

# **OOR SPECTRA**

**NHS**

Tayside

September-October

2016

Issue 85



## **OOR WULLIE FEVER HITS TAYSIDE!**



Chairman's introduction

Over the last couple of months there has been a series of opportunities for staff across all parts of NHS Tayside to meet senior managers as part of the 'Value Your NHS' campaign. I have had the privilege of taking part in a number of these meetings in a range of venues with different groups of staff – as well as being involved in a number of less formal visits to community and acute sites across the region. These have included visits to Brechin Health Centre, Montrose Infirmary, Arbroath Infirmary, and their associated community maternity units. These visits confirm my view that we continue to offer very high quality of care that truly reflects our core value of 'putting patients at the centre of everything that we do' and reflect the way in which our staff go to extraordinary lengths to deliver a high quality service. I am keen to support and recognise this at all times.



Much of the discussion in the meetings with staff has focused on the transformation that is at the heart of the plans for NHS Tayside over the next few years. This transformation will affect the way in which we deliver services, focusing on ensuring that we use the resources that are available most effectively to ensure that the population stays healthy, and receives the best possible care, at the right time and in the right place. To achieve this, we will need to be willing to redesign much of what we do, and how we do it. I have been struck by the commitment of all of our staff to patient care and the pride that they take in being part of NHS Tayside. Our staff are our key asset, and their values are our key strength. I am very keen that we restore a real sense of empowerment and ownership of the NHS in Tayside to staff involved in patient care, as there is good evidence that transformational change in organisations such as ours can only happen when it is driven by those who fully are responsible for the delivery of the service.

Lastly, one key element of the transformation that is already underway has been the development of Health and Social Care Integration, with the establishment of the Integrated Joint Boards in Perth & Kinross, Dundee and Angus which are fully responsible for the strategic planning and management of community based services as well as areas such as Mental Health and Medicine for the Elderly. There is already good evidence that this approach is working very well across all three areas, with significant benefits being apparent in the way in which services are being locally integrated and managed. I appreciate that setting up the frameworks for these Boards has involved much effort from a large number of NHS Tayside staff and I would like to express my sincere thanks for this. I anticipate that we should see further benefits from this way of working and see a genuine transformation in the support for patients across Tayside.

Professor John Connell

*spectra's stars!*

This issue we're celebrating Dr Niall Elliott who was Chief Medical Officer for Team GB at the 2016 Olympic Games in Rio.

Niall's normal job sees him working as a sports and exercise medicine specialist at Dundee's King Cross and working with elite sportsmen and women at the sportscotland Institute of Sport. Our very own Olympic star headed up a 50-strong team of sports doctors, physiotherapists and nutritionists from all over the UK providing clinical care to athletes.

Pick up the next issue of spectra to read more about Niall's amazing experience in Rio and how he assisted our athletes to go for gold!

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.

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Submission deadlines for future issues  
Issue 86 November/December - 19 September  
Issue 87 January/February - 14 November  
Issue 88 March/April - 16 January

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# Teamwork saves the day!

Hugh Ferrier, a staff nurse at Montrose Minor Injury and Illness Unit, had to think on his feet when a patient arrived at the MIU with an injured arm. As a result of swelling, a ring on the patient's finger had become tight causing pain and numbness.

Standard ring-cutters wouldn't do the job because the ring was made of stainless steel and the thread technique didn't work. What to do?

Hugh contacted his Army reservist colleague Mark Stephens, who also works at NHS Tayside as a maintenance chargehand at Stracathro, to see if the estates team there could help. Mark immediately travelled to Montrose with a diamond-toothed file allowing Hugh to quickly and safely remove the ring from the patient's finger.

Hugh said, "Teamwork and cooperation are really important when you work in the NHS and we were delighted that Mark and the estates team at Stracathro were able to help us so quickly on this occasion. The main thing is that we were able to help the patient, who is now on the mend."



Hugh (left) and Mark



Sharlaine Walker (left), planning manager for Adult Mental Health Services in Angus, with Ashleigh McLeod, assistant support manager with Penumbra's Angus Nova Service

## New pilot in mental health support

A number of new initiatives are being introduced in Angus thanks to a partnership between voluntary organisation Penumbra and Angus Integrated Mental Health Services.

The Peer Work Link Service is to be piloted at Springfield Medical Centre (East Practice) and will see a Penumbra peer worker offer one-off informal appointments to patients who require low level mental health support.

Upcoming activities in the wider mental health service by Penumbra include a trip to Glen Doll and the Branching Out Project which is run through the Forestry Commission and allows individuals to work towards a John Muir Award.

Bill Troup, Head of Angus Mental Health Services, said, "This is a great example of how the new Angus Health and Social Care Partnership is working collectively to improve people's wellbeing through promoting informed self-management."

## Glasswork on display

The Headway Tayside Arbroath group unveiled a display of fused glass artwork, including glass coasters, dishes and experimental pieces, following a three-month creative engagement programme.

The exhibition has been made possible by ST/ART, an arts project for stroke and acquired brain injury participants across Tayside, which is run by Tayside Healthcare Arts Trust in association with NHS Tayside.



## Wiggy Day in plastics

Well done to staff from the plastic surgery department who took part in Wiggy Day.

The team raised £85 for Clic Sargent children's cancer charity.

I-r Heather McAnespie, Moira Prestwood, Liz Steen, Kerry Mitchell and Leanne Livingston from the plastic surgery department

## Building milestone at Arbroath Infirmary



The first phase of building work at Arbroath Infirmary, funded through a partnership between Macmillan Cancer Support and NHS Tayside, was completed at the beginning of August.



