

spectra

NHS
Tayside

January-February
2017
Issue 87

Unused medicines cost us £1.4m per year

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Chairman's introduction

Welcome to the first spectra of 2017 and although it may be a little belated, can I wish “Happy New Year” to all our staff, patients and members of the public. Although we are still in the middle of the winter period, I would like to pay tribute to all of our staff across the community and hospital settings who have been working exceptionally hard to maintain services, which are often very stretched at this time of the year.

The turn of the year is traditionally a time to reflect on the preceding 12 months and look to the future. 2016 was a time of significant change in NHS Tayside, and a year that saw a number of challenges. In April we saw the formal launch of Health and Social Care Integration with the Integrated Joint Boards becoming responsible for services in our communities, including Primary Care, Medicine for the Elderly and Mental Health. There is already evidence that this change is paying real dividends, with better planning of services informed by local needs and priorities, and better solutions to some of the problems at the interface of health and social care. These benefits have come about as a result of exceptionally hard work by a large number of people and I would like to record my own thanks to them here.

We have also had significant financial pressures and many of you will be aware, from the press coverage before Christmas, of the figure of £214million that NHS Tayside needs to save over the next five years. This sounds a daunting task but to put it in perspective, our budget over this period is over £3.6 billion so, in other words, we are looking to save around 5.9% of this total figure. This is similar to the saving expected of all NHS Health Boards across Scotland so we are not unique in facing a real need to be efficient in all that we do. I would like to reassure all of you that NHS Tayside is fully committed to protecting the high quality clinical services that are delivered by all our staff, each and every day of the year and I am confident that we can meet this financial challenge by working together and in true partnership. We continue to be recognised as a Board that leads across Scotland for delivery of services over a wide range of acute and chronic illnesses, and it is my determination that this level of attainment is preserved. This excellence was recognised in November when NHS Tayside staff picked up four Scottish Health Awards. This is an outstanding achievement and we take great pride in this.

Of course, it would be foolish to pretend that we can ignore the financial pressures that we face, and the Board is fully committed to addressing them with a relentless focus on efficiency and best practice to eliminate waste and variation. All of us need to be involved in this, and I have been very encouraged by the commitment of staff of all grades to become involved through our Value Your NHS programme. We can only address our problems by redesigning how we deliver services so that they genuinely are responsive to patient and public needs, and where we move resources from the acute sector into the community, we use our resources more effectively. This redesign will involve significant planning and consultation and I hope as many of our staff and patients as possible are involved in this. We are seeing a genuine step change in the effectiveness of our partnership working and this is a critically important element to ensuring that NHS Tayside can deliver the clinical and financial stability that is vital in the future. I am fully committed to this joint approach.

And finally, any message at this time of the year should include some New Year resolutions. Many, I am sure, involve bids to lose weight, exercise more, or change lifestyle in other ways. Mine on a personal level are similar; for the Board, they are to listen more to our partners; to communicate the need for change more effectively; and to deliver real and lasting change that makes a difference to the health of the people of Tayside.

Professor John Connell

Nominations for the 2017 Staff Appreciation and Recognition (STAR) awards are now open!

The STAR Awards offer our staff and the public a chance to recognise an individual, service or a team for delivering outstanding patient care or going the extra mile in their job role contributing to the high-quality health services that NHS Tayside is renowned for. It may be that just by doing something small or taking a little extra time, someone has made a huge difference to a patient, their family or a colleague.

There are six award categories and we know there's plenty of likely candidates out there all over Tayside in our hospitals, health centres and working in the community, so you'll be spoilt for choice! You can nominate by completing the nomination form on the NHS Tayside website or by calling the nomination phone lines on 01382 632087 or 01382 740063. Nominations close on Tuesday, 28 February, 2017.



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Submission deadlines for future issues

Issue 88 Spring - 1 February

Designed and produced by
NHS Tayside
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Jingle Bells at Ninewells!

Ninewells welcomed a very special visitor today when Santa Claus stopped by to spread some festive cheer.

Staff and visitors got into the Christmas spirit by joining in with some carol singing before Santa

Claus officially switched on the lights on the Christmas tree at the main entrance to the hospital.

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



Christmas lunch at Whitehills

Receptionist Hilary Ramsay, clerical officer and cashier Lynn Rose and admin assistant Carol Simpson enjoyed Christmas lunch at Whitehills.

Lynn said, "The lunch was very tasty and the staff did a grand job!"



Dundee football teams visit Ninewells wards

Players from Dundee and Dundee United Football Clubs brought smiles to patients at Ninewells when they stopped by for their annual Christmas visits.

Players and staff brought sack loads of gifts for patients in the children's medical ward, surgical ward and outpatient clinics and also visited adult patients in wards 2, 3, 16, 17, 18, 19, 23A and 23B.

Play specialist Una Paton said, "We are always grateful to the Dundee football teams for coming in to visit us. The patients love to see them and it really helps to lift their spirits and make them feel special during what can be a difficult time."



Stracathro Toy Appeal

Stracathro Hospital Theatre Department and Surgical Unit carried out a gesture of goodwill for the Angus community by collecting and donating toys to the Angus Toy Appeal, helping to put smiles on children's faces this Christmas.



Top: AMU

Left: ward 24

Procurement team ditch cards for food bank

For the second year, the Procurement Department donated to the Dundee Food Bank instead of exchanging Christmas cards. 12 boxes of food, toiletries and gifts were given to help families in the local area.

The team would like to thank other areas who kindly donated, including Medical Physics, Microbiology and ward 23A.



Ninewells teams take part in shoebox appeal

Two teams at Ninewells have been collecting items for the Blythswood Shoebox Appeal.

The acute medical unit collected more than 50 shoeboxes filled with toiletries, clothes, toys, stationery and other items which will be sent to people in need in Albania.

Some of the staff on ward 24 also decided to take part in the Shoebox Appeal this year instead of doing their usual Secret Santa. The group donated items to fill around 12-15 shoeboxes.

Maternity theatre help Cash for Kids

Ninewells maternity theatre staff collected money and Christmas gifts for Tay FM's Cash for Kids Mission Christmas appeal.

