



spectra

NHS
Tayside

Spring 2017
Issue 88



Chairman's introduction

Welcome to the spring edition of spectra. There is often a sense of relief when we get to this time of year, with another winter behind us and the prospect of longer days and (possibly) slightly milder weather.

NHS Tayside staff coped well with the anticipated increased demands across winter and I would like to thank all who contributed to winter planning and delivery of services.

Staff recognition is a vitally important aspect of our organisational culture and I have been absolutely delighted by the response to the STAR Awards call for nominations with almost 400 individual and team nominations made. The results will be announced in May and will allow us all the chance to publicly acknowledge and celebrate the huge impact that our staff make to high quality care in Tayside.

Many of you will have been aware of the changes that were made in February to the delivery of inpatient general adult psychiatry care, with the transfer, on a contingency basis, of beds in the Mulberry ward of the Susan Carnegie Centre at Stracathro Hospital to the Carseview Centre in Dundee. This was carried out on clinical advice and was a consequence of the significant shortfall in available junior medical staff to cover psychiatry beds across Tayside for the period of February to August 2017, leading to an inability to deliver safe 24-hour care for patients on our three sites (Stracathro, Murray Royal and Carseview). I visited the staff from Mulberry ward following the transfer to Carseview and want to express my thanks, here, to all of them for coping so well with a change in location, and for the professional way in which they ensured that the welfare of their patients was uppermost in everything that they did in making the change work.

Financial issues continue to have a high profile in all that we do – but everyone in NHS Tayside has contributed to ensuring that, despite the pressures, our quality of care remains very high and the principle of putting patients at the heart of everything that we do remains paramount. The new financial year will still require very careful management of our resources – however, it is important to recognise that we are responsible for spending in excess of £800,000,000 of public money on healthcare in Tayside. This is a very large sum, and it is vital that we are accountable for how the funds are used. Our published one and five year financial plans illustrate how NHS Tayside plans to manage its affairs in 2017-18 and beyond to deliver high quality care within budget, and to repay, over the period of five years, outstanding brokerage (essentially an overdraft) to the Scottish Government. I am confident that our executive team has designed the correct plan, and know that all of who are part of the NHS Tayside family have the collective will and ability to deliver it.

Finally, in this edition of spectra there is a feature on the role of the non-executive members of Tayside NHS Board. Non-executives play a vital role in our organisation and we are fortunate in having a dedicated and enthusiastic group on our Board; further details are given on pages 14 and 15. Our non-executive members are always keen to understand as much as possible about how NHS Tayside staff deliver complex care across a wide variety of settings, and will be making a series of visits to a number of venues over the next few months. I am sure that you will want to use any opportunity to get to know them and tell them about your work.

Professor John Connell



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Submission deadlines for
future issues

Issue 89 – Summer – 16 April
Issue 90 – Autumn – 16 July
Issue 91 – Winter – 15 October



I-r consultant in emergency medicine Dr Mike Donald, Shona Robison, Nicola Sturgeon, Catherine Calderwood and consultant in emergency medicine Dr Alison White



I-r Dr Mike Donald, Nicola Sturgeon and Shona Robison



Nicola Sturgeon with AHP staff



Professor John Connell with Nicola Sturgeon

First Minister visits Ninewells trauma staff

First Minister Nicola Sturgeon visited Ninewells to meet key staff involved in looking after trauma patients.

Chairman Professor John Connell and Chief Executive Lesley McLay welcomed Ms Sturgeon to the Emergency Department where she met with senior medical and nursing staff and allied health professionals to hear first hand about the specialist care being provided to trauma patients.

Cabinet Secretary for Health, Wellbeing and Sport Shona Robison and Scotland's Chief Medical Officer Catherine Calderwood joined the First Minister on her visit, which coincided with an announcement by the Scottish Government of £5million to support the implementation of a new Scottish Trauma Network.

The network will be based around four major trauma centres in Aberdeen, Dundee, Glasgow and Edinburgh – with a view to benefiting around 6,000 of Scotland's seriously injured patients each year.

The new centres will host dedicated trauma services, including rehabilitation support, to help patients with significant injuries recover more quickly. The Scottish Ambulance Service and existing trauma services across Scotland will also have a vital role in delivering enhanced trauma care.



The Queen thanks P&K care home residents

The Queen has thanked care home residents in Perth & Kinross for their efforts to mark her 90th birthday celebrations.

Residents took part in a number of activities and events to mark the special occasion this year, including afternoon tea parties, intergenerational community events, and sing-along activities. They also donned Union Jack hats and enjoyed royal-themed food, such as coronation chicken.

In Perth & Kinross, 70 care home residents shared 90th birthday celebrations with The Queen in 2016. Each of these residents received a birthday card created by local primary school pupils and a commemorative medal.



A booklet about the activities and events was created by Perth Academy pupil Rebecca Harper and was sent to The Queen to share the celebrations with her.

A letter in reply from the Chief Clerk to The Queen read, "The Queen was most interested to see photographs from the many different events held for the residents of the homes, their families and the local communities."

"Her Majesty was touched by the thoughtful messages expressed and, in return, has asked me to convey her warm thanks and best wishes to all who were present at the celebrations."

Public information sessions in Angus

Angus Health & Social Care Partnership (HSCP) held drop in sessions for the public to find out more about services in North East Angus.

The events in Brechin and Montrose had a range of stalls hosted by staff with information poster boards about adult health and social care services and support groups in the local area.

Information stalls included mental health and wellbeing, medicine for the elderly, palliative care, stroke unit, podiatry and primary care services.

There was also stalls with a focus on social care such as Home Care, Help to Live at Home, technology enabled care and Independent Living Angus along with representatives from the third sector and carers.

Do Your Bit procurement event

The Procurement team held a successful event at Ninewells to raise awareness amongst staff of the cost of everyday products in hospital use.

The event was designed to encourage staff to think about how they could 'do their bit' in a drive to make a big difference.

Deputy Head of Procurement Judith Willis said, "The event was extremely well supported so I'd like to thank everyone who took part. We had a broad spectrum of disciplines chatting with us, interested to find out more about procurement, how they can help increase efficiency, and sharing their ideas about initiatives they already have in place to highlight how much items cost."