Members of Arbroath's Public Participation Group joined representatives from NHS Tayside, Angus Health and Social Care Partnership and Macmillan Cancer Support on an architect-led tour of the new medicine for the elderly facilities.

Three Macmillan community palliative care rooms with en-suite facilities have been created and the ward areas have been made dementia-friendly with colours and contrasts which aid older people with declining mental ability and memory and visual problems to remain orientated to their environment.

Patient bathrooms have also been refurbished and modernised with wet rooms which provide better ease of access.

Funding from Tayside Health Fund has been used to improve soft furnishings in the day room and artwork has been provided by Macmillan Cancer Support. The day room has stunning views of the local coastline to support patients' recovery in a holistic environment, and an external balcony has been enclosed to provide extra space with a homely feel.

## NHS Tayside staff get Pretty Muddy!

Two Tayside teams completed the first Dundee Pretty Muddy event to raise money for Cancer Research UK.



Maternity staff

Ninewells maternity staff donned their trainers and tackled the 5k muddy obstacle course.

The team of four healthcare assistants, a midwife and a ward clerk raised around £700.

More than 20 girls from the Jacqui Wood Cancer Centre also took part including PhD students, summer students, admin staff, academic staff and clinical consultant colleagues from NHS Tayside.

The team was delighted to have raised more than £3000.

Well done to everyone who got muddy!



Jacqui Wood team





I-r (back) Student nurse James Small and nurse consultant older people Jacqueline Thompson (front) phlebotomist Kerry Higgins, senior charge nurse Gillian Phimister, staff nurses Vivienne Jane Russell and Nicola Blane and enrolled nurse Rhona Clark

# International Nurses Day celebrated

NHS Tayside marked International Nurses Day with an event at Royal Victoria Hospital.

International Nurses Day is celebrated every year around the world on 12 May, the anniversary of Florence Nightingale's birth. It recognises the incredible work nursing staff do caring for patients and their families.

Staff at Royal Victoria day hospital enjoyed tea and cake during their breaks and visitors to the hospital were able to view an art display at the Café Bistro featuring portraits of Florence Nightingale created by primary 2 pupils from the High School of Dundee. A pamper bag filled with donated goodies was also raffled and the lucky winner was staff nurse Cherry Tennant from ward 7 at Royal Victoria Hospital.

# Healthy breakfast competition

Dietitians from NHS Tayside helped judge entries in the 'Breakfast like a King' competition which saw breakfast recipes designed by Dundee schoolchildren.

The competition aimed to improve children's health and wellbeing and to promote the importance of having a healthy breakfast.

Primary 4 pupils from Rosebank, Dens Road, Glebelands, Clepington, Our Lady's RC and SS Peter & Paul's primary schools created healthy breakfasts with the winning dish created by Nicole Paszkier from Our Lady's.

Jenny Gillespie, dietitian with NHS Tayside's Paediatric Overweight Service (POST) and one of the judges, said, "NHS Tayside is delighted to be involved in the judging of this competition. The children came up with a huge variety of interesting, fun and healthy recipes. Many people underestimate the value of breakfast, yet it is probably the most important meal of the day."



Jenny Gillespie (left) with the judging panel



Play assistants Sandie Spalding (left) and Paula Lawson (right) with patients, parents and the performers

# Tayside Children's Hospital treated to performances

Children, parents and staff were treated to special performances by Starlight Children's Foundation of Alice in Wonderland, Little Red Riding Hood and Pinocchio at the Tayside Children's Hospital in Dundee.

Una Paton, senior play specialist at the hospital, said, "Entertainment and play can improve a child's hospital experience by providing a welcome distraction from their illness and treatment.

"It was really lovely to see the children from Ward 29 and the paediatric outpatient clinic enjoying the show. Starlight is a fantastic charity and each year we look forward to the arrival of the Starlight Foundation performances that bring fun and laughter to our young patients."

SmallTalk

Balloon travels to Norway

Errol couple Paul and Jennifer Mills attended NHS Tayside's Children's Memorial Service at Dundee University Chaplaincy Centre and as part of the service released a helium balloon in memory of their daughter Sophie-Catherine who was still born nearly five years ago.

The couple were surprised to receive an email from Ottersey in Norway confirming that their balloon had travelled an amazing 761 miles across the North Sea.

# 'We Need Everybody' to become an organ donor

An information stand was held at Ninewells Hospital to support the launch of a new national organ donation campaign entitled 'We Need Everybody'.

With 540 people in Scotland waiting on a life-saving transplant, the new campaign highlights how important it is for everybody to join the NHS Organ Register.

NHS Tayside's lead clinician for organ donation Dr Stephen Cole said, "The importance of organ donation can't be stressed enough. Quite simply, you will be making a decision to save and transform lives in the event of your death.

"This new campaign reinforces the important message that absolutely nobody is excluded and encourages everyone to register."

I-r Fiona Wishart Tissue Donor Coordinator, Lynne Malley Specialist Nurse Organ Donation, Irene Russell Recipient Transplant Coordinator, Dr Stephen Cole, Clinical Lead Organ Donation



# Vision and hearing support officer

As part of its commitment to supporting patients and carers who are deaf, deafblind, have a sight impairment or use British Sign Language, NHS Tayside has recently appointed Lorna Donnelly as vision and hearing support officer.