Staff nurses Kerry Barton and Alison Chapman oversaw the collection of around 50 gifts from the scrub team of maternity and gynae theatre.

Kerry said, "We collected for children aged between nine and 18 as the appeal often struggles to get gifts for that age group. We had three large boxes of gifts and a few envelopes of cash to drop off at Radio Tay and I'm really proud to be part of a team who went out of their way to help others."



Careers fair in Forfar inspires school pupils

A range of staff from NHS Tayside attended a careers fair in Forfar to inspire the young people of Angus about their future careers and the variety of career opportunities available within the NHS.

S4-S6 students from eight Angus secondary schools attended the fair along with local parents, carers and families.

An information pack was also created for each school with various leaflets about the skills and qualifications that NHS Tayside needs, both now and in the future.



I-r Staff nurse Jackie Hatton, Human Resources business advisor Fiona Small and senior charge nurse Joy Milne manned a stall at the careers fair in Forfar



I-r Voluntary service manager Susan Hamill, HR secretary Rachel Forbes, and mental health students Greg Mechan, Kendall Barker and Ashleigh Begg also attended the fair

New surgery pod for Forfar GP practice

Academy Medical Centre in Forfar has installed a new self-test machine which will allow patients to track a range of their own health measures, such as blood pressure, body mass index and weight, as well as provide information on a range of health conditions, without the need for a consultation with a clinician.

The machine, which was part-funded by a donation from the centre's patient participation group, will enable patients to securely record information at their convenience which will be uploaded into their clinical record, allowing patients to spend more time with their doctor or nurse during their consultations.



I-r Patient participation group chairman Linda Spence, Dr Kay MacCallum and patient participation group members Marion Fenwick and Muriel Fairley



I-r Rachel Haddock, Dr Daniel Chandler, Dr Alan Cook, Professor John Connell and vaccinator Maggie McMahon

There's still time to get your free flu vaccination

NHS Tayside staff and volunteers can get their free flu jab from participating community pharmacies until March.

Professor John Connell led by example in getting his flu vaccination and is encouraging all staff and volunteers to do the same to ensure they protect themselves and their patients from flu. Professor Connell was joined by Medical Director for the Operational Unit Dr Alan Cook, Consultant in Public Health Dr Daniel Chandler and Head of Nursing for Medicine and Cardiovascular Rachel Haddock, who also got vaccinated.

World COPD Day celebrated across Tayside

NHS Tayside staff held awareness events in Dundee and Forfar to mark World Chronic Obstructive Pulmonary Disease (COPD) Day, an annual event to increase awareness and care of COPD around the world.

Specialist respiratory nurses from Angus and representatives of the COPD patient support groups attended Forfar company Don & Low to raise awareness of COPD and offer screening for employees.

Over 30 employees from Don & Low took up the offer of screening. They were asked about their age, smoking habits and any respiratory symptoms and given lifestyle advice where appropriate.

In Dundee, members of the Community COPD team held their own special Olympic-themed event at Douglas Sports Centre for patients with COPD.

Dr Rodney Fleming opened the event and gave an overview of COPD, including information on symptoms and some of the lifestyle changes people can make to help themselves live better.

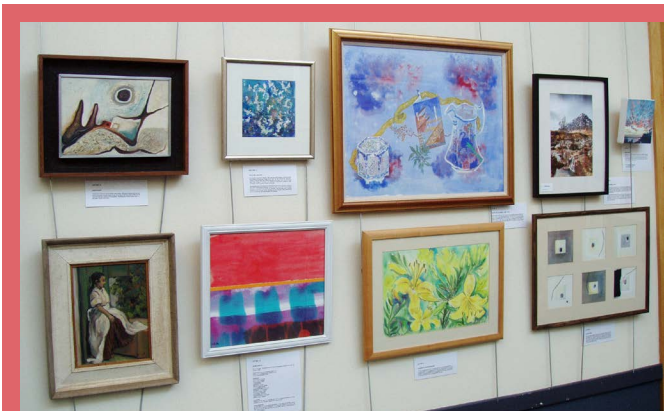
Eight teams of patients representing their adopted country competed in a variety of activities including a walking relay, netball shoot and throwing an arrow.



Respiratory specialist nurses Ruth Houston and Maureen Fagan with staff from Don & Low



The Dundee Community COPD team at their Olympic event



Local artists support THAT

Tayside Healthcare Arts Trust (THAT) hosted its fourth fundraising art auction at Discovery Point in Dundee and raised over £10,000.

Many local artists from across Tayside and North Fife supported the event with donations of their artwork which ranged from postcard-sized artwork to larger pieces.

Attendees at the auction had the opportunity to bid at a silent auction for their favourite pieces.

THAT delivers art programmes in partnership with NHS Tayside and local support agencies. The programmes are designed to stimulate and encourage people living with stroke, dementia and other long term conditions.

Icelandic visitors welcomed

The nursing and midwifery directorate hosted two practice development leaders working in academic and clinical settings in Iceland.

Colleagues from nursing and AHPs shared NHS Tayside's approaches to professional and practice development, including how newly-qualified practitioners are supported, our university partnerships and how clinical skills are developed and assessed.

The day was very positively evaluated and we look forward to continuing to exchange ideas in the future.

I-r Associate Nurse Director Eileen McKenna, senior nurse practice development Dr Debbie Baldie, the two Icelandic visitors, practice education & teaching lead Nicola Richardson, Director of Allied Health Professions Karen Anderson and senior nurse practice development Sue Mackie





Leaf Room opens in Ninewells Garden

The new Leaf Room in the Ninewells Community Garden was officially opened by Shona Robison, Cabinet Secretary for Health, Wellbeing & Sport.

Chairman Professor John Connell said, “The Leaf Room is a fantastic new addition to the Community Garden at Ninewells.

The Leaf Room is mainly built from Scottish timber, uses solar power and harvests rainwater from the roof. Funding came from a number of charitable groups and organisations including NHS Tayside’s Community Innovation Fund.