As part of the event, staff were challenged to correctly identify the price of a variety of items. More than 140 staff participated with 13 getting 100% of the prices correct.

The Procurement team is really keen to establish effective means of working together with frontline staff across the organisation. If you have any suggestions on how the team can increase the level of engagement on procurement matters please contact Judith on jwillis@nhs.net



I-r management accountant Craig Wilson, Judith Willis, modern apprentice procurement officer Shannon Dunn and assistant accountant Vincent Cheung

Staff recycle their smalls for charity

Staff at Kings Cross and Ninewells have donated three large boxes of underwear to Scottish charity Smalls for All.

Smalls for All collect and distribute underwear to women and children in Africa helping those living in schools, orphanages and internally displaced person camps, as well as providing underwear to hospitals to help those suffering from medical conditions like obstetric fistula.



I-r Karen Anderson, porters Elizabeth Cairns and Cecelia Harper, physiotherapy assistant practitioner Sue Thomson, student nurse Rebecca Clarkson, staff nurse Pat McDade and PA Susan Taylor

Director of Allied Health Professions Karen Anderson saw the campaign advertised and, with help from colleagues, placed posters around Ninewells and Kings Cross. Before they knew it the boxes were full of donations from the AHP, portering, orthopaedics and Chief Executive's departments.

Karen said, "Smalls for All caught my eye as it's a Scottish charity that is changing the lives of women in Africa – one bra at a time. It's simple, all you had to do was donate a packet of new pants for children aged 3-15 or ladies size 8-16 and new or 'gently worn' bras of any size. Underwear is almost impossible to come by for these women and children and this can cause hygiene, health and social problems. We didn't expect such a fabulous response so thank you to everyone who donated."

For more information or to find out how to donate please visit smallsforall.org

New Ninewells Advice Centre opened

Ninewells visitors, staff and patients can get information on a range of issues at a new Advice Centre.

The new facility is on the main concourse and is open Monday to Friday, offering advice, advocacy and support on a wide range of topics including welfare benefits, money worries and debt, housing, food and fuel as well as support for carers and volunteering opportunities.

The centre has been set up in partnership with Dundee, Angus and Perth & Kinross Welfare Rights Services and partner organisations including Dundee Citizens Advice Bureau, Brooksbank Centre Money Advice Service, Tayside Carers' Centres, Dundee Energy Efficiency Advice Project, Home Scotland, Shelter and Macmillan Cancer Support.



I-r Gregory Colgan and Craig Mason of Dundee City Council, Dr Drew Walker, health improvement specialist Aileen Tait, non executive member of Tayside NHS Board Doug Cross, Lesley Marley Public Health Directorate Manager, non executive member of Tayside NHS Board Munwar Hussain and George Meechan of Angus Council

Maternity and neonatal review report launched at Ninewells

Cabinet Secretary for Health, Wellbeing and Sport Shona Robison visited Ninewells to launch the Review of Maternity and Neonatal Services report.

During the visit Ms Robison also met with staff and new parents and babies in the neonatal unit and ward 38 before taking a tour of Dundee Midwifery Unit.

The review group was asked to refresh Scotland's approach to maternity and neonatal services, to ensure every mother and baby gets the best possible care from the health service.

76 recommendations were made, based on the views of women, families, professionals and key stakeholders. One of the proposals is for every woman to have a primary midwife who will provide the majority of their antenatal, childbirth and postnatal care.

Other recommendations include: A new model of neonatal care to keep mothers and babies together as much as possible; babies in need of the most complex and specialist neonatal care cared for in up to five enhanced neonatal intensive care units; and developing and training staff to work in high performing, multi-professional teams.

Health Secretary Shona Robison said, "This review has provided an excellent opportunity to identify best practice and also outlines where we can make improvements to our services in Scotland to create world class maternity and neonatal care."



Jane Grant, Chair of the Maternity and Neonatal Review Group, with Shona Robison



SmallTalk

Relax at the Roxy Coffee Pot

Patients, relatives and visitors to Roxburghe House at Royal Victoria Hospital can now enjoy a welcome drink in the Roxy Coffee Pot in the dining area of Macmillan Day Care every Monday from 1.30-4pm.

Staff at Macmillan Day Care will also be holding a drop in every Monday for outpatients, relatives and former patients to speak to one of the specialist palliative team for advice or reassurance.

Public partners undertake food audit at Whitehills



Senior catering supervisor Mary Turnbull with public partners

A group of public partners wielded their knives and forks to audit catering services at Whitehills.

The group met with kitchen staff to hear about the facility, layout and processes before discussing menus, nutritional information, inpatient experiences and portion sizes.

A tasting and feedback session also took place with the partners completing a meal auditing tool questionnaire.

The group reported that they were impressed with the quality and taste of the food, the cleanliness of the facilities and the knowledge of the staff.



The People's Stroke Group with lead artist Suzie Scott and volunteer artist Annette McBride

Printmaking in Perth

The People's Stroke Group in Perth exhibited a display of art prints at Perth Grammar School.

The celebration display included individual prints and artist books created by each participant showing the variety of techniques they have explored, including dry point printmaking, collage and chine colle.

The Dry Point Printing programme was delivered by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside, which promotes creative engagement to enhance participants health and wellbeing.

New art exhibition at Stracathro café

The art gallery in The Pavilion @ Stracathro café is hosting an exhibition until 21 April featuring the work of local artist Ann Morphy.

Ann said, "I returned to painting seriously when we moved to Angus about 10 years ago and I mainly concentrate on local landscapes."

The café is open Monday to Friday from 8am until 4pm. The majority of the art on display at the gallery is for sale, with each artist donating 20% commission of sales to Stracathro. All money raised is used to enhance the hospital environment.



Ann with some of her paintings in the exhibition



NHS Tayside supports employment law seminars

To help people navigate changes in employment law and the expansion of family friendly rights, NHS Tayside supported a series of free seminars held by Thorntons.

The seminars were held in Thorntons Solicitors offices in Arbroath, Dundee and Perth. Employment law specialists and NHS Tayside workplace programme manager Pat Davidson were on hand to offer advice and guidance to people, including employers, from across Tayside.