Support and advice can also be provided to staff regarding sensory impairment and interpretation services, and bespoke training is available on policies, awareness and improving communication.

More information can be found on Staffnet under Our Websites | Carers Information or Our Websites | Interpretation and Translation or you can contact Lorna on x32613

# Ninewells hosts paediatric study day

Staff from the radiology department hosted the sixth The Paediatric Imaging Tayside Study Sessions at Ninewells Hospital and the theme this year was 'Paediatric Trauma'.

Radiographer Arlene Phillips and consultant orthopaedic surgeon Mr Gavin Love from NHS Tayside spoke at the event which also saw speakers coming from NHS Greater Glasgow & Clyde and NHS Lothian to present on a range of topics including A/E trauma radiology, chest imaging, legal Issues of Imaging children and paediatric fracture management.



I-r Arlene Phillips, Mr Gavin Love, radiographer Shaun Buchanan and diagnostic radiographer Steph Cameron

# Tree planted in memory of Ann

Colleagues of Ann Andrew, who worked in the gastroenterology admin team, gathered to plant a tree in the Arboretum at Ninewells in her memory.

Ann sadly passed away in March and a donation was also given to Macmillan.





# Older People Go4Gold in Perth & Kinross

Older people in Perth & Kinross took part in a care home challenge event to highlight the importance of physical activity.

Around 120 residents from 31 care homes and care services across the region tried their hand at various games and challenges at the Go4Gold event in Bells Sports Centre in Perth, which was designed around the theme of the Rio 2016 Olympics and Paralympics.

Residents took part in various challenges including indoor kurling, golf throwing target, fishing for ducks, pass the baton, cord winding and golf putting.



Each team was supported by carers, staff, and volunteers from the Rotary, Soroptimists, Perth College UHI, school pupils and other organisations.

Some of the other activities on the day included a warm-up session led by Perth College UHI, a games challenge, a tea dance and sing song after lunch with the Perth High School ceilidh band providing the music and singers.

In the weeks before the event, staff and residents from each care home also created posters for the event reflecting the Olympic values of friendship, excellence and respect, courage, equality and inspiration.



## Raising awareness of skin health

Perth & Kinross Healthy Communities Collaborative offered advice to retirement housing tenants on how best to look after their skin and prevent leg ulcers.

A recent workshop led by specialist nurse in dermatology Anne Ritchie provided information on what steps people should take and the importance of a healthy lifestyle.

Tenants at Bield's Gladstone Court retirement housing development in Perth attended the event, alongside interested members of the community.

Healthy Communities Collaborative project worker Margaret Sloan said, "It is important that people are aware of how to look after their skin health. This includes maintaining a healthy diet, not smoking, moderating your alcohol consumption and taking part in regular exercise."



Anne Ritchie delivered the workshop to Gladstone Court housing tenants

## Learn something new with Tayside Health Fund!

Supported by the Tayside Health Fund, the Education and Training Endowment Fund was set up to offer staff the opportunity to further develop their skills and learning.

The fund was set up in December 2010 to support staff development opportunities across all NHS Tayside sites, giving staff who traditionally may not have had such learning the chance to pursue a new and worthwhile personal development activity.

The Fund is open to all employees from any area of NHS Tayside. For more information, get in touch with Lorraine Smith on 71437 or email Lorraine.smith8@nhs.net.

More information and an application form can also be found on Staffnet under Learning and Training|Your Life Long Learning

### What our staff said!

"Without financial help from the Fund I wouldn't have been able to continue with my education. With the additional qualifications I've been able to develop the skills required to gain a further promotion."



## Help for carers

A new information pack has been developed for staff who are carers to help manage the sometimes difficult job of balancing work with their caring responsibilities.

The pack was launched by chair of Staff Governance Committee Munwar Hussain, interpretation and translation project manager Pammy Chima, carers support facilitator Susan Johnston, Employee Director Judith Golden, HR business lead Jackie Bayne and Director of HR George Doherty.



I-r Munwar Hussain, Pammy Chima, Susan Johnston, Judith Golden, Jackie Bayne and George Doherty launch the new carers information pack for staff

Staff who care for someone outside of work can also find out more about services and information to support them by contacting carers support facilitator Susan Johnston. Whether you care for a family member, partner or friend who is ill or frail, has a disability or mental health issues, Susan can signpost you to internal and external sources of support.

During National Carers Week (6-12 June), Susan held a series of information stands in Ninewells, PRI and Stracathro to signpost staff to help and support and to advise about free health checks being held across Tayside for staff who are carers.

Another important part of Susan's role is providing support and advice to staff to help them identify patients and visitors who are carers.

To find out more please contact Susan on carers.tayside@nhs.net.



Ninewells - Susan Johnston with June Whale from Dundee Carers Centre



Stracathro - Susan with Lesley Simpson from Angus carers centre



PRI - Susan with Sue Whisler from PKAVS

## Video relay service for deaf patients

A new Scottish Government-funded video relay service has been launched which allows deaf people to contact public sector services using sign language.

The service, which is operated by contactSCOTLAND, is for non-emergency calls and is available between 8am and midnight, seven days-a-week.

Clinical governance and risk management team leader Tracey Passway said, "This service will enable profoundly deaf people to book their own appointments, change appointments and make contact with us. However, staff still need to ensure that a face-to-face interpreter is booked for all appointments by referring to the flowchart in the Interpretation and Translation Policy."