“It provides a sheltered, accessible and communal space that can be used by people of all ages and abilities in a wide range of activities that are creative, sociable, educational and enjoyable.”



Celebrating International Older People’s Day at Royal Victoria

Staff at Royal Victoria Hospital supported International Older People’s Day, an annual celebration to recognise older people everywhere.

Every ward area had a special ‘Celebrating Older People’s Day’ cake to share with patients, visitors and staff. Staff and visitors to the hospital were able to visit an information stall beside the Bistro area in the hospital which held a variety of leaflets aimed at supporting older people to keep their independence and live well.

Healthcare assistant Amy Carling (left) and staff nurse Jody Snee

Palliative care support recognised

A plaque was unveiled at the Clinical Skills Centre at Ninewells in recognition of the collaborative work carried out by Palliation and the Caring Hospital (PATCH), NHS Tayside and the University of Dundee to help doctors care more effectively for patients and their families.

The three organisations developed a series of workshops to help healthcare professionals have open and honest conversations with patients and families about dying.

PATCH is a charity which supports specialist palliative care for patients in Scotland.

Professor Connell (left) with representatives from the University of Dundee and PATCH



Trauma talks at Ninewells

The Trauma Study Group held its latest meeting entitled ‘Management of Lower Limb Trauma’ in the Gannochy Lecture Theatre at Ninewells.

Attendees heard four excellent talks covering a variety of topics including dislocation of joints, complications and treatment of fractures, x-rays of fractures and trauma from stabbings and shootings.

The talks were delivered by superintendent radiographer Lynn Lyburn, surgical registrar Graeme Guthrie, ST4 in trauma and orthopaedic surgery Alasdair MacInnes and Simon Johnson who is an active member of 205 Scottish Field Hospital and consultant in orthopaedic surgery at Perth Royal Infirmary. As an Army Reservist Simon was able to give a unique insight into the medical care delivered on the battlefield.

For further information about this or future events please contact Paul Rudd on paul.rudd2@nhs.net



I-r Organisers Jemma Lyall (lead), Paul Rudd and Shirley Gibson with presenters Simon Johnson, Lynn Lyburn and Alasdair MacInnes



Julie smashes Barcelona Ironman triathalon

Manual handling practitioner Julie Beech has achieved a huge personal goal after completing the Barcelona Ironman triathlon.

Julie joined 3000 other competitors at the gruelling triathlon which consisted of a 2.4 mile open water swim followed by 113 miles on a bike then a 26.6 mile run.

Julie said, “I originally signed up as my daughter regularly does triathlons and she had signed up to do Iron Man so I decided to do it with her. Unfortunately she injured herself in training and had to pull out but she came to Spain with me to support me through the race.”

Aphasia group creates iPad animation film



Participants of the iPad animation film project

A special screening was held at the University of Dundee of a film created by members of the Tap and Talk aphasia iPad group.

The animation film project introduced the group to a new way of working with their iPads and gave them the opportunity to use the equipment to create a film about their experience of living with aphasia.

Aphasia is a complex language and communication disorder resulting from damage to the language centres of the brain. This damage may be caused by a stroke, head injury, brain tumour or another neurological illness.

The project was run in partnership with Tayside Healthcare Arts Trust’s ST/ART Project.



Coffee Mornings raise funds for Macmillan

Staff from the procurement team and Tayside Pharmaceuticals at Ninewells held Macmillan Coffee Mornings to raise funds for the charity.

The procurement team raised £647 and Tayside Pharmaceuticals raised £495.

Thanks to all bakers and everyone who donated lots of scrummy cakes!



Staff from procurement with some of the delicious goodies

Spotlight on Simpson Day Clinic

The dedicated staff at Simpson Day Clinic in Perth Royal Infirmary work hard to deliver essential services to the people of Perth & Kinross every day.

The services include the Assessment Clinic for the Elderly (ACE) incorporating falls assessment, inpatient and outpatient physiotherapy, movement disorder clinics, as well as nurse-led Parkinson's and stroke services.

The clinic staff provide specialist knowledge and experience in order to support people with some long-term conditions, including frailty, to reduce risk and maintain independence as long as possible.

Clinical nurse team leader Ailsa Gardner said, "Patients benefit from being assessed by our specialist doctor, our clinic nurse, physiotherapist and pharmacist. All patients receive a medication review where changes may be suggested to improve patient safety and reduce adverse effects, and are offered follow up physiotherapy if needed. We can also refer patients on for numerous interventions including x-rays and scans, dietician support, speech and language input, social work support and voluntary services.

"The clinic provides a relaxed comfortable environment for patients and their families or carers to discuss their medical and social needs."



I-r Speciality doctor MfE Dr Lorne Forster, staff nurse Mahri Ireland, physiotherapist Sarah Reid, admin assistant Lesley-Jean Roberts, pharmacist Joan Hay, healthcare assistant Marion Darlington and student nurse Lisa Anderson



Sheila Wyles with (l-r) Ailsa Gardner, MfE consultant Dr Louise Beveridge and physiotherapist Sarah Reid

One patient who has benefited from the services recently is Mrs Sheila Wyles, who is 102 years old. Mrs Wyles was referred by her GP after a fall and a comprehensive assessment was carried out during an appointment at ACE. Mrs Wyles returned to the clinic for physiotherapy aimed at improving her balance and reducing her risk of falls.

Mrs Wyles was born in Auchterarder and moved to Perth 40 years ago. She was a long term supporter of the League of Friends in PRI and has been a member of the The Guild for 77 years.

On finishing her treatment, Mrs Wyles said that she has regained her confidence and achieved her goal of being able to continue getting out independently and attending the many clubs she is still active in.

Working in partnership with Healthy Communities Collaborative, staff have arranged to help support Mrs Wyles in recording her memoirs, particularly about her work with The League of Friends.

John proves he's a Total Warrior!

Support services driver John Leith, who works in transport and logistics at Perth Royal Infirmary, took part in the Perth Kilt Run and Total Warrior events despite living with a chronic condition.

John was diagnosed with Crohn's disease around 2001 and after trying different medication he decided to try exercising to get fitter.