Pat said, "The employment law seminars were hugely beneficial to small and medium sized workplaces throughout Tayside. Workplaces reported that they found the sessions very informative and the sessions helped them identify changes they could make in order to improve policies and practices."



In charge nurse Laura McEwan, senior charge nurse Nikki Flemming, staff nurse Carol Moncur, winner Anne Robertson, lead clinical physiologist in neurophysiology Karen Walters and consultant neurosurgeon Kismet Ibrahim

Bake off raises dough!

Ward 23A at Ninewells held a bake off and raised £310 for MND Scotland.

Staff paid £5 to enter the competition which was judged by their very own 'Dr Hollywood' and 'Mary Berry', with the delicious cakes then sold to colleagues.

Charge nurse Laura McEwan said, "We have looked after many patients with MND so we thought it would be a great idea to raise money for the charity."

Daredevil Shona takes the leap for charity

Team lead occupational therapist Shona Crabb has raised £620 for Alzheimer Scotland after taking part in an abseil off the Forth Rail Bridge.

Shona, who works in the Dundee Community Rehabilitation Team, is a dementia champion, has an MSc in Dementia Studies and has experience of working with the NES dementia tool Promoting Excellence. She also has personal experience within her family of dementia and its different presentations and effects upon people.

With this in mind, she wanted to do something to raise awareness locally and raise funds for Alzheimer Scotland.

Shona said, "It is now estimated that 90,000 people have dementia in Scotland and this is expected to double within the next 25 years. I would encourage others to find out more about dementia and how they can help or fundraise."



Roxburghe House 'Christmas Wishes' project



Fashion and textiles pupils from Monifieth High School worked with patients at Roxburghe House to create 'Christmas Wishes' tree decorations.

The purpose of the project was to raise awareness amongst young people of palliative care. Pupils and patients from Macmillan Day Care worked closely together to create the decorations and were supported by their Home Economics teacher and the staff at the unit.

The Christmas Wishes were put onto two Christmas trees, one in the Day Care Unit and one in Roxburghe House. The Christmas Wishes were also available to take away at the annual 'Time to Remember' open evening where families and friends come to remember loved ones.

The project was well received by patients and pupils alike.



SmallTalk

Charity auction raises £10,000

Tayside Healthcare Arts Trust's (THAT) 2016 art auction raised £10,000 to help deliver creative arts programmes for people with long term conditions in Tayside.

Art enthusiasts had the opportunity to buy original art by well-known contemporary and up-and-coming artists, as well as bid at the silent auction on postcard-sized artworks created by artists from across Tayside and North Fife.



Stellar response to STAR Awards!



The NHS Tayside Staff Appreciation and Recognition (STAR) Awards attracted almost 400 nominations from staff and the public – quite an achievement in its first year!

The awards offered staff and the public a chance to nominate an individual, service or team in one of six categories for delivering outstanding patient care or going the extra mile in their job.

The different award categories allowed staff working in all job roles across the organisation to be nominated, including frontline medical staff, those working in the community, support service staff and those who work behind the scenes in research labs, medical records or other 'hidden' departments who may not deal with patients on a day-to-day basis.

A multidisciplinary shortlisting panel will choose six finalists in each category then a judging panel will decide on a gold, silver and bronze winner in each category.

All finalists will be invited to the STAR Awards ceremony at The Invercarse Hotel in May, where the winners will be announced.



Chairman Professor John Connell said, "We are overwhelmed by the number of nominations that we have received and I would like to thank everyone who took the time to nominate someone."

"The number and range of nominations reflects the fact that our hard working staff go above and beyond every day to deliver high-quality healthcare services to people all over Tayside."

"We know from feedback from those individuals and teams nominated that being recognised in this way is a tremendous boost to morale and very much appreciated."



Value Your NHS

Better prescribing initiatives

NHS Tayside currently spends around £2.5million on prescriptions for wound dressings and continence products per year. A huge amount of work has been undertaken by the prescribing and nursing teams as part of the Realistic Medicines workstream to ensure that we always use the most cost and clinically effective products. By also changing the way we supply them, we can continue to provide the best clinical care for our patients while helping to reduce waste, variation and harm.

Wound Management

The NHS Tayside Wound Management Formulary has been updated and is now available on Staffnet through a link along the top navigation bar. Within the formulary there is a range of products to treat a different wound types plus lots of useful information and advice including newly developed guidance on the use of sterile dressing packs. There have been some changes to commonly used dressings but all recommended products are supported by the Tissue Viability Network.



Margaret Melville, community staff nurse

Remember: First line dressings should be used for the initial management of all wounds unless there is a clinical reason documented in the patient's medical notes.

Continence Products

For patients being discharged with a catheter, take-home packs are available to order using the PECOS system. Packs supplied by medical representatives should not be obtained or used. The products in these packs are readily available through community pharmacies so there is no need to register patients with external supply companies.

How you can help

Think when ordering

- Is the product in the Wound Management Formulary?
- Are the continence products in line with the ones on contract?
- Is the product being ordered because it is actually used or to replace expired stock that isn't used?
- Think when requesting prescriptions
- Use the dressing or continence product prescription request forms to make sure you are using the formulary products
- Try to avoid waste by not requesting large quantities at the same time



An example of over-ordering of continence products

Next stages

Through the Transformation Board Realistic Medicine Workstream we are developing a new way of supplying continence and wound management products in Primary Care. Over the next year community nursing teams across Tayside will be piloting and rolling out a new model where they will have a core stock of formulary wound management and continence products ordered through PECOS.

Why are we doing this?

- To make it easier to ensure formulary products are being used
- To reduce waste
- To get better value for money by optimising procurement processes
- To make savings on the medicines budget without affecting clinical care for patients

For more information please contact Caroline McLean on x71319 or cmclean@nhs.net



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

Pam-purr-ed pets

'Purrfect' cats, fluffy rabbits or pampered pooches – our pets will forever be part of the family! They are our loyal companions, help us exercise or even just make us smile. However, a recent survey for Pets at Home revealed that pampered pooches in Dundee weigh on average 47% more than their ideal weight.

We asked our staff whether they spoil their pets or if they 'bark' the trend? We have had an outpouring of love for our four-legged friends, so we've given them their moment in the spotlight by making them the focus of this issue's Your View!



