



spectra

NHS

Tayside

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Wishing you a healthy, happy Christmas

Chairman's introduction

At the end of September NHS Tayside held its Annual Review, which allows the Scottish Government to look at how we deliver services and gain assurance that we are accountable for our activity to the public. This year, Minister for Mental Health Maureen Watt and Chief Executive of NHS Scotland Paul Gray met our Area Clinical Forum, Area Partnership Forum, Public Partner representatives, and took part in the open meeting held in the Gannochy Lecture Theatre in Ninewells Hospital.

I was delighted by the way NHS Tayside was represented on the day – all of the meetings with the Government team were characterised by transparency and honesty. We did not minimise or hide areas where we have a need to show improvement, and I was proud of the many very positive achievements described. The overall impression given was of an organisation whose staff were absolutely committed to improvement and transformation of service delivery in acute and community settings. We did not minimise the financial constraints – as all of us are aware, we are in a difficult financial period, and there is a clear understanding that turning around our finances is a challenging task that will take time – this is the point of our five-year Transformation Programme. However, understanding the reasons for our difficulties and having a credible plan to address them are critically important for us, and I know that the Scottish Government team were impressed by what they heard in our review.

In early October, The Courier newspaper carried a series of articles on the NHS in Tayside which allowed us to reach a wider audience and help explain the way in which healthcare is changing across the region. This reinforces the underlying work that is embedded in our transformation of health services, and again highlighted some of the exciting initiatives underway.

Finally, I cannot finish this short piece without mentioning the highlight of the summer – the Oor Wullie Bucket Trail. This generated real public engagement across the region, and culminated in the auction that raised £883,000 for the Archie appeal which will help support our development of new operating theatres in the Children's Hospital. The plans for this are really exciting, and will help make a much better environment for children undergoing surgery. The success of this appeal reflects the commitment of a huge number of people but I would like to single out Dr Simon Crawley, who led the crowdfunding appeal that allowed the Dreamcatcher Oor Wullie to be purchased at auction for Ninewells. Wullie presently sits on the concourse – and in due course will take his rightful place in our Children's Hospital. Thank you to everybody who made such a major contribution to the welfare of our children.

Professor John Connell

spectra's stars!

Consultant anaesthetist Dr Simon Crawley is this issue's spectra star!

The Oor Wullie Bucket Trail captured the imagination of children and adults right across Tayside and beyond over the summer and thanks to the fundraising efforts of Dr Crawley, NHS Tayside now has its very own Oor Wullie at Ninewells.

Dr Crawley started a crowdfunding campaign to allow NHS Tayside staff to join together and bid on one of the statues. He managed to secure Dreamcatcher for Tayside Children's Hospital, which is set to benefit from the amazing £883,000 raised at the auction. You can read the full story on page 11.

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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Arbroath dentist opens first Childsmile room in Scotland

Scotland's first Childsmile room has been opened at Ian Robertson Dental Care in Arbroath.

The 'Under the Sea' room has been designed to help children feel comfortable and relaxed when visiting the dentist. Trained Childsmile nurses will provide free preventative treatment such as fluoride application, dietary advice and effective toothbrushing instruction.

The practice has recently undergone major renovation and expansion and now has four surgeries as well as a Cone Beam CT scanner, the first in the Angus area.

Dentist Ian Robertson said, "We strongly believe that prevention is better than cure. Instilling good habits in children at an early age is vitally important to avoid future dental problems, which is why we invested in the Childsmile room."



Have you discovered the award-winning Ninewells Garden yet?

The Ninewells Community Garden is a beautiful area of garden and hospital greenspace that is used by a variety of community groups to improve people's health and wellbeing. It is open all year for staff, patients and visitors.

The beauty and diversity of the garden hasn't gone unnoticed and it has recently been awarded a variety of titles and accolades.

It was classed as Outstanding by Keep Scotland Beautiful, took gold in Dundee City Council's Take Pride in your City Garden Competition in the Best Community Garden category and contributed to Dundee's Beautiful Scotland entry and their Community Involvement Award!

Why not pop along next time you're in the neighbourhood?



NHS Tayside welcomes Welsh visitors

Chief Executive Lesley McLay welcomed visitors from NHS Wales and the Welsh Government to NHS Tayside to discuss areas of good practice in unscheduled care with NHS Tayside's clinical teams.

This included discussion on the pathway of care for older people, NHS Tayside's Emergency Department model, the frailty model, the ambulatory model in the Acute Medicine Unit and the integrated discharge model.

New art exhibition at Stracathro Pavilion café

The art gallery in The Pavilion @ Stracathro café hosted a new art exhibition featuring the work of self-taught artist Eric Meikle.

Speaking about his work, Eric said, "I am thoroughly enjoying the landscape opportunities around Brechin. I work in oil on canvas, mostly landscapes but I enjoy challenging myself, so all subjects are fair game. My work is a mix of impressionist and realism. I love the way different light conditions change the mood and feel of a familiar landscape or subject. I was once told paint what you see and feel, not what you know to be there."



The majority of the art on display at the gallery is for sale, with each participating artist donating 20% commission of sales to Stracathro. All money raised is used to enhance the hospital environment for patients and visitors.

The cafe is open to patients, staff and visitors Monday to Friday from 8am until 4pm.



'Back to School' child health information stand

Volunteers at the Links to Health information point in Links Health Centre in Montrose created a 'Back to School' display about child health.

Visitors were able to pick up information on a variety of topics including bullying, healthy eating, talking to your child about drugs, and immunisations and meningitis.

There were also free pencils and bookmarks which proved to be very popular.

International footballer Gemma Fay officially opens Young People’s Unit

Scottish footballer Gemma Fay visited Dundee to officially open the new Young People’s Unit (YPU) at Dudhope Terrace.

Gemma, who plays in the Scottish Women’s Premier League for Glasgow City FC and captains the Scotland team, was welcomed by Chairman Professor John Connell, Chief Operating Officer Lorna Wiggan and CAMHS regional network manager Ruth Masson.

Gemma met with staff and patients during a tour of the £8 million purpose-built facility for young people with mental health problems.