John said "My Crohn's flares up from time to time but I just have to get on with it. I'm probably fitter now than I would have been if I didn't have a chronic condition, so as long as I can stay fit I can still take part."

John has also taken part in Tough Mudder in the past and went canyoning for the first time last year.



PRI staff complete skills course

A group of 10 staff from Site/Support Services at Perth Royal Infirmary have recently completed a five-week course to support and encourage learning and career development.

The Facilities Skills Management course covered topics such as IT access, EKSF, Email, Core Work Skills, CV and Job Applications to support and encourage learning and career development.

The course was developed in partnership with staff colleagues, NES and Health Facilities Scotland to implement the Facilities Skills Map, which provides a framework to support staff, meet their learning needs and develop career pathways.

Courses took place last year in Angus and Dundee. There will be more courses this year across Tayside.

For more information please contact learning and development advisor Barbara Sayers on bsayers@nhs.net or head of knowledge and skills Pat Millar pat.millar@nhs.net



Top I-r Sandra Whittle, Linda McFadyen and Audrey Morrissey

Bottom I-r Fiona Murphy, Alison McKenzie, Stephanie Alexander, Tracy- Anne Usher, Anne MacLean and Marlynn Ferguson

Heartstart Discovery reaches 50,000 participants



Pupils from Comrie Primary School on the Heartstart Discovery course

Heartstart Discovery recently reached a major milestone with the training of its 50,000th participant.

The landmark figure was reached when Heartstart Discovery co-ordinator Helen Brady visited Comrie Primary School to train pupils in CPR and basic life support skills.

Helen said, "Emergency Life Support (ELS) gives people the skills to know what to do should they be faced with a real-life emergency. A properly trained child can save lives as effectively as an adult and children as young as 10 can be taught the full range of ELS skills"

Heartstart Discovery began in 1997 and over the past 19 years it has trained thousands of ordinary people in Tayside in basic life support skills. For more details and to register for sessions please contact Helen Brady on 01382 740400 or helenbrady@nhs.net

Blairgowrie Stroke Group art celebration

Members of the Chest, Heart & Stroke Scotland, Blairgowrie Stroke Group held a celebration of their artwork at St Catherine's Church Hall in Blairgowrie.

The event was 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 (THAT) in association with NHS Tayside.

Family, friends and colleagues visiting the exhibition were able to see the diverse range of work produced by the participants, who used different art techniques including watercolours and mixed media collage.



Paying it forward...

What would you feel if, after a meal in a restaurant, you went to pay the bill and found that it had already been paid by a stranger?

A random act of kindness is a selfless act performed by kind people to either help or cheer up a random stranger, for no reason other than to make people happier. Random acts of kindness can also be shown through thoughtfulness and consideration about the needs of others. Letting someone pull out of a side road in front of you or letting someone go through a checkout ahead of you can also make you feel good about yourself, even if only for a minute.

Through carrying out random acts of kindness you may not change the world but you may help to make someone else's world a much brighter place. With this in mind, we asked staff if they ever carry out random acts of kindness, and what a thoughtful bunch they are!

Donna Downie
Corporate Records and Web Administrator
Information Governance, Maryfield House

I tend to do random acts of kindness without really thinking about them; such as when my friend was going through a bad divorce I bought her some earrings to cheer her up and sometimes I buy little random gifts for my family and friends because I think they will like them. I also let people go before me in supermarkets when it is busy.



Santosh Chima
Diversity and Inclusion Manager
Kings Cross

I would choose homeless people for a random act of kindness. I would offer them a hot meal and warm clothes and I would try to get them to go into a warm shelter.



We often forget that celebrities are real people too and can be very generous and compassionate. Here are some examples of random acts of kindness carried out by some of our favourite stars.

Johnny Depp often travels with his Captain Jack Sparrow costume to make impromptu visits to sick kids in hospital.

Russell Brand has been spotted several times on the streets of LA hanging out with the homeless, taking them to breakfast and giving one of them a new shirt and a lift to the same AA meeting Brand himself attends.

After witnessing a hit-and-run accident, Tom Cruise called the paramedics and stayed with the victim, followed her to hospital and then paid the \$7,000 bill when he learned she was uninsured.



Tom Hanks is known for his fun interactions with fans. On one occasion he posed for a series of impromptu photos with a fan in a pizza place and another time he came across a wedding photo shoot in New York's Central Park and 'photobombed' the happy couple.

When Zach Galifianakis was a struggling actor 20 years ago, he befriended an elderly woman called Mimi who volunteered and lived in his local laundrette. After he became famous, Zach bought Mimi an apartment and has taken her to several of his movie premiers.

Source: lifebuzz.com



Carrie Geddes
Healthcare Assistant
Drumhar Health Centre

I believe that small acts of kindness are worth more than big gestures.

I regularly see homeless people on the street, who probably have not had a meal or a hot drink in days. I take the opportunity in bad weather, when life on the street must be particularly hard for these people, to make a small gesture such as a cup of tea and a hot sausage roll. A small act of kindness such as this makes me feel that I have made a little bit of a difference to this person's life, even if only for a short time.

Catherine Simpson
Supervisor
Sterile Services, Ninewells

Every week I clean the stair area outside my elderly neighbour's flat. I do this because he uses a zimmer and is unsteady on his feet so it saves him worrying about doing it.

I don't know if he is aware that I do the cleaning and I am not bothered by that. I am just doing it to help him out and it keeps all the others in the block happy too!



Dawn Riley
Young People's Nurse
Drumhar Health Centre

'Smile and the world smiles with you'. You never know what another person is feeling and I always make a point to show respect and kindness to others. The person you see could be going through a bad time and a smile could help turn things around for them. Smiling between people is mutually beneficial, it can help make both feel better and cost nothing.

So keep smiling - a kind smiling face could just be what that person needed to see at that moment.

Karen McGhee
Assistant Technical Officer
Sterile Services, Ninewells

Both my sisters have large families and in the past, to give my sisters a little bit of break, I would regularly offer to take my nieces and nephews swimming or have them for weekend.

I wouldn't have them all at one time just whoever wanted to come. I know that my sisters really appreciated the support I gave as its hard work being a mum.