You can view the policy flowchart and find out further information about the policy on Staffnet under Our Websites | Interpretation and Translation

Visit contactscotland-bsl.org for more information on contactSCOTLAND.



## Support for people affected by cancer



Do you know someone who is affected by cancer either in your work or home life?

Tayside Cancer Support is a local charity which delivers free, one-to-one and group support for people affected by cancer.

Ellen Reid of Tayside Cancer Support said, "We appreciate that it's not always easy for people affected to talk about cancer, especially with those close to them, and that the opportunity to speak to someone independent can make all the difference.

"Anyone in Tayside can be referred, or indeed refer themselves to the charity for support. If you know of anyone who would benefit from the opportunity to speak freely and in confidence with a befriender, please consider referring or directing them to Tayside Cancer Support."

You can find out more at taysidecancersupport.co.uk or Facebook.com/TaysideCancerSupport.

To make a referral or for more information about support available, please call 01382 740468 or email ellenreid@nhs.net or moirasymons@nhs.net



# Oor Wullie fever hits Tayside!

Tayside has been hit with Oor Wullie fever this summer as thousands have flocked to Dundee to take part in Oor Wullie's Bucket Trail.

Archie Tayside launched the public art event in June which saw 55 sculptures of Oor Wullie on his bucket located around Dundee, all individually designed and decorated by artists. A trail map and digital app were available for people to go out and find the sculptures, take an 'oor selfie' and strike them off their 'bucket' list.

With the trail now finished, the statues are due to be auctioned off on 13 September with proceeds going to the Archie Tayside appeal for a new twin theatre suite at Tayside Children's Hospital.



Staff at The Corner were delighted to get a visit from one of the statues before the start of the trail



Gayle Culross from communications with 'Thick Cut' at Westport

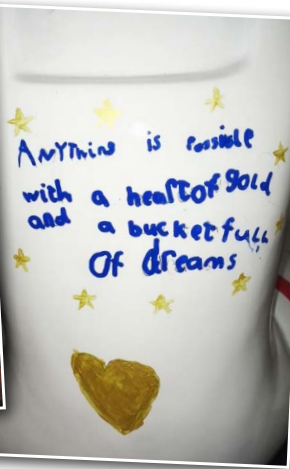


Community mental health nurse Sheena MacQueen has been tracking down Oor Wullies, including 'Glow' at City Quay, whilst training for the Amsterdam Marathon



Evelyn Burnham of South Angus community mental health team got snapped with 'Oor Lillies' at Botanic Gardens

Scott Reid from eHealth has been out and about spotting Oor Wullies with his daughter Annabelle - here they are with 'Wullymorph' and 'Oor Lifesaver' in Broughty Ferry



Nairn Reynolds, whose mum Morag works in the breastfeeding support team at Ardler clinic, has his wording "anything is possible with a heart of gold and a bucket of dreams" on 'Space Wullie' in Eastern Primary



Patients and staff at Tayside Children's Hospital had great fun decorating the 'Little Hands' statue with paint handprints

Bottom: I-r CAMHS clinical psychologist Penny Noel and family nurses Janice Coull, Jane Blake, Heather Petrie, Jane Wanless, Audrey Wilkie, Carolyn Browne and Sarah Burns with the finished sculpture in Baxter Park



Dundee FC fan Anna Wighton gave the thumbs up to 'Oor Bobby' in the Overgate and 'Woodland Wullie' in Camperdown Park - Anna is the niece of communications manager Louise Wilson



Even superheroes are loving the trail! 'Women of the World' in Lochee had a visit from Superman and Batman AKA Zack (son of appointments officer Donna Sharp) and his friend Theo, and pirate Zack also loved seeing 'Oor Bowie' on Riverside

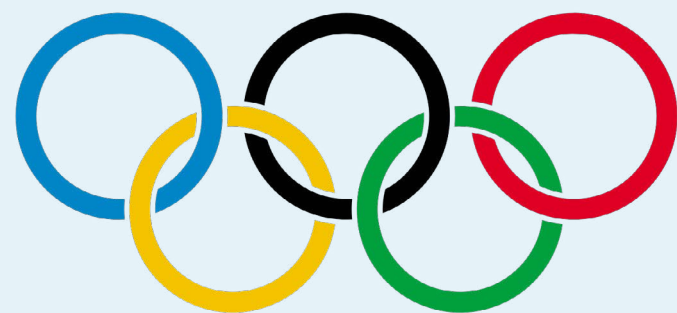


'Snowglobe Wullie' which was in the main concourse at Ninewells





# Let the games begin!



The excitement and spectacle at Rio's Summer Olympics has inspired people all over the world to get active and go for gold!

More than 7,000 athletes from 200 countries competed in the games, taking part in a massive range of different events such as athletics, swimming and tennis. And watching sportsmen and women from across the globe compete for glory may have just spurred you on to get moving, take up a new sport or just get out those old running shoes again.

Although most of us might not reach the sporting success of stars Usain Bolt, Andy Murray or Jessica Ennis-Hill, here at NHS Tayside we believe everyone getting active and enjoying exercise is a winner.

We already know that our staff would win gold medals for patient care but we decided to ask them what sport or activity they dream of competing in and why.



**Dawn Shepherd**  
Staff Nurse  
Links Health Centre  
and Arbroath Infirmary  
Outpatients

I love baking and sharing recipes so would love this to be a sport, so people could share secret recipes and holiday abroad.

