDade of City of Dundee Lions club with Elaine Jackson



Tayside Health Fund is generously funded by donations and legacies from patients, families, carers, the communities of Tayside and other organisations.

To donate online or for further information about the Fund including ways to donate and help and advice about fundraising, visit www.taysidehealthfund.scot.nhs.uk or contact the Fundraising Support Office on 01382 740828



James Henderson Transformation Programme Adviser

Meet James – he feels the need for speed, likes to tinkle the old ivories and pictures a life under the sea floating around with the fishes and marine animals. Just don't ask him to give up his phone!

How did you come to be in your current job?

Over 16 years ago, after graduating from Aberdeen University in Law and Economics, I took a temporary job in Maryfield with the Finance Department while I figured out what to do with my life. I have many fond memories of my time there and the people were great. I then moved to Ninewells and after time in Capital Accounting, Capital Projects and the Steps to Better Healthcare Programme, I'm now an adviser in the Transformation Programme.

As I am sure all readers are aware, the Transformation Programme is the organisation's five-year plan to fundamentally alter our healthcare future.

It's challenging but rewarding work, and I truly believe in the bright future NHS Tayside can have with the combined effort of all the dedicated and hard working staff we have.

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

Aside from the high probability of being detained at Her Majesty's Pleasure (I am joking of course), I'd like to have pursued marine biology. I can picture myself in my new job – I'd be floating on the pacific coast helping turtles.

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

Well I've always wanted to be an accomplished pianist, or be able to play some kind of musical instrument beyond causing auditory torture.

It would be nice to be able to do something that made people happy and relaxed, you know, as a change.

What do you miss most about being a kid?

Many would say I am still extremely childish, but aside from a full head of hair, I'd have to say I miss the sense of wonder and potential in the world around me. I try to maintain it myself, but really my most important job now is to give my own children the chance to enjoy that for as long as possible.



Ninja James with his son

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

I'd love to meet the F1 driver James Hunt as he seemed to have lived a life of extremes of joy and difficulty and would be great company. I do enjoy a fast car or two as well.



James taking a Ferrari for a spin

What secret skills/party tricks do you have?

Where do I start? I can pat my head and rub my tummy at the same time, I have a really high score on PAC-MAN and I can scuba dive!

Who would play you in a movie of your life?

A fat Val Kilmer, not the fit one from Top Gun.

What's your theme song?

Digital Love by Daft Punk, not only is it a sweet tune of intergalactic 'lurve', it reminds me of some great times in New York in the early 2000s.



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

My iPhone, my iPhone charger and a spare iPhone. Without one I am only half a person, it is my ancillary brain.

What is the first music album you ever bought?

Raw Like Sushi by Neneh Cherry. When I was a 12-year-old I thought she was so hot. Rap music was very popular in the Kirriemuir hood during my youth.

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

I would obviously donate a large sum to NHS Tayside, on the condition that an 18m high golden statue of me is erected in the concourse.