The centre includes a 12-bed inpatient unit with an education facility and family accommodation for patients from across the north of Scotland. All bedrooms are en-suite and there is private outdoor space and a gym available for patients.

Gemma said, “This integrated centre for young people in Tayside is a hugely positive step for mental wellbeing in the region. The opportunity to address issues through tailored individual support will provide young people with the safe environment they need to work through any problems they may have.”

Professor Connell added, “I am delighted that this much needed unit is available for young people from across the North of Scotland. The facility provides a wonderful holistic environment that can only help in the process of recovery.”



L-r Lorna Wiggan, Ruth Masson, Gemma Faye and Professor John Connell at the unveiling of the plaque



Volunteer Jackie Kay with therapy dog Piper
Mental health staff nurse Michael Brandie



Advice on keeping children safe

The Health Shop at Ninewells held information events promoting child safety and accident prevention over the summer.

Staff and visitors were able to pick up leaflets and get tips and advice on preventing accidents and keeping children safe in the home, online and outside, which included advice on road safety, cycle safety, car seats and playing safely.

L-r Scottish Fire and Rescue Service community safety advocate Susan Lander and Laura McDermott of Dundee City Council Home Safety with NHS Tayside health improvement project officer Jodie Moodie, volunteer Audrey MacKenzie, hospital play assistant Sandie Spalding and volunteer Chantelle Fox

Anosmia event held in Ninewells

ENT clinicians held a seminar at Ninewells with people who live with anosmia – a disorder which affects the ability to smell and taste.

Members of the charity Fifth Sense shared their patient journeys and experiences and explored ideas of how these could be improved.

Consultant ENT surgeon Paul White and specialty registrars Dr Richard Green and Rohit Gohil shared presentations with the group on the anatomy of smell and taste, clinical evaluation and new developments in olfaction.

Dr Green said, “The Fifth Sense members and NHS staff found the day very positive, useful and informative. We have already amended our patient information leaflets and Fifth Sense will now have a presence at the national ENT conferences which are held twice a year.”



Fifth Sense members and clinical staff at the Ninewells Hospital information day

Cabinet Secretary joins Family Nurse Partnership event

Health Secretary Shona Robison visited a graduation event in Dundee for young families and their children from the Family Nurse Partnership (FNP) programme.

The Teddy Bears Picnic event was for families currently on the FNP, including two-year-old children and their families who will graduate from the programme this summer.

Joining the celebrations were Chairman Professor John Connell, Nurse Director Gillian Costello and Chief Nurse Children and Families Joan Wilson. Also welcomed back were some of the FNP’s first group of children who are now nearing school age along with their parents and carers.



Family nurses form a therapeutic relationship with the young mother and use licensed programme guidelines, materials, methods and practical activities to work with the family on understanding their baby, making changes to their behaviour, increasing their parenting capacity, developing emotionally and building positive relationships.

L-r Gillian Costello, Joan Wilson, Shona Robison and Professor John Connell



RVH Day Hospital celebrates 40 years

The Royal Victoria Day Hospital held an open day to celebrate the unit’s 40th anniversary.

The Day Hospital welcomed its first patients in 1976 and, to mark the occasion, visitors were invited to come along to meet the staff, have a tour of the hospital or catch up with former colleagues.

Head of service Diane McCulloch welcomed everyone to the event and cut the 40th anniversary cake. Also joining in the celebrations were Associate Nurse Director Eileen McKenna, and former Day Hospital sister Rena Laing and retired GP

Dr Steven Woodward who both worked in the unit from the mid 1970s.

Senior charge nurse Gillian Phimister said, “We wanted share with the public the many developments and changes to the unit since it first opened in 1976.

“It has been a team effort and would not have been such a success without the huge amount of support from the staff. It has also been lovely to welcome back former colleagues to the unit to help us celebrate this special occasion.”



(centre from left) Rena Laing, Eileen McKenna, Diane McCulloch, Gillian Phimister and Dr Steven Woodward

SmallTalk

Oakland Centre Castle Project

Paintings and photographs featuring the creative talent of service users at the Oakland Centre and local photographer Jonathan Burns have been unveiled as part of the Castle Project, which aims to make rooms at the Oakland Centre more recognisable to users.

The Oakland Centre provides support to older people in Dundee and is run by Dundee Health & Social Care Partnership.

Dental team cycle in memory of colleague



An intrepid group of cyclists from NHS Tayside's public dental service completed a 45-mile challenge in memory of their colleague Garry Sime, who sadly passed away in February.

Garry was previously a deputy clinical director and latterly worked as the outreach lead at Broxden Dental Centre.

The 'Tour de Floss' team took part in Pedal for Scotland's Classic Challenge, a 45-mile Glasgow to Edinburgh cycle, and raised over £1200 for Cancer Research UK and Perth Autism Support.

Tour de Floss consisted of Gillian Elliott, Heather Lackie, Melanie Mitchelson, Louise Renwick, Fiona Thompson,

Nadia McMinn, Jo-Ann Conway, Lisa Gilligan, Melanie Smith, Scott Sturrock, Patrick Smith, Gavin Russell and Bob Yeamans. They were supported by Adrian Lackie and Blair Mitchelson who acted as drivers for the day.

The team have been training for many months by cycling to work and some have taken advantage of the Cycle to Work Scheme to buy bicycles.

Senior dental officer Gillian Elliott said, "I am so proud of the team. They all cycled much further than they ever had before and conquered all the hills between Glasgow and Edinburgh. Thank you to our many sponsors for supporting us so generously and we are delighted to be donating to two such excellent charities."

Hair-raising fundraiser!

A healthcare assistant at Murray Royal Hospital has had her much-loved long hair chopped, raising £1220 for charity in the process.

Julie Robertson, who works in the Rohallion Secure Care Clinic, had 14 inches of her hair cut during a fundraising beetle drive.

The event was held by the Perth & Kinross branch of the Multiple Sclerosis Society, which supports individuals and their families affected by MS within the local area and is a charity close to Julie's heart.

Julie's locks were donated to The Little Princess Trust which provides real hair wigs to boys and girls who have lost their own hair through cancer treatment.