Lulu Culross
owned by Gayle Culross
Senior Communications Manager, Ninewells

Lulu is a princess! She came to us as a rescue dog and had been very badly treated, but she landed on her paws when she joined the Culross household. She eats freshly cooked chicken and rice and sleeps on our bed every night. We lost our other Jack Russell a few months ago at the grand age of 17 and she has been a bit lost without him as they had been together for 12 years, but it means we have been spoiling her more than ever!



Cleo Dickson
owned by
Gaynyr Dickson
Communications Manager
Ninewells

Cleo is very spoilt. She gets a few prawns each day as a wee treat but she will only eat prawns from a certain supermarket! I also had a bit cut out of the bottom of my garden fence so she didn't have to jump over it!
#princess



Spike & Millie Peter
owned by
Karen Peter
Human Resources Secretary
Kings Cross

They are spoilt rotten! They get chicken or mince for tea, no dog foods and lots of bones. They are mostly fed on a raw food diet which is very healthy for them. They also have lots of interactive, squeaky toys and treats.



Koda & Michu Milne
owned by Natalie Milne
Domestic Assistant
Ward 32, Ninewells

I find it hard to resist spoiling my Chow Chows Koda and Michu as they are both so cute. Every Saturday I give them a treat breakfast of boiled eggs on toast which they love. They also really like a buttered rich tea biscuit and cheese slices mixed in with their dog food!



Louey Troup
owned by Bill Troup
Head of Mental Health
Services, Angus HSCP

My Cocker Spaniel Louey likes healthy snacks like carrots, boiled eggs, however, like his owners, he enjoys chip shop chips now and then. He's walked three times a day though to keep him trim. Since our sons have left home, Louey has a bed in every room – who says he's spoiled?



Maggie Mills
owned by
Rachel Mills
Team Lead Physiotherapist
Royal Victoria Hospital

Maggie is a cockapoo and has a lovely nature.

She is very playful and loves long walks, but also loves to snuggle up to someone on the sofa in the evening!



Harvey Blair
owned by
Lorraine Blair
Senior Specialist Nurse
Wallacetown Health Centre

Harvey is a Belgian Shepherd and is he spoilt? Of course he is, that's what you have pets for! As a family we love when spring arrives and we can go out for longer walks in the countryside. This makes us all feel better and shakes off any winter blues.



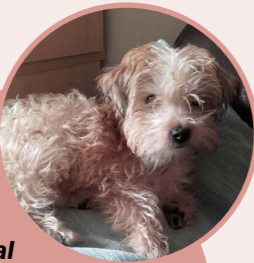
Tanya & Lori Murphy
owned by Angela Murphy
AHP Lead
Angus HSCP

My Yorkshire Terriers Tanya (14) and Lori (1) are both rather spoiled and sleep in my bed – or is it their bed? Fortunately Yorkies don't moult, but they do need to go to the doggie hairdresser! I am careful with them food wise, they don't get treats often and get lots of exercise.



Skye & Rufus Mitchell
owned by Stacey Mitchell
Personal Assistant
Public Health, PRI

My dog Skye has toast every morning with me and in the evening when I have a cup of tea she has dog chocolates. Rufus rabbit came from a rescue centre and now lives in a shed with the run of the garden all day. Spoilt pets they definitely are and I wouldn't have it any other way.



Haggis Hopkins
owned by
Jacqueline Hopkins
AHP Support Worker
Royal Victoria Hospital

My nine-year-old daughter Darcey was desperate to get a puppy and after three months of looking we found Haggis. He settled in very quickly and he is spoilt rotten. He is playful, funny, cute and cuddly, everything Darcey wanted as a pet.



Moss Finlay
owned by
Kit Finlay
Nursing Administration
Angus HSCP

I spoil my pets but I avoid the vets by giving my Working Beardied Collies treats as a reward for training and taking part in Flyball and Agility activities which keeps them lean, mean and stimulated.



Poppy Birse
owned by
Jennifer Birse
Personal Assistant
Angus HSCP

I quite believe many dogs are overweight as it's hard to resist a treat when they gaze at you adoringly! I do resist though, as limiting treats will help her live a long, healthy life. Poppy's favourite treats are chicken, fish, eggs, sausages... oh the list goes on and on!

Meet the Non-Executive Board members



**NHS Tayside Chairman
Professor John Connell**

"Tayside NHS Board has 15 non-executive directors, who are appointed by the Cabinet Secretary for Health, Wellbeing and Sport, or are councillors nominated by the three local authorities in Tayside. The role

of the non-executive members is to represent the public on

NHS Tayside's Board, to scrutinise decisions and hold the executive team to account. They also seek assurance over key areas such as clinical governance, staff governance and financial management and play key roles in leading the Integration Joint Boards of the three local health and social care partnerships.

"Collectively the non-executive members bring a wealth of experience and expertise, which greatly helps the executive team manage the activity of NHS Tayside."



Alison Rogers

- Chair of Clinical and Care Governance Committee
- Vice Chair of Staff Governance Committee
- Vice Chair of Board of Trustees for Tayside Health Fund

Alison became a non-executive member of NHS Tayside in 2012 after retiring from a 37-year teaching career.

Alison said, "I am immensely proud of the achievements of the staff, who every day give their best for the people of Tayside. When I meet staff, I am so impressed by their enthusiasm and professionalism and when I speak to patients I hear many positive stories of the very high standard of care they have received, despite the pressures which face NHS Tayside."

Munwar Hussain

- Chair of Staff Governance Committee
- Chair of Employability Services Committee
- Chair of Spiritual Healthcare Committee
- Chair of Education and Training Endowment Fund

Munwar has been a member of the Board since 2012 and also volunteers for a number of charities and works as an area manager for a national bereavement charity.

Munwar said, "I am immensely proud of the NHS and in particular the staff in NHS Tayside and the work they do for patients on a daily basis. What I like most about my role is the chance to meet staff and patients outwith meeting structures."



Stephen Hay

- Vice Chair of Tayside NHS Board
- Chair of Audit Committee
- Chair of Archie Project Board

Stephen has served on the Board since 2013 and has been a non-executive with a number of acute trusts in England previously. He has held the role of Vice Chair of Tayside NHS Board since 2016.