== NO ACT ==
of kindness
NO MATTER HOW SMALL
IS EVER
wasted

- Let someone go in front of you in the shopping queue
- Clear snow from outside a neighbour's house
- Pay for a parking ticket for a stranger
- Wash a family member's or friend's car as a surprise
- When visiting someone in hospital or in a care home make time to speak with the person who does not have a visitor - even if it is only for a few minutes
- Let a car come out of a side road when the road is busy
- Offer to buy a coffee or meal for a stranger
- Take a neighbour's bin in once it has been emptied
- Cook a meal and drop it off to someone who is just home from hospital
- Offer to collect shopping for a friend or neighbour

Value Your NHS

#letstalkmedicines

Audit Scotland has estimated that Scotland's avoidable drug waste bill is between £12million and £18million per year. In Tayside this would be approximately £1.4million every year. There are things everyone can do to help us to reduce NHS Tayside's medicines waste bill.

As a member of the public, if you have a repeat prescription only order what need and ask your GP or pharmacist if you're not sure about any medication you are taking.

As a member of staff, when medicines are supplied from an NHS Tayside hospital pharmacy but are no longer required, you may be able to return them to pharmacy to be reissued for use elsewhere or credited back to pharmacy stock. Wards and departments will receive a credit note for any medicines returned which can be reused.

Pharmacy staff must carry out a thorough quality assessment of every medicine prior to return to stock or reissue, to ensure that only suitable medicines are reintroduced to the supply chain. Medicines which have left the hospital cannot be returned or reused as we have no way of knowing where they have been or how they have been stored.

Through the Transformation Board Realistic Medicine Workstream the reuse of partly used packs, in addition to original, unopened packs is being tested.



How you can help in your ward

When medicines are supplied from an NHS Tayside hospital pharmacy but are no longer required, what can you do with them?

RETURN

Medicines supplied by the hospital pharmacy, unused, in their original packaging, labelled or unlabelled including:

- Medicines ordered in error
- Medicines sent from pharmacy in error
- Full packs of medicines supplied for a patient no longer on the ward

RE-USE

Partly used packs of medicines supplied by hospital pharmacy, labelled or unlabelled, which:

- haven't left the hospital
- are not stock items for the ward/department

These may not be suitable for return to pharmacy stock, but may be suitable for reuse. Please contact pharmacy for advice.

REJECT

- Patients' own medicines brought from home and no longer required
- Medicines which have left the hospital
- Damaged, expired or short dated medicines
- Opened single patient items such as inhalers, creams, eye drops
- Part bottles of liquids
- Items with special storage requirements



If you have any queries regarding the return of medicines to pharmacy, please contact the following extensions:

Carseview – x58219
Ninewells – x32024
RVH – x26114

Murray Royal – x62306
PRI – x13577
Stracathro – x65045

Safe and Reliable Results Handling

NHS Tayside's 'Safe and Reliable Results Handling' project enables the safe transition from *paper* laboratory and radiology reports to *electronic* laboratory and radiology reporting, using the ICE (Integrated Clinical Environment) system.

The transition from paper reporting to electronic reporting supports the safest and most reliable way to handle results and removes the manual processes associated with the management of the paper reports.

This ensures that laboratory and radiology test results are available in the right place at the right time to enable the right actions to be taken to allow the best outcomes for the patient.

The implementation of the project is complete within the Ninewells Specialist Services Directorate, with all 13 services now electronically filing laboratory and radiology reports.

Each service is reviewing and monitoring this new process on a regular basis to ensure the process is embedded within their department.

Dr Douglas Adamson, consultant clinical oncologist and implementation lead within Oncology, Ninewells, said, "I like this system as it alerts me to results for my patients as soon as they are available leading to a speedier service to the patient."

Services within the Specialist Services Directorate, Ninewells Hospital include:

Advanced Intervention Service, Acute Palliative Care Unit, Breast Surgery, Dermatology, ENT, Haematology, Neurology, Neurosurgery, Oral Maxillofacial Surgery, Oncology, Ophthalmology, Pain Service, Burns Unit and Plastic Surgery

Samantha Weaver, advanced nurse practitioner, neurosciences, volunteered as the implementation lead for Neurology, Ward 23b, Ninewells, as she had used a similar system in previous employment.

Samantha said, "The system for reporting on ICE is now fully electronic within Ward 23b and in Neurology Outpatient Clinics. All staff have access to view results and depending on competency, some can file and action reports.

"The implementation of the system was straight forward and the whole Neurosurgical team accepted the change. I feel that it enhanced response times of patient treatment and therefore improved patient care and safety."



Chief Executive Lesley McLay (second right) with members of the Safe and Reliable Results Handling project and colleagues from Specialist Services

Next Steps

The project team will now focus on the implementation of the new Patient Administration System (PAS), TrakCare, which is replacing the current PAS system, TOPAS. TrakCare will also replace the current referral management system, RMS, Accident and Emergency system, Symphony and the maternity system, PROTOS.

For more information contact project manager Gayle MacDonald on gayle.macdonald@nhs.net

Alcohol Awareness Week highlights small changes to make a big difference

Staff from the Dundee Focus on Alcohol project held events with Addaction and ASDA community champions in November to mark Alcohol Awareness Week 2016.

The campaign highlighted that small changes in people's drinking can make a real difference to the quality of their lives; helping people to get more out of their day, week and weekends.

Staff provided advice about the safe consumption of alcohol and offered free alcohol unit measuring cups for use at home.

Angus Focus on Alcohol also held its own Alcohol Awareness Week in December, with information events in ASDA Forfar, Whitehills HCCC, Arbroath Infirmary, leisure centres and Angus Council sites.

A festive safety menu, which promoted messages from Focus on Alcohol, Angus Violence Against Women Partnership, Choose Life, Scottish Fire and Rescue and Police Scotland, was also delivered to licensed premises across Angus.