Before (left) and after the big snip!



Specialist phototherapy equipment installed in Perthshire hospitals

Specialist Ultraviolet B (UVB) phototherapy equipment has been installed in Crieff and Pitlochry Community Hospitals to provide care services for patients closer to their own homes.

The UVB units use special wavelengths of light to treat many different skin conditions, including psoriasis and eczema. The equipment can also be used for desensitising people with light sensitive conditions.

Staff from the dermatology unit and community hospitals in Perth & Kinross worked in partnership with the Friends of Aberfeldy, Pitlochry and Crieff Community Hospital groups to develop the new service which will improve access for patients who no longer have to travel to Perth Royal Infirmary for the specialist treatment.

Consultant dermatologist Dr Colin Fleming said, "We are committed to providing the best care possible for our patients. This equipment will allow us to provide regular and effective specialised treatment much closer to home for people living in rural Perthshire.

"We are very grateful to the Friends of the community hospitals in Aberfeldy, Pitlochry and Crieff for working in partnership with NHS Tayside to help set up this service for our patients. Their support has been invaluable."



Nursing staff at the launch of the new service at Crieff Community Hospital

Murray Royal Hospital summer walk and picnic

Staff at Murray Royal Hospital walked part of the Ramblers Scotland Silver Medal Route at the hospital for their Healthy Working Lives summer walk and picnic.



The walk helped highlight the importance of getting outdoors and enjoying the fresh air at break times. Salad boxes promoted healthy eating and glorious weather on the day ensured everyone had a very enjoyable lunchtime break.

Ramblers Scotland Medal Routes are 15 minute (bronze), 30 minute (silver) and 60 minute (gold) walks. You can access the routes at www.ramblers.org.uk. Ramblers Medal Routes are available across Scotland including hubs at Ninewells Hospital, Royal Victoria Hospital, Murray Royal Hospital and Perth Royal Infirmary.



Ir Dental health support workers Laura Watkins, Meghann Brown and Megan Macdonald

Families encouraged to brush up on oral health

Families across Tayside learned about improving pre-school children's oral health at Childsmile events.

Advice was offered on the best techniques to brush young children's teeth, healthy snacks, tooth-friendly drinks and registering with a dentist. Craft activities also took place at the events, which were held at The Crescent in Dundee, Links Health Centre in Montrose and North Inch Community Campus in Perth.

The Childsmile programme is designed to improve the oral health of children in Scotland, promoting preventative measures and education to avoid the need for clinical intervention in the future.

It also recognises those children at heightened dental risk or those already showing signs of untreated dental diseases and offers a referral service to health professionals and third sector organisations to request support and access to treatment.

NHS Tayside's own Olympic star!

NHS Tayside doctor Niall Elliott is celebrating the success of our Olympic athletes after taking on the role of Chief Medical Officer for Team GB.

Niall recently returned home from Rio as the top medic looking after athletes from across the UK. He was also Chief Medical Officer for Scotland at the Glasgow 2014 Commonwealth Games and for Team GB at the Sochi 2014 Winter Olympics.

Niall's normal job sees him working in his NHS role as a sports and exercise medicine specialist at Kings Cross and working with elite sportsmen and women from a variety of sports at the sportscotland Institute of Sport.

In the lead up to and during the Olympic Games in Rio, Niall led a 50-strong multidisciplinary team of sports medicine doctors, physiotherapists and sports nutritionists from across the UK to provide care for the inspiring athletes.

In his role, Niall was directly involved with athletes competing in the canoe sprint, triathlon, tennis and golf.

Niall said, "Being in Rio was a great experience with thankfully very few illnesses to report and only a smattering of injuries. It has been great to work with some well known athletes from British sport with fantastic success for the athletes."

"Sports and exercise medicine has come on significantly since London was awarded the Olympic Games. There is an emphasis on getting the population more active to experience the benefits of exercise, including the prevention of chronic illnesses such as diabetes, hypertension, cancers and mental health issues to name but a few. Hopefully people who have been watching the athletes competing in Rio will now be inspired to take part in more exercise to get fitter and healthier."

Veterans' service celebrates first anniversary

Veterans First Point Tayside marked its one year anniversary with a celebratory event in Dundee.

Veterans First Point Tayside is a partnership between NHS Tayside, Veterans First Point (Scotland) and Tayforth Veterans Project, a Dundee charity which is winding down after five years serving local veterans.

The team provides services throughout Tayside and includes veteran peer support workers who bring personal experience of military service to the role and a range of clinicians with expertise in the assessment and treatment of a range of mental health needs.

Weekday drop-in sessions aim to support veterans and their families by providing a range of information on topics including health and wellbeing, welfare support and social networking as well as signposting to organisations and charities that can provide additional support.

Acting service manager Dr Michelle Ramage said, "The team provides an important service to veterans and their families living in the Tayside region and works closely with a range of other health, social care and voluntary sector services."

"Most ex-service personnel adapt and re-integrate into civilian life without experiencing significant difficulty. However, a minority will experience mental health problems and a small, but significant, proportion develop more severe enduring psychological difficulties. We support the veteran as they are referred on to other services for treatment as well as delivering specialist psychological therapy treatment in-house."



Senior adult psychotherapist Geraldine Hannan cut the anniversary cake with Medical Director and Veterans Champion Professor Andrew Russell (centre right), Dr Michelle Ramage (third right) and staff from the service



OOR WULLIE, YOUR WULLIE, NHS TAYSIDE'S WULLIES!

Consultant anaesthetist Dr Simon Crawley is delighted that his fundraising campaign to bring an Oor Wullie to Ninewells was successful after he managed to secure 'Dreamcatcher' at the Oor Wullie Bucket Trail auction.

Simon said, "The response from staff and the public to the fundraising campaign was absolutely overwhelming."

"Bidding on Dreamcatcher was slightly nerve wracking and I was very relieved and delighted when the hammer finally fell on my winning bid ensuring that Dreamcatcher would be coming to Ninewells. A massive thank you to everyone who donated, your support and generosity has made this happen!"