He said, "I enjoy working to define strategy, challenging the executive team and working with them to ensure that NHS Tayside delivers the best possible care today and into the future."



Sheila Tunstall-James

- Vice Chair of Pharmacy Practices Committee

Sheila has always had a keen interest in healthcare. Before retirement, She worked as a medical scientist and within a pharmaceutical company.

Sheila said, "My time on the Board has been both challenging and rewarding; working with our dedicated staff at all levels, gaining a better understanding of the opportunities and challenges we all face and trying my best to help bring about the important changes we need to make to make our healthcare the best it can be."

Professor Margaret Smith OBE

Professor Smith joined the Board in 2012 and was reappointed in 2016.

She is a qualified nurse and midwife who later specialised in critical care nursing.

Professor Smith was appointed as the Dean of the School of Nursing and Midwifery at the University of Dundee in 2009.

In recognition of her contribution to nursing and healthcare and the modernisation of nursing in the UK, she was awarded an OBE in the 2014 Queen's Birthday Honours list.



Cllr Ken Lynn

- Chair of Integration Joint Board of Dundee Health and Social Care Partnership

Cllr Lynn became a non-exec Board member in 2013. He is one of the local councillors for Maryfield Ward on Dundee City Council. He is also Dundee's Older People's Champion and a Board member of a number of statutory and voluntary organisations.

Doug Cross OBE

- Chair of Finance and Resources Committee
- Vice Chair of Dundee Integration Joint Board

Prior to joining the Board in 2013, Doug was Director of Corporate Services with Tayside Police for 20 years and received an OBE in 2006.

Doug said, "I am proud to be a part of such a high performing and innovative organisation and hopefully I can make a contribution to continuing the great work carried out by so many."



Judith Golden

- Vice Chair of Finance & Resources Committee

Judith qualified as a podiatrist and has worked in Tayside since 1988.

She became a non-executive member of the Board in 2010.

Judith was elected by Staffside members of the Area Partnership Forum to be the NHS Tayside Employee Director and co-chair of the Area Partnership Forum.



Hugh Robertson

- Chair of Integration Joint Board of Angus Health and Social Care Partnership

Before joining the Board in 2014, Hugh was Assistant Chief Executive with Angus Council.

Hugh said, "I joined the Board to make a positive contribution to health provision in Tayside. I have a particular interest in integration for improving community health and social care."



Cllr Glennis Middleton

- Vice Chair of Angus Integration Joint Board

Cllr Middleton returned as a non-executive Board member in 2012. Since 1995 she has represented Forfar and district as local councillor.

Glennis said, "I was nominated by my council to sit on NHS Tayside Board and feel immensely privileged to represent the interests of the people of Angus. I also feel that it's important to have an overview of both health and council issues with insight informed by the public."

Dr Andrew Cowie

Dr Cowie, a GP at Hawkhill Medical Centre in Dundee, was appointed to the Board in his role as Chair of the Area Clinical Forum.

Dr Cowie said, "I have a particular interest in healthcare systems in the NHS and elsewhere, and I'm proud to have the opportunity to represent the opinions on strategic and local issues that come up through the Professional Advisory Structure from front line clinicians."



Cllr Dave Doogan

- Chair of Integration Joint Board of Perth & Kinross Health and Social Care Partnership
- Vice Chair of Audit Committee

Cllr Doogan has been a non-exec Board member since 2012. He formerly worked within the Ministry of Defence before taking on a role in 2012 as a councillor in the Perth City North ward.



Linda Dunion

- Vice Chair of P&K Integration Joint Board
- Vice Chair of Clinical & Care Governance Committee

Linda Dunion was appointed as a non-executive director in May 2010, bringing to the Board over 20 years experience of working in the voluntary sector in Scotland in organisations such as Age Concern Scotland and Scottish Down's Syndrome Association.

She was also the founding Director of the 'see me' campaign to combat the stigma associated with mental ill health.



Dr Robert Peat



Robert was appointed to the Board in January 2017. Before his retirement, he held posts within the Care Inspectorate and as Director of Social Work and Health with Angus Council. Robert was also Depute Chief Executive of Angus Council for six years.

Robert said, "Having worked alongside health colleagues for many years, I felt that it was a natural transition to be part of helping to deliver high quality health services in the area."



PRI: l-r staff nurse Julie Lavreniadis, Kerrie Watson, gynaecologist Dr Magdy el-Miligy and healthcare assistant Laura Geddes



Ninewells: l-r staff nurse Linda McLean, Dr Ragupathy, specialist nurse Pamela Duthie, senior charge nurse Elaine Coupar, Dr McMullen and patient Katie Radtke



Abbeygate, Arbroath: senior staff nurses Sarah Lyons and Pauline Billingham

Cervical Cancer Prevention Week in Tayside

Cervical Cancer Prevention Week was supported by NHS Tayside's colposcopy team with a series of events to raise awareness of the importance of regular screening.

Throughout the week, staff hosted awareness stands at hospitals, shopping centres and supermarkets across Tayside where women were able to ask questions and discuss any concerns they may have about cervical smear tests. The team also offered same-day opportunistic smears and collected feedback about how best to engage with women to increase screening rates.

All women in Scotland aged 25 to 49 are offered a smear test every three years while those aged 50 to 64 are invited every five years. Cervical screening saves around 5,000 lives in the UK every year and prevents eight out of 10 cervical cancers from developing.

Lead colposcopist Dr Kalpana Ragupathy said, "Tayside has the highest incidence of cervical cancer in Scotland and is amongst the lowest five health boards in terms of screening uptake. Regular smear tests pick up surface changes in the cells in the cervix and treatment reduces the risk of cervical cancer by 95%."

Gynae cancer lead Dr Wendy McMullen added, "Surface changes that need treating can almost always be treated in the clinic. Nearly all women leave the clinic saying the examination and treatment is slightly uncomfortable but not nearly as bad as they thought."

"It is so sad to see women having life changing treatment for a cancer that could have been prevented by a five minute smear test and a half hour visit to the clinic. Please put it on your list for 2017."

The new national campaign 'Nip cervical cancer in the bud' encourages women not to ignore their invite to have a cervical smear.