Nataliya Comerford from Dundee Focus on Alcohol

PC Wilma Richardson and Laura Ogilvie of Angus ADP



l-r Foundation doctor Ronan McLellan, MCN administrator Flo Phillips, consultant Hari Chandrashekar, stroke secretary Beth Turnbull, MCN co-ordinator Tracey Gellatly, consultant Matt Lambert, ward clerk Pauline Keus and MCN administrator Dawn Grogan

NHS Tayside supports World Stroke Day

An awareness event was held at Ninewells in support of World Stroke Day with the theme that stroke is treatable and lives can improve with better awareness.

Consultants in stroke medicine highlighted the current treatments available for stroke, the need to treat stroke as a medical emergency similar to a heart attack, and to discuss ways of preventing stroke including finding and treating risk factors.

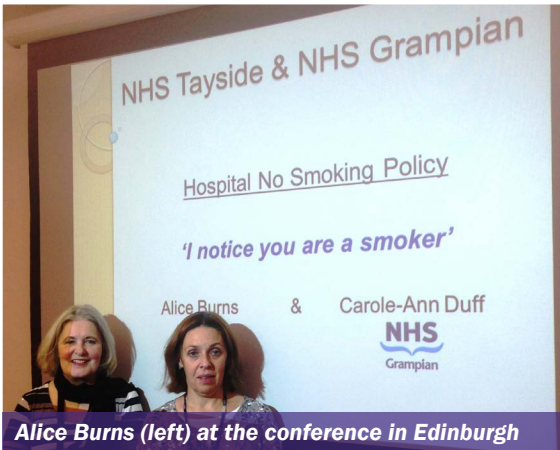
The first three hours after a stroke are critical in limiting the impact on the brain. The FAST acronym aims to help people to recognise the symptoms of stroke and stands for Facial weakness, Arm weakness, Speech problems, Time to call 999.

Smoking Cessation update

NHS Tayside and NHS Grampian Smoking Cessation teams teamed up at the Scottish Smoking Cessation Conference in Edinburgh to share information on how no smoking policy can be put into practice across their hospitals.

NHS Tayside smoking cessation coordinator Alice Burns presented educational training videos demonstrating the hospital team's current no smoking practice, while colleagues in Grampian featured a 'Smoke Free Grounds' video. The aim was to discuss how to maximise and make the best of every opportunity to engage with smokers in secondary care.

To help increase engagement with smokers, a card has been produced which can be used in a range of hospital settings including outpatients clinics. Offering smokers the outpatient cards and supporting leaflets provides the opportunity to share the therapeutic benefits to patients from abstaining from smoking. The card has been rolled out during the past year to ward staff, non clinical colleagues and students.



Alice Burns (left) at the conference in Edinburgh

Your pharmacist can offer you a range of FREE nicotine replacement products to help you STOP.

With this medication and support you are 4 times more likely to succeed in stopping.

Note to Pharmacy: This card has been issued by NHS Tayside Outpatient Clinics. ALL hospital referrals must be recorded on PCR.

Tayside Smoke Free Service: 0845 600 999 6
National Smokeline: 0800 84 84 84



'Your Body Matters'

The Corner Young People's Health, Information and Peer Led Services ran a 'Your Body Matters' campaign which aimed to enhance young people's knowledge and understanding of the reproductive system.

Special artwork was created to support the campaign which also involved activities in the city centre drop-in, community outreach and school health drop-ins.

Occupational Therapy Week celebrated at Ninewells

Staff from occupational therapy held an awareness raising stand during Occupational Therapy Week to celebrate and highlight the range of work carried out by occupational therapists.

Visitors to the stand were able to chat to members of the OT team and hear how Occupational Therapy enables people to improve their health and wellbeing using activity to improve occupational performance in everyday activities and increase patients' independence.

Occupational therapists work throughout physical and mental health services and learning disabilities in addition to working in the local councils in Tayside and work in paediatrics right through to old age medicine and psychiatry.



Patient and Public Forum for Medicines role highlighted

An information stand was held at Ninewells to raise awareness of the role of NHS Tayside's Patient and Public Forum for Medicines.

The PPFM is an expert group of patient and public members who have been meeting monthly since June 2014. The members of PPFM are a mixture of representatives from NHS Tayside's Patient and Public Network who have an interest in medicines and local patient interest groups such as the MS Society.



l-r (back) PA Wendy Steven and lead clinical pharmacist for specialist services and surgery Arlene Coulson with patient and public reps

Congratulations to our staff who took home a fantastic four awards at this year's Scottish Health Awards!



Jennifer Watson

Katrine Smith

Ninewells amputee rehab team

Chairman Professor John Connell said, “I am delighted to congratulate our winners on their achievement. It’s wonderful that their dedication and commitment to enhancing our services has been recognised at these awards where NHS Tayside is always well represented.”



The award recognises an IPEM member in the first 12 years of their career who has made a significant contribution to the advancement of healthcare practice related to physics and engineering applied to medicine and biology.

Team members Morag Dorward, Christina Kiddie, Eileen Jackson and Dawn Archibald receive their award from Mark McDonald, MSP and newsreader Catriona Shearer

l-r Speech and language therapy clinical support worker Mike Carlin and speech and language therapists Xophie Hooper, Kirsty Peters and Janie Scott

Seated (l-r) Infant feeding advisor Carol Sutherland, Anne Tainsh, Justine Craig, infant feeding coordinator Janet Dalzell and midwifery team manager Honor MacGregor with staff from maternity services

Seated (l-r) Infant feeding advisor Carol Sutherland, Anne Tainsh, Justine Craig, infant feeding coordinator Janet Dalzell and midwifery team manager Honor MacGregor with staff from maternity services

ECT team awarded Accreditation with Excellence



l-r Deputy ECT nurse Lynnann Bell, lead ECT nurse Elma Low, lead ECT consultant anaesthetist Dr Michel Forster, lead ECT consultant psychiatrist Dr Gary Cousland, anaesthetic/recovery nurse Lorna Rattray and anaesthetic nurse Rebecca Drummond

The ECT team at Murray Royal has been awarded 'Accreditation with Excellence' from the Scottish ECT Accreditation Network (SEAN).