Dreamcatcher



A Pocketfu' o' Pieces

Staff at Roxburghe House in Dundee also fundraised to bid for one of the statues. They didn't manage to secure their own Oor Wullie at the auction but have since had a generous offer of a loan of 'A Pocketfu' o' Pieces' from its new owners at The Sands in Broughty Ferry.

Clinical coordinator in specialist palliative care Fiona Barnett said, "This is a very kind and generous offer and we are delighted to have A Pocketfu' o' Pieces Oor Wullie for a short holiday with us at Roxburghe House. I would also like to thank everyone who donated to our campaign, which raised £4350 and will be used to benefit patients and their families who use Roxburghe House."



Rain Song

'Rain Song' Oor Wullie is going to be spending some time at Ninewells thanks to his new owner Frank Esposito, who runs the café on the hospital concourse. Staff from Tayside Children's Hospital also accepted an Oor Wullie cake from Mr Esposito which was specially created by local bakers Fisher and Donaldson.

Perth Royal Infirmary welcomed a special Bucket Trail visitor to the hospital's Medicine for the Elderly unit as part of a tour of NHS Tayside sites. 'Oor Jolomo' was created by well known Scottish artist John Lowrie Morrison and is owned by Norman Sutherland, Director at Higher Ground Health and Care Planning Ltd. and a former NHS Tayside employee.



Oor Jolomo

New pain management programme in Tayside

A new pain management programme has been developed to help patients in Tayside with complex chronic pain problems.

The first two groups have now completed the 11-week programme, which is run by a multi-disciplinary team comprising clinical psychology, specialist physiotherapy and specialist nurses. The programme aims to help patients manage their pain by changing their approach towards it. Patients learn new tools for pain management such as mindfulness, pacing, medication use and gentle exercise.



The programme was created to bring the Tayside Pain Service in line with the new Scottish Service Model for Chronic Pain, improving the care of patients with complex chronic pain needs in Level 3.



One of the highlights of the festive season for many people is looking forward to the Christmas special of their favourite show either to catch up with the latest drama or get a good belly laugh with their favourite comedians.

When you say the words 'Christmas Special', many people will immediately think of the comedy classics of the much-loved double acts of Morecambe and Wise or The Two Ronnies. Families have also loved to gather round the telly for the Top of the Pops Christmas show since the early sixties.

The modern Christmas Specials of dramas such as Downton Abbey or Doctor Who are also eagerly awaited by many and watching the soaps is a game of trying to guess who's next to die in some unseasonably miserable and unlikely situation! Ah, you can't beat it and it's what we wait all year for!

We asked staff if they have a favourite show from the past or present with an unmissable Christmas special.



Damian Parr
*Lead Senior Radiographer
Ninewells*

I love any episode of Only Fools and Horses, especially the one when Del Boy's son is born.

It is classic comedy that always raises a smile.



Liz McNiven
*Catering Administrator
Perth Royal Infirmary*

I really like Mrs Brown's Boys Christmas Celebrations, especially when she gets stuck high up in the tree whilst trying to put the last of the decorations on.

I think a lot of people like the escapades she gets herself into.

Rachel Mills
*Team Lead Physiotherapist
Royal Victoria Hospital*

It has to be Strictly Come Dancing, I'm a self confessed Strictly addict! We have even had a family Strictly competition when on holiday. My husband and I tried to dance the Irish jig from Riverdance - we didn't win!!



Joan Jamieson
*Team Lead Occupational Therapist
Royal Victoria Hospital*

My favourite show is the Christmas special of Downton Abbey. I watch Downton Abbey regularly but I really enjoy the Christmas special as it's great escapism. Once everything is done at the end of the day and all the madness is over it's good to just relax and enjoy the TV.

Help us protect our patients and services – please get vaccinated against flu!

Winter is a very demanding time for NHS Tayside with an increase in patient admissions to hospital and more people requiring care at home and within our local communities, so we all require to be resilient to ensure we are there to care for those who rely on us across our services. With flu season now upon us, we need all staff to prevent illness and to remain well.

The flu vaccination is offered to all staff and volunteers, not just those involved with clinical care. Despite offering the flu vaccine to all staff groups, NHS Tayside had a low uptake rate last year, which means that the majority of our workforce has not been protected against flu, leaving our patients, staff and families vulnerable to the virus.

Even if you don't have direct contact with patients, by getting vaccinated you can protect yourself, your family, other members of staff and the public by helping to stop the spread of the virus throughout hospitals and the wider community.

The staff flu vaccination programme is well underway with clinics taking place in Angus, Dundee and Perth & Kinross. Alternatively, you may receive the vaccination from your own GP or community pharmacist if that suits you best. Wherever you go, having your free flu jab will only take a few minutes and will help to protect your patients, yourself and your family from flu.

Full details of clinics and pharmacies offering the vaccination are on Staffnet, Vital Signs and in Inbox.

Protect your patients

Staff have a duty of care to patients to get vaccinated against the flu virus, which they can unintentionally pass on to patients. If the patients are ill, elderly or suffering from a chronic condition, this can lead to serious illness and even death.

Protect the service

The jab can protect staff, reduce absence and minimise disruption to services. If large numbers of staff are off work with flu, it will be very difficult to maintain services over the busy winter period.

Protect yourself and your family

Flu makes people feel very unwell for two to three days and full recovery can take up to a week. Even healthy people can develop serious consequences and require hospitalisation.

Consultant in Public Health Dr Daniel Chandler, Medical Director Professor Andrew Russell, Nurse Director Gillian Costello and Director of HR and Organisational Development George Doherty explain why it is so important for staff to get immunised against flu.



Dr Daniel Chandler

"All staff have a duty of care to have the jab to protect their patients, their families and to help maintain services.

"Vaccination of healthcare staff reduces the risk of outbreaks in our hospitals and community facilities and significantly lowers rates of flu-like illness, hospitalisation and death in the elderly in healthcare settings."

Gillian Costello

"Our commitment to professional standards is fundamental and we have responsibility for preserving the safety of patients and the public.

"Taking steps to maintain the level of health needed to carry out our professional role will help avoid any potential health risks to people receiving care, the public and our colleagues."