NHS Tayside nurse specialist Kerrie Watson joined Dundee woman Rachel Lindsay and friends to launch the 'Flower' campaign.



Kerrie said, "A smear test takes approximately five minutes and most women are surprised by how quickly it is over. We understand that the prospect of a smear test may seem daunting but it shouldn't be. We are happy to talk through any anxieties that you have prior to your appointment and we are trained to make the test go as smoothly as possible."

Leadership for Physical Activity



Dr Drew Walker (centre) chaired the event

An event was hosted in Dundee to discuss the health benefits of increasing physical activity.

The Leadership for Physical Activity event brought together health and social care staff, academics and local and national government with the aim of embedding physical activity for health improvement and disease prevention in public sector decision-making.

Director of Public Health Dr Drew Walker said, "Many of the presentations demonstrated the evidence for physical activity to tackle the burden of non-

communicable diseases, such as diabetes, stroke, heart attack and respiratory diseases. Increased levels of physical activity can also make a tangible impact on wider social issues like education, employment and poor wellbeing. Active travel builds activity into people's everyday lives and helps to reduce the growing burden of pollution and greenhouse gases."

Fun Fit in Dundee

NHS Tayside's Paediatric Overweight Service (POST) is encouraging Dundee families to get active this year at its free Fun Fit sessions.

Fun Fit Dundee is a 10-week programme developed by POST and aimed at families with children aged between eight and 13 who need support managing their weight. The programmes are friendly and interactive and aim to help motivate families to succeed in making healthy lifestyle changes.



Lynn Allardice (left) from Active Schools Dundee and POST's Rachel Watson (right) at a POST/Leisure & Culture Dundee holiday camp

POST team lead Dr Laura Stewart said, "Children outside the healthy weight range can be affected by teasing and bullying and may lack confidence at school. Our aim is to work with the whole family in a fun setting to have happy and confident children at a healthy weight."

To book a place on the Fun Fit Dundee groups contact POST on 01738 473784 or email post.tayside@nhs.net

Ready, steady, stop!

NHS Tayside Smoke Free Services encouraged smokers to kick the habit on No Smoking Day.

Staff held a series of events at Wallacetown Health Centre, Ninewells, and in Aviva and Scottish and Southern Energy in Perth & Kinross to provide advice about quitting.

Hospital smoking cessation co-ordinator Alice Burns said, "We provide support to patients who smoke and for those preparing to come into hospital, our pre assessment teams provide 'Stop Before Your Op' information. Stopping smoking improves circulation and increases oxygen supply which aids treatments and improves patient recovery."

NHS Tayside's no smoking policy covers all NHS Tayside premises and grounds. It aims to contribute to the improvement of the health of the population of Tayside.

Last year NHS Tayside updated its smoking policy to permit the use of e-cigarettes outdoors within grounds. E-cigarettes remain prohibited in buildings and enclosed spaces.

Anyone who wants to stop smoking can visit any local community pharmacy or call NHS Tayside Smoke Free Services on 0845 600 999 6 to find out about support to become smoke free.

You can also follow the team at [facebook.com/nhtaysidesmokefree](https://www.facebook.com/nhtaysidesmokefree)



Public health support worker Lisa McLaughlin with patient Debbie Allardice who signed up for support at Wallacetown



Ninewells event l-r tobacco control manager Margaret Winton, porter and former smoker Peter Martin, public health consultant Andrew Radley, Alice Burns, Susan Lander from Scottish Fire & Rescue, and patient Karen Downton and daughter Casey-Lea Wilson



Public health support worker Tracey Furness at Aviva in Perth



Senior charge nurse Helen Bremner (left) and healthcare assistant Doreen Sellar at Carseview

Dr Grant Rodney awarded William Cullen Prize

Lead for paediatric anaesthesia Dr Grant Rodney has been awarded the Royal College of Physicians of Edinburgh's William Cullen prize for excellence in service innovation.

Dr Rodney was nominated by his colleagues in the paediatric service, who said "Dr Grant Rodney has been a visionary, inspirational, hard-working and doggedly determined lead for paediatric anaesthesia in Ninewells for almost 20 years.

"During that time he has overseen and driven vast improvements in the paediatric service in Dundee, and he continues to strive for more with a plan for development of a new twin paediatric theatre suite next to the main children's ward. He is an outstanding, highly regarded and dedicated clinician, coming in to review patients at the weekend (when not on-call) and generally going beyond the call of duty."



Dr Grant Rodney (right) was presented with his award by Dr Alasdair Mackie, Fellow of the Royal College of Physicians

Angus nurses recognised with long service awards



l-r Pauline Crozier, Beverley Boler, Ann Bowdler, Fiona Petrie, Eleanor Greig and Karen Fletcher

Six nurses who work for Angus Health & Social Care Partnership (HSCP) have been granted The Queen's Nursing Institute Scotland (QNIS) Long Service Award to mark 21 years of service in the community.

Community cardiac rehabilitation nurse Pauline Crozier, district nurses Ann Bowdler, Beverley Boler and Fiona Petrie and community staff nurses Eleanor Greig and Karen Fletcher all received certificates and badges to recognise their long service.

Chief Officer for Angus HSCP Vicky Irons said, "I'm delighted that the QNIS has recognised our nurses for their service to the communities of Angus. We are very lucky to have such dedicated professionals caring for the Angus population."

The award is open to nurses from all specialities including district nurses, community nurses, health visitors and those working across other disciplines such as schools, general practice, mental health and specialist services.

Career Ready project in P&K wins award

A project designed to offer programmes of study for 16-19-year-olds has scooped the Commitment to the Community award in the Perth & Kinross Chamber of Commerce Awards.

The Career Ready project is part of a UK-wide charity linking employers with schools and colleges to open up the world of work to young people. The programmes of study are delivered by employer volunteers who provide masterclasses, mentoring, workplace visits and internships to help students compete with the best in the country.

NHS Tayside's Perth & Kinross Children, Young People & Families Service secured funding earlier this year from Perth & Kinross Health & Social Care Partnership (HSCP) to pilot five students within NHS Tayside from October 2016. Five mentors within Perth & Kinross have also been identified to be employee volunteers.