SEAN monitors the practice of electroconvulsive therapy (ECT) throughout Scotland, with the aim of maintaining and, where appropriate, improving the already high quality of treatment provided in each of the 19 centres offering ECT.

Following its visit to Murray Royal, SEAN concluded that the standard of care and treatment was of a high calibre. The report stated, "The ECT team are an enthusiastic, well informed and cohesive team who are dedicated and committed to driving quality improvements in care and treatment. This is supported by the service manager who is working hard with the team towards achieving a new 'referred in' model to further improve the safety, effectiveness and patient-centred experience."

Recognition for Ninewells projects

Two Ninewells-based initiatives have been recognised at the national Quality in Care (QiC) Diabetes Awards 2016.

The NHS Scotland and Dundee University interactive website 'My Diabetes My Way' was commended in the Digital and Technology Solutions in the Treatment and Management of Diabetes category.

Technical consultant in eHealth Dr Scott Cunningham, who leads on the project, said, "My Diabetes My Way supports nearly 11,000 patients in their self-management and this award is fantastic recognition for those who have contributed to its development, implementation and use."

The NHS Tayside/University of Dundee initiative Clinical Decision Support for Diabetes in Scotland was also a finalist in the same category.



Dr Scott Cunningham (second right) at the award ceremony

Minute taking skills course

Seven cohorts of staff have completed a minute taking skills course organised by NHS Tayside's Lifelong Learning Partnership group.

The course covers areas including: developing minute taking skills; minutes for different meetings; what should be recorded; and hints and tips to make minute taking easier.

Feedback from participants has been positive with people reporting more confidence in minute taking and finding the skills very helpful. For more information contact Nicola Ogilvie on nogilvie@nhs.net or 01382 740063, x40063.



l-r (front) Lisa Robertson, Angela Forbes, Irene Wynne and Amy Devaney (back) Christine McGurk, John Powrie, Anne Warden, Michelle Jamieson, Sheena Thomson and Carol Saunders



Group members Rod Soutar and Bert Massari with clinical support worker Ashley McGee (left) and Jennifer Keir

SLT team shortlisted for award

The Speech & Language Therapy Team was shortlisted from over 80 applicants

to the final three for 'Best Community Support Initiative' at Alzheimer Scotland's Dementia Awards.

The team, based at Royal Victoria, developed a therapy programme for people with language-based types of dementia. Participants were invited to a weekly 'Confident Conversations' group where communication strategies were introduced. Feedback was positive, with members reporting increased confidence both within and outwith the group. Others reported increased hope and that the group had helped them to adjust to living well with dementia.

Specialist speech & language therapist Jennifer Keir said, "Although our team didn't win the category this year, we felt privileged and proud to have reached the finals. Members of our group who we invited to the awards ceremony enjoyed the day and found plenty of opportunities to practice their conversation confidence!"

Employability Services celebrates 10th anniversary



NHS Tayside's Employability Services programme has helped to transform hundreds of lives over the last decade.

Employability Services, formerly known as the Healthcare Academy, provides a range of health and social care pre-employment programmes, work experience opportunities and education and training for people who may not have considered care as a career.

More than 1000 people have participated in various programmes since the first initiative in 2006, helping them improve their individual employment or educational prospects and help them begin careers with health, social care or other employers.

The programmes are developed in partnership with NHS Tayside, the Department of Work and pensions, Skills Development Scotland, Dundee & Angus College, Perth College:UHI, Angus, Dundee and Perth & Kinross Councils, as well as the independent and voluntary sector.

To celebrate the programme's 10-year anniversary, a special celebration event was held at the Gannochy Theatre in Ninewells. The event looked back at successes over the last ten years and focused on partnership working within Employability Services programmes.

Meet some of the Employability Programme's success stories:



Jennifer Gall participated in the Employability Services Administration Academy, which is a partnership between Dundee & Angus College, NHS Tayside and the University of Dundee. Jennifer is currently working in the Tayside Pharmaceuticals department at Ninewells.

Jennifer said, "I love working in administration, it's something I have always wanted to do, and I feel so lucky because I am working with a lovely group of people.

"I feel that working for the NHS means that I am working in a small community, for the wider community. I'm so thankful for all the help I have had and want to go on to a long and fulfilling career."

Adam Griffin was among the very first Employability Services participants in 2006 and works as a healthcare assistant in plastic surgery in Ninewells.

He said, "The Academy has been one of the best things I've ever done. This job has opened up how I can help other people who need help and care, not only practically, but as a sympathetic ear. It's also given me an insight into myself.

"There are so many opportunities in this job to develop yourself and to develop your ability to make things better for patients. I am so glad I took the first step towards a career in the NHS."

Munwar Hussain, Chair of the Employability Services steering group, said, "The Employability Services programme has made an extremely positive impact on the lives of many local people.



"It's an example of how positive partnership working can make a positive difference.

"I would like to express my thanks to all our placement providers for their ongoing commitment and support in providing exciting opportunities for participants as part of the Employability Services programme."



Patricia’s investment pays off

Dundee woman Patricia Robertson generously donated £28,000 to three wards at Ninewells following a windfall investment.

Patricia handed over cheques for £14,000 to paediatric ward 29, £7,000 to oncology ward 32 and £7,000 to medicine for the elderly ward 6.

Patricia said, “I made some investments and decided to donate the proceeds. I chose wards 32 and 6 because I have had family treated with great care in these wards and, after watching a tv programme about a young boy getting kidney dialysis, I was so moved that I decided to also donate to the children’s ward.”



Armitstead sponsored walk

More than 20 children and staff from Armitstead Early Years Nursery at Kings Cross took part in a mile-long sponsored walk at Templeton Woods to raise funds for music therapy.

The therapy sessions support and encourage children with complex needs to develop their fine and gross motor skills, sensory awareness, independence, visual tracking and turn-taking.



Staff in ward 10 at Ninewells accepted an unusual donation from former patient Glynnis Marra.

Glynnis decided to do something a bit different to thank staff for their kindness and support by taking part in the toilet twinning scheme, which helps those in poverty have access to a proper latrine, clean water and the information they need to be healthy.