George Doherty

"If large numbers of staff need to take time off work it is very difficult for us to maintain services over the busy winter period.

"Last year fewer than a third of our staff were vaccinated which means that thousands could be putting patients and the service at risk by not protecting themselves and the wellbeing of all those around them."

Professor Andrew Russell

"It is especially important for staff working in areas where patients are particularly vulnerable to get vaccinated early. These include paediatric wards, intensive care units, cancer centres, critical care and emergency departments.

"Staff working with patients in at risk groups should also advise patients to get the flu jab from their GP. These patients are 18 times more likely to die from flu than healthy people and the best way to avoid that is to get the jab."



MYTH - The flu is just a bad cold

FACT - Colds come on gradually but the flu hits you straight away and is a much more dangerous virus which can lead to serious infections and illness.

MYTH - Antibiotics can cure the flu

FACT - The flu is caused by viruses which don't respond to antibiotics. It's like putting your arm in a cast to get rid of a headache.

MYTH - Only old people get the flu

FACT - Anyone can catch the flu but some people are more at risk of serious side effects. This

includes older people but also people of any age with long-term medical conditions or who are pregnant.

MYTH - Once you've had the jab you don't need it again

FACT - Flu viruses change every year so you need a new flu vaccine each year to protect against the viruses most likely to be circulating in the coming winter.

MYTH - The flu jab gives you flu

FACT - The vaccine does not contain any live flu viruses so it can't cause flu. If you have a sore arm

or achiness after getting the jab, that can be a sign your immune system is responding and the jab is working.

MYTH - The jab hasn't been tested, it's not safe

FACT - All vaccines, including flu vaccines, must be tested before they can be licensed in the UK, and they have to be licensed before they can be used.

MYTH - The flu vaccine protects you straight away

FACT - It actually takes about 10 days for you to be fully protected so you could be vaccinated and still pick up the flu. That's why it is best to get the vaccine as early as possible.

Flu.
I'm Ready
For You.



Cabinet Secretary visits breastfeeding event

To celebrate World Breastfeeding Week a group of mums and their children met Shona Robison, Cabinet Secretary for Health and Sport at The Crescent in Dundee.

Director of Public Health Dr Drew Walker, Dietetic Consultant in Public Health Nutrition Joyce Thompson and Infant Feeding Coordinator Janet Dalzell also joined NHS Tayside breastfeeding support workers at the event.

Mums were able to share their experiences of breastfeeding their children, explaining the positive benefits and some of the difficulties they had encountered.

Ms Robison also heard from breastfeeding support workers about the work that they do to promote and encourage breastfeeding.



Cabinet Secretary Shona Robison (seated centre) with mums and children at The Crescent



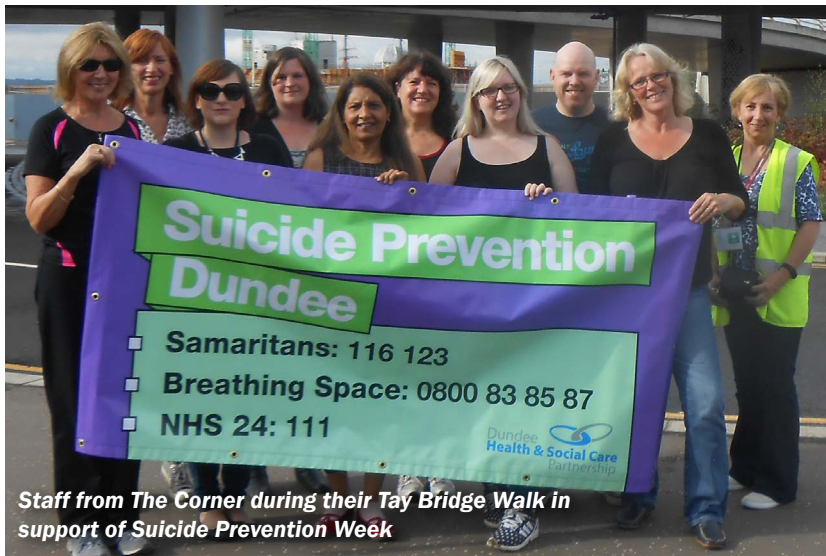
Supporting Suicide Prevention

Staff from The Corner in Dundee got active this year and took part in a suicide awareness Bridge Walk over the Tay Road Bridge.

The team also manned an information stand in Dundee City Square in support of Suicide Prevention Week and World Suicide Day.

The theme of World Suicide Day 2016 was Connect, Communicate and Care and the key messages emphasise that asking for help is a sign of strength, not a sign of weakness; take any talk of suicide seriously.

The most important message is that we can all help someone who is suicidal — you don't have to be a specialist, just a human being who is willing to listen without judging.



Staff from The Corner during their Tay Bridge Walk in support of Suicide Prevention Week

If you or someone you know is feeling suicidal, here are organisations that can help:

- The Corner (Drop in open Mon-Fri 2-6pm and Sat 1-4pm for 11-19yrs)
- Samaritans 116 123 (lines open 24/7)
- NHS24 111 (lines open 24/7)
- Breathing Space 0800 838587 (lines open Fri 6pm-Mon 6am and Mon-Thur 6pm-2am)
- In an emergency dial 999

Time to Remember, Time to Act



Colin Paton, P&K ADP, Director of Public Health Dr Drew Walker, senior health intelligence analyst Caroline Snowden, Lorna McCurrach, Dundee ADP and Laura Ogilvie, Angus ADP

An event was held in Dundee in support of International Overdose Awareness Day which is a global event held annually to raise awareness of overdose, reduce the stigma of a drug-related death and acknowledge the grief felt by families and friends affected by drug overdose.

Organised by the alcohol and drug partnerships in Angus, Dundee and Perth & Kinross, the 'Time to Remember, Time to Act' event aimed to raise awareness of the preventative actions

being undertaken across Tayside to reduce the number of deaths related to substance misuse.

The educational messages were shared through interactive zones highlighting the risks of alcohol and drug misuse and the support available for people who use drugs, and their families across Tayside. A remembrance ceremony was also held to provide an opportunity for everyone affected by overdose the chance to remember their loved ones.