**Joyce Campbell**  
Catering Secretary  
Ninewells

I had a fear of water when I was a child and at the age of 44 I decided I would learn to swim. I now love swimming and so that would be what I compete in for the Olympics.



**Sarah Lyons**  
Staff Nurse  
Arbroath Infirmary  
Outpatients

I love watching the Hockey and when I was in Secondary School I used to play, so I would love to be part of this team.

**Chris Prentice**  
Student  
Physiotherapist  
Arbroath Infirmary

I'd love to do Olympic weightlifting. It would provide the motivation for me to be active outside of Physiotherapy.



**Carolyn Wilson**  
Falls Service Manager  
Perth & Kinross H&SCP

Having five years of experience arranging 'Go4Gold' Olympic-themed care home events in Perth & Kinross, I would probably choose to do one of the challenges played there.

The games are great fun and I'd say fishing for ducks is one of my favourites – it could be done in the Olympic swimming pool!



**Nicola Hay**  
Physiotherapist  
Arbroath Infirmary

I used to love swimming when I was younger and went on to become a swimming teacher before becoming a Physiotherapist.

I still love watching the swimming, supporting the Scottish swimmers and would love to be a part of that team in the Olympics.

**Colin Skinner**  
Head Chef  
Catering  
Ninewells

I would choose cycling for my Olympic sport as I really enjoy it.

It's something that you can do anytime and, once you have your bike, it's free.

I was good at cycling when I was younger – not so much now!



Rio2016



# Value Your NHS

## Spotlight on ward 9 developments

In this issue of spectra we look at some of the real-life examples of improvement initiatives that are being taken forward in urology ward 9 in Ninewells. These initiatives, taken forward with the help of the GO See team, look at change ideas that staff themselves have identified in their ward.

### Ward clerk Jim Philip values his NHS

Milk is currently supplied by the Catering Department to ward areas on a daily basis as a standing order.

Jim got together with his healthcare assistant colleagues to monitor the use of milk stocks within their ward. They discovered that milk was not always used in date order and on occasion the daily delivery wasn't necessary.

Next steps included developing a standard process for stock rotation and monitoring stock levels. This enabled the ward to reduce, or on some days even cancel the entire daily standing order from the Catering Department. Jim's idea was simple but effective and provided cost avoidance at a ward level.



Jim Philip



Ian Findlay

### Staff nurse Ian Findlay values his NHS

Within the ward, staff routinely ordered different drugs for specific patients. Normally, if the patient no longer required this drug or had left the ward, the medication would be disposed of in the pharmacy bins or left on the shelf.

Ian and the ward 9 staff came up with a solution to review the medication held in their stock and return any of the 'special items' that were no longer required to pharmacy providing they were unopened. In a test of change, the ward returned just under £2000 of special order medication.

The ward has now implemented a standard process which nursing staff will follow to ensure this initiative will continue to deliver pharmacy credits and reduce wasted medication.



Bill Nicoll

Bill Nicoll recently took up post as Director of Strategic Change with responsibility for the Transformation Programme.

"We have a reputation across healthcare in Scotland as an improvement and learning organisation that has put quality and service innovation to the fore. Through the Transformation Programme we have the opportunity to rediscover our credentials as not only an improvement organisation but one that can truly transform our business for the benefit of the people of Tayside.

"While we understand some of what needs to change, it is critical that our staff work with us to identify what they think is needed. The Value your NHS staff engagement sessions have started a dialogue with our staff to explore what is important to them in their own areas of work. This has given us a richer picture of the things that are important to you and your service.

"We are operating in a challenging climate and we need to move forward with pace and agility to make the necessary changes needed for transformation. This is your organisation and we need you to be part of this."

### Contact Us

If you have an idea that you think can make a difference in your department, we want to hear from you.

Submit your idea through the Value Your NHS button

Email [gosee.tayside@nhs.net](mailto: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](mailto:stp.tayside@nhs.net)



# Reduce Reuse Recycle

As part of the Value Your NHS campaign, staff are encouraged to make decisions to help reduce waste across all departments.

Every member of staff can make a difference by making wise choices to help save energy and reduce wastage every day across NHS Tayside.

Making small changes to your daily routine at work can help us improve efficiencies in the organisation, which can then be redirected to support frontline services and invest in our workforce.

Director of Operations Ken Armstrong said, "If appropriate, taking simple steps individually to avoid waste can make a big difference to the whole organisation. We can work together to improve efficiencies, as well as helping the environment."

Sometimes it is hard to appreciate the savings that even small changes such as switching off a light can make so here are a few examples:



Leaving lights on overnight in a typical office wastes enough energy to heat water for 1000 cups of tea for patients

An extra hour of air conditioning in an office costs around £153 which could buy approx 150 pairs of surgical gloves

Clinical waste costs a whopping four times more than general waste to dispose of, therefore it vital that staff ensure that only clinical waste goes into the clinical waste stream

Every single computer/flat screen monitor left on overnight costs around £25 per year which could be spent on 65 litres of semi-skimmed milk for patient meals

An increase in the temperature of an average office of just 2°C costs a massive £780 per year – this is enough to fund six wigs for cancer patients

On a daily basis staff are encouraged to think of the three 'Rs' which are reduce, reuse and recycle and to help here are our top efficiency tips:

- Always turn off your computer monitor if you are going to be away from your desk for more than 10 minutes and turn off PCs, monitors, printers and photocopiers at the end of each day.
- Only switch on lights that are needed and close windows at night when appropriate to reduce heat loss.
- Reduce unnecessary travel. Consider alternative ways to participate in meetings, such as tele-conferencing or video-conferencing, using public transport or book NHS Tayside pool cars through the Transport Hub on x32991.
- Give internet-based tool WARPit a try to share office furniture, equipment and supplies and get what you need in your department for free. Visit the WARPit page on Staffnet Home | Our websites | WARPit.
- Ensure that no opportunities are missed for recycling and always use the appropriate bins for recyclable waste. For further information visit Staffnet | Our Websites | Environmental Management | Waste/Recycling.
- Print only when necessary and ensure that printers are set up to print on both sides of the paper. Choose black and white rather than colour whenever possible.