Interim Head of Adult & Children, Young People & Families Julieann Flynn (second right) with Career Ready representatives collecting their award

Ninewells Neonatal Unit working towards Baby Friendly Award

Staff from the Neonatal Intensive Care Unit (NICU) at Ninewells were presented with a Certificate of Commitment in recognition of the work being carried out in the unit to achieve the Unicef Baby Friendly Award.

The Baby Friendly Initiative, set up by Unicef and the World Health Organisation, is a global programme which provides a practical and effective way for health services to improve the care provided for all mothers and babies.

Senior charge nurse Alison Findlay said, "We decided to join forces with the Baby Friendly Initiative to increase breastfeeding rates and to improve care for all babies and their mothers in NICU.

"Breastfeeding protects babies against a wide range of serious illnesses including gastroenteritis and respiratory infections in infancy as well as cardiovascular disease, asthma and diabetes later in life. It is particularly beneficial for premature or sick babies."



Head of midwifery Justine Craig and Alison Findlay (centre) with staff from NICU

Following a major review in 2012, a decision was made to introduce Baby Friendly standards specifically for Neonatal Units. These standards focus on: supporting parents to have close and loving relationships with their babies; enabling babies to receive breast milk and to breastfeed; and valuing parents as partners in care.

The Unicef UK Baby Friendly Initiative works with health professionals to ensure that mothers and babies receive high-quality support to enable successful breastfeeding. The Certificate of Commitment recognises that a healthcare facility is dedicated to implementing recognised best practice standards.

NHS Tayside staff receive MBEs

Advanced nurse practitioner June Finnie and consultant in emergency medicine Dr Bill Morrison attended Buckingham Palace to receive MBEs for services to healthcare.

June specialises in neurosurgery care in ward 23b at Ninewells. She began her career 30 years ago and has worked in the speciality of neurosurgery for approximately 25 years.

Dr Morrison came to Tayside in 1993 as the first consultant in A&E at Ninewells. He was responsible with others for developing the emergency service in Tayside into the leading unit in the country, founding Tayside Trauma Team and leading a number of developments in acute care, locally, nationally and internationally.



*Above: Dr Bill Morrison and wife Audrey
Left: June Finnie*



Public dentist earns MSc

Dental practitioner Zahid Imran has recently graduated with an MSc in Quality Improvement.

Zahid works in the public dental service at Kings Cross Health and Community Care Centre, as well as at Dundee Dental Hospital.

Zahid said, "I'm very thankful to NHS Tayside for supporting my studies for this prestigious degree. I am confident this qualification will help me contribute to healthcare quality both within the organisation and further afield."

The part-time masters is run in partnership with NHS Tayside and Dundee University and was designed to focus on delivering sustainable, measurable improvements in quality.



Spotlight on the Young People's Unit

Young people suffering from mental health problems can benefit from the extensive services provided at the Young People's Unit (YPU) in Dundee which opened its doors in April 2015.

The new YPU is part of the North of Scotland Regional Child and Adolescent Mental Health Service (NoS CAMHS) project, which is a partnership between Tayside, Grampian, Highland, Orkney and Shetland NHS Boards and has seen the establishment of a specialist network for young people with severe and complex mental health problems.

The £8 million YPU is based on the site of the previous YPU at Dudhope Terrace and 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.

Members of the project team worked closely with the design team to establish the requirements for the new build YPU. Young people from the previous unit also worked hard to give their views on the design of the new build and continued to be involved throughout its development.

Tier 4 Child and Adolescent Mental Health Services focus on young people aged between 12-18, who require intensive skilled support.

Young people requiring a Tier 4 CAMHS service are profoundly unwell and vulnerable and their needs can only be met through a level of service where age appropriate care is available in an inpatient unit.

The regional unit employs staff from across all the north of Scotland Board areas and the multidisciplinary team



includes psychiatry, psychology, nursing, AHPs, teaching, and admin and clerical.

The core philosophy of the unit is to maximise a patient's recovery by delivering effective medical, nursing and psychological treatments based on robust assessment of patient need.

In addition, the YPU provides a normalised day time structure including attendance at education and activities. The unit accommodates a school and is staffed by teachers from Dundee City Council, delivering the Curriculum for Excellence.

Lesley Ann Law joined the North of Scotland Tier 4 CAMHS Network as Network Manager in November 2016, and brings wide experience from NHS, local authority and third sector organisations.

Lesley Ann took up post following the retiral of previous Network Manager Ruth Masson, who retired following the successful official opening of the Young People's Unit.



For further information or to learn more about the unit please email NOSPG.CAMHS@nhs.net, call 01382 649030 or visit the NHS Tayside website / Our Services A-Z | Dudhope Young People's Inpatient Unit



Check it Out

Ladies night proves a hit

Dundee mother and daughter Lorraine Grant and Ashley Holmes presented £4120 to Multiple Sclerosis research at Ninewells.

The money was raised at a sell-out auction event at the Woodlands Hotel. Prizes were donated by local businesses and football teams as well as from celebrities JK Rowling and Lorraine Kelly.

Consultant neurologist Jonathan O'Riordan said, "We are most grateful for Ashley and Lorraine's donation which will help develop a web-based programme to be piloted in Tayside and Grampian before rolling out nationally."



I-r (front) Ashley Holmes, Jonathan O'Riordan and Lorraine Grant with MS colleagues



'Hairy coos' raise funds

The pelvic floor clinical group at Ninewells received a boost of £1500 from Roddy McLeod's 'hairy coo' calendars.

Roddy previously raised money for ward 10 and the endoscopy unit at Ninewells by turning his Highland cow paintings into calendars.

I-r consultant Dorin Ziyaie and Roddy McLeod with staff from wards 7 and 10

Birthday party benefits CCU

A 70th birthday party has raised £670 for the Coronary Care Unit (CCU) at Ninewells.

Montrose man George Cook celebrated his special day by inviting friends and family to give donations instead of gifts. Having spent time in CCU following a heart attack he wanted to show his appreciation for the care he received.

Accepting the cheque, senior charge nurse Christine Freel said, "We are grateful for this kind donation but our biggest reward is seeing how well and happy George is after his hospital stay."