Director of Public Health Dr Drew Walker said, "Substance misuse is a major public health issue at national level and remains a priority for NHS Tayside and alcohol and drug partnerships across Tayside.

"The number of drug deaths locally has fluctuated over the past few years, however there has been a concerning rise in the past decade and a great deal of work has been going on to address the problem.

"The members of the Tayside Drug Death Review Group will continue to closely monitor the situation and work to reduce and prevent these tragic deaths."



The 'recovery tree' at the event



Volunteers Jordan Jones, Rachel Buchan and Euan Archibald

The Corner tackles 'legal highs'

The Corner's summer health campaign focused on the effects of New Psychoactive Substances, formerly known as 'legal highs'.

The Lethal Highs Fatal Lows campaign was developed in partnership with Young Addaction Dundee. It aimed to raise awareness of the effects of New Psychoactive Substances and the recent change in the law which made it an offence to produce, supply, offer to supply, possess with intent to supply, import or export (including over the internet) any psychoactive substances.



Promoting Infection Control

To raise awareness of infection control procedures and skin health surveillance, staff from the sexual and reproductive health team at Ninewells Hospital organised an infection control station for their team.

Guidelines, posters and a range of information covering a variety of infection control topics were available. Clinic staff were also able to test their hand washing skills by using the Globox light box and UV gel for hand hygiene.

Healthcare assistant Diane Mazella and staff nurse Amy Ward demonstrate Personal Protective Equipment



Value Your NHS

#letstalkmedicines

Take a fresh look at the medicines you take

NHS Tayside has launched a campaign aimed at encouraging the public to take a look at the medicines they take to make sure they are getting the best possible care.

The 'Let's Talk Medicines' campaign, which was launched by Chairman Professor John Connell and Chief Executive Lesley McLay, encourages people on repeat prescriptions to look again at the medicines they take and speak to their pharmacist or GP if they have any questions or concerns. This in turn should reduce the amount of medicines that people keep at home and do not take or return to their pharmacy for disposal.

Director of Pharmacy Frances Rooney explains, "We know many patients, especially those who are taking several different medicines, may be unsure why each medicine has been prescribed or how often they should be taking it. Others may experience side effects that they are worried about or have stopped taking certain medicines as they no longer think they need them but have never mentioned this to their pharmacist or GP.

"Having a medicines review with their GP will also help the patient to ensure they are still receiving the most appropriate medication for their condition. Patients should also let their GP or pharmacist know if they have stopped taking any of their medication for any reason.



(front) Professor John Connell and Lesley McLay
(back) Boots pharmacy operations manager
Christopher Diamond, head of prescribing support
unit Jill Nowell and Boots pharmacist Hassan Yousaf

"Medicines that are no longer required and are wasted is a serious and growing problem for NHS Tayside. Sometimes patients or carers order repeat prescriptions they don't really need and stockpile them at home. This can lead to huge amounts of medicines being wasted.

"Many patients may not know that unused medicines cannot be recycled and once medicines have left the community pharmacy they cannot be re-used and must be incinerated, even if they are unopened. Unused medicines are a safety risk at home for children and others who may take them. Unused medicines should be brought to the community pharmacy for safe disposal."

You and your family can help by looking at the medicines you currently take and:

- Ask your pharmacist or doctor for a medications review if you have concerns
- Let your doctor know if you have stopped taking any of your medicines
- Check which medicines you have at home before ordering more – remember that your medicines may come in different packaging
- Think carefully before ticking all of the medicines on your repeat prescription form unless you need them all
- Take your medicines with you if you need to go into hospital
- Discuss your medicines with your doctor or pharmacist regularly
- Never dispose of your unused or unwanted medicines down the toilet
- Return your old medicines to the pharmacy or dispensary for safe disposal

let's talk
medicines

The value of the Nurse Bank

Workforce and Care Assurance is one of the six workstreams of NHS Tayside's Transformation Programme that have been identified to drive forward efficiency savings. Reducing spending on supplementary and agency staff is one of the key areas the workstream is looking at.

NHS Tayside's Nurse Bank provides the organisation with a pool of around 1500 registered and non registered staff, including 300 medical staff, who choose to work flexibly making a difference to patient care.

Senior nurse Ann McLean explains, "The Nurse Bank is supporting clinical areas to achieve the vision and values of NHS Tayside in providing patient-centred care. It provides wards and departments with skilled staff who can go into any area across the organisation and integrate into the teams. The Nurse Bank can also enhance the experience of staff as they go into different areas, building on their knowledge and increasing their confidence.



"Over the past six years there have been improvements to the Nurse Bank which have resulted in a much more streamlined process, making it more accessible. We now work closely with clinical areas to identify staffing needs and the changes to the team, and provide a safe, effective IT system which allows staff to input their availability for work. The Nurse Bank also works closely with the Human Resources Department to identify potential candidates for vacancies."

If you are interested in joining the Nurse Bank, the opportunity is available to all registered nurses and midwives, healthcare support workers and medical staff across Tayside, whether they work part-time or full-time. Information on the Nurse and Medical Bank can be found at Staffnet Home | Working With Us | Our Vacancies | Nurse Bank.



Linda Nicol, senior charge nurse in ward 4 at Ninewells, talks about her experience of the Nurse Bank.

"We have used the Nurse Bank consistently over the past 18 months to fill any staffing gaps and when patient acuity rises. Things can change quickly on the ward and this is where the Nurse Bank comes into its own, ensuring that last minute changes to the ward skill mix can be addressed and patient safety is not compromised.

"Due to longer term vacancies on the ward we have required regular cover and the Nurse Bank has often been able to provide the same nurses, thereby ensuring stability of our team and continuity of care for our patients. We have had Bank staff work regular shifts and they fit in well to the ward and its routine. I can honestly say that I have only had positive experiences of using the Nurse Bank."

Natasha Smith, Ninewells ward 11 staff nurse, explains why she joined the Nurse Bank.