# Ninewells ICU nurses win walking challenge

A team of nurses from Ninewells Intensive Care Unit (ICU) came first in the national Macmillan Cancer Support Move More Step Count Challenge, which aimed to promote physical activity in the workplace and get staff talking to patients and families about being active.

Chairman Professor John Connell, who was a member of one of the runner up teams, said, "I'd like to thank all the Tayside teams in different departments who took part in the challenge and walked a phenomenal total of 83,621,525 steps or 37,414 miles."

NHS Tayside embraced the eight-week challenge with 140 staff in 28 teams recording their daily steps on a dedicated website where they got personal step goals, shared photos and tracked their progress against other teams.

*(From left) Professor John Connell presented certificates to ICU nurses Jo Leslie, Scott Murray, Catherine Watson, Aline Ramsay and Freda Clark, along with senior health improvement practitioner Mary Colvin*



# Festival Packs prove popular

Staff in the Sexual Health Clinic at Drumhar Health Centre in Perth created a display to promote personal safety awareness and safer sex messages for young people.

With the help of colleagues in dermatology and dentistry, the team also made Festival Packs to hand out to patients who were going to festivals or on holiday.

The packs included items to help young people stay safe and healthy such as condoms, sunscreen, toothpaste, safety messages and emergency contact numbers.

# Infection control nurses lend a hand to UK hygiene campaign

Infection control nurses Pamela Davidson and Ann Jack visited High School of Dundee as part of the Infection Prevention Society's Hand Hygiene Torch Tour 2016, in which a torch baton is making its way around the UK and Ireland to help promote the importance of hand hygiene.

After receiving the baton from Pamela, who is also co-ordinator of the Scottish branch of the IPS, the youngsters explored the importance of washing their hands and found out how germs are spread. They then tested their own hand hygiene skills by using 'glow and tell' boxes.



# Raising awareness of Parkinson's disease



Parkinson's nurse specialist Catherine Young held an event at Ninewells to raise awareness amongst staff of the importance of prescribing and administering medication to inpatients with Parkinson's disease according to their normal timetable at home to maintain stability of their symptoms.

For advice or information, staff can contact Catherine on x36063, Lorna Gillies at PRI on x13172 or Linda Patterson at Stracathro on x65091.

dietitians  
week  
6-10 June 2016

# Are You Work Ready?

Up to 25% of the UK's working age population suffers from a long term condition which can be weight-related and it is well accepted that organisations benefit from investing in the wellbeing of their employees.

Good nutrition and hydration, alongside being active, keeps the workforce healthy. Therefore, supporting regular eating patterns and a quality diet can improve overall wellness, drive efficiency and effectiveness, and reduce sickness absence.

Joyce Thompson, dietetic consultant in Public Health Nutrition said, "This year was the third annual British Dietetic Association's Dietitians Week and the topic was workforce nutrition so in Tayside we focused on NHS Tayside staff. And what a week we had! Each day of the week addressed a different theme. We covered food and mood, healthy meetings, protecting your lunch break, hydration and, food and movement.

"There were loads of activities for staff to take part in – displays, organised walks, healthier snacks tasting, information drops, bike servicing and a whole lot more. We also ran an online survey to find out how easy it is whilst at work to eat regularly, take part in healthy meetings, take a lunch break, keep hydrated and move about. We plan to share and discuss the results with various groups within the organisation and work together with staff to develop an action plan.

"We have been tweeted and facebooked across the globe too. So as well as promoting workforce health, we have promoted the great work of dietitians!

"It was an absolute delight and privilege to work alongside so many dedicated, hard working and enthusiastic dietetic colleagues as well as colleagues from other disciplines who joined in and took part in the various local events. The level of interest from staff was really encouraging."



Information stand at Ninewells



The Bike Station encouraged exercise during lunch breaks



Learning disability dietitians



Information stand at Kings Cross



Lunchtime walk at Kings Cross



Joyce Thompson



362 people responded to the survey and the results show that:

- 59% are not always able to eat food at regular intervals at work
- 90% are not always encouraged to have a break to move around in long meetings
- 59% always/sometimes skip lunch
- 38% are not always able to drink healthy fluids regularly at work
- 61% are not always able to be active in their working day

For more information go to [www.knowledge.scot.nhs.uk](http://www.knowledge.scot.nhs.uk) | [taysidenutrition](http://taysidenutrition) | Dietitian Week 6-10 June







## NHS Tayside has updated its smoking policy to permit the use of e-cigarettes within the Board's grounds.

The decision was taken following the emergence of evidence which shows e-cigarettes can help people to reduce their use of tobacco and that e-cigarettes are likely to be much less harmful to health than smoking tobacco.

The move is also consistent with current guidance from the Scottish Directors of Public Health which highlights that e-cigarettes play a significant role in harm reduction.