George Cook, Jenny Cook and Christine Freel (centre) with staff from CCU

Patients earn £200 for CBIR

Royal Victoria Hospital's Centre for Brain Injury Rehabilitation (CBIR) was presented with £200 following a calendar competition.

Solicitors Digby Brown invited artworks to fill the pages of their Christmas calendar and two patients at CBIR, Stuart Anderson and Craig Towns, had their submissions selected for the calendar. The winners each received £50 worth of vouchers and CBIR received a donation of £200 towards group funds.



I-r Jennifer Watson from Digby Brown Solicitors, CBIR consultant Douglas Gentleman, Stuart Anderson, Craig Towns, CBIR consultant Dr Rabia Din and CBIR artist Christine Goodman



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



Lorna Duncan

Principal orthotist and service manager Lorna Duncan (seated with flowers) said goodbye to her colleagues at the Tayside Orthopaedic and Rehabilitation Technology (TORT) Centre.

Lorna retired after clocking up 42 years with the service she joined in 1974 as a trainee. After qualifying as an orthotist in 1977, she worked at Dundee Limb Fitting Centre in Broughty Ferry and Dundee Royal Infirmary before moving to the TORT Centre at Ninewells in 1999.

A speech and language therapy manager has bid farewell to Tayside Adult Acquired Services after almost four decades working for NHS Tayside.

Jan Brodie (left) spent the majority of her 38-year career working in Dundee.



Jan Brodie



Ian McDougall

Ian McDougall (centre) has retired after a long NHS career in nursing spanning just shy of 40 years.

He worked in many clinical areas within Tayside including medicine, surgery and A&E. Ian retires from his post as the lead resuscitation officer for NHS Tayside, in which he supported staff to learn and maintain skills in CPR for adults and children.

Staff nurse Julie Lavreniadis (third left) has hung up her uniform after 40 years service with NHS Tayside.

Julie started off her career at Murray Royal Hospital and over the years she has worked in various departments within Womens Health. Her most recent role was in the gynaecology department at Perth Royal Infirmary.



Julie Lavreniadis

Roslyn Roebuck (centre) retired from the Child Health Department at Whitehills HCCC in Forfar after a 41-year career working for NHS Tayside.

Her earlier years were spent working with family planning and child health at Ravenswood in Forfar

She then moved to the newly-opened Whitehills to work with the child health team at the centre before becoming part of the Tayside child health team.



Roslyn Roebuck



Trevor McLaren

Clinical technologist Trevor McLaren bid farewell to his colleagues in Medical Physics after a career lasting an impressive 47 years.

He first began working in the Regional Physics Department in 1969 which was located behind DRI and has witnessed many changes and developments over the years in Medical Physics.

The opening of Ninewells in 1974 saw Trevor move with the department to new, modern facilities at the hospital.

NHS Tayside's child health commissioner Kay Fowlie (centre) has retired from NHS Tayside after a 36-year career.

Over the years Kay held several posts within the organisation, including hospital administrator of Stratheden Hospital in Cupar, clinical group manager for Women and Child Health and Associate Director of Health Strategy before taking up her final post.



Kay Fowlie

Nursing assistant Alan Neary celebrated his retiral after 38 years service with the NHS.

Alan began working at Murray Royal Hospital in 1979 when he left school and worked in a number of wards during his career, including Moredun and Garry wards.

He later transferred to a post in the Rohallion Secure Care Clinic when the facility opened in 2012 and he remained there until his retirement.



Alan Neary



Hilde Barrie

Staff at St Margaret's House in Forfar gathered at the retiral of Hilde Barrie, corporate services manager for Angus Health & Social Care Partnership (centre).

Hilde worked across various locations in Tayside during her 31 years service, including the Cancer Audit Team at Ninewells and Vernonholme in Dundee, where the Board of NHS Tayside was originally based, before spending the past nine years working in Angus.

Long Service Award

Staff nurse Wilma Glancy was presented with her Long Service Award celebrating 30 years service with NHS Tayside.

Wilma began working as a nursing auxiliary at Dundee Royal Infirmary in 1986 before undertaking her enrolled nurse training in 1987 and bridging course in 2001.



Eilaine Boulter

Advanced Nurse Practitioner

Angus Health & Social Care Partnership

Eilaine has always wanted to be a nurse and loves nothing better than adding to her qualifications to help care for people in the community. She'd also love to have a magic wand and wave it to be back watching The A Team as a kid with Emmeline Pankhurst by her side!



How did you come to be in your current job?

From an early age I always wanted to be a nurse. I've worked as a nurse in the community for 15 years (how'd that happen?!) and held a range of nursing roles from staff nurse through to clinical team leader and now advanced nurse practitioner in Medicine for the Elderly, which is community-based with an inreach to hospital.

I have a range of qualifications: Diploma in Adult Nursing, BSc in Adult Nursing, BSc Hons in Community Health – District Nursing Specialist Practitioner qualification, MSc in Advanced Nursing Practice and I am also a practice teacher in district nursing.

I love learning and kept doing another course, then another and that's how I came to be in my current role.

I love being able to contribute to the care of patients in their own homes and enable them to stay at home for longer. Working in the community is a fantastic kind of nursing.

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

I can't imagine not being in the nursing profession but my second choice would be a PE Teacher.

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

To fly a plane. It would be amazing to be so high up and have the freedom to go anywhere.

What do you miss most about being a kid?

Spending time with family members who are no longer here.

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

Emmeline Pankhurst because she did so much for women's rights.

What secret skills/party tricks do you have?

I can do an impressive hand stand.

Who would play you in a movie of your life?

Emma Watson as her character Hermione Granger as she is enthusiastic and keen to learn, and I'd love to have a magic wand!



What's your theme song?

The theme tune from The A-Team, I love it.

The A-Team was my favourite TV programme when I was a kid.



Sitting down to watch The A-Team was the main event in our house on a Saturday night.

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

Diet Coke – my favourite drink

A warm blanket because I'm always cold

Captain Jack Sparrow's compass to help find my way home, a little daft but it worked for him!

What is the first music album you ever bought?

Bon Jovi's Livin' on a Prayer. It's still one of my favourite songs.

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

I'd book a holiday for my family and friends to go to Disney World in Florida.