"I joined the Nurse Bank to earn extra money and it is a good way to gain extra experience. I haven't spent a lot of time in medical wards and this is an ideal opportunity to build my confidence and increase my work experience.

"I also like the fact that any extra money is paid weekly rather than having to wait until the next month. So this is definitely a win-win situation for me as I can earn extra money and at the same time develop my skills."



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

Submit your idea through the Value Your NHS button Email gosee.tayside@nhs.net

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

Carers Positive Award

NHS Tayside has achieved the Carers Positive Award from Carers Scotland which recognises the support offered to staff who are carers.

The certificate acknowledges the work NHS Tayside is doing through the role of carers support officer Susan Johnstone and the launch of the Carers Information Pack, which provides information on the many sources of support within NHS Tayside as well as local and national agencies and charities and useful websites. It is available at Staffnet | Working With Us | Wellbeing@Work.



(left) Chief Executive Lesley McLay and Chairman Professor John Connell accept the award from Susan McIntock of Carers Scotland

Tayside Biorepository success



I-r Bio-technician Mairi Lennie, scientist Dr Susan Bray, manager Dr Sharon King and research nurse Sally Chalmers

NHS Tayside and Dundee University have been accredited by Healthcare Improvement Scotland following a review of the Tayside Biorepository (TBR), a bio-resource with a large variety of tissues which is committed to facilitating medical research for academic and commercial users.

The accreditation demonstrates the efficient and robust guidelines and protocols in areas of patient care and consent, tissue governance, security and quality of tissue samples, and allows TBR to operate as part of the Scottish Biorepository Network.

NHS Tayside R&D Director Dr Jacob George said "The accreditation of the TBR is testament to the hard work and dedication of TBR manager Sharon King and her team. It will enable researchers from Tayside and beyond to access a high quality bio-resource for research projects that will ultimately improve quality of care for patients in the NHS."



Hamish (back row, fourth from left) with colleagues from Sichuan University

Pharmacy support worker training

Pharmacy Services has successfully rolled-out a training programme for pharmacy support workers, which meets the requirements of the General Pharmaceutical Council and ensures that they are trained to the standards set by the pharmacy regulator.

Since 2013, 42 pharmacy staff have completed the training programme and another 12 will take part over the next year. A programme of in-house learning sessions has also been developed specifically for pharmacy support workers, which covers calculations, communication & teamwork, errors, responsibility/accountability, and standard operating procedures.



I-r Pharmacy support workers Caroline Shedden-Brown, Elaine Smart and Lesley Meldrum

Research trip to China

Community mental health nurse Hamish Fulford, who is in the final stages of a clinical academic doctoral degree, won a funded place to a research conference in China, which looked at how mobile technology can improve the lives of older people, particularly those with mental health issues.



Hamish also visited a tele-health suite in a hospital in Chengdu which cared for a staggering patient population of 5 million and he was able to sample some of the local Chinese culture with trips organised to see traditional Chinese theatre and a panda centre.

Hamish said, "It was very interesting to see how other countries were researching ways to support an increasingly ageing population. During my trip I was able to share my research, build links between the UK and China and encourage collaboration with researchers who are working to find smart, technology-driven approaches to support older adults and those that care for them."

Learning support worker Patricia Davidson is retiring after 42 years with NHS Tayside.

Pat started her career as a governess in the school at Strathmartine Hospital. She went on to work in a variety of clinical areas within Learning Disabilities, latterly working in the Learning Disability Assessment Unit at Carseview Centre.

Pat will be remembered for her many years of service and her outstanding patient care.



Pat Davidson



Hazel Mudie

After a 38-year career in nursing, Hazel Mudie has retired from her role as senior charge nurse in non acute medical admissions covering medical outpatients, short stay medicine and the clinical investigation unit.

Since she undertook her training in 1978, Hazel has had a number of roles including enrolled nurse in anaesthetics and ITU, staff nurse in gastroenterology and charge nurse where she was responsible for the development and implementation for the clinical investigation unit.

Operational theatre manager Lorraine Johnstone has retired from NHS Tayside after over 40 years of service.

Lorraine started her long career as a staff nurse, becoming Head of Nursing before moving into her final role.

Lorraine's working life has she seen her spend most of her time within Specialist Services and the Surgical Directorate.



Lorraine Johnstone



Margaret Jaynie Cruickshanks

Staff at the labour suite in Ninewells gathered at a tea party to say goodbye to Margaret Cruickshanks, known to colleagues as Jaynie.

Jaynie started her 35-year career with NHS Tayside in 1981 when she undertook her nurse training in Perth.

She has worked as a midwife in Tayside since 1986 with posts at Perth Royal Infirmary and Ninewells.

Agnes Grant

Staff nurse Agnes Grant has bid farewell to colleagues after a 35-year career in nursing.

Agnes trained at Perth College of Nursing from 1974 to 1977 and worked in orthopaedics and in the plastics and burns wards at Bridge of Earn Hospital.

After a few years spent in Saudi Arabia and Abu Dhabi she returned to the UK and worked at PRI and Kingston-upon-Thames before joining the team at St Margaret's Community Hospital in Auchterarder.

Head of Nursing Wilma Latham said, "Agnes is a dedicated and valued member of the team who will be greatly missed."

Skydive for ward 10

Kirsten Cameron has been fundraising for ward 10 at Ninewells Hospital and a Crohns charity. So far she has raised £6,500 and is well on her way to her £10,000 target. Kirsten has raised the money through a range of events including a wedding fare, a race night and auction and has even completed a skydive.



Family fun day raises funds

Kelly Moran raised £2,200 at a family fun day and split it between ward 3 at Ninewells and Macmillan nurses in memory of her grandparents who passed away this year. The day included a football match, stalls, tombola, raffles, auctions, chest and back wax and Kelly's friend Karen even shaved off her hair!

senior charge nurse Lesley Kram and Kelly Moran (holding the cheque) with staff from ward 3

Montrose firm supports TULIP Suite

Staff from Montrose firm NOV Rig Systems donated £482 to the TULIP suite at Ninewells.

The cash was raised by employees taking part in a variety of events throughout the year including a charity football match, a bake off, a chilli cook off competition and selling Christmas cards.