The change in the policy means that e-cigarettes or electronic vaping devices can be used outdoors within grounds but remain prohibited in buildings and enclosed spaces.

Staff must continue to comply with NHS Tayside's smoking policy and may only use an e-cigarette/electronic vaping device during official unpaid breaks when they are not identifiable as NHS Tayside employees and not in uniform.

Anyone using an e-cigarette in the grounds should avoid entrances, doorways and seating areas to ensure that other site users are not exposed to nicotine vapour. NHS Tayside does not allow the charging of e-cigarettes or vaping devices in its buildings.

Consultant in Public Health Pharmacy Andrew Radley said, "NHS Tayside asks everyone to support our no smoking policy and work in partnership with us to improve the health of the public. We are committed to helping the communities that use our services to lead longer, healthier lives.

"We have made the decision to allow the use of e-cigarettes and electronic vaping devices on NHS Tayside grounds because of the latest advice and evidence that e-cigarettes are likely to be much less harmful than tobacco."

**Further information on the smoking policy can be found on Staffnet at Our Websites | NHS Tayside Smoking Policy**

Smoke free advice will continue to be given to patients due to the harm that smoking tobacco has on their treatment and recovery. If people choose to continue to smoke, NHS Tayside Smoke Free Services recommends:

**Helpful:** If you do smoke, stop smoking tobacco and switch to e-cigarettes to reduce the harm smoking is doing to your body.



**Better:** Seek help from ward staff or local Community Pharmacy Services. They can provide advice on using products such as Nicotine Replacement Therapy that can help you move towards stopping smoking.

**Best:** Seek help to quit smoking altogether from your local Community Pharmacy. This will improve your chances of quitting by using skilled support to help you stop smoking. Medication such as Nicotine Replacement Therapy or Champix is available as a programme of support and is totally FREE.



Watch our video message from Consultant Andrew Radley on the change in policy by visiting NHS Tayside's Facebook page or YouTube channel



If you would like support around your smoking, call NHS Tayside Smoke Free Services on 0845 600 9996 or the Hospital Smoke Free Service on 07879 878 180.



## So Long, Farewell

Team lead in clinical governance and risk Hazel Scofield (right) has retired from NHS Tayside after 40 years service.

Hazel started her nurse training in 1975 before taking up her first post in optics. She then moved to the complaints and feedback team before finally joining clinical governance and risk.

Arlene Napier, associate director of clinical governance and risk management, said, "I would like to thank Hazel for her service and commitment to the team and for the support she has given everyone over the years. Hazel will be greatly missed by her colleagues."



**Hazel Scofield**



**Fiona Dye**

Colleagues said farewell to senior charge midwife Fiona Dye (centre) after a 35-year career in Dundee.

Fiona studied nursing at Abertay University then studied midwifery at Ninewells.

She spent her whole career in Dundee and worked in Ninewells labour suite for the past 15 years.

Senior midwife Chrissie Hastings said, "Fiona has brought a wealth of expertise to the midwifery profession. She has offered kindness to all the patients in her care."

Healthcare assistant June Mitchell (seated) has retired after 42 years service, with the last 26 years spent on ward 11 at Ninewells.

Senior charge nurse Rosalyn McKinnies said, "June has inspired and supported many colleagues with her professionalism and attention to patient care. On behalf of ward 11, I would like to thank June for all her years of service and wish her a very happy and well deserved retirement."



**June Mitchell**

## Long Service Award

Valerie Abel (centre) received her 40-year long service award from clinical services manager Stuart Keys.

Valerie began work in the estates department at Stracathro before moving to health records, and now works in the outpatient reception at Stracathro Regional Treatment Centre.

Stuart said, "Val has seen huge changes to the hospital during her career at Stracathro. In her current role she is helping to provide the positive experience for patients in which Stracathro takes great pride."



**Cath Robb**

Nurse Cath Robb (centre) has hung up her uniform after a 33-year career in nursing across Perth & Kinross.

Cath completed her nurse training at Perth College in 1975 and worked at Bridge of Earn Hospital, Strathearn Home and PRI before moving to St Margaret's in Auchterarder in 2008 and leading the care in the Minor Injury & Illness Unit.

Service manager Lindsey Miller said, "I thank Cath for the years of service she has provided. She has been a valued member of the team and will be greatly missed."







Mary and Pat Forrester with Sandra King (seated) and staff from the chemotherapy day unit

# Golden couple thank chemotherapy unit

Former patients Pat and Mary Forrester have raised £2500 for the chemotherapy day unit on ward 32 at Ninewells after asking for donations instead of gifts at their golden wedding anniversary.

Mary said, "My husband, daughter and I have all had treatment here at ward 32 so we wanted to do something nice to thank everyone."

Accepting the cheque, staff nurse Sandra King said, "We are very grateful for this kind donation from Pat and Mary and their friends and family. The money they have donated will go towards patient comforts."

# Donation in memory of patient

The family of a former Ninewells patient has donated £150 to ward 2 and £100 to ward 4 at Ninewells in her memory.

The money was raised by family and friends who donated at Helen Black's funeral.

Helen's daughter Freda Doig said, "We wanted to say thank you for the excellent care my mum received during her time on ward 4. My daughter Gillian has also spent a lot of time on ward 2 over the past six years so we thought we could give something back to them too."

Freda Doig (standing), Gillian Doig and Helen's husband Fred with staff from the wards



Senior nurse specialist Catherine Young, Roy Paterson and Miratul Muqit

# Birthday gift for Parkinson's Fund

Dundee man Roy Paterson has donated £570 to the Parkinson's Research Fund at Ninewells.