Glynnis donated money for three toilets, which are named after the ward, in Nwandiga in the Democratic Republic of Congo, in Dwie in Liberia and in Bechani in Malawi.

Coffee morning raises £800 for Neurology

Former patient Evelyn Simpson held a coffee morning at her local church, raising £800 for the Ninewells Neurology Department as a thank you to staff who cared for her after an operation.

Consultant neurosurgeon Kismet Ibrahim said, “On behalf of the department, I would like to thank Evelyn and her friends and family for their kind donation which will go towards research.”



Ninewells ward feeling flushed after donation



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

So Long, Farewell

CAMHS regional network manager Ruth Masson (second left) celebrated her retiral after more than 33 years service with NHS Tayside.

Ruth started her career in Threshold Day Services before moving to Ashludie and then into CAMHS in 1990. In her role of network manager, Ruth oversaw the integration of services into a regional network for care of adolescents with the most severe and complex disorders.

Clinical lead Dr Anne Gilchrist said “Ruth made a huge contribution to the North of Scotland network and the new regional YPU. We know from many young people and families how appreciative they are of her commitment. Thank you Ruth for all your hard work - we will miss you.”



Ruth Masson



Helen Mitchell

Occupational therapy technical instructor Helen Mitchell has retired from Murray Royal where she has worked for over 30 years.

During this time she has worked in the Forensic service and the General Adult Psychiatry wards as well as in the community.

She has been an inspiration and support to many occupational therapy staff over the years and shall be greatly missed by both staff and patients.

The PRI laboratory marked the end of an era when Associate Service Manager Peter Moffat retired after 41 years.

Pete joined the NHS in 1975 from University, working as a trainee medical laboratory scientific officer and progressing through the ranks to his most recent position which he held until his retirement.

His retirement will see Pete’s DIY skills sorely missed throughout the laboratory!



Peter Moffat



Lesley Esslemont

Lesley Esslemont has bid farewell to her midwifery colleagues after 30 years in Tayside.

Lesley worked in Stracathro before moving to Ninewells, where she spent most of her career as senior charge midwife in the labour suite.

She was greatly respected by patients and staff and put much work into the setting up of the TULIP Suite. She was the main contact for progressing work in relation to improving services and funding for loss in pregnancy.

Staff nurse Avril Duncan began her 38-year career in 1978 as a nursing auxiliary before completing her enrolled nurse and staff nurse training.

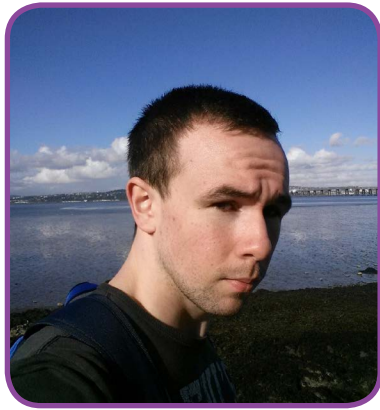
Avril has worked in many wards within NHS Tayside over the years including ward 8 (the chest ward) in Kings Cross and on the medical floor at Ninewells before joining the renal team where she has spent the remainder of her career in ward 22 and latterly in the dialysis unit.

Avril has been a real asset to the team and her colleagues wish her all the best for the future.



Avril Duncan

All About Ryan!



Ryan McCartney Domestic Assistant Ninewells Hospital

When he isn't strumming away on his guitar or learning how to save the environment, Ryan can be found keeping Ninewells spick and span and reflecting that life as a grown up isn't too bad...



How did you come to be in your current job?

I have been working for NHS Tayside as a domestic assistant for about five years. I currently work in outpatient Area 6 at Ninewells Hospital.

When I finished school I went straight to Dundee College to study music as a guitarist which I did for a year before the course was discontinued.

After few months I managed to land my current job at Ninewells as a part-time domestic assistant, which my mum also does.

I then began studying Environmental Science at Dundee University so I work evening shifts from 5-9pm to accommodate my university course and this works in fine with my studies.

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

I'd probably just use the time to concentrate on my university studies more.

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

I'd love to learn woodworking. I think it would be a brilliant feeling to work on something with your hands and be proud of it when it's done.

What do you miss most about being a kid?

I literally can't think of anything I miss as a kid as life is 100 times better as an adult!

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

I'd love to meet the scientist Sam Harris as he is an interesting and intelligent guy.

What secret skills/party tricks do you have?

I'm pretty decent on guitar as I've been playing for about eight years now. I'm not sure I'd start playing guitar at a party though!



Ryan with one of his treasured guitars

Who would play you in a movie of your life?

Any short man with a beard – so just take your pick.

What's your theme song?

Gorguts – Obscura. It's a noisy, weird, awesome, heavy song and I love it!

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

One of my guitars, although I'd be knackered when the strings broke

A good book, maybe 'River God' by Wilbur Smith

A solar powered calculator for entertainment

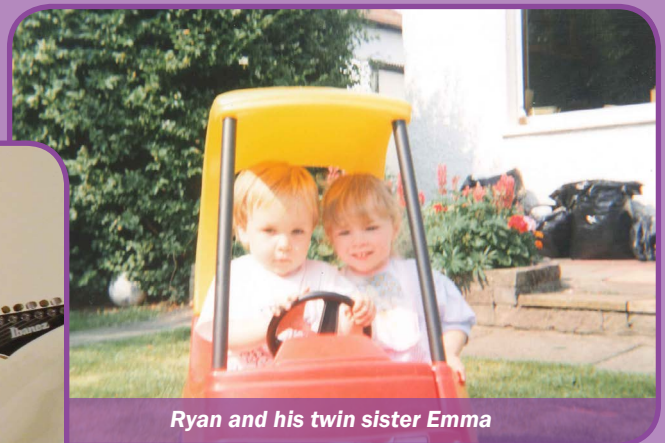
What is the first music album you ever bought?

I think it was something really stupid like a Boyzone album or the Nutty Professor soundtrack.

I remember not really caring what the music was, I was just excited about the novelty of a CD.

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

I'd buy a fancy holiday for my parents and sister. A cruise or something.



Ryan and his twin sister Emma