TSB Perth raises cash for Cornhill

Staff from TSB Perth have raised a total of £3,937 over the past year for the Cornhill Support Group.

This fantastic figure was achieved through a variety of activities including hamper draws at Easter and Christmas, quiz nights and cabaret disco nights.

80's sausage sizzler!

An 80's themed charity event organised by Liz Gourlay from Dundee in memory of her mother raised £755 for the Macmillan Day Care Unit at Roxburghe House.

Liz held an 80's themed festival in her garden, sold burgers and hotdogs, had an 80's trivia quiz and held a raffle.

I-r Lynn Sutherland, Audrey Birmingham, Liz Gourlay and Elizabeth Birtles



Donation in mother's memory

An Arbroath family donated £728 to the neonatal unit in Ninewells Hospital in memory of Margaret McCann.

The family raised the funds at Margaret's funeral and donated the money to the neonatal unit as Margaret's youngest son Robert spent two weeks there when he was born.

I-r Robert McCann, senior charge nurse Alison Findlay and Peter McCann

Pop up shop raises £5k



Local fundraisers Pam Stewart and Hazel Reid organised a pop up shop in Broughty Ferry which raised £5,000 for Roxburghe House and Rachel House Children's Hospice. The shop sold clothes, accessories, books, toys, household items and bric-a-brac.

Wedding gift for Roxburghe House

Former Roxburghe House patient Gillian Buchan raised £740 as a thank you to staff at the unit for looking after her whilst she fought breast cancer. Gillian and her husband Graeme asked friends and family to make a donation instead of giving gifts at their wedding.

I-r Service manager Anne Robb, community Macmillan nurse team leader Gail Walker, Graeme and Gillian Buchan and Macmillan clinical nurse specialist Clair Hastie



Pascon Valves donates £3,000 to chemotherapy unit



Dundee firm Pacson Valves donated £3,000 to the chemotherapy day unit at Ninewells Hospital as thanks for care given to their employee Alex Laing.

Sandra Davidson and Dawn Cheetham from the firm decided to hold a fundraiser to raise money for the unit and organised a race night at Broughty Castle Bowling Club.



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

Golden couple donate to paediatric renal unit



Dundee couple Harry and Meg Dickson donated £710 to the paediatric renal unit at Ninewells in memory of their nephew who died of renal failure in DRI in 1968. The couple celebrated their golden wedding this year and asked friends and family to give donations instead of gifts.

I-r Meg Dickson, specialist renal nurse Janice Mcash, consultant paediatrician Dr Catriona Morrison, paediatric renal nurse Sandra Lloyd and Harry Dickson

Race night for ward 32

Dundee couple Ashley and Willie Clark and their friend Sarah Nicoll raised £1,040 for ward 32 at Ninewells to thank staff for Willie's care.

The friends organised a variety of events, decorated wine bottles and glasses, made hampers and held a race night with a raffle.



Ward 32 staff with (seated) Ashley Clark, Willie Clark and Sarah Nicoll

Thomas Richmond

Senior Dental Officer, Public Dental Service, Broxden Dental Centre

Meet Thomas, the all-singing, all-dancing dentist! Thomas is a huge amateur dramatics and stage musical fan and will be playing a pantomime Dame in Peter Pan this Christmas – oh yes he will!! A self-confessed happy and positive person, his desert island companions would be an entire Broadway cast – let's hope it's a big island, Thomas!



Thomas and his husband James



With his furry little friend Leo

How did you come to be in your current job?

I'm originally from Glasgow and moved to Tayside to study Dentistry but I loved it here so much that I stayed when I completed my training. I worked in General Practice for a few years before realising that I really wanted to be part of the Public Dental Service. We are the safety net for those unable to get care through a high street dentist including vulnerable groups such as homeless or housebound patients.

I work across Tayside but mainly in Springfield, Arbroath and Broxden Dental Centre in Perth. My main role is teaching Undergraduate Dental Outreach at Broxden, where the final year dental students come out to the community to gain more experience in a different setting to the Dental School.

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

I'd love to be on stage on Broadway or in the West End. I've been involved with amateur theatre since school and I've just finished a sold out run of 'Sunshine on Leith' with Thomson-Leng in Dundee. I played one of the two soldiers returning from the army and fitting back into civilian life in Leith. It was an amazing experience and the audiences went wild, especially for the finale which was full on Scottish with kilts, a giant saltire and I'm Gonna Be (500 Miles). Next up... the Dame in Peter Pan the Panto! Oh yes it is!



Richard in Sunshine on Leith

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

I would love to be able to play the piano. Although I've always been involved with drama and singing, I've never been able to play an instrument. I'd also like to be fluent in another language as it would open so many doors to exciting travel and meeting new people.

What do you miss most about being a kid?

Being able to run down the street in a superhero outfit and no one batting an eyelid! And being able to eat what you want and it not affect your waistline. Although I'm guessing that had more to do with all the running around as a Thundercat or Power Ranger.

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

I would love to meet Carrie Underwood. She's an American country singer so isn't hugely well known in the UK. I finally saw her at the Country to Country event in Glasgow this year.

What secret skills/party tricks do you have?

That would be telling...

Who would play you in a movie of your life?

I'd like to think it would be someone handsome like Matt Damon or Chris Helmsworth. Whoever it is would need to be able to sing as it would definitely be a musical!

What's your theme song?

Colour My World from Priscilla Queen of the Desert. The lyrics and tune are so positive and happy which is how I like to be.



As the dame in Sleeping Beauty

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

My husband James, my little Shih-Tzu Leo and a Broadway cast to entertain us.

What is the first music album you ever bought?

Kylie - Greatest Hits. Unfortunately, I'm old enough for it to be the 80's Greatest Hits and on cassette tape.

My first single was a 7 inch recording of 'Frankie' by Sister Sledge - I used to take it everywhere with me and force people to play it so I could dance!

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

An apartment in London or New York so I could go to all the shows as soon as they come out. They would also be amazing bases to go and see the rest of the world from and I'm pretty sure I'd be popular with family and friends who fancy a holiday.