Roy celebrated his 60th birthday in January and instead of presents, he invited friends and family to give a donation.

Honorary consultant Miratul Muqit said, "This is a fantastic gift. On behalf of the neurology department I would like to thank Mr Paterson and his family and friends for this generous donation."

# Ward 9 benefits from fundraiser

Perthshire patient Kirsten Roper has donated £561 to ward 9 at Ninewells after a fundraising pub quiz and raffle.

Kirsten said, "I have had over a dozen stays in ward 9 since 2014. I've always received excellent care from the wonderful staff and wanted to give something back in recognition of this."

Senior charge nurse Gillian Birrell said, "We are extremely grateful for this kind donation. The money will be used for patient comforts in the ward so will be much appreciated."



Kirsten Roper and dad Brian with staff on ward 9

# Angus cousins' boost for neonatal staff

Cousins Karyn Lennon and Melanie Yule raised £3000 for the neonatal unit and the parents' overnight accommodation at Ninewells after their babies were born six weeks early, and one day apart, spending three weeks together in the unit.

To raise money for the unit, Melanie asked friends and family to give donations at her 40th birthday instead of gifts and the cousins also held a coffee morning.

Karyn said, "We were very thankful to have been able to stay in the parents' overnight accommodation and all the staff in neonatal unit gave us a lot of support during the boys' time in hospital."

Melanie added, "We are forever grateful for the care both our boys received and hope this money will give a little something back."

Accepting the cheques, senior charge nurse Alison Findlay said, "I'd like to thank Melanie and Karyn for thinking of us and giving their time to raise such a generous amount of money. The money raised will help us buy more breast pumps for our mums to express milk at their baby's bedside."



Domestic assistant Caroline Ferguson and Alison Findlay with Karyn (left), baby Jake, Melanie and baby Harry



Senior midwife Chrissie Hastings with students Hannah Lister (left) and Natasha Christie

# Cuddle cot donated to TULIP Suite

Beauty Therapy students at Perth College have donated a cuddle cot, baby clothes and blankets to the TULIP Suite at Ninewells in memory of baby Leo Lawlor who was born in May to classmate Hannah Lister.

Student Ashleigh Robinson said, "We wanted to do something to remember Leo so we held a fundraising day at college and had a Just Giving page. We raised a total of £1886 which allowed us to buy a cuddle cot with a plaque with Leo's name on it."

A cuddle cot is a specialised cold cot which allows parents extra precious time to say goodbye to their baby.

Accepting the donations, senior midwife Chrissie Hastings said, "I would like to thank the students for their fundraising efforts and their donations, especially Hannah who is selflessly thinking of others whilst dealing with her own heartache."

# Race night raises funds for ward 4

Dundee woman Ann Melville handed over £200 and two portable DVD players to ward 4 at Ninewells in memory of her friend Edith Mullholand.

Ann raised £2000 through a race night and raffle. The rest of the money was donated to Maggie's Centre.

Accepting the donation, senior charge nurse Linda Nicol said, "I would like to congratulate her on her fundraising. We are very grateful and it really will make a difference to the patients we care for in ward 4."



(holding cheque) Linda Nicol and Ann Melville with Ann's husband Alan (left) and staff from ward 4



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](http://www.taysidehealthfund.scot), [nhs.uk](http://nhs.uk) or contact the Fundraising Support Office on 01382 740828





## Ciara Donegan Staff Nurse, Ward 9 Ninewells

Meet Ciara, an Irish lass who has adopted Scotland as her new home. She loves a murder mystery and could partner up with her favourite celeb Angela Lansbury's famous character from *Murder She Wrote* to solve crimes with her TV-learnt forensic science skills. Her favourite tippie is a cup of Barry's tea - that's a brand name, not a bloke called Barry's tea!

**How did you come to be in your current job?**

I am originally from Cork and came across

to Dundee to do my nursing training.

There are fewer opportunities for training in Ireland, so I decided to try to train in Scotland - although I had never even heard of Dundee before that.

I currently work as a staff nurse in ward 9 at Ninewells, which is a urology ward.

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

I wanted to be a forensic scientist after I watched *CSI*. I thought Grissom was hot - I even named my fish after him.

The fish died when I was on placement and I was so upset I got sent home!

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

I would actually love to learn to do sign language. One of my colleagues tried to teach me but it didn't go very well.

I can sign my name though... at least I think I can!

**What do you miss most about being a kid?**

Not paying any bills!

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

I have to admit there is really only one person that I actually want to meet - Angela Lansbury.

She is fab - I did see her once but I was so excited that I deleted the photo by mistake.

**What secret skills/party tricks do you have?**

I don't have any party tricks sorry! However, I

speak so fast after a couple of drinks that no-one can understand me which I suppose is a bit of a skill.

**Who would play you in a movie of your life?**

One of my colleagues said Danny DeVito which wasn't very nice really was it?

However, I like Bette Midler, so probably her. It'd be a musical, obviously.

**What's your theme song?**

All by Myself by Celine Dion - the one that's in *Bridget Jones* - although I try and not sing it on shift.

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

Barry's tea, a kettle and milk because I love a good cup of tea. What else could you want?

**What is the first music album you ever bought?**

It was B\*witched the album on CD.

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

Somewhere to live as my lease is up. So if you want a lodger let me know!

Also I'd fix my phone as I dropped it down the toilet.

